

Check out our 12-week training plan, put together for you by John Wood from Tri Coaching.

Week 1				
	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 300m as 25 kick 50 free x4</li> <li>• 2 x 200m steady swim</li> <li>• 100m choice cool down</li> </ul>			1 Session
Tuesday		<ul style="list-style-type: none"> <li>• 30 mins ride</li> <li>• 5 mins warm up – RPE 4-5</li> <li>• Remainder RPE 5-6</li> <li>• Smooth and Controlled</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 5k steady run</li> <li>• Talking pace, maintain control of your breathing</li> <li>• RPE 5-6</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 200m as 25 fists drill 25 swim x4</li> <li>• 400m steady and consistent</li> <li>• 2 x 200m steady swim</li> <li>• 2 x 100m steady</li> <li>all around RPE 5-6</li> <li>• 100m choice cool down</li> </ul>			2 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 5k run</li> <li>• Start slow and easy</li> <li>• Build the pace each km, try and run 5s</li> <li>• Faster each one.</li> </ul>	3 Sessions
Sunday		<ul style="list-style-type: none"> <li>• 60 mins steady “just ride”</li> <li>• All about getting consistency, get comfortable on your bike and play around with your gears</li> </ul>		

## Week 2

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 300m as 25 kick 50 free x4</li> <li>• 2 x 300m steady swim – 30s rest – RPE 6</li> <li>• 3 x 100m – 15s rest – RPE 7</li> <li>• 100m choice cool down</li> </ul>			4 Sessions
Tuesday		<ul style="list-style-type: none"> <li>• 40 mins ride</li> <li>• 5 mins warm up – RPE 4-5</li> <li>• Remainder RPE 6-7</li> <li>• Smooth and controlled</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 5k steady run Mostly RPE 5 – steady, talking pace</li> <li>• Every 5 mins, accelerate for 30s, stretch out then slow down to RPE 5</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 4 x 50m 25 kick 25 swim</li> <li>• 2x 200m Swim RPE 5-6 &amp; 100m Swim RPE 6-7</li> <li>• 2 x 50m pull RPE 7</li> <li>• 100 choice cool down</li> </ul>			5 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 40 minute run – make it as hilly as possible, Keep it steady – Maintain your effort level regardless of the gradient</li> </ul>	
Sunday		<ul style="list-style-type: none"> <li>• 60 min steady cycle ‘Just ride’ after warming up – 2min RPE 8, 3 min RPE 6</li> </ul>		6 Sessions

## Week 3

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 2 x 100m as 50m kick 50m swim</li> <li>• 2 x 100 free pull RPE 5</li> <li>• 3 x 200 RPE 6-30s rest</li> <li>• 25 RPE 9</li> <li>• 100 choice cool down</li> </ul>			1 Session
Tuesday		<ul style="list-style-type: none"> <li>• 50 min ride</li> <li>• 10 mins easy spin warm up</li> <li>• 10 mins RPE 6-7</li> <li>• 10 mins RPE 7-8</li> <li>• 10 mins easy spin cool down</li> <li>• Keep your cadence smooth, between 85-95 RPM</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 40 min steady run</li> <li>• Talking pace, maintain control of your breathing</li> <li>• RPE 5-6</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 2 x 250m free RPE 5-6</li> <li>• 150 free RPE 6-7</li> <li>• 100m free pull RPE 6-7</li> <li>• 100m choice cool down</li> </ul>			2 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 6k run</li> <li>• Negative split – 1<sup>st</sup> half super easy</li> <li>• Second half slightly quicker</li> </ul>	
Sunday		<ul style="list-style-type: none"> <li>• 60 min steady “just ride”</li> </ul> <p>All about getting consistency, get comfortable on your bike, play around with your gears</p>	<ul style="list-style-type: none"> <li>• 10 mins run straight off the bike</li> <li>• Keep the steps small and light</li> </ul>	3 sessions

## Week 4

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 300m as 25m kick 50m free x 4</li> <li>• 2 x 200m negative split free</li> <li>• 4 x 100m – 15s rest – descend (get quicker) 1-4</li> <li>• 100m choice cool down</li> </ul>			4 Session
Tuesday		<ul style="list-style-type: none"> <li>• 60 min ride</li> <li>• 10 mins easy spin warm up, 10 mins RPE 6, 10 mins RPE 7, 10 mins RPE 8, 10 mins RPE 7</li> <li>• 10 mins easy spin cool down</li> <li>• Keep your cadence smooth, between 85-95 rpm</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 40 mins hilly run</li> <li>• Aim to do laps including a hill that takes 2-3 minutes to compete, with 60s – 2mins recovery</li> <li>• Smooth controlled efforts</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 200m as 25m fists drill 25m swim x 4</li> <li>• 400m steady and consistent</li> <li>• 2 x 200 negative split free</li> <li>• 2 x 100m smooth and steady</li> <li>• 100m choice cool down</li> </ul>			5 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 7k run - 4k light, easy, relaxed RPE 5, 2k strong and smooth RPE 7, 1k easy recovery RPE 4-5</li> </ul>	
Sunday		<ul style="list-style-type: none"> <li>• 60 mins steady “just ride” Get strong and comfortable in your riding position</li> </ul>	<ul style="list-style-type: none"> <li>• 5 mins run straight off the bike. Controlled, easy RPE 5</li> </ul>	6 Sessions

## Week 5

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 200m as 50m kick 50m swim</li> <li>• 200m pull RPE 5</li> <li>• 4 x200m negative split free</li> <li>• 4 x 150m – 15s rest – 125m RPE 7, 25m RPE 9</li> <li>• 100m choice cool down</li> </ul>			1 Session
Tuesday		<ul style="list-style-type: none"> <li>• 60 min ride</li> <li>• 10 mins easy spin warm up</li> <li>• 4 x 1 min easy spin</li> <li>• 4 x 6 min RPE 6</li> <li>• 4 x 2 min RPE 7</li> <li>• 4 x 1 min RPE 8</li> <li>• 4 x 1 min RPE 9</li> <li>• 5 mins easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 10 mins easy warm up</li> <li>• 1 x 1200m RPE 8, 3 mins recovery</li> <li>• 2 x 800m RPE, 3 mins recovery</li> <li>• 4 x 400 RPE 8, 90s recovery</li> <li>• 5 mins easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 300m as 25m kick 50m free x 4</li> <li>• 600m as 200m pull, 100m freestyle x 2</li> <li>• 2 x 150m – 30s rest – 125 RPE 7</li> <li>• 100m choice cool down</li> </ul>			2 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 50 min run</li> <li>• Low effort, relaxed and controlled</li> <li>• Every 2k, stretch out and accelerate for 30s</li> </ul>	
Sunday		<ul style="list-style-type: none"> <li>• 60 mins steady “just ride” Get strong and comfortable in your riding position</li> </ul>		3 sessions

## Week 6

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 400m as 50m kick 50m free x 4</li> <li>• 600m as 200m pull 100m freestyle x 2</li> <li>• 2 x 150m – 30s rest RPE 6-7</li> <li>• 2 x 100m – 20s rest RPE 8-9</li> <li>• 100m choice cool down</li> </ul>			4 Session
Tuesday		<ul style="list-style-type: none"> <li>• 60 min ride</li> <li>• Warm up smooth and steady</li> <li>• 3 x 4 mins RPE 6</li> <li>• 3 x 4 mins RPE 9</li> <li>• 10 mins easy spin cool down</li> <li>• Keep your cadence smooth, between 85-95 rpm</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 45 min hilly run</li> <li>• Aim to do laps including a hill that takes 2-3 mins to complete, with 60s - mins recovery</li> <li>• Smooth controlled efforts</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 300m as 25m single arm drill, 25m swim x 6</li> <li>• 200m pull RPE 5</li> <li>• 3 x 400m – 30s rest – RPE 7</li> <li>• Aim for consistency and smoothness</li> <li>• 100m choice cool down</li> </ul>			5 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 8k run</li> <li>• 3k light, easy, relaxed RPE 5</li> <li>• 1k strong and smooth RPE 7</li> </ul>	6 Sessions
Sunday		<ul style="list-style-type: none"> <li>• 60-minute ride</li> <li>• Steady paced, RPE 6-7</li> </ul>	<ul style="list-style-type: none"> <li>• 2 x 3k easy running straight off the bike, move short and light steps</li> </ul>	

## Week 7

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 400m choice warm up</li> <li>• 100m kick – streamlined or on side</li> <li>• 200m pull</li> <li>• 3 x 400 – 30s rest – RPE 6</li> <li>• 2 x 200 – 15s rest – RPE 7</li> <li>• 2 x 50m – 15s rest – RPE 10</li> <li>• 100m choice cool down</li> </ul>			1 Session
Tuesday		<ul style="list-style-type: none"> <li>• 70 min ride</li> <li>• 10 min easy spin warm up</li> <li>• 30km TT</li> <li>• 5 mins easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 10 mins easy warm up</li> <li>• 1 x 1600m RPE 8, 3 mins recovery</li> <li>• 2 x 800m RPE 8, 3 mins recovery</li> <li>• 4 x 400m RPE 8, 90s recovery</li> <li>• 5 mins easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 200m as 25m fists drill 25m swim x 4</li> <li>• 200m free – RPE 8</li> <li>• 100m kick – streamlined or on side</li> <li>• 200m free – RPE</li> <li>• 200m as 25m single arm 25m swim x 4</li> <li>• 400m free RPE 7</li> <li>• 100m kick – streamlined or on side</li> <li>• 200m free – RPE 8</li> <li>• 100m choice cool down</li> </ul>			2 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 9km run</li> <li>• Low effort, relaxed and controlled</li> <li>• Every 2k, stretch out and accelerate for 30s</li> </ul>	
Sunday		<ul style="list-style-type: none"> <li>• 80 mins steady “just ride”</li> </ul> <p>Make sure that you include some hills, maintain rhythm and cadence</p>		3 Sessions

## Week 8

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 2 x 100m – 20s rest – get quicker each length</li> <li>• 4 x 200m – 30s rest – RPE 7</li> <li>• 4 x 100m – 15s rest – RPE 8</li> <li>• 200 pull – smooth and steady</li> <li>• 4x50m 15s rest, RPE 9</li> <li>• 100m choice cool down</li> </ul>			4 Sessions
Tuesday		<ul style="list-style-type: none"> <li>• 60 minute ride</li> <li>• Warm up smooth and steady</li> <li>• 15 minutes cruise – RPE 5</li> <li>• 15 minutes “tempo” - RPE 6-7</li> <li>• 15 minutes “threshold” - RPE 7-8</li> <li>• 5 minutes easy spin cool down</li> <li>• Keep your cadence smooth, between 85-95rpm</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 45 minutes hilly run</li> <li>• Aim to do laps including a hill that takes 2-3 minutes to complete, with 60s – 2 mins recovery</li> <li>• Smooth controlled efforts</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 300m as 25m single arm drill, 25m swim x 6</li> <li>• 200m pull RPE 5</li> <li>• 3 x 400m – 30s rest – RPE 7</li> <li>• Aim for consistency and smoothness</li> <li>• 100m choice cool down</li> </ul>			5 Sessions
Friday	REST DAY			
Saturday	8k run, negative split – first half super easy			
Sunday		<ul style="list-style-type: none"> <li>• 90 minute ride</li> <li>• Steady paced, RPE 6-7</li> </ul>	<ul style="list-style-type: none"> <li>• 3k easy running straight off the bike, move short and light steps.</li> </ul>	6 Sessions



## Week 9

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 400m choice warm up</li> <li>• 3 x 300m pull</li> <li>• 3 x 200m free – RPE 7</li> <li>• 3 x 100m choice non freestyle</li> <li>• 100m choice cool down</li> </ul>			4 Session
Tuesday		<ul style="list-style-type: none"> <li>• 60 minute ride</li> <li>• Include some hills in your route – or ride a few 2-3 minute long lower cadence / higher geared efforts. Mix between seated and standing climbing.</li> <li>• 5 mins easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 10 mins easy warm up</li> <li>• 2 x 800m RPE 8, 3 mins recovery</li> <li>• 10 x 200 RPE 9-10 with 60s recovery</li> <li>• 2 x 800m RPE 8, 3 mins recovery</li> <li>• 5 mins easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• Open water swim or 400m choice warm up</li> <li>• 200m free – RPE 8</li> <li>• 100m kick – streamlined or on side</li> <li>• 2 x 400 Free RPE 6 – 30s rest – sighting twice each length to practice</li> </ul>			2 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 10km slow and easy, build through the last 2km to finish at race pace/effort</li> </ul>	
Sunday		<ul style="list-style-type: none"> <li>• 90 minute ride</li> </ul> <p>Include some efforts – maybe work hard up your favorite hill, or sprint some of the nicer roads</p>		

## Week 10

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 400m easy warm up</li> <li>• 100m kick – streamlined or on side</li> <li>• 3 x 200m – 20s rest – RPE 7</li> <li>• 3 x 2 x 100 – 20s rest – RPE 8</li> <li>• 3 x 4 x 50 – 15s rest RPE 9</li> <li>• 100m pull</li> <li>• 100m choice cool down</li> </ul>			4 Sessions
Tuesday		<ul style="list-style-type: none"> <li>• 60-minute ride</li> <li>10-minute warm up smooth and steady</li> <li>4 x 1 min RPE 6, 4 x 6 min RPE 7, 4 x 1 min RPE 8, 4 x 1 min RPE 9, 4 x 1 min RPE 10</li> <li>• 10 minutes easy spin cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 45-minute run</li> <li>• 10-minute easy warm up</li> <li>• 4 x 1km at RPE 8-9, 3 mins easy recovery</li> <li>• 5 minute easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• Open water swim – longer efforts, or 200m easy warm up</li> <li>• 300m as 25m single arm drill, 25m swim x 6</li> <li>• 100m kick – streamlined or on side</li> <li>• 3 x 400m free RPE 7</li> <li>• 3 x 100m free RPE 9</li> <li>• 100m kick – streamlined or on side</li> <li>• 100m choice cool down</li> </ul>			5 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 9k run - 3k super easy, 3k steady running – RPE 7, 3k Strong Pace – RPE 8, 4k easy running straight off the bike, move short and light steps</li> </ul>	
Sunday		<ul style="list-style-type: none"> <li>• 90-minute ride</li> <li>Steady paced, RPE 6-7</li> </ul>		

## Week 11

	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m warm up</li> <li>• 100m kick – streamlined or on side</li> <li>• 200m pull</li> <li>• 2 x 400m free RPE 6, 30s rest</li> <li>• 2 x 200m free RPE 7, 20s rest</li> <li>• 2 x 1—m free RPE 8, 10s rest</li> <li>• 100m choice cool down</li> </ul>			1 Session
Tuesday		<ul style="list-style-type: none"> <li>• 60-minute ride</li> <li>• 10-minutes easy spin warm up</li> <li>• 45-minutes at race effort</li> <li>• Use this as a chance to test our race kit</li> <li>• 5 minutes easy cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 50-minute run</li> <li>• 10-mminute easy warm up</li> <li>• 5 x 1km at RPE 8-9 with 3 mins easy recovery</li> <li>• 5-minutes easy cool down</li> </ul>	
Thursday	<ul style="list-style-type: none"> <li>• Oen water swim or 400m warm up</li> <li>• 100m kick – streamlined or on side</li> <li>• 200m pull</li> <li>• 2 x 200m – 20s rest – RPE 7</li> <li>• 2 x 100 – 10s rest – RPE 8</li> <li>• 4 x 50m – 15s rest RPE 9</li> <li>• 100m choice cool down</li> </ul>			2 Sessions
Friday	REST DAY			
Saturday			<ul style="list-style-type: none"> <li>• 10km, low effort, relaxed and controlled - Every 2k, stretch out and accelerate for 30s</li> </ul>	
Sunday		50-mintues steady spin, keep relaxed 10-minutes build to fast finish	2k easy run straight off the bike Find your rhythm and flow as a quick as possible	3 Sessions

Week 12				
	Swim	Bike	Run	S&C
Monday	<ul style="list-style-type: none"> <li>• 200m easy warm up</li> <li>• 200m pull</li> <li>• 400m free RPE 7</li> <li>• 200m free RPE 8</li> <li>• 2 x 100m – 10s rest – RPE 9</li> <li>• 100m choice cool down</li> </ul>			4 Sessions
Tuesday		<ul style="list-style-type: none"> <li>• 30-minutes ride</li> <li>• 10-minutes warm up smooth and steady</li> <li>• 3 x 4 minutes RPE 8</li> <li>• 3 x 2 minutes RPE 5</li> <li>• 5 minutes easy spin cool down</li> </ul>		
Wednesday			<ul style="list-style-type: none"> <li>• 25-minute run</li> <li>• 10-minute easy warm up</li> </ul> 4 x 1-minute at RPE 8-9 with 2-minutes easy recovery 5-minutes easy cool down	
Thursday	<ul style="list-style-type: none"> <li>• Open water swim easy or 200m easy warm up</li> <li>• 100m kick – streamlined or on side</li> <li>• 6 x 100m free RPE 8, 30s rest</li> <li>• 100m kick – streamlined or on side</li> <li>• 100m choice cool down</li> </ul>			5 Sessions
Friday	REST DAY			
Saturday	2km easy shake out jog			
Sunday	1500m swim	40km	10km	

## RPE

RPE is a scale to establish how hard you are working, or should be working. On the bike and running, this means that you don't have to worry about speed or pace – which can be affected by weather, road surface, or gradients.

It is incredibly subjective, but ranks on a scale of 1-10, and will help you tune into how your body is feeling at any one time.

0	Sleeping!
1-3	Very Easy, warm up/cool down/recovery effort
4-6	Comfortable, the point where most will start sweating, where conversation goes from easy to more of a challenge
7	Strong – breathing is laboured, can maintain this pace/effort for an hour without slowing
8	Hard – struggle to hold this pace, heart rate is increasing, could maintain for 20-30 mins
9	Very hard – this hurts and can only hold this for up to 5 mins
10	Flat out, 60s effort maximum.

## S&C Sessions

1	Kneeling Hip Flexor Stretch: 2 x 30 seconds each leg	<a href="http://youtu.be/VAvAailad24">http://youtu.be/VAvAailad24</a>
	Side Plank: 3 x 45 seconds each side	<a href="http://youtu.be/4gEZ3nORgQk">http://youtu.be/4gEZ3nORgQk</a>
	Single Leg Dead Lift: 3 x 15 each leg	<a href="http://youtu.be/gCN4zxMlhHI">http://youtu.be/gCN4zxMlhHI</a>
2	Hamstring Stretch: 2 x 45 seconds each leg	<a href="http://youtu.be/fN-qUW7UB9c">http://youtu.be/fN-qUW7UB9c</a>
	High Step-Up: 3 x 20 each leg	<a href="http://youtu.be/ddMydIUCXCI">http://youtu.be/ddMydIUCXCI</a>
	Single Leg Reverse Curl: 3 x 20 alternating legs (10 left, 10 right)	<a href="http://youtu.be/XwQyPNzdPjU">http://youtu.be/XwQyPNzdPjU</a>
3	Back Mobility Exercises: 2 x 20 each exercise (10 to left, 10 to right)	<a href="http://youtu.be/MBxRDZ08pyg">http://youtu.be/MBxRDZ08pyg</a>
	Single Leg Sit-to-Stand: 3 x 15 each leg	<a href="http://youtu.be/WV-KpVcWbG0">http://youtu.be/WV-KpVcWbG0</a>
	Single Leg Glute Bridges: 3 x 20 alternating legs (10 left, 10 right)	<a href="http://youtu.be/P3X45Y7JehY">http://youtu.be/P3X45Y7JehY</a>
4	Adductor Stretch: 2 x 30-60sec each side	<a href="http://youtu.be/ANue9qDFg90">http://youtu.be/ANue9qDFg90</a>
	Clock Lunges: 3 x 6 times through on each leg	<a href="http://youtu.be/nYSTidWwaqY">http://youtu.be/nYSTidWwaqY</a>
	Med Ball Twists: 3 x 30 (substitute ~5kg object for med ball)	<a href="http://youtu.be/W_mz-iFALQQ">http://youtu.be/W_mz-iFALQQ</a>
5	Glute Bridges: 3 x 20 (double leg)	<a href="http://youtu.be/YzYSjkqmqL4">http://youtu.be/YzYSjkqmqL4</a>
	Calf Raises: 3 x 25 (double leg)	<a href="http://youtu.be/c5Kv6-fnTj8">http://youtu.be/c5Kv6-fnTj8</a>
	Plank Hold: 3 x 30-60sec holds	<a href="http://youtu.be/PWd2VXg2Mpk">http://youtu.be/PWd2VXg2Mpk</a>
6	Quad Stretch: 2 x 30sec-1min each leg	<a href="http://youtu.be/zBCGE6KCGnE">http://youtu.be/zBCGE6KCGnE</a>
	Bulgarian Split Squat: 3 x 15 each leg (holding weights if desired)	<a href="http://youtu.be/-J8PQsOMtNo">http://youtu.be/-J8PQsOMtNo</a>
	Opposite Arm & Leg Plank: 3 x 1min alternating arms and legs	<a href="http://youtu.be/bEwuaHel5iw">http://youtu.be/bEwuaHel5iw</a>