

|          |                     |                |                            |
|----------|---------------------|----------------|----------------------------|
| <b>R</b> | Recovery            | < 85% AT       | steady run                 |
| <b>E</b> | Extensive Endurance | 85% - 90% AT   | steady run                 |
| <b>I</b> | Intensive Endurance | 91% - 95% AT   | steady run                 |
| <b>M</b> | Muscular Endurance  | 96% - 99% AT   | steady run, long intervals |
| <b>A</b> | Anaerobic Endurance | 100% - 106% AT | longer intervals           |
| <b>P</b> | Anaerobic Power     | > 107% AT      | short intervals            |

| WEEK | DAY       | SWIM     | BIKE     | RUN      | STRENGTH | SUM     |
|------|-----------|----------|----------|----------|----------|---------|
| I    | Monday    | 45 min E |          |          | 45 min   | 90 min  |
|      | Tuesday   |          | 45 min E |          |          | 45 min  |
|      | Wednesday |          |          | 45 min E |          | 45 min  |
|      | Thursday  | 45 min R |          |          | 45 min   | 90 min  |
|      | Friday    |          | 45 min R |          |          | 45 min  |
|      | Saturday  |          |          | 45 min R |          | 45 min  |
|      | Sunday    |          |          |          |          | 0 min   |
|      | SUM       | 90 min   | 90 min   | 90 min   | 90 min   | 6 h     |
| II   | Monday    | 50 min E |          |          | 50 min   | 100 min |
|      | Tuesday   |          | 50 min E |          |          | 50 min  |
|      | Wednesday |          |          | 50 min E |          | 50 min  |
|      | Thursday  | 50 min R |          |          | 50 min   | 100 min |
|      | Friday    |          | 50 min R |          |          | 50 min  |
|      | Saturday  |          |          | 50 min R |          | 50 min  |
|      | Sunday    |          |          |          |          | 0 min   |
|      | SUM       | 100 min  | 100 min  | 100 min  | 100 min  | 6.7 h   |
| III  | Monday    | 55 min E |          |          | 55 min   | 110 min |
|      | Tuesday   |          | 55 min E |          |          | 55 min  |
|      | Wednesday |          |          | 55 min E |          | 55 min  |
|      | Thursday  | 55 min R |          |          | 55 min   | 110 min |
|      | Friday    |          | 55 min R |          |          | 55 min  |
|      | Saturday  |          |          | 55 min R |          | 55 min  |
|      | Sunday    |          |          |          |          | 0 min   |
|      | SUM       | 110 min  | 110 min  | 110 min  | 110 min  | 7.3 h   |
| IV   | Monday    | 60 min E |          |          | 60 min   | 120 min |
|      | Tuesday   |          | 60 min E |          |          | 60 min  |
|      | Wednesday |          |          | 60 min E |          | 60 min  |
|      | Thursday  | 60 min R |          |          | 60 min   | 120 min |
|      | Friday    |          | 60 min R |          |          | 60 min  |
|      | Saturday  |          |          | 60 min R |          | 60 min  |
|      | Sunday    |          |          |          |          | 0 min   |
|      | SUM       | 120 min  | 120 min  | 120 min  | 120 min  | 8 h     |
| V    | Monday    | 65 min E |          |          | 60 min   | 125 min |
|      | Tuesday   |          | 65 min E |          |          | 65 min  |
|      | Wednesday |          |          | 65 min E |          | 65 min  |
|      | Thursday  | 60 min R |          |          | 60 min   | 120 min |
|      | Friday    |          | 60 min R |          |          | 60 min  |
|      | Saturday  |          |          | 60 min R |          | 60 min  |
|      | Sunday    |          |          |          |          | 0 min   |
|      | SUM       | 125 min  | 125 min  | 125 min  | 120 min  | 8.3 h   |
| VI   | Monday    | 70 min E |          |          | 60 min   | 130 min |
|      | Tuesday   |          | 70 min E |          |          | 70 min  |
|      | Wednesday |          |          | 70 min E |          | 70 min  |
|      | Thursday  | 60 min R |          |          | 60 min   | 120 min |
|      | Friday    |          | 60 min R |          |          | 60 min  |
|      | Saturday  |          |          | 60 min R |          | 60 min  |
|      | Sunday    |          |          |          |          | 0 min   |
|      | SUM       | 130 min  | 130 min  | 130 min  | 120 min  | 8.5 h   |

|       |           |         |   |         |   |         |         |
|-------|-----------|---------|---|---------|---|---------|---------|
| VII   | Monday    | 80 min  | E |         |   | 60 min  | 140 min |
|       | Tuesday   |         |   | 80 min  | E |         | 80 min  |
|       | Wednesday |         |   |         |   | 80 min  | 80 min  |
|       | Thursday  | 60 min  | I |         |   | 60 min  | 120 min |
|       | Friday    |         |   | 60 min  | E |         | 60 min  |
|       | Saturday  |         |   |         |   | 60 min  | 60 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 140 min |   | 140 min |   | 140 min | 120 min |
| VIII  | Monday    | 90 min  | E |         |   | 60 min  | 150 min |
|       | Tuesday   |         |   | 90 min  | E |         | 90 min  |
|       | Wednesday |         |   |         |   | 90 min  | 90 min  |
|       | Thursday  | 60 min  | I |         |   | 60 min  | 120 min |
|       | Friday    |         |   | 60 min  | I |         | 60 min  |
|       | Saturday  |         |   |         |   | 60 min  | 60 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 150 min |   | 150 min |   | 150 min | 120 min |
| IX    | Monday    | 100 min | E |         |   | 60 min  | 160 min |
|       | Tuesday   |         |   | 100 min | E |         | 100 min |
|       | Wednesday |         |   |         |   | 100 min | 100 min |
|       | Thursday  | 60 min  | I |         |   | 60 min  | 120 min |
|       | Friday    |         |   | 60 min  | I |         | 60 min  |
|       | Saturday  |         |   |         |   | 60 min  | 60 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 160 min |   | 160 min |   | 160 min | 120 min |
| X     | Monday    | 80 min  | R |         |   | 60 min  | 140 min |
|       | Tuesday   |         |   | 80 min  | R |         | 80 min  |
|       | Wednesday |         |   |         |   | 80 min  | 80 min  |
|       | Thursday  | 60 min  | R |         |   | 60 min  | 120 min |
|       | Friday    |         |   | 60 min  | R |         | 60 min  |
|       | Saturday  |         |   |         |   | 60 min  | 60 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 140 min |   | 140 min |   | 140 min | 120 min |
| XI    | Monday    | 120 min | E |         |   | 60 min  | 180 min |
|       | Tuesday   |         |   | 120 min | E |         | 120 min |
|       | Wednesday |         |   |         |   | 120 min | 120 min |
|       | Thursday  | 60 min  | I |         |   | 60 min  | 120 min |
|       | Friday    |         |   | 90 min  | I |         | 90 min  |
|       | Saturday  |         |   |         |   | 60 min  | 60 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 180 min |   | 210 min |   | 240 min | 60 min  |
| XII   | Monday    | 120 min | E |         |   | 60 min  | 180 min |
|       | Tuesday   |         |   | 150 min | E |         | 150 min |
|       | Wednesday |         |   |         |   | 120 min | 120 min |
|       | Thursday  | 70 min  | I |         |   | 60 min  | 130 min |
|       | Friday    |         |   | 90 min  | I |         | 90 min  |
|       | Saturday  |         |   |         |   | 70 min  | 70 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 190 min |   | 240 min |   | 250 min | 60 min  |
| XIII  | Monday    | 120 min | E |         |   | 60 min  | 180 min |
|       | Tuesday   |         |   | 180 min | E |         | 180 min |
|       | Wednesday |         |   |         |   | 120 min | 120 min |
|       | Thursday  | 80 min  | I |         |   | 60 min  | 140 min |
|       | Friday    |         |   | 120 min | I |         | 120 min |
|       | Saturday  |         |   |         |   | 80 min  | 80 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 200 min |   | 300 min |   | 260 min | 60 min  |
| XIV   | Monday    | 90 min  | R |         |   | R       | 90 min  |
|       | Tuesday   |         |   | 120 min | R |         | 120 min |
|       | Wednesday |         |   |         |   | 90 min  | 90 min  |
|       | Thursday  | 60 min  | R |         |   | 60 min  | 120 min |
|       | Friday    |         |   | 60 min  | R |         | 60 min  |
|       | Saturday  |         |   |         |   | 60 min  | 60 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 150 min |   | 180 min |   | 150 min | 60 min  |
| XV    | Monday    | 120 min | E |         |   | 60 min  | 180 min |
|       | Tuesday   |         |   | 220 min | E |         | 220 min |
|       | Wednesday |         |   |         |   | 130 min | 130 min |
|       | Thursday  | 80 min  | I |         |   | 60 min  | 140 min |
|       | Friday    |         |   | 120 min | I | 20 min  | 140 min |
|       | Saturday  |         |   |         |   | 80 min  | 80 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 200 min |   | 340 min |   | 290 min | 60 min  |
| XVI   | Monday    | 120 min | E |         |   | 60 min  | 180 min |
|       | Tuesday   |         |   | 260 min | E |         | 260 min |
|       | Wednesday |         |   |         |   | 140 min | 140 min |
|       | Thursday  | 100 min | I |         |   | 60 min  | 160 min |
|       | Friday    |         |   | 150 min | I | 20 min  | 170 min |
|       | Saturday  |         |   |         |   | 90 min  | 90 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 220 min |   | 410 min |   | 310 min | 60 min  |
| XVII  | Monday    | 120 min | E |         |   | 60 min  | 180 min |
|       | Tuesday   |         |   | 300 min | E |         | 300 min |
|       | Wednesday |         |   |         |   | 150 min | 150 min |
|       | Thursday  | 120 min | I |         |   | 60 min  | 180 min |
|       | Friday    |         |   | 180 min | I | 20 min  | 200 min |
|       | Saturday  |         |   |         |   | 90 min  | 90 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 240 min |   | 480 min |   | 320 min | 60 min  |
| XVIII | Monday    | 90 min  | R |         |   | R       | 90 min  |
|       | Tuesday   |         |   | 120 min | R |         | 120 min |
|       | Wednesday |         |   |         |   | 90 min  | 90 min  |
|       | Thursday  | 60 min  | R |         |   | 60 min  | 120 min |
|       | Friday    |         |   | 60 min  | R |         | 60 min  |
|       | Saturday  |         |   |         |   | 60 min  | 60 min  |
|       | Sunday    |         |   |         |   |         | 0 min   |
|       | SUM       | 150 min |   | 180 min |   | 150 min | 60 min  |

|       |           |         |   |         |   |         |         |         |
|-------|-----------|---------|---|---------|---|---------|---------|---------|
| XIX   | Monday    | 120 min | E |         |   |         | 120 min |         |
|       | Tuesday   |         |   | 240 min | E | 60 min  | I       | 300 min |
|       | Wednesday |         |   |         |   | 150 min | E       | 150 min |
|       | Thursday  | 120 min | M |         |   |         | 60 min  | 180 min |
|       | Friday    |         |   | 180 min | M | 40 min  | I       | 220 min |
|       | Saturday  |         |   |         |   | 90 min  | M       | 90 min  |
|       | Sunday    |         |   |         |   |         |         | 0 min   |
|       | SUM       | 240 min |   | 420 min |   | 340 min |         | 60 min  |
| XX    | Monday    | 120 min | E |         |   |         |         | 120 min |
|       | Tuesday   |         |   | 240 min | E | 40 min  | I       | 280 min |
|       | Wednesday |         |   |         |   | 150 min | E       | 150 min |
|       | Thursday  | 120 min | I |         |   |         | 60 min  | 180 min |
|       | Friday    |         |   | 180 min | I | 40 min  | I       | 220 min |
|       | Saturday  |         |   |         |   | 90 min  | I       | 90 min  |
|       | Sunday    |         |   |         |   |         |         | 0 min   |
|       | SUM       | 240 min |   | 420 min |   | 320 min |         | 60 min  |
| XXI   | Monday    | 120 min | E |         |   |         |         | 120 min |
|       | Tuesday   |         |   | 240 min | E | 40 min  | I       | 280 min |
|       | Wednesday |         |   |         |   | 150 min | E       | 150 min |
|       | Thursday  | 120 min | M |         |   |         | 60 min  | 180 min |
|       | Friday    |         |   | 180 min | M | 40 min  | I       | 220 min |
|       | Saturday  |         |   |         |   | 90 min  | M       | 90 min  |
|       | Sunday    |         |   |         |   |         |         | 0 min   |
|       | SUM       | 240 min |   | 420 min |   | 320 min |         | 60 min  |
| XXII  | Monday    | 90 min  | R |         |   |         |         | 90 min  |
|       | Tuesday   |         |   | 120 min | R |         |         | 120 min |
|       | Wednesday |         |   |         |   | 90 min  | R       | 90 min  |
|       | Thursday  | 60 min  | R |         |   |         | 60 min  | 120 min |
|       | Friday    |         |   | 60 min  | R |         |         | 60 min  |
|       | Saturday  |         |   |         |   | 60 min  | R       | 60 min  |
|       | Sunday    |         |   |         |   |         |         | 0 min   |
|       | SUM       | 150 min |   | 180 min |   | 150 min |         | 60 min  |
| XXIII | Monday    | 120 min | E |         |   |         |         | 120 min |
|       | Tuesday   |         |   | 210 min | E | 80 min  | E       | 290 min |
|       | Wednesday |         |   |         |   | 120 min | E       | 120 min |
|       | Thursday  | 90 min  | M |         |   |         | 60 min  | 150 min |
|       | Friday    |         |   | 180 min | M | 20 min  | I       | 200 min |
|       | Saturday  |         |   |         |   | 90 min  | M       | 90 min  |
|       | Sunday    |         |   |         |   |         |         | 0 min   |
|       | SUM       | 210 min |   | 390 min |   | 310 min |         | 60 min  |
| XXIV  | Monday    | 120 min | E |         |   |         |         | 120 min |
|       | Tuesday   |         |   | 210 min | E | 40 min  | I       | 250 min |
|       | Wednesday |         |   |         |   | 135 min | E       | 135 min |
|       | Thursday  | 90 min  | M |         |   |         | 60 min  | 150 min |
|       | Friday    |         |   | 180 min | I | 20 min  | M       | 200 min |
|       | Saturday  |         |   |         |   | 90 min  | I       | 90 min  |
|       | Sunday    |         |   |         |   |         |         | 0 min   |
|       | SUM       | 210 min |   | 390 min |   | 285 min |         | 60 min  |
| XXV   | Monday    | 120 min | E |         |   |         |         | 120 min |
|       | Tuesday   |         |   | 210 min | E | 40 min  | I       | 250 min |
|       | Wednesday |         |   |         |   | 135 min | E       | 135 min |
|       | Thursday  | 90 min  | M |         |   |         | 60 min  | 150 min |
|       | Friday    |         |   | 180 min | I | 20 min  | M       | 200 min |
|       | Saturday  |         |   |         |   | 90 min  | I       | 90 min  |
|       | Sunday    |         |   |         |   |         |         | 0 min   |
|       | SUM       | 210 min |   | 390 min |   | 285 min |         | 60 min  |
| XXVI  | Monday    | 90 min  | R |         |   |         |         | 90 min  |
|       | Tuesday   |         |   | 120 min | R |         |         | 120 min |
|       | Wednesday |         |   |         |   | 90 min  | R       | 90 min  |
|       | Thursday  | 60 min  | R |         |   |         | 60 min  | 120 min |
|       | Friday    |         |   | 60 min  | R |         |         | 60 min  |
|       | Saturday  |         |   |         |   | 60 min  | R       | 60 min  |
|       | Sunday    |         |   |         |   |         |         | 0 min   |
|       | SUM       | 150 min |   | 180 min |   | 150 min |         | 60 min  |

|        |           |         |   |         |   |         |         |         |
|--------|-----------|---------|---|---------|---|---------|---------|---------|
| XXVII  | Monday    | 90 min  | I |         |   |         | 90 min  |         |
|        | Tuesday   |         |   | 210 min | E | 60 min  | 270 min |         |
|        | Wednesday |         |   |         |   | 120 min | 120 min |         |
|        | Thursday  | 90 min  | M | 90 min  | I |         | 180 min |         |
|        | Friday    |         |   | 60 min  | M | 60 min  | 120 min |         |
|        | Saturday  |         |   |         |   | 60 min  | 60 min  |         |
|        | Sunday    |         |   |         |   |         | 0 min   |         |
|        | SUM       | 180 min |   | 360 min |   | 300 min | 0 min   | 14 h    |
| XXVIII | Monday    | 90 min  | I | 90 min  | I |         | 180 min |         |
|        | Tuesday   |         |   | 90 min  | I | 90 min  | 180 min |         |
|        | Wednesday |         |   |         |   |         | 0 min   |         |
|        | Thursday  | 90 min  | M |         |   | 90 min  | 180 min |         |
|        | Friday    |         |   | 60 min  | I | 60 min  | 120 min |         |
|        | Saturday  |         |   |         |   |         | 0 min   |         |
|        | Sunday    |         |   |         |   |         | 0 min   |         |
|        | SUM       | 180 min |   | 240 min |   | 240 min | 0 min   | 11 h    |
| XXIX   | Monday    | 90 min  | I |         |   |         | 90 min  |         |
|        | Tuesday   |         |   | 120 min | I |         | 120 min |         |
|        | Wednesday |         |   |         |   | 90 min  | 90 min  |         |
|        | Thursday  |         |   |         |   |         | 0 min   |         |
|        | Friday    | 15 min  | R | 15 min  | R | 15 min  | 45 min  |         |
|        | Saturday  |         |   |         |   |         | 0 min   |         |
|        | Sunday    |         |   |         |   |         | 0 min   |         |
|        | SUM       | 105 min |   | 135 min |   | 105 min | 0 min   | 5.8 h   |
| TOTAL  |           | 81.8 h  |   | 118.8 h |   | 100.7 h | 35 h    | 336.5 h |