

Marathon/Triathlon Training outline for Event - Date - Year	# weeks from Date to Date, Year Total of ### hours from Date to Date, year	MHR	207	RHR	61	
		Age	58			
		Est. MHR	164.3			
		HRR	103.3			
1. Base Training - # weeks - Date						
2. Intensity training - # weeks - End Date						
3. Peak training - # weeks - End Date						
4. Race pace training - # weeks - End Date						
<b>1. Base training: 70 hours</b>  OD - 55% = 38.5 hours = 2,310 minutes WT - 20% = 14.0 hours = 840 minutes IT - 10% = 7 hours = 420 minutes EN - 15% = 10.5 hours = 630 minutes  <b>2. Intensity training: 70 hours</b> OD - 50% = 35 hours = 2,100 minutes WT - 10% = 7 hours = 420 minutes IT - 20% = 14.0 hours = 840 minutes EN - 15% = 10.5 hours = 630 minutes SPD - 5% = 3.5 hours = 210 minutes  <b>3. Peak training: 40 hours</b> OD - 50% = 20 hours = 1,200 minutes WT - 10% = 4 hours = 240 minutes IT - 10% = 4 hours = 240 minutes R/P - 10% = 4 hours = 240 minutes EN - 15% = 6 hours = 360 minutes SPD - 5% = 2 hours = 120 minutes  <b>4. Race Pace training: 26 hours</b> OD - 50% = 13 hours = 780 minutes WT - 10% = 2.6 hours = 156 minutes IT - 10% = 2.6 hours = 156 minutes R/P - 10% = 2.6 hours = 156 minutes EN - 15% = 3.9 hours = 234 minutes SPD - 5% = 1.3 hours = 78 minutes	Date:	Heart Rate Reserve				
			From	To		
		Level 1 (OD)	60-70%	122.98	133.31	
		Level 2 (EN)	71-75%	134.343	138.48	
		Level 3 (IT)	76-80%	139.508	143.64	
		Level 4 (R/P)	81-90%	144.673	153.97	
		Level 5 (SPD)	91-100%	155.003	164.3	
		Date:	Heart Rate Reserve			
			From	To		
		Level 1 (OD)	60-70%	122.98	133.31	
		Level 2 (EN)	71-75%	134.343	138.48	
		Level 3 (IT)	76-80%	139.508	143.64	
		Level 4 (R/P)	81-90%	144.673	153.97	
		Level 5 (SPD)	91-100%	155.003	164.3	
		Date:	Heart Rate Reserve			
		From	To			
	Level 1 (OD)	60-70%	122.98	133.31		
	Level 2 (EN)	71-75%	134.34	138.48		
	Level 3 (IT)	76-80%	139.51	143.64		
	Level 4 (R/P)	81-90%	144.67	153.97		
	Level 5 (SPD)	91-100%	155	164.3		

Year hours to train:		412			Periodization					
					Week					
Cycle	Date	Stage	Emphasis	%year hours	1	2	3	4	hours/cycle	
1	10-21 to 11-18-07	Base	Aerobic build-up; improve general strength	10%	23.00%	27.00%	31.00%	19.00%	40.00	
2	11-19 to 12-02-07	Base	Aerobic build-up; improve general strength	7%	23.00%	27.00%	31.00%	19.00%	30.00	
3	12-03 to 12-30-07	Intensity	Aerobic base; intervals, and specific strength	10%	23.00%	26.00%	29.00%	22.00%	40.00	
4	12-31 to 01-20-08	Intensity	intervals, speed, technique, and specific strength	7%	20.00%	30.00%	20.00%	30.00%	30.00	
5	01-21 to 02-03-08	Peak	intervals, anaerobic speed, technique, and race pace	5%	20.00%	30.00%	20.00%	30.00%	20.00	
6	02-04 to 02-24-08	Peak	intervals, anaerobic speed, technique, and race pace	5%	20.00%	30.00%	20.00%	30.00%	20.00	
7	02-25 to 03-12-08	Race	Racing; maintain aerobic base and recovery	6%	20.00%	30.00%	20.00%	30.00%	26.00	
								tot hrs	206.00	

Year hours to train: <b>360</b>				Periodization					
Cycle	Date	Stage	Emphasis	%year hours	Week				hours/cycle
					1	2	3	4	
1	11-05 to 12-02-07	Base	Aerobic build-up; improve general strength	8%	25.00%	25.00%	25.00%	25.00%	28.00
2	12-03 to 12-30-07	Base	Aerobic build-up; improve general strength	8%	25.00%	25.00%	25.00%	25.00%	28.00
3	12-31 to 01-27-08	Intensity	Aerobic base; intervals, and specific strength	8%	25.00%	25.00%	25.00%	25.00%	28.00
4	01-28 to 02-24-08	Intensity	intervals, speed, technique, and specific strength	8%	25.00%	25.00%	25.00%	25.00%	28.00
5	02-25 to 03-23-08	Peak	intervals, anaerobic speed, technique, and race pace	8%	25.00%	25.00%	25.00%	25.00%	28.00
6	03-24 to 04-06-08	Peak	intervals, anaerobic speed, technique, and race pace	4%	25.00%	25.00%	25.00%	25.00%	14.00
7	04-07 to 05-16-08	Race	Racing; maintain aerobic base and recovery	7%	25.00%	25.00%	25.00%	25.00%	26.00
								tot hrs	180.00

**Year hours to train:**

**520**

**Percentage per 4 week cycle**

<b>Cycle</b>	<b>Date</b>	<b>Stage</b>	<b>% of hours</b>	<b>Speed</b>	<b>Endurance</b>	<b>Race/Pace</b>	<b>Interval</b>	<b>Over-Distance</b>	<b>Up/Vertical</b>	<b>Strength</b>
1	10-21 to 11-18-07	Base	8%	0	15	0	10	55	0	20
2	11-19 to 12-02-07	Base	6%	0	15	0	20	55	0	10
3	12-03 to 12-30-07	Intensity	8%	5	15	5	20	45	0	10
4	12-31 to 01-20-08	Intensity	6%	5	15	10	10	50	0	10
5	01-21 to 02-03-08	Peak	4%	5	15	10	10	50	0	10
6	02-04 to 02-24-08	Peak	4%	5	10	15	10	50	0	10
7	02-25 to 03-12-08	Race	5%	5	10	15	10	50	0	10

**Training Plan for a 21 week cycle-Spreadsheet calculations**  
**Training plan for sprint triathlon 03-12-08**  
**Projected year hours to train 412**

Four week cycle	1				2				3				4				5				6	
Training Stage	Base				Base				Intensity				Intensity				Peak				Peak	
Week numbers	1 thru 4				5 thru 8				9 thru 12				13 thru 16				17 thru 20				21 thru 22	
Actual dates	10-21 to 11-18-07				11-19 to 12-16-07				12-17 to 12-30-07				12-31 to 01-20-08				01-21 to 02-03-08				02-04 to 02-24-08	
% of yearly hours	8%				8%				8%				8%				8%				4%	
Hours/cycle	40				30				40				30				20				20	
Week number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Periodization	23%	27%	31%	19%	23%	27%	31%	19%	23%	26%	29%	22%	23%	26%	29%	22%	20%	30%	20%	30%	20%	30%
Hours/week	9.2	10.8	12.4	7.6	6.9	8.1	9.3	5.7	9.2	10.4	11.6	8.8	6.9	7.8	8.7	6.6	4.0	6.0	4.0	6.0	4.0	6.0
<b>Below: Total minutes per week of each SERIOUS component</b>																						
Speed	0	0	0	0	0	0	0	0	28	31	35	26	21	23	26	20	12	18	12	18	12	18
Endurance	83	97	112	68	62	73	84	51	83	94	104	79	62	70	78	59	36	54	36	54	24	36
Race/Pace	0	0	0	0	0	0	0	0	28	31	35	26	41	47	52	40	24	36	24	36	36	54
Intervals	55	65	74	46	83	97	112	68	110	125	139	106	41	47	52	40	24	36	24	36	24	36
Overdistance	304	356	409	251	228	267	307	188	248	281	313	238	207	234	261	198	120	180	120	180	120	180
Up/Vertical	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Strength	110	130	149	91	41	49	56	34	55	62	70	53	41	47	52	40	24	36	24	36	24	36

Four week cycle	7		
Training Stage	Race		
Week numbers	23 thru 26		
Actual dates	02-25 to 03-12-08		
% of yearly hours	6%		
Hours/cycle	26		
Week number	23	24	25
Periodization	20%	30%	20%
Hours/week	5.2	7.8	5.2
<b>Below: Total minutes per week of each SERIOUS component</b>			
Speed	16	23	16
Endurance	31	47	31
Race/Pace	47	70	47
Intervals	31	47	31
Overdistance	156	234	156
Up/Vertical	0	0	0
Strength	31	47	31

**Training Plan for a 26 week cycle-Spreadsheet calculations**  
**Training plan for sprint triathlon 05-06-07**  
**Projected year hours to train 252**

<b>Four week cycle</b>	1				2				3				4				5				6	
<b>Training Stage</b>	Base				Base				Intensity				Intensity				Peak				Peak	
<b>Week numbers</b>	1 thru 4				5 thru 8				9 thru 12				13 thru 16				17 thru 20				21 thru 22	
<b>Actual dates</b>	11-06 to 12-03 -06				12-04 to 12-31-06				01-01 to 01-28-07				01-29 to 02-25-07				02-26 to 03-25-07				03-26 to 04-08-07	
<b>% of yearly hours</b>	8%				8%				8%				8%				8%				4%	
<b>Hours/cycle</b>	20				20				20				20				20				10	
<b>Week number</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
<b>Periodization</b>	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%
<b>Hours/week</b>	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0
<b>Below: Total minutes per week of each SERIOUS component</b>																						
<b>Speed</b>	0	0	0	0	0	0	0	0	15	15	15	15	15	15	15	15	15	15	15	15	15	15
<b>Endurance</b>	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	45	30	30
<b>Race/Pace</b>	0	0	0	0	0	0	0	0	15	15	15	15	30	30	30	30	30	30	30	30	45	45
<b>Intervals</b>	30	30	30	30	60	60	60	60	60	60	60	60	30	30	30	30	30	30	30	30	30	30
<b>Overdistance</b>	165	165	165	165	165	165	165	165	135	135	135	135	150	150	150	150	150	150	150	150	150	150
<b>Up/Vertical</b>	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Strength</b>	60	60	60	60	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30

<b>Four week cycle</b>	7		
<b>Training Stage</b>	Race		
<b>Week numbers</b>	23 thru 26		
<b>Actual dates</b>	04-9 to 05-06-07		
<b>% of yearly hours</b>	6%		
<b>Hours/cycle</b>	16		
<b>Week number</b>	23	24	25
<b>Periodization</b>	25%	25%	25%
<b>Hours/week</b>	4.0	4.0	4.0
<b>Below: Total minutes per week of each SERIOUS component</b>			
<b>Speed</b>	12	12	12
<b>Endurance</b>	24	24	24
<b>Race/Pace</b>	36	36	36
<b>Intervals</b>	24	24	24
<b>Overdistance</b>	120	120	120
<b>Up/Vertical</b>	0	0	0
<b>Strength</b>	24	24	24

**Triathlon Training Plan for a 26 week cycle-Spreadsheet calculations**  
**Training plan for Sprint Triathlon**  
**Projected year hours to train 360**

Four week cycle	1				2				3				4				5				6	
Training Stage	Base				Base				Intensity				Intensity				Peak				Peak	
Week numbers	1 thru 4				5 thru 8				9 thru 12				13 thru 16				17 thru 20				21 thru 22	
Actual dates	11-06 to 12-03 -06				12-04 to 12-31-06				01-01 to 01-28-07				01-29 to 02-25-07				02-26 to 03-25-07				03-26 to 04-08-07	
% of yearly hours	8%				8%				8%				8%				8%				4%	
Hours/cycle	28				28				28				28				28				14	
Week number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Periodization	23%	27%	31%	19%	23%	27%	31%	19%	23%	26%	29%	22%	23%	26%	29%	22%	20%	30%	20%	30%	20%	30%
Hours/week	6.4	7.6	8.7	5.3	6.4	7.6	8.7	5.3	6.4	7.3	8.1	6.2	6.4	7.3	8.1	6.2	5.6	8.4	5.6	8.4	5.6	8.4
Below: Total minutes per week of each SERIOUS component																						
Speed - Wkly Tot	0	0	0	0	0	0	0	0	19	22	24	18	19	22	24	18	17	25	17	25	17	25
Swim	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bike	0	0	0	0	0	0	0	0	10	11	12	9	10	11	12	9	8	13	8	13	8	13
Run	0	0	0	0	0	0	0	0	10	11	12	9	10	11	12	9	8	13	8	13	8	13
Endurance	58	68	78	48	58	68	78	48	58	66	73	55	58	66	73	55	50	76	50	76	34	50
Swim	12	14	16	10	12	14	16	10	12	13	15	11	12	13	15	11	10	15	10	15	7	10
Bike	29	34	39	24	29	34	39	24	29	33	37	28	29	33	37	28	25	38	25	38	17	25
Run	17	20	23	14	17	20	23	14	17	20	22	17	17	20	22	17	15	23	15	23	10	15
Race/Pace	0	0	0	0	0	0	0	0	19	22	24	18	39	44	49	37	34	50	34	50	50	76
Swim	0	0	0	0	0	0	0	0	4	4	5	4	8	9	10	7	7	10	7	10	10	15
Bike	0	0	0	0	0	0	0	0	10	11	12	9	19	22	24	18	17	25	17	25	25	38
Run	0	0	0	0	0	0	0	0	6	7	7	6	12	13	15	11	10	15	10	15	15	23
Intervals	39	45	52	32	77	91	104	64	77	87	97	74	39	44	49	37	34	50	34	50	34	50
Swim	14	16	18	11	27	32	36	22	27	31	34	26	14	15	17	13	12	18	12	18	12	18
Bike	14	16	18	11	27	32	36	22	27	31	34	26	14	15	17	13	12	18	12	18	12	18
Run	12	14	16	10	23	27	31	19	23	26	29	22	12	13	15	11	10	15	10	15	10	15
Overdistance	213	249	286	176	213	249	286	176	174	197	219	166	193	218	244	185	168	252	168	252	168	252
Swim	43	50	57	35	43	50	57	35	35	39	44	33	39	44	49	37	34	50	34	50	34	50
Bike	106	125	143	88	106	125	143	88	87	98	110	83	97	109	122	92	84	126	84	126	84	126
Run	64	75	86	53	64	75	86	53	52	59	66	50	58	66	73	55	50	76	50	76	50	76
Up/Vertical	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Swim	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bike	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Run	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Strength	77	91	104	64	39	45	52	32	39	44	49	37	39	44	49	37	34	50	34	50	34	50

Four week cycle	7		
Training Stage	Race		
Week numbers	23 thru 26		
Actual dates	04-9 to 05-06-07		
% of yearly hours	6%		
Hours/cycle	26		
Week number	23	24	25
Periodization	20%	30%	20%
Hours/week	5.2	7.8	5.2
Below: Total minutes per week of each SERIOUS component			
Speed	16	23	16
Swim	0	0	0
Bike	8	12	8
Run	8	12	8
Endurance	31	47	31
Swim	6	9	6
Bike	16	23	16
Run	9	14	9
Race/Pace	47	70	47
Swim	9	14	9
Bike	23	35	23
Run	14	21	14
Intervals	31	47	31
Swim	11	16	11
Bike	11	16	11
Run	9	14	9
Overdistance	156	234	156
Swim	31	47	31
Bike	78	117	78
Run	47	70	47
Up/Vertical	0	0	0
Swim	0	0	0
Bike	0	0	0
Run	0	0	0
Strength	31	47	31

**Triathlon Training Plan for a 26 week cycle-Spreadsheet calculations**  
**Training plan for triathlon**  
**Projected year hours to train 360**

Four week cycle	1				2				3				4				5				6	
Training Stage	Base				Base				Intensity				Intensity				Peak				Peak	
Week numbers	1 thru 4				5 thru 8				9 thru 12				13 thru 16				17 thru 20				21 thru 22	
Actual dates	11-05 to 12-02 -20				12-03 to 12-30-20				12-31 to 01-27-20				01-28 to 02-24-20				02-25 to 03-23-20				03-24 to 04-06-20	
% of yearly hours	8%				8%				8%				8%				8%				4%	
Hours/cycle	28				28				28				28				28				14	
Week number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Periodization	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%	25%
Hours/week	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0
Below: Total minutes per week of each SERIOUS component																						
Speed - Wkly Tot	0	0	0	0	0	0	0	0	21	21	21	21	21	21	21	21	21	21	21	21	21	21
Swim	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bike	0	0	0	0	0	0	0	0	11	11	11	11	11	11	11	11	11	11	11	11	11	11
Run	0	0	0	0	0	0	0	0	11	11	11	11	11	11	11	11	11	11	11	11	11	11
Endurance	63	63	63	63	63	63	63	63	63	63	63	63	63	63	63	63	63	63	63	63	42	42
Swim	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	8	8
Bike	32	32	32	32	32	32	32	32	32	32	32	32	32	32	32	32	32	32	32	32	21	21
Run	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	19	13	13
Race/Pace	0	0	0	0	0	0	0	0	21	21	21	21	42	42	42	42	42	42	42	42	63	63
Swim	0	0	0	0	0	0	0	0	4	4	4	4	8	8	8	8	8	8	8	8	13	13
Bike	0	0	0	0	0	0	0	0	11	11	11	11	21	21	21	21	21	21	21	21	32	32
Run	0	0	0	0	0	0	0	0	6	6	6	6	13	13	13	13	13	13	13	13	19	19
Intervals	42	42	42	42	84	84	84	84	84	84	84	84	42	42	42	42	42	42	42	42	42	42
Swim	15	15	15	15	29	29	29	29	29	29	29	29	15	15	15	15	15	15	15	15	15	15
Bike	15	15	15	15	29	29	29	29	29	29	29	29	15	15	15	15	15	15	15	15	15	15
Run	13	13	13	13	25	25	25	25	25	25	25	25	13	13	13	13	13	13	13	13	13	13
Overdistance	231	231	231	231	231	231	231	231	189	189	189	189	210	210	210	210	210	210	210	210	210	210
Swim	46	46	46	46	46	46	46	46	38	38	38	38	42	42	42	42	42	42	42	42	42	42
Bike	116	116	116	116	116	116	116	116	95	95	95	95	105	105	105	105	105	105	105	105	105	105
Run	69	69	69	69	69	69	69	69	57	57	57	57	63	63	63	63	63	63	63	63	63	63
Up/Vertical	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Swim	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bike	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Run	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Strength	84	84	84	84	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42	42

Four week cycle	7		
Training Stage	Race		
Week numbers	23 thru 26		
Actual dates	04-07 to 05-01-20		
% of yearly hours	7%		
Hours/cycle	26		
Week number	23	24	25
Periodization	25%	25%	25%
Hours/week	6.5	6.5	6.5
Below: Total minutes per week of each SERIOUS component			
Speed	20	20	20
Swim	0	0	0
Bike	10	10	10
Run	10	10	10
Endurance	39	39	39
Swim	8	8	8
Bike	20	20	20
Run	12	12	12
Race/Pace	59	59	59
Swim	12	12	12
Bike	29	29	29
Run	18	18	18
Intervals	39	39	39
Swim	14	14	14
Bike	14	14	14
Run	12	12	12
Overdistance	195	195	195
Swim	39	39	39
Bike	98	98	98
Run	59	59	59
Up/Vertical	0	0	0
Swim	0	0	0
Bike	0	0	0
Run	0	0	0
Strength	39	39	39



**Training Journal**

**Week starting:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Week #** \_\_\_\_

**Each day before training:**

1. Review Goals
2. Schedule Training-Refer to plan
3. Select today's speed item
4. Select today's technique item
5. Select today's mental training item
6. Visualize today's training

**Each day after training:**

1. Enter training data in log
2. Make journal entries
3. Acknowledge today's results
4. Plan tomorrow's training

This Week's goals:

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Day	Date
1	

Day	Date
2	

Day	Date
3	

Day	Date
4	

Day	Date
5	

Day	Date
6	

Day	Date
7	

**Training Journal**

**Week starting:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Week #** \_\_\_\_

This Week's goals:

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Day	Date
1	

Day	Date
2	

Day	Date
3	

Day	Date
4	

Day	Date
5	

Day	Date
6	

Day	Date
7	

**Training Journal**

**Week starting:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Week #** \_\_\_\_

This Week's goals:

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Day	Date
1	

Day	Date
2	

Day	Date
3	

Day	Date
4	

Day	Date
5	

Day	Date
6	

Day	Date
7	



**Yearlong Performance Graph**

- Speed**
- Endurance**
- Race/Pace**
- Intervals**
- Overdistance**
- Up/Vertical**
- Strength**
  
- Swim-Skill**
- Overage-Minutes**





