Annual Training Plan

Start Date: January 3, 2011
Athlete:
Annual Hours:
Season Goals:
1 Top 10 AG finish in Philly Tri
2 Run sub-40 min 10K in Philly Tri
3 Sub 1:10 bike split in Philly Tri

Training Objectives:
1 Leg Press 360 by week 16
2 Run sub 19 min 5K by week 15
3 Participate in at least 4 bike TT's
4 Perfect swim stroke

Wk #	Monday	Races	Pri	Period	Hours	Weights	Swim Endurance	Swim Force	Swim Speed	Swim Muscle Endur	Swim Anaero Endur	Swim Power	Swim Testing	Bike Endurance	Bike Force	Bike Speed	Bike Muscle Endur	Bike Anaero Endur	Bike Power	Bike Testing	Run Endurance	Run Force	Run Speed	Run Muscle Endur	Run Anaero Endur	Run Power	Run Testing
1	1/3			Prep		AA																					
2	1/10			↓		↓																					
3	1/17			Base 1		↓	X		X					X		X					X		X				
4	1/24					MT	X		X					X		X					X		X				
5	1/31					↓	X		X					X		X				X	X		X				
6	2/7	Hobo's Heartbreaker 10K		↓		↓	X		X					X		X					X		X				
7	2/14	Start Phase II of Run		Base 2		MS	X		X					X		X					X		X				
8	2/21					↓	X		X					X		X					X		X				
9	2/28					↓	X		X					X		X					X		X				
10	3/7			↓		↓	X		X					X		X					X		X				
11	3/14	Bike Test		Base 3		↓	X		X				X	X		X				X	X		X				X
12	3/21	St. Margaret Mary 5K				↓	X		X					X		X					X		X				X
13	3/28					SM	X	X	X	X				X	X	X	X				X	X	X	X			
14	4/4			↓		↓	X	X	X	X				X	X	X	X				X	X	X	X			
15	4/11	Hagerstown Duathlon		Build 1		↓	X	X	X	X			X	X	X	X	X			X	X	X	X	X			X
16	4/18	Race Against Racism 5K				↓	X		X					X		X					X		X				X
17	4/25					↓	X	X	X	X				X	X	X	X				X	X	X	X			
18	5/2	End Weight Training		↓			X	X	X	X				X	X	X	X				X	X	X	X			
19	5/9	Armed Forces Day 5K		Build 2			X	X	X	X			X	X	X	X	X			X	X	X	X	X			X
20	5/16	**Columbia Tri (5/22)**	B				X		X					X		X					X		X				
21	5/23						X		X	X	X			X		X	X	X			X		X	X	X		
22	5/30	K. Warrior or Black Bear	C	↓			X		X	X	X			X		X	X	X			X		X	X	X		
23	6/6	Warrior Dash		Peak			X		X	X	X			X		X	X	X			X		X	X	X		
24	6/13	Chocolate Miracle 5K		Taper			X		X					X		X					X		X				
25	6/20	**Philly Tri (6/26)**	A	Race			X		X	X	X			X		X	X	X			X		X	X	X		
26	6/27			Trans			X		X	X	X			X		X	X	X			X		X	X	X		
27	7/4			Build 1			X		X	X	X			X		X	X	X			X		X	X	X		
28	7/11						X		X					X		X					X		X				
29	7/18						X		X	X	X			X		X	X	X			X		X	X	X		
30	7/25	Pittsburgh Triathlon	B	↓			X		X	X	X			X		X	X	X			X		X	X	X		
31	8/1			Build 2			X		X					X		X					X		X				
32	8/8	Fort Ritchie Triathlon	B				X		X	X				X		X	X				X		X	X			
33	8/15						X		X	X				X		X	X				X		X	X			
34	8/22			↓					X			X				X			X				X			X	
35	8/29			Peak																							
36	9/5			Taper			X	X	X	X				X	X	X	X				X	X	X	X			
37	9/12	**Savageman 70.0**	A	Race																							
38	9/19			Rest																							
39	9/26	**Pocono 70.3**	A	Race																							
40	10/3																										
41	10/10																										
42	10/17																										
43	10/24																										
44	10/31																										
45	11/7																										
46	11/14																										
47	11/21																										
48	11/28																										
49	12/5																										
50	12/12																										
51	12/19																										
52	12/26																										