

Annual Plan:																																																																											
Month	Nov					Dec					Jan					Feb					Mar					Apr					May					Jun					Jul					Aug					Sep																								
Weeks (date)	2	9	16	23	30	7	14	21	28	4	11	18	25	1	8	15	22	29	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	17	25	1	8	15	22	29	5	12	19	26																											
Training Phases Macro	Preparation					General Preparation										Specific Preparation					Competition					General Preparation										Specific Preparation					Competition																																		
Meso	Prep1					G-P1					G-P2					G-P3					S-P1					S-P2					Comp1					G-P4					G-P5					S-P3					S-P4					Comp2																			
Competition																																																																											
Peaking																																																																											
Testing Intensity / Volume																																																																											
(95%) High 5																																																																											
(80%) Medium 3																																																																											
(60%) Low 1																																																																											
Components	use technique sessions to develop efficiency of movement					build endurance whilst maintain technique throughout increase functional strength										increase speed (race pacing) develop power race simulation bricks					race specific brick					build endurance whilst maintain technique increase functional strength										increase speed (race pacing) develop power race simulation bricks					race specific brick																																		
Goals	establish baseline					develop efficiency of movement in all disciplines 4-hour bike during max endurance week										develop race pace					taper					develop efficiency of movement in all disciplines 6-7hour bike during max endurance week										develop race pace					taper																																		