

## Week 9: Modified Tri/Duathlon

Participant	Activity 1 (20+mins)	Activity 2 (20+mins)	Activity 3 (20+mins)
Rahel W	run	walk	strength training
Katelyn C	skipping	HII workout	walk
Peter P	Bike	Run	
Timme Z	run	bike	
Teagan P	walk	run	yoga
Jerome G	run	soccer	yoga
Ariel R	run	run	
Felicia	walked	yoga	
Ed	walk	weight training	
Alana	swimming	bike	run