

MONTH	Wk	HRS	Wk Type	Date	Location	Race/TT/Test	Training Phase	Level 3	Level 4	Sprint intensity	Speed	Strength Phase	
1	1	7	med	29-Apr			L1, Distance, Threshold				10 x 10 @ 80 %	General Strength	
	40	2	10	6-May			L1, Distance, Threshold	0:30:			10 x 10 @ 80 %	General Strength	
		3	9	easy	13-May		easy			3 x 6 x 30 seconds	12 x 10 @ 80 %	General Strength	
		4	14	med	20-May		L1, Distance, Threshold	1:10:				12 x 10 @ 80 %	General Strength
								1:40:	0:00:		0:10		
2	5	16	vol	27-May		DP test	L1, Distance, Threshold	0:30:	0:10:	1 x 2:30	12 x 10 @ 95%	General Strength	
	57	6	10	3-Jun			Easy		0:10:		12 x 10 @ 95%	General Strength	
		7	14	med	10-Jun		L1, Distance, Threshold	0:40:		20-30 x 30 sec	12 x 10 @ 95%	Max Strength	
		8	17	vol	17-Jun		L1, Distance, Threshold	1:10:				12 x 10 @ 95%	Max Strength
								2:20:	0:20:		0:12		
3	9	10	easy	24-Jun			easy	0:30			12 x 10 @ 90%	Max Strength	
	57	10	17	med	1-Jul	DP test	L1, Distance, Threshold	0:45:	0:10:	6-8 x 60 sec	12 x 10 @ 90%	Max Strength	
		11	20	vol	8-Jul		L1, Distance, Threshold	1:10:				12 x 10 @ 90%	Max Strength
		12	10	easy	15-Jul		easy	0:40:				12 x 10 @ 90%	Max Strength
								3:05:	0:10:		0:08		
4	13	16	int	22-Jul		TT	L4, TTx2	0:45:	1:30:		12 x 10 @ 95%	Power 1	
	61	14	20	29-Jul			L1, Distance, Threshold	1:10:			12 x 10 @ 95%	Power 1	
		15	10	easy	5-Aug		Easy	0:40:			12 x 10 @ 95%	Power 1	
		16	15	Vol	12-Aug		L1, Distance, Threshold	0:50:		3 x 10 x 30 seconds	12 x 10 @ 95%	Power 1	
								3:25:	1:30:		0:10		
5	17	20	Vol	19-Aug			L4, TTx2	0:50:	1:30:		12 x 10 @ 95%	Power 1	
	59	18	10	26-Aug			easy	0:40:			12 x 10 @ 95%	Power / velocity	
		19	14	med	2-Sep		L1, Distance, Threshold	0:50:		8-10 x 60 seconds	12 x 10 @ 95%	Power / velocity	
		20	15	hard	9-Sep	DP test, TT	L4, TT	0:50:	1:30:		12 x 10 @ 95%	Power / velocity	
								3:10:	3:00:		0:10		
6	21	20	Vol	16-Sep			L1, Distance, Threshold	1:30:			15 x 10 @ 100%	Max Strength 2	
	59	22	10	23-Sep			Easy	0:40:			15 x 10 @ 100%	Max Strength 2	
		23	13	med	30-Sep		L1, Distance, Threshold	0:50:		2 x 4 x 90 sec	15 x 10 @ 100%	Max Strength 2	
		24	16	hard	7-Oct	TT x 2	L4, TT	1:00:	1:15:		15 x 10 @ 100%	Max strength 2	
								4:00:	1:15:		0:10		
7	25	10	easy	14-Oct			easy	0:40:			15 x 10 @ 100%	Max Strength 2	
	54	26	15	21-Oct		DP test	L4, TT	0:45	0:40:		15 x 10 @ 100%	Max Strength 2	
		27	16	med	28-Oct		L1, Distance, Threshold	1:15:			15 x 10 @ 100%	Power2	
		28	13	hard	4-Nov		L4, TT		1:00:	20-30 x 30 sec	12 x 10 @ 95%	Power 2	
								2:40:	1:40:		0:20		

