

STRENGTH: CORE CIRCUIT (plank/crunch/bird dog) : 15 MIN

WORKOUT SETS

<u>WARM UP</u>	Time (min)	
Easy Warm Up Jog	3	
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH // 5 reps per side	2	per side

<u>MAIN SET</u>	REPS	
<u>SET 1</u>		
Plank // 5 reps @ 10 sec isometric hold - rest 5 seconds after each plank	1	
30 sec rest	1	
Crunches // 5 reps @ 10 sec isometric hold	1	
30 sec rest	1	
Bird Dog // 5 reps @ 10 sec isometric hold	1	
30 sec rest	1	
<u>SET 2</u>		
Same routines as SET 1, 4 reps each	1	
<u>SET 3</u>		
Same routines as SET 1, 3 reps each	1	
<u>SET 4</u>		
Same routines as SET 1, 2 reps each	1	
<u>SET 5</u>		
Same routines as SET 1, 1 reps each	1	



copyright Set The Pace Media Marketing LLC 2019

<u>COOL DOWN</u>	Time (min)	
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	5	Each Side

[Visit www.SetThePaceTriathlon.com](http://www.SetThePaceTriathlon.com) for more triathlon goodness!