

MONTH	Wk	HRs	Wk Type	Date	Location	Race/TT/Test	Training Phase	Level 3	Level 4	Sprint intensity	Speed	Strength Phase
<b>1</b>	1	7	med	29-Apr			L1, Distance, Threshold				10 x 10 @ 80 %	General Strength
<b>37</b>	2	10	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	12	med	20-May			L1, Distance, Threshold	0:30:			12 x 10 @ 80 %	General Strength
								0:50:	0:00:	0:10		
<b>2</b>	5	13	vol	27-May			L1, Distance, Threshold	0:30:	0:10:	1 x 2:30	12 x 10 @ 95%	General Strength
<b>47</b>	6	8	easy	3-Jun			Easy		0:10:		12 x 10 @ 95%	General Strength
	7	12	med	10-Jun			L1, Distance, Threshold	0:40:		20-30 x 30 sec	12 x 10 @ 95%	Max Strength
	8	14	vol	17-Jun			L1, Distance, Threshold	0:50:			12 x 10 @ 95%	Max Strength
								2:00:	0:20:	0:12		
<b>3</b>	9	8	easy	24-Jun			easy	0:30			12 x 10 @ 90%	Max Strength
<b>41</b>	10	12	med	1-Jul		DP test	L1, Distance, Threshold	0:40:	0:10:	6-8 x 60 sec	12 x 10 @ 90%	Max Strength
	11	13	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		
<b>4</b>	13	11	int	22-Jul		TT	L4, TT	0:45:	0:30:		12 x 10 @ 95%	Power 1
<b>46</b>	14	14	vol	29-Jul			L1, Distance, Threshold	1:10:			12 x 10 @ 95%	Power 1
	15	8	easy	5-Aug			Easy	0:40:			12 x 10 @ 95%	Power 1
	16	13	Vol	12-Aug			L1, Distance, Threshold	0:50:		3 x 10 x 30 seconds	12 x 10 @ 95%	Power 1
								3:25:	0:30:	0:10		
<b>5</b>	17	14	Vol	19-Aug			L1, Distance, Threshold	0:50:			12 x 10 @ 95%	Power 1
<b>48</b>	18	8	easy	26-Aug			easy	0:40:			12 x 10 @ 95%	Power / velocity
	19	11	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		0:15:		12 x 10 @ 95%	Power / velocity
								2:20:	0:15:	0:10		
<b>6</b>	21	16	Vol	16-Sep			L1, Distance, Threshold	1:00:			15 x 10 @ 100%	Max Strength 2
<b>49</b>	22	8	Easy	23-Sep			Easy	0:40:			15 x 10 @ 100%	Max Strength 2
	23	11	med	30-Sep			L1, Distance, Threshold	0:50:		2 x 4 x 90 sec	15 x 10 @ 100%	Max Strength 2
	24	14	hard	7-Oct			L4, TT		0:20:		15 x 10 @ 100%	Max strength 2
								2:30:	0:20:	0:10		
<b>7</b>	25	8	easy	14-Oct			easy	0:40:			15 x 10 @ 100%	Max Strength 2
<b>47</b>	26	10	int	21-Oct		DP test	L4, TT	0:45	0:20:		15 x 10 @ 100%	Max Strength 2
	27	16	med	28-Oct			L1, Distance, Threshold	0:40:			15 x 10 @ 100%	Power2

	28	13	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	
<b>8</b>	29	9	easy	11-Nov		easy				12 x 10 @ 95%	Power 2
<b>46</b>	30	12	med	18-Nov		L1, Distance, Threshold	0:50:	0:20:		12 x 10 @ 95%	Power 2
	31	16	vol	25-Nov		L1, Distance, Threshold	0:40:		3 x 10 x 30 seconds	12 x 10 @ 95%	Power 2
	32	9	easy	2-Dec		easy	0:30:			15 x 10 @ 100%	Velocity / Maintenance
							2:00:	0:20:		0:20	
		<b>361</b>				<b>Prep period totals</b>	<b>18:50:</b>	<b>2:15:</b>		<b>1:32</b>	
<b>9</b>	33	11	med	9-Dec		L1, Distance, Threshold	0:20:		3 x 10 x 30 sec	15 x 10 @ 100%	Velocity / Maintenance
<b>50</b>	34	16	vol	16-Dec		L1, Distance, Threshold	1:00:			15 x 10 @ 100%	Velocity / Maintenance
	35	10	easy	23-Dec		Easy	0:40:			15 x 10 @ 100%	Velocity / Maintenance
	36	13	med	30-Dec		L1, Distance, Threshold	0:15:	0:20:		15 x 10 @ 100%	Maintenance
							2:15:	0:20:		0:10	
<b>10</b>	37	10	med	6-Jan		L1, Distance, Threshold	0:50:			15 x 10 @ 100%	Maintenance
<b>41</b>	38	12	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	11	med	27-Jan	BMT	L4, TT	0:40:	0:45:		15 x 10 @ 100%	Maintenance
							2:15:	0:45:		0:10	
<b>11</b>	41	12	med/vol	3-Feb		L1, Distance, Threshold	0:30:	0:15:	6 x 30 sec	15 x 10 @ 100%	Maintenance
<b>39</b>	42	8	easy	10-Feb		taper	0:20:	0:15:		15 x 10 @ 100%	Maintenance
	43	10	race	17-Feb	BIRKIE	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	
<b>12</b>	45	12	med	3-Mar		L1, Distance, Threshold	0:45:		3 x 8 x 30 sec	12 x 10 @ 100%	Maintenance
<b>41</b>	46	10	race	10-Mar	World Masters	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	
<b>13</b>	49	7	race	31-Mar	S2S	L4, TT	1:00:	1:00:			
<b>25</b>	50	8	easy	7-Apr							
	51	4	easy	14-Apr							
	52	6	easy	21-Apr							
							1:00:	1:00:			
<b>YEAR TOTAL</b>											
557						<b>INTENSITY TOTAL</b>	<b>28:40:</b>	<b>7:50:</b>		<b>2:12</b>	