

10/6/2014 - 10/12/2015

ATP Year: 1200

Planned: 1261 hours

Actual: 0 hours

Legend: E - Endurance, F - Force, P - Power, S - Speed Skill, M - Muscular Endurance, A - Anaerobic Endurance, T - Testing



Week	Races & Events	Priority	Period	Hrs	Actual Hrs	Details		Swim	Bike	Run
10/6/2014			Preparation	20:00	0:00					
10/13/2014			Preparation	20:00	0:00					
10/20/2014			Preparation	20:00	0:00					
10/27/2014			Preparation	20:00	0:00					
11/3/2014			Base 1-week 1	23:30	0:00		MS	E, S	E, S	E, S
11/10/2014			Base 1-week 2	28:30	0:00		MS	E, S	E, S	E, S
11/17/2014			Base 1-week 4	17:00	0:00		MS	E, S, T	E, S, T	E, S, T
11/24/2014			Base 2-week 1	25:00	0:00		SM	E, S, M	E, F, S, M	E, F, S, M
12/1/2014			Base 2-week 2	30:00	0:00		SM	E, S, M	E, F, S, M	E, F, S, M
12/8/2014			Base 2-week 4	17:00	0:00		SM	E, S, T	E, S, T	E, S, T
12/15/2014			Base 3-week 1	27:00	0:00		SM	E, S, M	E, F, S, M	E, F, S, M
12/22/2014			Base 3-week 2	32:00	0:00		SM	E, S, M	E, F, S, M	E, F, S, M
12/29/2014			Base 3-week 4	17:00	0:00		SM	E, S, T	E, S, T	E, S, T
1/5/2015			Base 3-week 1	27:00	0:00		SM	E, S, M	E, F, S, M	E, F, S, M
1/12/2015			Base 3-week 2	32:00	0:00		SM	E, S, M	E, F, S, M	E, F, S, M
1/19/2015			Base 3-week 4	17:00	0:00		SM	E, S, T	E, S, T	E, S, T
1/26/2015			Base 3-week 1	27:00	0:00		SM	E, S, M	E, F, S, M	E, F, S, M
2/2/2015			Base 3-week 2	32:00	0:00		SM	E, S, M	E, F, S, M	E, F, S, M
2/9/2015			Base 3-week 4	17:00	0:00		SM	E, S, T	E, S, T	E, S, T
2/16/2015			Build 1-week 1	30:00	0:00		SM	E, F, S, M, A	E, F, M, A, P	E, S, M, A
2/23/2015			Build 1-week 2	30:00	0:00		SM	E, F, S, M, A	E, F, M, A, P	E, S, M, A
3/2/2015			Build 1-week 4	17:00	0:00		SM	E, S, T	E, S, T	E, S, T
3/9/2015			Build 2-week 1	28:30	0:00		SM	E, F, S, M, A	E, F, M, A, P	E, S, M, A
3/16/2015			Build 2-week 2	28:30	0:00		SM	E, F, S, M, A	E, F, M, A, P	E, S, M, A
3/23/2015			Build 2-week 4	17:00	0:00		SM	E, S, T	E, S, T	E, S, T
3/30/2015			Build 2-week 1	28:30	0:00		SM	E, F, S, M, A	E, F, M, A, P	E, S, M, A
4/6/2015			Build 2-week 2	28:30	0:00		SM	E, F, S, M, A	E, F, M, A, P	E, S, M, A
4/13/2015			Build 2-week 4	17:00	0:00		SM	E, S, T	E, S, T	E, S, T
4/20/2015			Peak-week 1	25:00	0:00		SM	E, F, S, M, A	E, F, M, A, P	E, S, M, A
4/27/2015			Peak-week 2	20:00	0:00		SM	E, F, S, M, A	E, F, M, A, P	E, S, M, A
5/4/2015	St Noets World sprint Qualifier	A	Race	17:00	0:00			E, F, S, M, A	S, M, A, P	S, M, A
5/11/2015			Transition	0:00	0:00					
5/18/2015			Build 1-week 1	30:00	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M
5/25/2015			Build 1-week 2	30:00	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M
6/1/2015			Build 2-week 1	28:30	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M
6/8/2015	Deva triathlon	C	Build 2-week 2	28:30	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M
6/15/2015			Build 2-week 4	17:00	0:00		SM	E, S, T	E, S, T	E, S, T
6/22/2015			Build 2-week 1	28:30	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M
6/29/2015			Peak-week 1	25:00	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M

7/6/2015	ETU European Champs Geneva	A	Race	17:00	0:00			E, F, S, M, A	S, M, A	S, M
7/13/2015			Transition	0:00	0:00					
7/20/2015			Build 1-week 1	30:00	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M
7/27/2015			Build 1-week 2	30:00	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M
8/3/2015			Build 1-week 4	17:00	0:00		SM	E, S, T	E, S, T	E, S, T
8/10/2015	Middle distance training race	C	Build 2-week 1	28:30	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M
8/17/2015			Build 2-week 2	28:30	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M
8/24/2015			Build 2-week 4	17:00	0:00		SM	E, S, T	E, S, T	E, S, T
8/31/2015			Build 2-week 1	28:30	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M
9/7/2015			Peak-week 1	25:00	0:00		SM	E, F, S, M, A	E, F, M, A	E, S, M
9/14/2015	ITU world Champs Chiacago	A	Race	17:00	0:00			E, F, S, M, A	S, M, A	S, M
9/21/2015			Build 2-week 1	28:30	0:00		SM	E, F, S, M, A	E, F, M	E, S, M
9/28/2015			Build 2-week 2	28:30	0:00		SM	E, F, S, M, A	E, F, M	E, S, M
10/5/2015			Peak-week 1	25:00	0:00		SM	E, F, S, M, A	E, F, M	E, S, M
10/12/2015	Barcelona Iron Man	A	Race	17:00	0:00			E, F, S, M, A	S, M	S, M
Total:				1261:00:00	00:00					