

Macrocycle description

Sevenoaks Tri Club Training group

Training Plan 2014 preparatory

Macrocycle 2014 here we come

13 weeks from 04/11/2013 to 02/02/2014

Approach MW Triathlon 4

Notes on this macrocycle

Plan week	Monday	Sunday	Sessions	Hours	Type of week	Volume %	Volume	Competitions and notes
Technique and endurance basic phase								
Mesocycle no. 1								
1	04/11/2013	10/11/2013	4	4.5	Technique and basic	93	1084€	
2	11/11/2013	17/11/2013	4	4	Technique and endurance 1	100	1029€	Sunday at 6pm
3	18/11/2013	24/11/2013	4	4.5	Technique and endurance 2	90	11327	Barnet Cophthall Masters 1500 meet
4	25/11/2013	01/12/2013	4	4.5	Technique and endurance 2	95	11790	
<hr/>								
Standard basic endurance phase								
Mesocycle no. 1								
5	02/12/2013	08/12/2013	4	4	Standard basic work 1	100	10967	Sunday at 6pm
6	09/12/2013	15/12/2013	4	4	Standard basic work 2	100	11060	Sunday at 6pm
7	16/12/2013	22/12/2013	4	4.5	Standard basic work 2	100	12403	
8	23/12/2013	29/12/2013	0	0	Standard basic recovery	100	0	
<hr/>								
Standard specific endurance phase								
Mesocycle no. 1								
9	30/12/2013	05/01/2014	2	2.5	Standard specific work 1	100	6891	
10	06/01/2014	12/01/2014	4	4.5	Standard specific work 1	95	11963	
11	13/01/2014	19/01/2014	4	4.5	Standard specific work 2	100	12333	
12	20/01/2014	26/01/2014	4	4.5	Standard specific work 2	100	12333	
13	27/01/2014	02/02/2014	4	4.5	Standard specific recovery	80	9447	ASA SE Region Long Course Masters

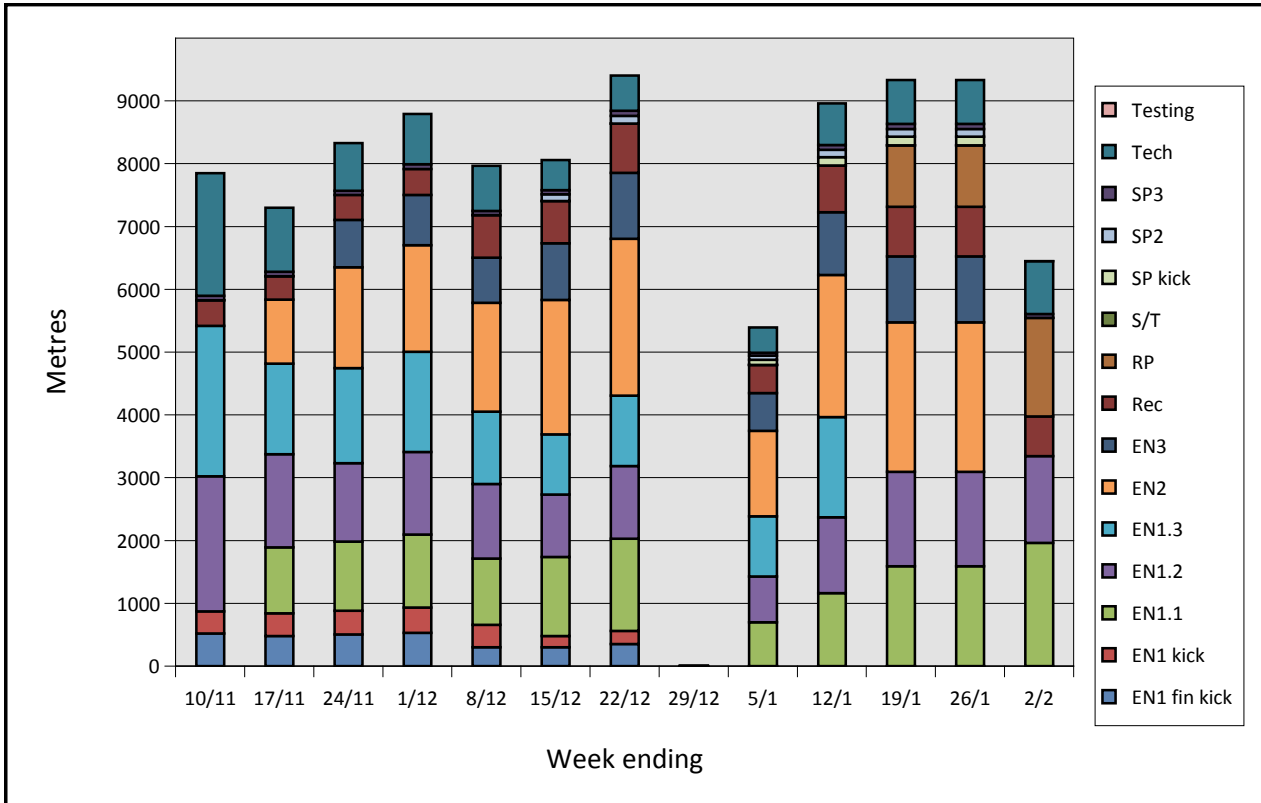
Sevenoaks Tri Club Training group

Training Plan 2014 preparatory

Macrocycle 2014 here we come

Plan week Monday to Sunday Sessions Hours Type of week Volume % Volume Competitions and notes

Types of training in each week (excluding warmup)



Totals for each training type

Type	Est workrate/hr*	Time (hours)	Volume (metres)	Time %	Volume %
Rec	2500	2.85	7123	7.6	7.3
S/T	1	0.29	0	0.8	0.0
Tech	2000	4.80	9580	12.9	9.9
EN1 fin kick	2000	1.49	2980	4.0	3.1
EN1 kick	1200	1.87	2232	5.0	2.3
EN1.1	3500	4.03	14096	10.8	14.5
EN1.2	3300	4.80	15843	12.9	16.3
EN1.3	3200	3.98	12723	10.7	13.1
EN2	3400	5.61	19069	15.1	19.6
EN3	3000	2.64	7913	7.1	8.2
RP	2800	1.26	3525	3.4	3.6
SP kick	800	0.62	489	1.7	0.5
SP2	700	0.94	655	2.5	0.7
SP3	450	1.87	832	5.0	0.9
Testing	1	0.31	0	0.8	0.0

Totals 37.27 hours 97060 metres

*Workrates/hr are estimated at the start of the macrocycle. Rates for phases may be adjusted in the light of experience