



Athlete **Number 1. II**  
 Training Period  
 Aims

**\*\*Training Zones\***

**H.R. Range.**

- 1. Easy
- 2. Steady
- 3. Moderately Hard
- 4. Hard
- 5. Very Hard

- 60-65% easy recovery
- 65-70% endurance base
- 70-80% aerobic capacity
- 80-85% lactate threshold
- 86% + maximum aerobic - anaerobic

	Swim	Time		Bike	Time		Run	Time		Daily Evaluation. Stair H.R. Ave. H.R. Max Test.
		Schedule	Actual		Schedule	Actual		Schedule	Actual	
Mon	Pools Squad.	40-50 mins.								
Tues				Steady ride over varied terrain.	40-50 mins					
Wed	Pools Squad.	40-50 mins.					Easy run, cruise and enjoy.	40-50 mins.		
Thurs				Easy ride, but lift the effort over a few hills.	50-60 mins					
Fri	Off.			Off.			Off.			
Sat	Pools Squad.	40-50 mins.					Easy relaxed run over mixed terrain.	40-60 mins		
Sun				Steady road ride over varied terrain.	80-90 mins		Transition and run off bike.	20-30 mins.		
	Totals.									

Athletes Report.