Year Sturcture:

Sept/Oct – December

* Recovery Training
* Technique development
* Foundation Training (Aerobic efficiency and high speed skills)
* Injury prevention

Jan – March

* Develop Training Thresholds
* Introduce race skills training
* Technique maintenance

April – June

* Race pace training
* Race simulation training

July – September

* High intensity training
* Speed work
* Race sims/pacing
* Recovery Training

Weekly Cycle

Mon – Swim technique Set

Tues – Ardingly Swim Sets

Wednesday – Bike- Turbo/Crit/Brick

Thurs – The big day

Fri –

Sat – Coached Ride/Brick/back to back

Sun – Social Rides / Runs

Objectives

April – September: sync coached sessions Monday/Tues/Thurs/Sat Sessions

October 2013 – September 2014: Provide seven coached/sync sessions every week.

Thursday Evening

Oct – Dec

Run

* Oct – Steady miles – Drills
* Nov – Drills – Hills – Steady miles
* Dec – Drils – Hills – Tempo circuits

Swim

* Oct – Recovery Sets – Technique
* Nov – Technique – Speed – Strength
* Dec – Tech – Aerobic intervals – Speed

Spin

* Oct - Recovery Spins – Skills – Yoga
* Nov – Skills – Core
* Dec – Skills – strength – Core

Jan – March

* Runs – Longer reps 2:1 work:recovery / Shorter reps 1:2
* Swim – Shorter reps 1:1 / Longer reps 2:1
* Spin – Longer reps 2:1 / Shorter reps 1:2 + Core

**RUN**

* Jan – Miles / Hills- sprints
* Feb -

April - June

* Runs – Longer reps 2:1 work:recovery / Shorter reps 1:1
* Swim – Shorter reps 1:1 / Longer reps 2:1
* Spin – Longer reps 2:1 Bricks – Back to backs / Shorter reps 1:1 + Bricks / Back to Back

July – Sept

* Runs – Race pace work
* Swim – Technique – Speed work >race pace
* Spin – Recovery session + Core – Yoga session