

# Annual Training Plan Worksheet

<b>Name:</b>	Your Name						
<b>Goals:</b>	What are your goals for the season?						
<b>Limiters:</b>	What are the things that are holding you back that you need to work on?						
<b>Enter Start Date:</b>	1/20/2014	(Enter Monday of week you want to begin)					
<b><u>Week of:</u></b>	<b><u>Period</u></b>	<b><u>Weeks to "A" Race</u></b>	<b><u>Hours per Week</u></b>	<b><u>Race</u></b>	<b><u>Race Priority</u></b>	<b><u>Race Goals</u></b>	<b><u>Comments</u></b>
<i>Example:</i>	<i>Run Base, Bike Power</i>	<i>22</i>	<i>8</i>	<i>Chilly Chili</i>	<i>C</i>	<i>Eat mucho Chili</i>	<i>Fun Training race</i>
20-Jan-14							

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27-Jan-14							
03-Feb-14							
10-Feb-14							
17-Feb-14							
24-Feb-14							
03-Mar-14							
10-Mar-14							
17-Mar-14							
24-Mar-14							
31-Mar-14							
07-Apr-14							
14-Apr-14							
21-Apr-14							
28-Apr-14							
05-May-14							

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<u>Week of:</u>	<u>Period</u>	<u>Weeks to "A" Race</u>	<u>Hours per Week</u>	<u>Race</u>	<u>Race Priority</u>	<u>Race Goals</u>	<u>Comments</u>
12-May-14							
19-May-14							
26-May-14							
02-Jun-14							
09-Jun-14							
16-Jun-14							
23-Jun-14							
30-Jun-14							
07-Jul-14							
14-Jul-14							
21-Jul-14							
28-Jul-14							
04-Aug-14							
11-Aug-14							
18-Aug-14							

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<u>Week of:</u>	<u>Period</u>	<u>Weeks to "A" Race</u>	<u>Hours per Week</u>	<u>Race</u>	<u>Race Priority</u>	<u>Race Goals</u>	<u>Comments</u>
25-Aug-14							
01-Sep-14							
08-Sep-14							
15-Sep-14							
22-Sep-14							
29-Sep-14							
06-Oct-14							
13-Oct-14							
20-Oct-14							
27-Oct-14							
03-Nov-14							
10-Nov-14							
17-Nov-14							
24-Nov-14							