

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
	35	2	9	med	6-May		L1, Distance, Threshold	0:20:			10 x 10 @ 80 %	General Strength
		3	8	easy	13-May		easy			3 x 6 x 30 seconds	12 x 10 @ 80 %	General Strength
		4	11	med	20-May		L1, Distance, Threshold	0:30:			12 x 10 @ 80 %	General Strength
								0:50:	0:00:	0:10		
2	5	12	vol	27-May		DP test	L1, Distance, Threshold	0:30:	0:10:	1 x 2:30	12 x 10 @ 95%	General Strength
	42	6	7	easy	3-Jun		Easy		0:10:		12 x 10 @ 95%	General Strength
		7	10	med	10-Jun		L1, Distance, Threshold	0:30		20-30 x 30 sec	12 x 10 @ 95%	Max Strength
		8	13	vol	17-Jun		L1, Distance, Threshold	0:30:			12 x 10 @ 95%	Max Strength
								1:30:	0:20:	0:12		
3	9	8	easy	24-Jun			easy	0:30			12 x 10 @ 90%	Max Strength
	38	10	10	med	1-Jul	DP test	L1, Distance, Threshold	0:40:	0:10:	6-8 x 60 sec	12 x 10 @ 90%	Max Strength
		11	12	vol	8-Jul		L1, Distance, Threshold	1:10:			12 x 10 @ 90%	Max Strength
		12	8	easy	15-Jul		easy	0:40:			12 x 10 @ 90%	Max Strength
								3:00:	0:10:	0:08		
4	13	9	int	22-Jul		TT	L4, TT	0:40:	0:20:		12 x 10 @ 95%	Power 1
	40	14	12	vol	29-Jul		L1, Distance, Threshold	1:10:			12 x 10 @ 95%	Power 1
		15	8	easy	5-Aug		Easy	0:30:			12 x 10 @ 95%	Power 1
		16	11	Vol	12-Aug		L1, Distance, Threshold	0:45:		3 x 10 x 30 seconds	12 x 10 @ 95%	Power 1
								3:05:	0:20:	0:10		
5	17	14	Vol	19-Aug			L1, Distance, Threshold	0:40:			12 x 10 @ 95%	Power 1
	43	18	8	easy	26-Aug		easy	0:30:			12 x 10 @ 95%	Power / velocity
		19	10	med	2-Sep		L1, Distance, Threshold	0:50:		8-10 x 60 seconds	12 x 10 @ 95%	Power / velocity
		20	11	hard	9-Sep		DP test, TT	L4, TT		0:15:		12 x 10 @ 95%
								2:00:	0:15:	0:10		
6	21	13	Vol	16-Sep			L1, Distance, Threshold	1:00:			15 x 10 @ 100%	Max Strength 2
	42	22	8	Easy	23-Sep		Easy	0:40:			15 x 10 @ 100%	Max Strength 2
		23	9	med	30-Sep		L1, Distance, Threshold	0:50		2 x 4 x 90 sec	15 x 10 @ 100%	Max Strength 2
		24	12	hard	7-Oct		TT	L4, TT		0:20:		15 x 10 @ 100%
								2:30:	0:20:	0:10		
7	25	8	easy	14-Oct			easy	0:40:			15 x 10 @ 100%	Max Strength 2
	40	26	9	int	21-Oct	DP test	L4, TT	0:45	0:20:		15 x 10 @ 100%	Max Strength 2
		27	11	med	28-Oct		L1, Distance, Threshold	0:40:			15 x 10 @ 100%	Power2
		28	12	hard	4-Nov		L1, Distance, Threshold	0:40:		20-30 x 30 sec	12 x 10 @ 95%	Power 2

								2:45:	0:20:	0:20		
8	29	8	easy	11-Nov		easy					12 x 10 @ 95%	Power 2
40	30	9	med	18-Nov		L1, Distance, Threshold	0:50:	0:20:			12 x 10 @ 95%	Power 2
	31	15	vol	25-Nov		L1, Distance, Threshold	0:40:		3 x 10 x 30 seconds		12 x 10 @ 95%	Power 2
	32	8	easy	2-Dec		easy	0:30:				15 x 10 @ 100%	Velocity / Maintenance
							2:00:	0:20:		0:20		
		320				Prep period totals	17:40:	2:05:		1:32		
9	33	9	med	9-Dec		L1, Distance, Threshold	0:20:		3 x 10 x 30 sec		15 x 10 @ 100%	Velocity / Maintenance
43	34	13	vol	16-Dec		L1, Distance, Threshold	1:00:				15 x 10 @ 100%	Velocity / Maintenance
	35	9	easy	23-Dec		Easy	0:40				15 x 10 @ 100%	Velocity / Maintenance
	36	12	med	30-Dec		L1, Distance, Threshold	0:15:	0:20			15 x 10 @ 100%	Maintenance
							2:15:	0:20:		0:10		
10	37	9	med	6-Jan		L1, Distance, Threshold	0:50:				15 x 10 @ 100%	Maintenance
37	38	10	hard	13-Jan		L1, Distance, Threshold	0:30:		6-8 x 60 sec		15 x 10 @ 100%	Maintenance
	39	8	easy	20-Jan		Easy	0:15:				15 x 10 @ 100%	Maintenance
	40	10	med	27-Jan		L4, TT	0:40	0:45			15 x 10 @ 100%	Maintenance
							2:15:	0:45:		0:10		
11	41	10	med/vol	3-Feb		L1, Distance, Threshold	0:30:	0:15:	6 x 30 sec		15 x 10 @ 100%	Maintenance
36	42	8	easy	10-Feb		taper	0:20:	0:15:			15 x 10 @ 100%	Maintenance
	43	9	race	17-Feb		L4, TT	1:00	1:30			15 x 10 @ 100%	Maintenance
	44	9	easy	24-Feb		easy	0:30:				12 x 10 @ 100%	Maintenance
							2:20:	2:00:		0:10		
12	45	10	med	3-Mar		L1, Distance, Threshold	0:45:		3 x 8 x 30 sec		12 x 10 @ 100%	Maintenance
38	46	9	race	10-Mar		L4, Sprint Intensity	0:15:	1:00			12 x 10 @ 100%	Maintenance
	47	9	easy	17-Mar		Easy	0:30:				12 x 10 @ 100%	Maintenance
	48	10	race	24-Mar		L4, TT	0:30:	0:30			12 x 10 @ 100%	Maintenance
							2:00:	1:30:		0:10		
13	49	7	race	31-Mar		L4, TT	1:00:	1:00:				
14	50	2	easy	7-Apr								
	51	1	easy	14-Apr								
	52	4	easy	21-Apr								
							1:00:	1:00:				
YEAR TOTAL												
488						INTENSITY TOTAL	27:30:	7:40:		2:12		