Meso-cycle Plan:

Training Objective for Meso-cycle: Prepare body to begin full training

Period: Preparation | **Phase:** General | **Meso-cycle:** 1

Discipline																												
S	60		60			60		60		60			60		60		60			60		60			60			
B			120				180	60		120				210	60		120				270			120			75	90
R		75		45		90			75		45		90			75		45		120			75					
O		30		30					30		30					30		30										
Micro-cycle No	**1 (12.5)**							**2 (14.0)**							**3 (15.5)**							**4 (8.0)**						
Days	**M**	**T**	**W**	**Th**	**F**	**Sa**	**Su**	**M**	**T**	**W**	**Th**	**F**	**Sa**	**Su**	**M**	**T**	**W**	**Th**	**F**	**Sa**	**Su**	**M**	**T**	**W**	**Th**	**F**	**Sa**	**Su**
Loading High								Tu							Tu													
Medium	Ma	Pa		T				Ma	Pa		T				Ma	Pa		T			Ev	Ma	Bl	Bl	Bl		FTP	
Low		SC	E/T	SC		E	E		SC	T/E	SC		E	E		SC	T/E	SC		E								R
Rest					R							R							R							R		

Notes:

RT - Ramp Test	E - Endurance	Br - Brick	Y - Yoga	R - Recovery	Ev - Event	OW - Open Water	Tr - Track
TT - Time Trial	S - Speed	Cl - Club Session	P - Pilates	T - Technique	Tu - Turbo	TC - Training Camp	Ma - Masters
CT - Cooper Test	P - Power	Pa - Pace	C - Circuits	Re - Recce	Bl - Baseline	SC - Strength & Conditioning	FTP - Functional Threshold Power Testing