

| Marathon/Triathlon Training outline for Event - Date - Year | # weeks from Date to Date, Year Total of ### hours from Date to Date, year | MHR | 207 | RHR | 61 |
|--|---|--------------------|---------|--------|----|
| | | Age | 58 | | |
| | | Est. MHR | 164.3 | | |
| | | HRR | 103.3 | | |
| 1. Base Training - # weeks - Date | | | | | |
| 2. Intensity training - # weeks - End Date | | | | | |
| 3. Peak training - # weeks - End Date | | | | | |
| 4. Race pace training - # weeks - End Date | | | | | |
| <p>1. Base training: 70 hours OD - 55% = 38.5 hours = 2,310 minutes WT - 20% = 14.0 hours = 840 minutes IT - 10% = 7 hours = 420 minutes EN - 15% = 10.5 hours = 630 minutes</p> <p>2. Intensity training: 70 hours OD - 50% = 35 hours = 2,100 minutes WT - 10% = 7 hours = 420 minutes IT - 20% = 14.0 hours = 840 minutes EN - 15% = 10.5 hours = 630 minutes SPD - 5% = 3.5 hours = 210 minutes</p> <p>3. Peak training: 40 hours OD - 50% = 20 hours = 1,200 minutes WT - 10% = 4 hours = 240 minutes IT - 10% = 4 hours = 240 minutes R/P - 10% = 4 hours = 240 minutes EN - 15% = 6 hours = 360 minutes SPD - 5% = 2 hours = 120 minutes</p> <p>4. Race Pace training: 26 hours OD - 50% = 13 hours = 780 minutes WT - 10% = 2.6 hours = 156 minutes IT - 10% = 2.6 hours = 156 minutes R/P - 10% = 2.6 hours = 156 minutes EN - 15% = 3.9 hours = 234 minutes SPD - 5% = 1.3 hours = 78 minutes</p> | Date: | Heart Rate Reserve | | | |
| | Level 1 (OD) | 60-70% | 122.98 | 133.31 | |
| | Level 2 (EN) | 71-75% | 134.343 | 138.48 | |
| | Level 3 (IT) | 76-80% | 139.508 | 143.64 | |
| | Level 4 (R/P) | 81-90% | 144.673 | 153.97 | |
| | Level 5 (SPD) | 91-100% | 155.003 | 164.3 | |
| | Date: | Heart Rate Reserve | | | |
| | Level 1 (OD) | 60-70% | 122.98 | 133.31 | |
| | Level 2 (EN) | 71-75% | 134.343 | 138.48 | |
| | Level 3 (IT) | 76-80% | 139.508 | 143.64 | |
| | Level 4 (R/P) | 81-90% | 144.673 | 153.97 | |
| | Level 5 (SPD) | 91-100% | 155.003 | 164.3 | |
| | Date: | Heart Rate Reserve | | | |
| | Level 1 (OD) | 60-70% | 122.98 | 133.31 | |
| | Level 2 (EN) | 71-75% | 134.34 | 138.48 | |
| | Level 3 (IT) | 76-80% | 139.51 | 143.64 | |
| | Level 4 (R/P) | 81-90% | 144.67 | 153.97 | |
| | Level 5 (SPD) | 91-100% | 155 | 164.3 | |
| | Date: | Heart Rate Reserve | | | |
| | Level 1 (OD) | 60-70% | 122.98 | 133.31 | |
| Level 2 (EN) | 71-75% | 134.34 | 138.48 | | |
| Level 3 (IT) | 76-80% | 139.51 | 143.64 | | |
| Level 4 (R/P) | 81-90% | 144.67 | 153.97 | | |
| Level 5 (SPD) | 91-100% | 155 | 164.3 | | |

| Year hours to train: | | 412 | | | Periodization | | | | |
|----------------------|-------------------|-----------|--|-------------|---------------|--------|--------|---------|-------------|
| | | | | | Week | | | | |
| Cycle | Date | Stage | Emphasis | %year hours | 1 | 2 | 3 | 4 | hours/cycle |
| 1 | 10-21 to 11-18-07 | Base | Aerobic build-up; improve general strength | 10% | 23.00% | 27.00% | 31.00% | 19.00% | 40.00 |
| 2 | 11-19 to 12-02-07 | Base | Aerobic build-up; improve general strength | 7% | 23.00% | 27.00% | 31.00% | 19.00% | 30.00 |
| 3 | 12-03 to 12-30-07 | Intensity | Aerobic base; intervals, and specific strength | 10% | 23.00% | 26.00% | 29.00% | 22.00% | 40.00 |
| 4 | 12-31 to 01-20-08 | Intensity | intervals, speed, technique, and specific strength | 7% | 20.00% | 30.00% | 20.00% | 30.00% | 30.00 |
| 5 | 01-21 to 02-03-08 | Peak | intervals, anaerobic speed, technique, and race pace | 5% | 20.00% | 30.00% | 20.00% | 30.00% | 20.00 |
| 6 | 02-04 to 02-24-08 | Peak | intervals, anaerobic speed, technique, and race pace | 5% | 20.00% | 30.00% | 20.00% | 30.00% | 20.00 |
| 7 | 02-25 to 03-12-08 | Race | Racing; maintain aerobic base and recovery | 6% | 20.00% | 30.00% | 20.00% | 30.00% | 26.00 |
| | | | | | | | | tot hrs | 206.00 |

| Year hours to train: 360 | | | | Periodization | | | | | |
|---------------------------------|-------------------|-----------|--|---------------|--------|--------|--------|---------|-------------|
| Cycle | Date | Stage | Emphasis | %year hours | Week | | | | hours/cycle |
| | | | | | 1 | 2 | 3 | 4 | |
| 1 | 11-05 to 12-02-07 | Base | Aerobic build-up; improve general strength | 8% | 25.00% | 25.00% | 25.00% | 25.00% | 28.00 |
| 2 | 12-03 to 12-30-07 | Base | Aerobic build-up; improve general strength | 8% | 25.00% | 25.00% | 25.00% | 25.00% | 28.00 |
| 3 | 12-31 to 01-27-08 | Intensity | Aerobic base; intervals, and specific strength | 8% | 25.00% | 25.00% | 25.00% | 25.00% | 28.00 |
| 4 | 01-28 to 02-24-08 | Intensity | intervals, speed, technique, and specific strength | 8% | 25.00% | 25.00% | 25.00% | 25.00% | 28.00 |
| 5 | 02-25 to 03-23-08 | Peak | intervals, anaerobic speed, technique, and race pace | 8% | 25.00% | 25.00% | 25.00% | 25.00% | 28.00 |
| 6 | 03-24 to 04-06-08 | Peak | intervals, anaerobic speed, technique, and race pace | 4% | 25.00% | 25.00% | 25.00% | 25.00% | 14.00 |
| 7 | 04-07 to 05-16-08 | Race | Racing; maintain aerobic base and recovery | 7% | 25.00% | 25.00% | 25.00% | 25.00% | 26.00 |
| | | | | | | | | tot hrs | 180.00 |

Year hours to train:

520

Percentage per 4 week cycle

| Cycle | Date | Stage | % of hours | Speed | Endurance | Race/Pace | Interval | Over-Distance | Up/Vertical | Strength |
|--------------|-------------------|--------------|-------------------|--------------|------------------|------------------|-----------------|----------------------|--------------------|-----------------|
| 1 | 10-21 to 11-18-07 | Base | 8% | 0 | 15 | 0 | 10 | 55 | 0 | 20 |
| 2 | 11-19 to 12-02-07 | Base | 6% | 0 | 15 | 0 | 20 | 55 | 0 | 10 |
| 3 | 12-03 to 12-30-07 | Intensity | 8% | 5 | 15 | 5 | 20 | 45 | 0 | 10 |
| 4 | 12-31 to 01-20-08 | Intensity | 6% | 5 | 15 | 10 | 10 | 50 | 0 | 10 |
| 5 | 01-21 to 02-03-08 | Peak | 4% | 5 | 15 | 10 | 10 | 50 | 0 | 10 |
| 6 | 02-04 to 02-24-08 | Peak | 4% | 5 | 10 | 15 | 10 | 50 | 0 | 10 |
| 7 | 02-25 to 03-12-08 | Race | 5% | 5 | 10 | 15 | 10 | 50 | 0 | 10 |

Training Plan for a 21 week cycle-Spreadsheet calculations
Training plan for marathon
Projected year hours to train 412

| Four week cycle | 1 | | | | 2 | | | | 3 | | | | 4 | | | | 5 | | | | 6 | |
|--|-------------------|------|------|-----|-------------------|-----|-----|-----|-------------------|------|------|-----|-------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|
| Training Stage | Base | | | | Base | | | | Intensity | | | | Intensity | | | | Peak | | | | Peak | |
| Week numbers | 1 thru 4 | | | | 5 thru 8 | | | | 9 thru 12 | | | | 13 thru 16 | | | | 17 thru 20 | | | | 21 thru 22 | |
| Actual dates | 10-21 to 11-18-20 | | | | 11-19 to 12-16-20 | | | | 12-17 to 12-30-20 | | | | 12-31 to 01-20-20 | | | | 01-21 to 02-03-20 | | | | 02-04 to 02-24-20 | |
| % of yearly hours | 8% | | | | 8% | | | | 8% | | | | 8% | | | | 8% | | | | 4% | |
| Hours/cycle | 40 | | | | 30 | | | | 40 | | | | 30 | | | | 20 | | | | 20 | |
| Week number | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Periodization | 23% | 27% | 31% | 19% | 23% | 27% | 31% | 19% | 23% | 26% | 29% | 22% | 23% | 26% | 29% | 22% | 20% | 30% | 20% | 30% | 20% | 30% |
| Hours/week | 9.2 | 10.8 | 12.4 | 7.6 | 6.9 | 8.1 | 9.3 | 5.7 | 9.2 | 10.4 | 11.6 | 8.8 | 6.9 | 7.8 | 8.7 | 6.6 | 4.0 | 6.0 | 4.0 | 6.0 | 4.0 | 6.0 |
| Below: Total minutes per week of each SERIOUS component | | | | | | | | | | | | | | | | | | | | | | |
| Speed | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 31 | 35 | 26 | 21 | 23 | 26 | 20 | 12 | 18 | 12 | 18 | 12 | 18 |
| Endurance | 83 | 97 | 112 | 68 | 62 | 73 | 84 | 51 | 83 | 94 | 104 | 79 | 62 | 70 | 78 | 59 | 36 | 54 | 36 | 54 | 24 | 36 |
| Race/Pace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 31 | 35 | 26 | 41 | 47 | 52 | 40 | 24 | 36 | 24 | 36 | 36 | 54 |
| Intervals | 55 | 65 | 74 | 46 | 83 | 97 | 112 | 68 | 110 | 125 | 139 | 106 | 41 | 47 | 52 | 40 | 24 | 36 | 24 | 36 | 24 | 36 |
| Overdistance | 304 | 356 | 409 | 251 | 228 | 267 | 307 | 188 | 248 | 281 | 313 | 238 | 207 | 234 | 261 | 198 | 120 | 180 | 120 | 180 | 120 | 180 |
| Up/Vertical | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Strength | 110 | 130 | 149 | 91 | 41 | 49 | 56 | 34 | 55 | 62 | 70 | 53 | 41 | 47 | 52 | 40 | 24 | 36 | 24 | 36 | 24 | 36 |

| Four week cycle | 7 | | |
|--|-------------------|-----|-----|
| Training Stage | Race | | |
| Week numbers | 23 thru 26 | | |
| Actual dates | 02-25 to 03-12-20 | | |
| % of yearly hours | 6% | | |
| Hours/cycle | 26 | | |
| Week number | 23 | 24 | 25 |
| Periodization | 20% | 30% | 20% |
| Hours/week | 5.2 | 7.8 | 5.2 |
| Below: Total minutes per week of each SERIOUS component | | | |
| Speed | 16 | 23 | 16 |
| Endurance | 31 | 47 | 31 |
| Race/Pace | 47 | 70 | 47 |
| Intervals | 31 | 47 | 31 |
| Overdistance | 156 | 234 | 156 |
| Up/Vertical | 0 | 0 | 0 |
| Strength | 31 | 47 | 31 |

Training Plan for a 26 week cycle-Spreadsheet calculations
Training plan for sprint triathlon 05-06-07
Projected year hours to train 252

| | | | | | | | | | | | | | | | | | | | | | | |
|--|--------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|
| Four week cycle | 1 | | | | 2 | | | | 3 | | | | 4 | | | | 5 | | | | 6 | |
| Training Stage | Base | | | | Base | | | | Intensity | | | | Intensity | | | | Peak | | | | Peak | |
| Week numbers | 1 thru 4 | | | | 5 thru 8 | | | | 9 thru 12 | | | | 13 thru 16 | | | | 17 thru 20 | | | | 21 thru 22 | |
| Actual dates | 11-06 to 12-03 -06 | | | | 12-04 to 12-31-06 | | | | 01-01 to 01-28-07 | | | | 01-29 to 02-25-07 | | | | 02-26 to 03-25-07 | | | | 03-26 to 04-08-07 | |
| % of yearly hours | 8% | | | | 8% | | | | 8% | | | | 8% | | | | 8% | | | | 4% | |
| Hours/cycle | 20 | | | | 20 | | | | 20 | | | | 20 | | | | 20 | | | | 10 | |
| Week number | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Periodization | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% |
| Hours/week | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 | 5.0 |
| Below: Total minutes per week of each SERIOUS component | | | | | | | | | | | | | | | | | | | | | | |
| Speed | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |
| Endurance | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 30 | 30 |
| Race/Pace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 15 | 15 | 15 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 45 | 45 |
| Intervals | 30 | 30 | 30 | 30 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 |
| Overdistance | 165 | 165 | 165 | 165 | 165 | 165 | 165 | 165 | 135 | 135 | 135 | 135 | 150 | 150 | 150 | 150 | 150 | 150 | 150 | 150 | 150 | 150 |
| Up/Vertical | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Strength | 60 | 60 | 60 | 60 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 | 30 |

| | | | |
|--|------------------|-----|-----|
| Four week cycle | 7 | | |
| Training Stage | Race | | |
| Week numbers | 23 thru 26 | | |
| Actual dates | 04-9 to 05-06-07 | | |
| % of yearly hours | 6% | | |
| Hours/cycle | 16 | | |
| Week number | 23 | 24 | 25 |
| Periodization | 25% | 25% | 25% |
| Hours/week | 4.0 | 4.0 | 4.0 |
| Below: Total minutes per week of each SERIOUS component | | | |
| Speed | 12 | 12 | 12 |
| Endurance | 24 | 24 | 24 |
| Race/Pace | 36 | 36 | 36 |
| Intervals | 24 | 24 | 24 |
| Overdistance | 120 | 120 | 120 |
| Up/Vertical | 0 | 0 | 0 |
| Strength | 24 | 24 | 24 |

Triathlon Training Plan for a 26 week cycle-Spreadsheet calculations
Training plan for triathlon
Projected year hours to train 360

| Four week cycle | 1 | | | | 2 | | | | 3 | | | | 4 | | | | 5 | | | | 6 | |
|--|--------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|
| Training Stage | Base | | | | Base | | | | Intensity | | | | Intensity | | | | Peak | | | | Peak | |
| Week numbers | 1 thru 4 | | | | 5 thru 8 | | | | 9 thru 12 | | | | 13 thru 16 | | | | 17 thru 20 | | | | 21 thru 22 | |
| Actual dates | 11-06 to 12-03 -20 | | | | 12-04 to 12-31-20 | | | | 01-01 to 01-28-20 | | | | 01-29 to 02-25-20 | | | | 02-26 to 03-25-20 | | | | 03-26 to 04-08-20 | |
| % of yearly hours | 8% | | | | 8% | | | | 8% | | | | 8% | | | | 8% | | | | 4% | |
| Hours/cycle | 28 | | | | 28 | | | | 28 | | | | 28 | | | | 28 | | | | 14 | |
| Week number | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Periodization | 23% | 27% | 31% | 19% | 23% | 27% | 31% | 19% | 23% | 26% | 29% | 22% | 23% | 26% | 29% | 22% | 20% | 30% | 20% | 30% | 20% | 30% |
| Hours/week | 6.4 | 7.6 | 8.7 | 5.3 | 6.4 | 7.6 | 8.7 | 5.3 | 6.4 | 7.3 | 8.1 | 6.2 | 6.4 | 7.3 | 8.1 | 6.2 | 5.6 | 8.4 | 5.6 | 8.4 | 5.6 | 8.4 |
| Below: Total minutes per week of each SERIOUS component | | | | | | | | | | | | | | | | | | | | | | |
| Speed - Wkly Tot | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 22 | 24 | 18 | 19 | 22 | 24 | 18 | 17 | 25 | 17 | 25 | 17 | 25 |
| Swim | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Bike | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 11 | 12 | 9 | 10 | 11 | 12 | 9 | 8 | 13 | 8 | 13 | 8 | 13 |
| Run | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 11 | 12 | 9 | 10 | 11 | 12 | 9 | 8 | 13 | 8 | 13 | 8 | 13 |
| Endurance | 58 | 68 | 78 | 48 | 58 | 68 | 78 | 48 | 58 | 66 | 73 | 55 | 58 | 66 | 73 | 55 | 50 | 76 | 50 | 76 | 34 | 50 |
| Swim | 12 | 14 | 16 | 10 | 12 | 14 | 16 | 10 | 12 | 13 | 15 | 11 | 12 | 13 | 15 | 11 | 10 | 15 | 10 | 15 | 7 | 10 |
| Bike | 29 | 34 | 39 | 24 | 29 | 34 | 39 | 24 | 29 | 33 | 37 | 28 | 29 | 33 | 37 | 28 | 25 | 38 | 25 | 38 | 17 | 25 |
| Run | 17 | 20 | 23 | 14 | 17 | 20 | 23 | 14 | 17 | 20 | 22 | 17 | 17 | 20 | 22 | 17 | 15 | 23 | 15 | 23 | 10 | 15 |
| Race/Pace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 22 | 24 | 18 | 39 | 44 | 49 | 37 | 34 | 50 | 34 | 50 | 50 | 76 |
| Swim | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 4 | 5 | 4 | 8 | 9 | 10 | 7 | 7 | 10 | 7 | 10 | 10 | 15 |
| Bike | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 11 | 12 | 9 | 19 | 22 | 24 | 18 | 17 | 25 | 17 | 25 | 25 | 38 |
| Run | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 7 | 7 | 6 | 12 | 13 | 15 | 11 | 10 | 15 | 10 | 15 | 15 | 23 |
| Intervals | 39 | 45 | 52 | 32 | 77 | 91 | 104 | 64 | 77 | 87 | 97 | 74 | 39 | 44 | 49 | 37 | 34 | 50 | 34 | 50 | 34 | 50 |
| Swim | 14 | 16 | 18 | 11 | 27 | 32 | 36 | 22 | 27 | 31 | 34 | 26 | 14 | 15 | 17 | 13 | 12 | 18 | 12 | 18 | 12 | 18 |
| Bike | 14 | 16 | 18 | 11 | 27 | 32 | 36 | 22 | 27 | 31 | 34 | 26 | 14 | 15 | 17 | 13 | 12 | 18 | 12 | 18 | 12 | 18 |
| Run | 12 | 14 | 16 | 10 | 23 | 27 | 31 | 19 | 23 | 26 | 29 | 22 | 12 | 13 | 15 | 11 | 10 | 15 | 10 | 15 | 10 | 15 |
| Overdistance | 213 | 249 | 286 | 176 | 213 | 249 | 286 | 176 | 174 | 197 | 219 | 166 | 193 | 218 | 244 | 185 | 168 | 252 | 168 | 252 | 168 | 252 |
| Swim | 43 | 50 | 57 | 35 | 43 | 50 | 57 | 35 | 35 | 39 | 44 | 33 | 39 | 44 | 49 | 37 | 34 | 50 | 34 | 50 | 34 | 50 |
| Bike | 106 | 125 | 143 | 88 | 106 | 125 | 143 | 88 | 87 | 98 | 110 | 83 | 97 | 109 | 122 | 92 | 84 | 126 | 84 | 126 | 84 | 126 |
| Run | 64 | 75 | 86 | 53 | 64 | 75 | 86 | 53 | 52 | 59 | 66 | 50 | 58 | 66 | 73 | 55 | 50 | 76 | 50 | 76 | 50 | 76 |
| Up/Vertical | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Swim | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Bike | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Run | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Strength | 77 | 91 | 104 | 64 | 39 | 45 | 52 | 32 | 39 | 44 | 49 | 37 | 39 | 44 | 49 | 37 | 34 | 50 | 34 | 50 | 34 | 50 |

| Four week cycle | 7 | | |
|--|------------------|-----|-----|
| Training Stage | Race | | |
| Week numbers | 23 thru 26 | | |
| Actual dates | 04-9 to 05-06-20 | | |
| % of yearly hours | 6% | | |
| Hours/cycle | 26 | | |
| Week number | 23 | 24 | 25 |
| Periodization | 20% | 30% | 20% |
| Hours/week | 5.2 | 7.8 | 5.2 |
| Below: Total minutes per week of each SERIOUS component | | | |
| Speed | 16 | 23 | 16 |
| Swim | 0 | 0 | 0 |
| Bike | 8 | 12 | 8 |
| Run | 8 | 12 | 8 |
| Endurance | 31 | 47 | 31 |
| Swim | 6 | 9 | 6 |
| Bike | 16 | 23 | 16 |
| Run | 9 | 14 | 9 |
| Race/Pace | 47 | 70 | 47 |
| Swim | 9 | 14 | 9 |
| Bike | 23 | 35 | 23 |
| Run | 14 | 21 | 14 |
| Intervals | 31 | 47 | 31 |
| Swim | 11 | 16 | 11 |
| Bike | 11 | 16 | 11 |
| Run | 9 | 14 | 9 |
| Overdistance | 156 | 234 | 156 |
| Swim | 31 | 47 | 31 |
| Bike | 78 | 117 | 78 |
| Run | 47 | 70 | 47 |
| Up/Vertical | 0 | 0 | 0 |
| Swim | 0 | 0 | 0 |
| Bike | 0 | 0 | 0 |
| Run | 0 | 0 | 0 |
| Strength | 31 | 47 | 31 |

Triathlon Training Plan for a 26 week cycle-Spreadsheet calculations
Training plan for triathlon
Projected year hours to train 360

| Four week cycle | 1 | | | | 2 | | | | 3 | | | | 4 | | | | 5 | | | | 6 | |
|---|--------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|-----|-----|-------------------|-----|
| Training Stage | Base | | | | Base | | | | Intensity | | | | Intensity | | | | Peak | | | | Peak | |
| Week numbers | 1 thru 4 | | | | 5 thru 8 | | | | 9 thru 12 | | | | 13 thru 16 | | | | 17 thru 20 | | | | 21 thru 22 | |
| Actual dates | 11-05 to 12-02 -20 | | | | 12-03 to 12-30-20 | | | | 12-31 to 01-27-20 | | | | 01-28 to 02-24-20 | | | | 02-25 to 03-23-20 | | | | 03-24 to 04-06-20 | |
| % of yearly hours | 8% | | | | 8% | | | | 8% | | | | 8% | | | | 8% | | | | 4% | |
| Hours/cycle | 28 | | | | 28 | | | | 28 | | | | 28 | | | | 28 | | | | 14 | |
| Week number | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Periodization | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% | 25% |
| Hours/week | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 |
| Below: Total minutes per week of each SERIOUS component | | | | | | | | | | | | | | | | | | | | | | |
| Speed - Wkly Tot | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 21 |
| Swim | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Bike | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| Run | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 | 11 |
| Endurance | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 42 | 42 |
| Swim | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 8 | 8 |
| Bike | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 32 | 21 | 21 |
| Run | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 19 | 13 | 13 |
| Race/Pace | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 21 | 21 | 21 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 63 | 63 |
| Swim | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 4 | 4 | 4 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 | 13 | 13 |
| Bike | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 11 | 11 | 11 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 21 | 32 | 32 |
| Run | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 6 | 6 | 6 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 19 | 19 |
| Intervals | 42 | 42 | 42 | 42 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 |
| Swim | 15 | 15 | 15 | 15 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |
| Bike | 15 | 15 | 15 | 15 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |
| Run | 13 | 13 | 13 | 13 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 | 13 |
| Overdistance | 231 | 231 | 231 | 231 | 231 | 231 | 231 | 231 | 189 | 189 | 189 | 189 | 210 | 210 | 210 | 210 | 210 | 210 | 210 | 210 | 210 | 210 |
| Swim | 46 | 46 | 46 | 46 | 46 | 46 | 46 | 46 | 38 | 38 | 38 | 38 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 |
| Bike | 116 | 116 | 116 | 116 | 116 | 116 | 116 | 116 | 95 | 95 | 95 | 95 | 105 | 105 | 105 | 105 | 105 | 105 | 105 | 105 | 105 | 105 |
| Run | 69 | 69 | 69 | 69 | 69 | 69 | 69 | 69 | 57 | 57 | 57 | 57 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 | 63 |
| Up/Vertical | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Swim | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Bike | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Run | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Strength | 84 | 84 | 84 | 84 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 | 42 |

| Four week cycle | 7 | | |
|---|-------------------|-----|-----|
| Training Stage | Race | | |
| Week numbers | 23 thru 26 | | |
| Actual dates | 04-07 to 05-01-20 | | |
| % of yearly hours | 7% | | |
| Hours/cycle | 26 | | |
| Week number | 23 | 24 | 25 |
| Periodization | 25% | 25% | 25% |
| Hours/week | 6.5 | 6.5 | 6.5 |
| Below: Total minutes per week of each SERIOUS component | | | |
| Speed | 20 | 20 | 20 |
| Swim | 0 | 0 | 0 |
| Bike | 10 | 10 | 10 |
| Run | 10 | 10 | 10 |
| Endurance | 39 | 39 | 39 |
| Swim | 8 | 8 | 8 |
| Bike | 20 | 20 | 20 |
| Run | 12 | 12 | 12 |
| Race/Pace | 59 | 59 | 59 |
| Swim | 12 | 12 | 12 |
| Bike | 29 | 29 | 29 |
| Run | 18 | 18 | 18 |
| Intervals | 39 | 39 | 39 |
| Swim | 14 | 14 | 14 |
| Bike | 14 | 14 | 14 |
| Run | 12 | 12 | 12 |
| Overdistance | 195 | 195 | 195 |
| Swim | 39 | 39 | 39 |
| Bike | 98 | 98 | 98 |
| Run | 59 | 59 | 59 |
| Up/Vertical | 0 | 0 | 0 |
| Swim | 0 | 0 | 0 |
| Bike | 0 | 0 | 0 |
| Run | 0 | 0 | 0 |
| Strength | 39 | 39 | 39 |

Training Journal

Week starting: ____ / ____ / ____ **Week #** ____

Each day before training:

- 1. Review Goals
- 2. Schedule Training-Refer to plan
- 3. Select today's speed item
- 4. Select today's technique item
- 5. Select today's mental training item
- 6. Visualize today's training

Each day after training:

- 1. Enter training data in log
- 2. Make journal entries
- 3. Acknowledge today's results
- 4. Plan tomorrow's training

This Week's goals:

| Day | Date | |
|-----|------|--|
| 1 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 2 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 3 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 4 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 5 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 6 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 7 | | |
| | | |
| | | |

Training Journal

Week starting: ____ / ____ / ____ **Week #** ____

This Week's goals:

| Day | Date | |
|-----|------|--|
| 1 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 2 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 3 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 4 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 5 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 6 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 7 | | |
| | | |
| | | |

Training Journal

Week starting: ____ / ____ / ____ **Week #** ____

This Week's goals:

| Day | Date | |
|-----|------|--|
| 1 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 2 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 3 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 4 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 5 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 6 | | |
| | | |
| | | |

| Day | Date | |
|-----|------|--|
| 7 | | |
| | | |
| | | |

Yearlong Performance Graph

- Speed
- Endurance
- Race/Pace
- Intervals
- Overdistance
- Up/Vertical
- Strength
- Swim-Skill
- Overage-Minutes



