



Designing a Training Plan That Works - Forms

Goals:

1.	
2.	
3.	

Average Weekly Mileage:

Sport	Swim	Cycle	Run
Average weekly mileage last 8 weeks			
Longest workout last 4 weeks			

Rate your Skill Levels:

Sport	Swim	Cycle	Run
Skill Level (Basic, Intermediate, Advanced, Expert)			
Years participating on a competitive level			
Years participating on a recreational level			

Race History:

Sport	Years	Comments

Swimming

800 time		1500 time		2.4 mile time	
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Cycling

Best 40 Km		Century	
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Running

5 Km time		10 Km time	
Half Marathon		Marathon	



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Name:			
Goal Race:			
Date:			
Week of:	Week # :	Phase:	Notes:
7/14/2008	22	Taper	Goal Race
7/7/2008	21		
6/30/2008	20		
6/23/2008	19		
6/16/2008	18		
6/9/2008	17		
6/2/2008	16		
5/26/2008	15		
5/19/2008	14		
5/12/2008	13		
5/5/2008	12		
4/28/2008	11		
4/21/2008	10		
4/14/2008	9		
4/7/2008	8		
3/31/2008	7		
3/24/2008	6		
3/17/2008	5		
3/10/2008	4		



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3/3/2008	3		
2/25/2008	2		
2/18/2008	1		



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Test Procedures	
Sport	Description
Swim Test:	Warm-up well, about 5 to 10 minutes including some faster efforts. Swim a 100 yard time trial. Allow about 5 minutes recovery and repeat, for a total of 4 x 100 yards. Record your HR - average and Max for each effort. Also record you final time for each repeat.
Swim Test:	Warm-up well, about 5 to 10 minutes including some faster efforts. Swim a 400 yard time trial. Record your HR - average and Max for the effort. Record you final time and each 100 yard split.
Bike Test (1):	Warm-up well, 10 to 15 minutes including some accelerations. On a measured course ride a 4 mile time trial. Allow 5 to 10 minutes recovery and repeat, for a total of 3 x 4 miles. Record your HR - average and Max for each effort. Also record your finish time for each repeat. Record you mile splits during each repeat. The course should be flat to rolling - no significant hills.
Bike Test (2):	Warm-up well, 10 to 15 minutes including some accelerations. On a measured course ride a 20 Km time trial, or a 12 mile time trial. Record your HR - average and Max for the effort. Record you mile splits. The course should be flat to rolling - no significant hills.
Run Test (1):	Warm-up well, 10 to 15 minutes including some pick-ups. On a measured course or a track, run a 1 mile time trial. Allow 5 to 10 minutes recovery and repeat, for a total of 3 x 1 mile. Record you HR - average and Max for each repeat. Record your time for each mile. If you us a track, also record your quarter mile splits.
Run Test (2):	Warm-up well, 10 to 15 minutes including some pick-ups. On a measured course or a track, run a 3 time trial. Record you HR - average and Max the effort. Record your mile splits. You may also run a 3 mile race or a 5 Km race (as long as there are mile splits) or run a 3 mile time trial or a 5 Km time trial on a track with mile markings.



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Performance Testing	Test 1	Test 2	Test 3	Test 4	Test 5
Sport:					
Date:					
Max HR:					
Avg HR:					
Pace:					
Test Type:					

Performance Testing:

Warm-up well before you begin your test. Allow a recovery period between each repeat – allowing your HR to return to an aerobic level before starting the next repeat. Use the highest number you record as your Max HR. You will learn to get more out of your body with training and racing. Measure your average heart rate, time yourself for each repeat.

Swim: For swimmers (strong swimmers who can hold ~ 1min/100) the gold standard is the timed 3000. 1k for long course and 400m for short course. 400 yard race (or time trial). 100 yards four times. A benchmark hard effort "100"yard and "50"yard time in order to set an interval pace clock time during a workout.

Bike: 8 minute benchmark test, if you are going to use HR/Wattage ratios as part of the assessment. For assessing AT on the bike you need a 20 to 30 minute test, with a reasonable "ramp up" period. 20 Km (or 12 mile) race (or time trial). 5 miles four times.

Run: A 5k or a 10K run (or 3 mile) race (or time trial). 1 mile three times.



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VO ₂ Max Testing	Percentages of Threshold HR		Test 1		Test 2		Test 3		Test 4			
Sport												
Date												
VO ₂ max												
Max HR												
Threshold HR												
1. Recovery Zone	66%	85%										
2. Aerobic Zone	85%	96%										
3. Sub Threshold Zone	96%	99%										
4. AT Zone	100%	102%										
5. Power Zone	102%	104% to Max HR										

Training Zones & VO ₂ Max Testing			
1. Recovery Zone	66%	85%	Easiest workouts, used mainly as recovery on Active Recovery Days and for Recovery for Interval Workouts
2. Aerobic Zone	85%	96%	This is used for Base / Aerobic workouts. No time limit on these workouts.
3. Sub Threshold Zone	96%	99%	This is a moderate to hard workout effort. Should be limited to 15 to 40. Time Trials and long interval workouts.
4. AT Zone	100%	102%	This is typically the hardest workout of the week. Time limit is 120 seconds to 6 minutes. This will effect the greatest movement of Threshold.
5. Power Zone	102%	104% to Max HR	The is the very hardest of workouts. Time limit is 30 seconds. This carries the greatest risk of injury.



Designing a Training Plan That Works - Forms

Training Phases	Description
Recovery	Lasts 2 to 4 weeks, end racing season, starts new training season. Remain active, but no formal workouts.
Base	Mainly aerobic work. Advanced athletes can start strength work 1 to 2 days a week after 4 to 6 weeks. Racing is okay, if used as a Sub Threshold workout every two weeks or so. Should last at least 12 weeks or as long as possible.
Strength	This phase includes lots of hill workouts - twice a week cycling and running. It should last up to 8 weeks. Maintain aerobic base and volume, up to 25% of work can be in Sub AT and AT zones. Advanced athletes can include some Power Zone workouts.
Speed / Coordination	Volume should be reduced, intensity should also be reduced. Allow body to recover and be as strong and rested as possible. Long recovery periods, coordination work. Power Zone work can be included up to 10% of workouts. Up to 8 weeks.
Peaking / Taper	Final phase prior to goal race. Maintain same number of workouts, further reduce volume and intensity. Include 5% of fast efforts in each workout. 2 to 4 weeks.
Racing / Maintenance	Workouts should be short and easy, designed to maintain speed and focus. This phase can last up to 8 weeks.