Weekly Training Plan:

Athletes Name: | **Week Beginning:** 18 Jan 16 | **Week Number:** G-P2.4

Monday

Rate 1-5					Training Prescribed	Session Feedback
Fatigue	Swim Plan	Time		1:00:00	Masters Swim Session	
		Session	Masters		zone: 1-3	
Muscle Soreness		Distance			focus: anchor, pull, press, recover	
Sleep Quality	Bike Plan	Time				
		Session				
FGF		Distance				
	Run Plan	Time				
Measures		Session				
RHR		Distance				
	Other Plan	e.g. Strength & Conditioning Plan				
Weight						

Tuesday

Rate 1-5					Training Prescribed	Session Feedback
Fatigue	Swim Plan	Time				
		Session				
Muscle Soreness		Distance				
Sleep Quality	Bike Plan	Time				
		Session				
FGF		Distance				
	Run Plan	Time		1:15:00	10 x 1km, 30sec ri	
Measures		Session	Baseline		zone: 2-3	
RHR		Distance			aim: measure baseline fitness	
	Other Plan	e.g. Strength & Conditioning Plan				
Weight						

Wednesday

Rate 1-5					Training Prescribed	Session Feedback
Fatigue	Swim Plan	Time				
		Session				
Muscle Soreness		Distance				
Sleep Quality	Bike Plan	Time		2:00:00	10 x 5km, 90sec spin rec	
		Session	Baseline		zone: 2-3	
FGF		Distance			aim: measure baseline fitness	
	Run Plan	Time				
Measures		Session				
RHR		Distance				
	Other Plan	e.g. Strength & Conditioning Plan				
Weight						

Thursday

Rate 1-5					Training Prescribed	Session Feedback
Fatigue	Swim Plan	Time		1:00:00	10 x 100m, 10sec ri	
		Session	Baseline		zone: 2-3	
Muscle Soreness		Distance			aim: measure baseline fitness	
Sleep Quality	Bike Plan	Time				
		Session				
FGF		Distance				
	Run Plan	Time				
Measures		Session				
RHR		Distance				
	Other Plan	e.g. Strength & Conditioning Plan				
Weight						

Friday

Rate 1-5					Training Prescribed	Session Feedback
Fatigue	Swim Plan	Time				
		Session			Rest Day	
Muscle Soreness		Distance				
Sleep Quality	Bike Plan	Time				
		Session			Rest Day	
FGF		Distance				
	Run Plan	Time				
Measures		Session			Rest Day	
RHR		Distance				
	Other Plan	e.g. Strength & Conditioning Plan			Yoga	
Weight		01:00:00				

Saturday

Rate 1-5					Training Prescribed	Session Feedback
Fatigue	Swim Plan	Time				
		Session				
Muscle Soreness		Distance				
Sleep Quality	Bike Plan	Time		1:15:00	Functional Threshold Power Testing	
		Session	Testing		zone: 1-5	
FGF		Distance			aim: establish current FTP	
	Run Plan	Time				
Measures		Session				
RHR		Distance				
	Other Plan	e.g. Strength & Conditioning Plan				
Weight						

Sunday

Rate 1-5					Training Prescribed	Session Feedback
Fatigue	Swim Plan	Time				
		Session				
Muscle Soreness		Distance				
Sleep Quality	Bike Plan	Time		01:30:00	Easy Spin	
		Session	Recovery		zone: 1	
FGF		Distance			aim: ative recovery	
	Run Plan	Time				
Measures		Session				
RHR		Distance				
	Other Plan	e.g. Strength & Conditioning Plan				
Weight						

General Comments

1. establish baseline levels in preparation for 2016 season
2. recovery to allow adaptation to previous training load

Swim Total Time:	2:00:00
Bike Total Time:	4:45:00
Run Total Time:	1:15:00