



Athlete

Coach

Training Period

Aims

Competition Events

Training Intensities		
Adpated from "The Training Intensity Handbook" by Dr John Hellemans		
	Heart Rate Range	Training Effect Training Application
Max HR	200	
Easy	160	Increased circulation Warm up, recovery, technique
Steady	170 ----- 150	Improved Aerobic metabol Main Component of Endurance Training
Moderately Hard	180 ----- 160	Improves aerobic to Anaer Time Trials and repetitions
Hard	190 ----- 170	Improves Anaerobic metal Race Pace Training
Very Hard	190 +	Improves lactate tolerance Speed Training

Comments	Base Phase		Kayak	Time		Bike	Time		Run	Time		Total Schedule	Actual	Heart Rate
	22-Jan	Monday		Schedule	Actual		Schedule	Actual		Schedule	Actual			
Bike-Run- Keeping in seat on hills	22-Jan	Monday	Steady	90					Easy Flats	45		2.3	0.0	
	23-Jan	Tuesday				Steady-Hills	120		Steady	15		2.3	0.0	
Road Ride sitting on all hills - strength ride	24-Jan	Wednesday	Steady	90					Steady Hills	80		2.8	0.0	
	25-Jan	Thursday				Easy -Steady Hills	120					2.0	0.0	
	26-Jan	Friday										0.0	0.0	
Kayak-Run- Road Bike Session	27-Jan	Saturday	Steady-Modhard	60		Steady-Modhard Flats	120		Steady Hills with 5 x 60m strides at end on flat	90		4.5	0.0	
	28-Jan	Sunday				Steady Hills	140					2.3	0.0	
				4.0			8.3			3.8				
Weekly Ratings - Out of 5												16.2	0.0	
Nutrition-		Training Performance-		Fatigue-		Stress-		Overall-						

Week 2														
Comments	Base Phase		Kayak	Time		Bike	Time		Run	Time		Total	Actual	Heart
				Schedule	Actual		Schedule	Actual		Schedule	Actual			
Mtb Bike-Run	29-Jan	Monday	Steady	100		Steady-Hills			Easy Flats	45		2.4	0.0	
	30-Jan	Tuesday					120			Steady Increasing speed every 2 min	15		2.3	0.0
Kayak Interval session	31-Jan	Wednesday	Steady	90		Easy-Steady Hills			Steady-Modhard Hills	80		2.8	0.0	
	1-Feb	Thursday					120							2.0
Keep high rpms on flat 100-120	2-Feb	Friday	Steady-Modhard			Easy Flats	60		Steady-Modhard Flats			1.0	0.0	
	3-Feb	Saturday		70			120				Easy Hills	100		4.8
Keep good running technic off bike easing into run	4-Feb	Sunday				Steady Hills			Steady run off bike			3.0	0.0	
				4.3				9.0				5.0		
Weekly Ratings - Out of 5												18.3	0.0	
Nutrition-		Training Performance-		Fatigue-		Stress-		Overall-						

Week 3														
Comments	Easy Week		Kayak	Time		Bike	Time		Run	Time		Total	Actual	Heart
				Schedule	Actual		Schedule	Actual		Schedule	Actual			
	5-Feb	Monday							Easy Flats	30		0.5	0.0	
Working on Technic on kayak	6-Feb	Tuesday	Easy			Easy Flats	90		Steady Hills			1.5	0.0	
	7-Feb	Wednesday		60			60			2.0	0.0			
Rolling hills-easy group ride	8-Feb	Thursday				Easy-Steady Hills	120		Easy	10		2.2	0.0	
	9-Feb	Friday											0.0	0.0
Road ride-easy spin	10-Feb	Saturday	Steady	80		Easy Hills			Easy Hills	80		2.7	0.0	
	11-Feb	Sunday						Easy Flats		120				2.0
				2.3			5.5				3.0			
Weekly Ratings - Out of 5												10.8	0.0	
Nutrition-		Training Performance-		Fatigue-		Stress-		Overall-						

Week 4													
Comments	Mid Phase		Kayak	Time		Bike	Time		Run	Time		Total	Heart
				Schedule	Actual		Schedule	Actual		Schedule	Actual		
Interval sessions	12-Feb	Monday	Steady	110					Easy Flats	45		2.6	0.0
Mtb Ride sitting on all hills - strength ride	13-Feb	Tuesday				Mtb-Steady Hills	120					2.0	0.0
	14-Feb	Wednesday	Easy	60					Steady-Modhard Hills	90		2.5	0.0
Bike-Run session	15-Feb	Thursday				Road Ride-Steady-Modhard Flats	120		Steady on flat	10		2.2	0.0
	16-Feb	Friday										0.0	0.0
Kayak-Mtb bike-run	17-Feb	Saturday	Steady	90		Easy-Steady Hills	150		Steady	100		5.7	0.0
	18-Feb	Sunday				Steady Hills	120		Steady Hills	70		3.2	0.0
				4.3			8.5			5.3			
Weekly Ratings - Out of 5												18.1	0.0
	Nutrition-		Training Performance-		Fatigue-		Stress-		Overall-				

Week 5													
Comments	Mid Phase		Kayak	Time		Bike	Time		Run	Time		Total	Heart
				Schedule	Actual		Schedule	Actual		Schedule	Actual		
	19-Feb	Monday	Steady	110					Easy Flats	45		2.6	0.0
MTB ride	20-Feb	Tuesday				Steady Hills	120					2.0	0.0
	21-Feb	Wednesday	Easy	60					Steady-Modhard Hills	90		2.5	0.0
Run steady off bike/Hard on last 4 min of run	22-Feb	Thursday				Steady-Modhard Flats-High rpms 100-130	120		Steady run off the bike last 3min hard	10		2.2	0.0
	23-Feb	Friday										0.0	0.0
Keeping steady pace on bike/Practice fast transitions	24-Feb	Saturday	Steady	90		Easy-Steady Hills	150		Steady	100		5.7	0.0
Mtb Bike-run	25-Feb	Sunday				Steady Hills	120		Steady Hills	70		3.2	0.0
				4.3			8.5			5.3			
Weekly Ratings - Out of 5												18.1	0.0
	Nutrition-		Training		Fatigue-		Stress-		Overall-				

Performance-	Fatigue-	Stress-	Overall-
--------------	----------	---------	----------

Week 6														
Comments	Easy Week		Kayak	Time		Bike	Time		Run	Time		Total	Heart	
	Schedule	Actual		Schedule	Actual		Schedule	Actual		Schedule	Actual			
	26-Feb	Monday							Easy Flats with 6x 60m stride outs	40		0.7	0.0	
	27-Feb	Tuesday				Easy spin on Flats	60					1.0	0.0	
Working on Technic on kayak	28-Feb	Wednesday	Easy	110					Easy-Steady Hills	60		2.8	0.0	
	1-Mar	Thursday					Easy-Steady Hills	90					1.5	0.0
	2-Mar	Friday										0.0	0.0	
Practice Kayak Transitions	3-Mar	Saturday	Steady	45					Easy-Steady Hills	45		1.5	0.0	
	4-Mar	Sunday					Mtb-Steady Flats-Long	150					2.5	0.0
				2.6				5.0		2.4		10.0	0.0	
Weekly Ratings - Out of 5														
Nutrition-		Training Performance-		Fatigue-		Stress-		Overall-						

Week 7														
Comments	Taper Phase		Kayak	Time		Bike	Time		Run	Time		Total	Heart	
	Schedule	Actual		Schedule	Actual		Schedule	Actual		Schedule	Actual			
	5-Mar	Monday							Easy Flats	60		1.0	0.0	
Practice bike to run Transitions	6-Mar	Tuesday				Road-Easy Flats	60		Steady increasing speed every 2 min	10		1.2	0.0	
	7-Mar	Wednesday	Steady	60					Easy-Steady Hills	90		2.5	0.0	
	8-Mar	Thursday					Steady-Modhard Hills	60					1.0	0.0
	9-Mar	Friday										0.0	0.0	
Practice Kayak/bike Transitions	10-Mar	Saturday	Steady-Modhard	45					Steady Flats	45		1.5	0.0	
	11-Mar	Sunday					Steady-Modhard Flats	90					1.5	0.0
				1.8				3.5		3.4		8.7	0.0	
Weekly Ratings - Out of 5														
Nutrition-		Training Performance-		Fatigue-		Stress-		Overall-						



Week 8														
Comments	Taper Phase		Kayak	Time	Actual	Bike	Time	Actual	Run	Time	Actual	Total Schedule	Actual	Heart Rate
				Schedule	Schedule		Schedule	Schedule						
	12-Mar	Monday				Easy Flats	90					1.5	0.0	
	13-Mar	Tuesday	Steady	60					Easy-Steady Flats	45		1.8	0.0	
	14-Mar	Wednesday										0.0	0.0	
Road Ride	15-Mar	Thursday				Easy Flats	60					1.0	0.0	
	16-Mar	Friday							Easy Jog after travel	15		0.3	0.0	
	17-Mar	Saturday	Goldrush			Goldrush			Goldrush			0.0	0.0	
	18-Mar	Sunday	Goldrush			Goldrush			Goldrush			0.0	0.0	
				1.0			2.5			1.0				
Weekly Ratings - Out of 5												4.5	0.0	
Nutrition-		Training Performance-		Fatigue-		Stress-		Overall-						

