

	Wk	Hrs	Wk Type	Date	Race/TT/Test	Focus	Level 3	Level 4	Sprint int	Speed	Strength Phase	Specific Strength
1	1	10	easy	28-Apr		Easy	0:20:		6 x 45 sec		General Strength	
48	2	12	med	5-May	uphill run or 3k	L4, sprint int		0:20:	8 x 30 sec		General Strength	
	3	13	Vol	12-May		L3, sprint int	0:30:		6 x 45 sec	12 x 10 @ 80 %	General Strength	
	4	13	Vol	19-May		L3	0:45:			12 x 10 @ 80 %	General Strength	
							1:35:	0:20:	0:12			
2	5	11	easy	26-May		Easy	0:40:			12 x 10 @ 95%	General Strength	
57	6	14	int	2-Jun	DP test / uphill run or 3k	L4, test		0:30:		12 x 10 @ 95%	General Strength	
	7	14	med	9-Jun		L3, sprint int	0:45:		6 x 45 sec	12 x 10 @ 95%	Max Strength	
	8	18	vol	16-Jun		L3 x2	1:30:		6 x 45 sec	12 x 10 @ 95%	Max Strength	
							2:55:	0:30:	0:05			
3	9	12	easy	23-Jun		Easy	0:30		6 x 45 sec	12 x 10 @ 90%	Max Strength	
58	10	18	int	30-Jun	track or L4 bound	L3, L4, sprint int	0:45:	0:20	6-8 x 60 sec	12 x 10 @ 90%	Max Strength	
	11	19	vol	7-Jul		L3 x 2	1:30:			12 x 10 @ 90%	Max Strength	
	12	9	easy	14-Jul	TT	TT - 10m or 5k		1:00:		12 x 10 @ 90%	Max Strength	
							2:45:	1:20:	0:10			
4	13	17	int/med	21-Jul	Rollierski TT - sp, 10k	TT - SP and 10k	0:45:	0:45:		12 x 10 @ 95%	Power 1	
65	14	18	vol	28-Jul		L3, x2	1:35:		6 x 45 sec	12 x 10 @ 95%	Power 1	
	15	20	Vol	4-Aug		L3 x2,	0:40:			12 x 10 @ 95%	Power 1	
	16	10	easy	11-Aug		Easy (can add L3 or L4)			3 x 10 x 30 sec	12 x 10 @ 95%	Power 1	
							3:00:	0:45:	0:10			
5	17	19	Vol	18-Aug	track or L4 bound	L3, L4	0:50:	0:25:		12 x 10 @ 95%	Power 1	
64	18	20	Vol	25-Aug		L3 x 2, sprint int	1:35:		6 x 45 sec	12 x 10 @ 95%	Power / velocity	
	19	10	easy	1-Sep		Easy (can add L4)			6-8 x 45 sec	12 x 10 @ 95%	Power / velocity	
	20	15	hard/ int	8-Sep	TT	L3, test, L4 uphill run	0:50:	1:20:		12 x 10 @ 95%	Power / velocity	
							3:15:	1:45:	0:10			
6	21	15	hard/ int	15-Sep		L3, L4, sprint int	0:45:	0:20	6 x 45 sec	15 x 10 @ 100%	Max Strength 2	
57	22	17	vol	22-Sep		L3 x 2	1:35:			15 x 10 @ 100%	Max Strength 2	
	23	10	easy	29-Sep	DP test	Easy	0:30	0:20:		15 x 10 @ 100%	Max Strength 2	
	24	15	med	6-Oct		L3, L4, Sprint int	0:50:	0:30:	6 x 45	15 x 10 @ 100%	Max strength 2	
							3:40:	1:10:	0:10			
7	25	16	int	13-Oct	Rollierski TT x2	L4, TTx2	0:40:	1:00:		15 x 10 @ 100%	Max Strength 2	
56	26	9	easy	20-Oct		Easy (L3 or L4)		0:20:		15 x 10 @ 100%	Max Strength 2	
	27	14	med int	27-Oct		L3, L4, Sprint int	0:45:	0:25:	6 x 45	15 x 10 @ 100%	Power2	
	28	17	hard	3-Nov	maybe TT?	L3, sprint int	0:50:	0:20:	20-30 x 30 sec	12 x 10 @ 95%	Power 2	
							2:15:	2:05:	0:20			
8	29	17	vol	10-Nov		L3, sprint int	0:55:	0:20	8 x 45 sec	12 x 10 @ 95%	Power 2	
54	30	10	easy	17-Nov		Easy (L3 or L4)	0:40:	0:20:		12 x 10 @ 95%	Power 2	
	31	17	vol	24-Nov	TT	L3, TT, sprint int	0:45:	0:30:	2 x 8 x 30 sec	12 x 10 @ 95%	Power 2	
	32	10	race	1-Dec	ST Race x2	Race	0:20:	0:15:		15 x 10 @ 100%	Velocity / Maintenance	
							2:40:	1:25:	0:15			
						Prep period totals	22:05:	9:20:	1:22			
9	33	9	race	8-Dec	ST Race x2	Race				15 x 10 @ 100%	Velocity / Maintenance	
48	34	13	easy/mid	15-Dec		L3,L4				15 x 10 @ 100%	Velocity / Maintenance	
	35	14	easy/mid	22-Dec		Easy				15 x 10 @ 100%	Velocity / Maintenance	
	36	12	race	29-Dec	Race x2	mini peak				15 x 10 @ 100%	Maintenance	
							0:00:	0:00:	0:10			
10	37	11	Race	5-Jan	Race x2	Race				15 x 10 @ 100%	Maintenance	
46	38	13	easy/med	12-Jan		Easy				15 x 10 @ 100%	Maintenance	
	39	10	race	19-Jan		Race				15 x 10 @ 100%	Maintenance	
	40	12	med	26-Jan		L1, Distance, Threshold				15 x 10 @ 100%	Maintenance	
							0:00:	0:00:	0:20			
11	41	13	race	2-Feb		Peak				15 x 10 @ 100%	Maintenance	
44	42	12	race	9-Feb		Peak				15 x 10 @ 100%	Maintenance	
	43	10	race	16-Feb		Peak				15 x 10 @ 100%	Maintenance	
	44	9	easy	23-Feb		Peak				12 x 10 @ 100%	Maintenance	
							0:00:	0:00:	0:10			
12	45	12	vol	2-Mar						12 x 10 @ 100%	Maintenance	
42	46	11	med	9-Mar						12 x 10 @ 100%	Maintenance	
	47	10	med	16-Mar						12 x 10 @ 100%	Maintenance	
	48	9	race	23-Mar						12 x 10 @ 100%	Maintenance	
							0:00:	0:00:	0:10			
13	49	7	easy	30-Mar								
20	50	4	easy	6-Apr								
	51	4	easy	13-Apr								
	52	5	easy	20-Apr								
							0:00:	0:00:				
YEAR TOTAL		659				INTENSITY TOTAL	22:05:	9:20:	2:12			
						EST TOTAL	29	24				