INTERMEDIATE ATHLETE

Field		Field		Field		Field	
Background :		SWIM: YES	BIKE: YES	RUN: YES	WEIGHT LIFT: NO	COMPETITION: Swimming In College - 2 years	GOAL: Complete Sprint Triathlon in June
Routine:	Do Not Vary	Favorite Activity:	Swimming				
Contact:	Best Way Text	Tracking System:	Low Key - Spreadsheet	Contact Day (s): Saturday			

RACE WEEK (highlighted, above Jun columns)

	Jan 1	Jan 2	Jan 3	REVIEW	Jan 4	Feb 1	Feb 2	REVIEW	Feb 3	Feb 4	Mar 1	REVIEW	Mar 2	Mar 3	Mar 4	REVIEW	Mar 5	Apr 1	Apr 2	REVIEW	Apr 3	Apr 4	May 1	REVIEW	May 2	May 3	May 4	May 5	Jun 1	Jun 2	Jun 3	REVIEW	Jun 4
Number of Sessions	8	8	8		8	8	8		8	8	8		9	10	10		10	10	10		11	11	12		12	12	12	10	9	8	9		11
Number of Hours	4.0	4.0	4.0		4.5	4.5	4.5		4.5	5.0	5.5		4.25	5.50	6.00		6.25	6.75	7.25		6.50	7.50	8.50		5.75	6.25	7.25	4.00	3.00	3.00	4.00		5.25
SWIM																																	
Sunday																																	
Monday	1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1	1	1	1	1		1
Tuesday																																	
Wednesday	1	1	1	CHANGE	1	1	1																		1	1	1		1			CHANGE	1
Thursday																																	
Friday	1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1			1	1		1
Saturday																																	
BIKE				SCHEDULE?				SCHEDULE?				SCHEDULE?				SCHEDULE?				SCHEDULE?				SCHEDULE?								SCHEDULE?	
Sunday																																	
Monday																																	
Tuesday	1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1
Wednesday																																	
Thursday						1	1			1	1			1	1		1	1	1		1	1	1			1	1	1	1	1	1		1
Friday																																	
Saturday	1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1				1		1
RUN																																PICK RACE?	
Sunday	1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1	1	1				1
Monday																																	
Tuesday													1	1	1		1	1	1		1	1	1		1	1	1	1	1	1	1		1
Wednesday																																	
Thursday	1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1	1	1	1	1		1
Friday																																	1
Saturday *(brick – orange)*																					1	1	1		1	1	1						
WEIGHT LIFT																																	
Sunday																																	
Monday																																	
Tuesday																																	
Wednesday													1	1	1		1	1	1		1	1	1		1	1	1	1	1	1	1		1
Thursday																																	
Friday																																	
Saturday	1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1		1	1	1	1	RACE	1	1		1

Note: REVIEW separator columns contain the vertical labels "REVIEW / CHANGE SCHEDULE?"; the final review column also contains "PICK RACE?".

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