

ADVANCED ATHLETE

Background : SWIM: YES BIKE: YES RUN: YES WEIGHT LIFT: YES COMPETITION: College Division 1 - Runner GOAL: Olympic Triathlon - May
Routine: Vary **Favorite Activity:** Running
Contact: Best Way: Text & Phone Calls **Tracking System:** Training Peaks **Contact Day (s):** Monday

MONTH	Jan 1	Jan 2	Jan 3	R	Jan 4	Feb 1	Feb 2	R	Feb 3	Feb 4	Mar 1	R	Mar 2	Mar 3	Mar 4	Mar 5	R	Apr 1	Apr 2	Apr 3	R	Apr 4	May 1	May 2	R	May 3	May 4	May 5	R	Jun 1	Jun 2	Jun 3	R	Jun 4	
WEEK	1	2	3	E	4	1	2	E	3	4	1	E	2	3	4	5	E	1	2	3	E	4	1	2	E	3	4	5	E	1	2	3	E	4	
ACTIVITY				V				V				V					V				V				V				V				V		
Number of Sessions	10	10	11	I	9	9	9	I	9	10	10	I	0	10	9	10	I	11	11	11	I	12	12	13	I	9	9	7	I	11	11	11	I	10	
Number of Hours	6.5	7.25	8.50	E	7.00	8.00	9.00	E	7.00	8.50	10.00	E	#VALUE!	6.25	7.00	8.00	E	8.50	10.00	11.00	E	7.00	8.50	10.00	E	7.00	4.75	3.50	E	7.00	8.50	10.00	E	8.50	
SWIM				W				W				W					W				W				W				W				W		
Sunday	1			C	1			C	1	1		C	V		1	1	C	1	1	1	C	1	1	1	C	1	1	1	C	1	1	1	C	1	
Monday		1		H		1		H	1		1	H	A				H	1	1	1	H	1	1	1	H	1	1	1	H	1	1	1	H	1	
Tuesday			1	A			1	A				A	C	1			A	1	1	1	A	1	1	1	A	1	1	1	A	1	1	1	A	1	
Wednesday	1	1		N				N				N	A				N	1	1	1	N	1	1	1	N	1	1	1	N	1	1	1	N	1	
Thursday			1	G		1		G		1		G	T	1		1	G	1	1	1	G	1	1	1	G	1	1	1	G	1	1	1	G	1	
Friday	1			E	1			E	1	1		E	I				E	1	1	1	E	1	1	1	E	1	1	1	E	1	1	1	E	1	
Saturday		1	1				1						O																						
BIKE				S				S				S					S				S				S				S				S		
Sunday			1	C				C	1			C			1		C	1	1	1	C	1	1	1	C				C	1	1	1	C	1	
Monday	1	1	1	H	1			H		1		H					H	1	1	1	H	1	1	1	H	1	1	1	H	1	1	1	H	1	
Tuesday		1		E		1	1	E			1	E			1	1	E	1	1	1	E	1	1	1	E	1	1	1	E	1	1	1	E	1	
Wednesday	1	1	1	D	1			D	1			D			1		D	1	1	1	D	1	1	1	D	1	1	1	D	1	1	1	D	1	
Thursday				U			1	U		1	1	U				1	U	1	1	1	U	1	1	1	U	1	1	1	U	1	1	1	U	1	
Friday		1	1	L				L		1	1	L			1	1	L	1	1	1	L	1	1	1	L	1	1	1	L	1	1	1	L	1	
Saturday	1			E	1	1	1	E	1	1	1	E			1	1	E	1	1	1	E	1	1	1	E	1	1	1	E	1	1	1	E	1	
RUN				?				?				?					?				?				?				?				?		
Sunday			1		1		1		1		1					1						1	1	1											
Monday	1				1	1			1									1	1	1		1	1	1											
Tuesday		1			1				1		1			1		1		1	1	1		1	1	1											
Wednesday			1		1	1	1		1		1			1	1	1		1	1	1		1	1	1											
Thursday	1	1			1				1					1		1		1	1	1		1	1	1											
Friday					1		1		1	1				1	1	1		1	1	1		1	1	1											
Saturday	1	1	1		1	1			1	1	1			1	1	1		1	1	1		1	1	1											
WEIGHT LIFT																																			
Sunday																																			
Monday	1	1	1		1	1	1		1	1	1			1	1	1		1	1	1		1	1	1											
Tuesday																																			
Wednesday																																			
Thursday																																			
Friday			1		1	1	1		1	1	1			1	1	1		1	1	1		1	1	1											
Saturday																																			

NOTE: This is an example. The individualized training plan for anyone viewing this schedule could be dramatically different. Do not use this plan without consulting Triathlon Over Cancer

NOTE: This athlete has completed significant base training before starting this plan and decided to continue to train with Triathlon Over Cancer after the first race. The Coaching service remains free

NOTE: Brick Runs shown in orange