MONTH	Wk	HRs	Wk Typ	Date	Location	Race/TT/Test	Training Phase	Level 3	Level 4	Sprint intensity	Speed	Strength Phase	Specific Strength	Distance Focus	Intensity Focus
1	1	8	easy	1-May			L1, Distance, Threshold		0:10:		10 x 10 @ 80 %	General Strength			
36	2	9	med	8-May			L1, Distance, Threshold	0:30:			10 x 10 @ 80 %	General Strength			
	3	11	hard	15-May		Strength test, Run test	L1, Distance, Threshold	0:40:	0:20:		12 x 10 @ 80 %	General Strength			
	4	8	easy	22-May			Easy	0:40:			12 x 10 @ 80 %	General Strength			
								1:50:	0:30:						
2	5	9	med	29-May			L1, Distance, Threshold	0:40:		3 x 8 x 30 seconds	12 x 10 @ 80%	General Strength			
40	6	11	hard	5-Jun			L1, Distance, Threshold	1:20:			12 x 10 @ 90%	General Strength			
	7	8	easy	12-Jun		DP test	Easy		0:25:		12 x 10 @ 90%	Max Strength			
	8	12	med	19-Jun			L1, Distance, Threshold	0:35:			12 x 10 @ 90%	Max Strength			
								2:35:	0:25:	0:08					
3	9	11	hard	26-Jun			L1, Distance, Threshold	0:40	0:20:		12 x 10 @ 90%	Max Strength			
44	10	12	vol	3-Jul			L1, Distance, Threshold	0:45:		3 x 8 x 30 seconds	12 x 10 @ 90%	Max Strength			
	11	10	easy	10-Jul			Easy	0:30:			12 x 10 @ 90%	Max Strength			
	12	11	med	17-Jul			L1, Distance, Threshold	0:40:			12 x 10 @ 90%	Max Strength			
								2:35:	0:20:	0:10					
4	13	12	int	24-Jul		Rollerski TT	L4, sprint int		0:50:	3 x 8 x 30 seconds	12 x 10 @ 95%	Power 1			
46	14	14	vol	31-Jul			L1, Distance, Threshold	1:30:			12 x 10 @ 95%	Power 1			
	15	9	easy	7-Aug			easy	0:35:			12 x 10 @ 95%	Power 1			
	16	11	med	14-Aug			L1, Distance, Threshold	0:40:		3 x 8 x 30 seconds	12 x 10 @ 95%	Power 1			
								2:45:	0:50:	0:20					
5	17	10	int	21-Aug		DP test	L4, sprint int	0:30:	0:25:		12 x 10 @ 95%	Power 1			
47	18	14	vol	28-Aug			L1, Distance, Threshold	0:40:			12 x 10 @ 95%	Power / velocity			
	19	10	easy	4-Sep			easy	0:30:			12 x 10 @ 95%	Power / velocity			
	20	13	med	11-Sep			L4, Sprint Intensity		0:30:	2 x 4 x 60 seconds	12 x 10 @ 95%	Power / velocity			
								1:40:	0:55:	0:10					
6	21	10	int	18-Sep		Rollerski TT	L4, Sprint Intensity		0:45	3 x 10 x 30 seconds	15 x 10 @ 100%	Max Strength 2			
42	22	12	vol	25-Sep			L1, Distance, Threshold	1:20:			15 x 10 @ 100%	Max Strength 2			
	23	9	easy	2-Oct			Easy	0:40:			15 x 10 @ 100%	Max Strength 2			
	24	11	med	9-Oct			L4, Sprint Intensity	0:40:	0:25:		15 x 10 @ 100%	Max strength 2			
								2:40:	1:10:	0:10					
7	25	9	int	16-Oct		Strength Test, run test	L4, Sprint Intensity		0:30:	3 x 10 x seconds	15 x 10 @ 100%	Max Strength 2			
41	26	12	vol	23-Oct			L1, Distance, Threshold	0:45	0:25:		15 x 10 @ 100%	Max Strength 2			
	27	9	easy	30-Oct			Easy	0:40:			15 x 10 @ 100%	Power2			
	28	11	int	6-Nov		Int or Roll TT	L4, Sprint Intensity		0:40:	2 x 4 x 90 seconds	12 x 10 @ 95%	Power 2			
								1:25:	1:35:	0:10					
8	29	14	Vol	13-Nov			L1, Distance, Threshold	0:40:			12 x 10 @ 95%	Power 2			
49	30	15	vol	20-Nov			L1, Distance, Threshold	0:50:	0:40		12 x 10 @ 95%	Power 2			
	31	9	easy	27-Nov			Easy	1:30:			12 x 10 @ 95%	Power 2			
	32	11	med	4-Dec			L3, L4	0:30:		3 x 8 x 30 seconds	15 x 10 @ 100%	Velocity / Maintenance			
								3:30:	0:40:	0:12					
							Prep period totals	19:00:	6:25:	1:10					
9	33	10	int	11-Dec			L4, TT		0:30:		15 x 10 @ 100%	Velocity / Maintenance			
44	34	13	vol	18-Dec			L1, Distance, Threshold	1:30:			15 x 10 @ 100%	Velocity / Maintenance			
	35	12	vol	25-Dec			L1, Distance, Threshold	0:40	0:20:		15 x 10 @ 100%	Velocity / Maintenance			
	36	9	easy	1-Jan			easy	0:40:			15 x 10 @ 100%	Maintenance			
								2:50:	0:50:	0:10					
10	37	11	Int	8-Jan			L4, TT		0:20:	3 x 8 x 30 seconds	15 x 10 @ 100%	Maintenance			
48	38	13	Int	15-Jan			L4, TT	0:30:	0:30		15 x 10 @ 100%	Maintenance			
	39	10	easy	22-Jan			Easy	0:40:		2 x 4 x 90 seconds	15 x 10 @ 100%	Maintenance			
	40	14	Vol	29-Jan		BMT	L1, Distance, Threshold	0:30	1:10		15 x 10 @ 100%	Maintenance			
								1:40:	2:00:	0:20					
11	41	13	vol/med	5-Feb		Woird Masters	L1, Distance, Threshold		0:20:	3 x 8 x 30 seconds	15 x 10 @ 100%	Maintenance			
40	42	8	easy	12-Feb		World Masters	Taper	0:40:	0:20:		15 x 10 @ 100%	Maintenance			
	43	10	hard	19-Feb		Birkie	Peak	1:00	1:30		15 x 10 @ 100%	Maintenance			
	44	9	easy	26-Feb			easy	0:30:			12 x 10 @ 100%	Maintenance			
								2:10:	2:10:	0:10					
12	45	12	med	4-Mar			L1, Distance, Threshold	0:45:	0:20:		12 x 10 @ 100%	Maintenance			
42	46	11	int	11-Mar			L4, TT	0:15:	1:00		12 x 10 @ 100%	Maintenance			
	47	10	hard	18-Mar			L4, Sprint Intensity				12 x 10 @ 100%	Maintenance			
	48	9	Med	25-Mar		S2S marathon	Race	1:00:	1:00		12 x 10 @ 100%	Maintenance			
								2:00:	2:20:	0:10					
13	49	7	easy	1-Apr											
28	50	7	easy	8-Apr											
	51	7	easy	15-Apr											
	52	7	easy	22-Apr											
								0:00:	0:00:						
YEAR TOTAL															
547							INTENSITY TOTAL	27:40:	13:45:	2:00					