

	Swimmer		Triathlete		Fitness	
Monday						
Main Workout	Swim		Swim		Swim	
Secondary Workout	Weights		Ride		Pilates/Yoga	
Meal Plan	Pineapple/Cottage Cheese		Apple	Chef Salad	Chicken/Broccoli Grapes	
Tuesday						
Main Workout	Swim		Run		Walk	
Secondary Workout	Pilates/Yoga		Weights		Weights	
Meal Plan	Yogurt/Blueberries/Almonds		Cantaloupe	Tuna Salad	Flounder/Green Beans	
Wednesday						
Main Workout	Swim		Swim		Swim	
Secondary Workout	Weights		Ride		Pilates/Yoga	
Meal Plan	Fruit Smoothie	Apple Sauce-unsweet	Cheeseburger		Beef Stir Fry Grapes	
Thursday						
Main Workout	Swim or Walk		Off		Walk	
Secondary Workout	Pilates/Yoga		Off		Weights	
Meal Plan	Eggs/Bacon	Apple	Raw Veggies/Cheese		Lamb/Veggies	Grapes

	Swimmer		Triathlete	Fitness	
Friday					
Main Workout	Swim		Swim	Swim	
Secondary Workout	Weights		Run	Off	
Meal Plan	Oatmeal	Canteloupe	Chili	Shrimp Scampi	Peach
Saturday					
Main Workout	Walk or Swim		Ride	Walk	
Secondary Workout	Off		Weights	Off	
Meal Plan	Spanish Omelet	Orange	Grilled Chicken Salad	Broiled Salmon	Apple
Sunday					
Main Workout	Off		Run	Off	
Secondary Workout	Off		Off	Off	
Meal Plan	Vegetable Omelet	Orange	Stuffed Tomatoes	Chicken Marinara/3 Bean Salad	