

Rev 1 10/4/09
Annual 400
Training
Hours

Rev 1	10/4/09																																	
Annual	400																																	
Training																																		
Hours																																		
		Swim					Bike					Run																						
		Weights/Core					Endurance					Endurance					Endurance																	
		Endurance	Speed	ME	AE	Power	Test	Endurance	Speed	ME	AE	Power	Test	Endurance	Speed	ME	AE	Power	Test	Endurance	Speed	ME	AE	Power	Test									
Period	Week	Hours	Race	Cat																						Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Base1.1	30/3/09	8			MS	X		X						X		X				X		X				0	1.25	1.25	1	1	2	1.5	8	
Base1.2	6/4/09	9.5			MS	X		X						X		X				X		X			0	1.5	1.25	1.5	1.25	2.5	1.5	9.5		
Base1.3	13/4/09	10.5			MS	X		X						X		X				X		X			0	1.5	1.5	1.5	1	3	2	10.5		
Base1.4	20/4/09	5.5			MS	X		X				X		X		X				X		X		X	0	1	1	0.75	0	1.5	1.25	5.5		
Base2.1	27/4/09	8.5			PE	X	X	X	X					X	X	X	X			X	X	X	X		0	1.5	1.5	1	1	2	1.5	8.5		
Base2.2	4/5/09	10			PE	X	X	X	X					X	X	X	X			X	X	X	X		0	1.5	1.5	1.25	1.25	2.5	2	10		
Base2.3	11/5/09	11	Clic24	B	PE	X	X	X	X					X	X	X	X			X	X	X	X		0.5	1.75	1.75	1.5	1	2.5	2	11		
Base2.4	18/5/09	5.5			PE	X		X		X			X	X		X				X		X		X	0	1	1	0.75	0	1.5	1.25	5.5		
Base3.1	25/5/09	9			ME	X	X	X	X					X	X	X	X			X	X	X	X		0	1.5	1.25	1	1	2.5	1.75	9		
Base3.2	1/6/09	10.5			ME	X	X	X	X					X	X	X	X			X	X	X	X		0	1.5	1.5	1.5	1	3	2	10.5		
Base3.3	8/6/09	11.5			ME	X	X	X	X					X	X	X	X			X	X	X	X		1	1.5	1.5	1.5	1	3	2	11.5		
Base3.4	15/6/09	5.5			ME	X		X		X			X	X		X				X		X		X	0	1	1	0.75	0	1.5	1.25	5.5		
Build1.1	22/6/09	10			ME	X		X	X	X				X	X	X	X			X		X		X	0	1.5	1.5	1.25	1.25	2.5	2	10		
Build1.2	29/6/09	10			ME	X		X	X	X				X	X	X	X			X		X		X	0	1.5	1.5	1.25	1.25	2.5	2	10		
Build1.3	6/7/09	10			SM	X		X	X	X				X	X	X	X			X		X		X	0	1.5	1.5	1.25	1.25	2.5	2	10		
Build1.4	13/7/09	5.5			SM	X		X					X	X		X				X		X		X	0	1	1	0.75	0	1.5	1.25	5.5		
Build2.1	20/7/09	9.5			SM	X		X	X	X				X	X	X	X			X		X		X	0	1.5	1.25	1.5	1.25	2.5	1.5	9.5		
Build2.2	27/7/09	9.5			SM	X		X	X	X				X	X	X	X			X		X		X	0	1.5	1.25	1.5	1.25	2.5	1.5	9.5		
Build2.3	3/8/09	9.5			SM	X		X	X	X				X	X	X	X			X		X		X	0	1.5	1.25	1.5	1.25	2.5	1.5	9.5		
Build2.4	10/8/09	5.5			SM	X		X				X		X		X				X		X		X	0	1	1	0.75	0	1.5	1.25	5.5		
Peak1	17/8/09	8.5			SM	X		X	X					X		X	X			X		X		X	0	1.5	1.5	1	1	2	1.5	8.5		
Peak2	24/8/09	6.5			SM	X		X	X					X		X	X			X		X		X	0	X	X	X	X	X	X	6.5		
Race1	31/8/09	5.5									X								X				X	0	X	X	X	X	X	X	5.5			
Race2	7/9/09	5.5										X							X				X	0	X	X	X	X	X	X	5.5			
Race3	14/9/09	5.5										X							X				X	0	X	X	X	X	X	X	5.5			
Race4	21/9/09	5.5										X							X				X	0	X	X	X	X	X	X	5.5			