

Example: Annual Training Plan

Client: Joe Triathlete

Profile: 2 years of triathlon experience - has done up to 1/2 IM
Competing in first IM race in November

Works full-time (1-2.5 hours available during week) with weekends available for long training sessions

Goals:

1. Complete Ironman Florida successfully
2. PR at Eagleman 70.3 in June
3. Negative split half marathon in April

Limiters:

1. Run - prone to injury if build up mileage too rapidly
2. Swim - limited open water experience

	<u>Week of:</u>	<u>Period</u>	<u>Weeks to Race</u>	<u>Hours per Week</u>	<u>Events</u>	<u>Priority</u>	<u>Goals</u>
Prep Period	21-Jan-13	Prep	41	6			Get back into a routine
	28-Jan-13	Prep	40	7			Same
	4-Feb-13	Prep	39	8			Same
	11-Feb-13	Prep	38	6			Easier week
Run Focus	18-Feb-13	Base 1	37	8			Run focus
	25-Feb-13	Base 1	36	9			Same
	4-Mar-13	Base 1	35	5	3/5-3/9: Work travel		Same
	11-Mar-13	Base 1	34	9			Easier week
	18-Mar-13	Base 2	33	10			Run focus
	25-Mar-13	Base 2	32	11			Same
	1-Apr-13	Base 2	31	8			Same
	8-Apr-13	Base 2	30	10			Same
	15-Apr-13	Peak	29	8			Taper for half marathon
	22-Apr-13	RACE	28	4	4/28: Half Marathon	B	Same
	Half Iron Focus	29-Apr-13	Transition	27	6		
6-May-13		Build	26	10			More race specific training
13-May-13		Build	25	11			Taper
20-May-13		Build	24	12	5/26: Reston 2-mile Swim	C	Bigger bike week
27-May-13		Peak	23	9			Begin taper
3-Jun-13		RACE	22	4	6/9: Eagleman	A	Race!
Easy / Off	10-Jun-13	Transition	21	6			Easy, easy week
	17-Jun-13	Transition	20	6			Same
	24-Jun-13	Transition	19	3	/27-6/30: Las Vegas Vacation		Off week
Ironman Training	1-Jul-13	Prep	18	6			Ease back into structured training
	8-Jul-13	Prep	17	8			Same
	15-Jul-13	Prep	16	6			Easier week
	22-Jul-13	Build	15	8			Build Period
	29-Jul-13	Build	14	12			Same
	5-Aug-13	Build	13	14			Same
	12-Aug-13	Peak	12	8	8/17: Luray International	C	Training race
	19-Aug-13	Base 2	11	12			Base building
	26-Aug-13	Base 2	10	10			Same
	2-Sep-13	Peak	9	4	9/7: Patriots Half Iron	B	Taper
	9-Sep-13	Transition	8	8			Easier week
	16-Sep-13	Build	7	14			Prepare for demands of racing
	23-Sep-13	Build	6	10	9/27-9: Friend's wedding		Same
	30-Sep-13	Build	5	16			Same
	7-Oct-13	Build	4	14			Same
	14-Oct-13	Peak	3	12			Begin taper
	21-Oct-13	Peak	2	8			Taper
	28-Oct-13	Race	1	4	11/2: Ironman Florida	A	Goal Race!
	4-Nov-13	OFF	-	-			Total rest
	11-Nov-13	Transition	-	-			Ease back into training
18-Nov-13	Transition	-	-			Ease back into training	