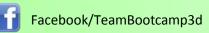
Fitness



	Pr	eparati	on		Buil	ding			Pea	king		Rest
Week	1	2	3	4	5	6	7	8	9	10	11	12
Work load			→				>				→	→
Desc	Prepare the body for more vigorous exercise in the Building phase		Prepare th	Prepare the body for more vigorous exercise in the Peaking phase Maximise the training potential and fitness ga		itness gains	Recovery					
				ľ	Number o	f session:	s per wee	k				
Circuit	2	2	2	3	2	2	3	4	3	4	3	1
Cardio sessions	1	2	1	2	3	2	2	2	3	2	3	2
Rest days	4	3	4	2	2	3	2	1	1	1	1	4









Phase 1



Day	Week 1	Week 2	Week 3
Mon	Circuit A	Circuit B	Circuit A
Tues	Rest	Rest	Rest
Wed	Swim Bike or Row A	Swim Bike or Row A	Swim Bike or Row A
Thur	Rest	Rest	Rest
Fri	Circuit B	Circuit A	Circuit B
Sat	Rest	Rest	Rest
Sun	Rest	Swim Bike or Row A	Rest

	Duanavation			
	Preparation			
Week	1	2	3	
Work load			>	
Desc	Prepare the body for more vigorous exercise in the Building phase			
Circuit	2	2	2	
Cardio sessions	1	2	1	
Rest days	4	3	4	
days	4	3	4	







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Phase 2



Day	Week 4	Week 5	Week 6	Week 7
Mon	Circuit C	Swim Bike or Row B	Rest	Circuit C
Tues	Swim Bike or Row B	Rest	Circuit E	Swim Bike or Run C
Wed	Rest	Circuit C	Swim Bike or Run C	Rest
Thur	Circuit D	Swim Bike or Row C	Rest	Circuit D
Fri	Swim Bike or Row C	Rest	Circuit C	Swim Bike or Row B
Sat	Rest	Circuit D	Swim Bike or Row B	Rest
Sun	Circuit E	Swim Bike or Row B	Rest	Circuit E

	Building			
Week	4	5	6	7
Work load				-
Desc	Prepare the body for more vigorous exercise in the Peaking phase			
Circuit	3	2	2	3
Cardio sessions	2	3	2	2
Rest days	2	2	3	2









Phase 3



Day	Week 8	Week 9	Week 10	Week 11
Mon	Circuit F	Swim Bike or Row D	Circuit G	Swim Bike or Row D
Tues	Swim Bike or Row D	Circuit H	Swim Bike or Row D	Circuit F
Wed	Circuit A	Swim Bike or Row E	Circuit H	Swim Bike or Row E
Thur	Swim Bike or Row E	Circuit B	Swim Bike or Row E	Circuit G
Fri	Circuit G	Swim Bike or Row D	Circuit A	Swim Bike or Row D
Sat	Rest	Rest	Rest	Rest
Sun	Circuit E	Circuit F	Circuit E	Circuit H

Peaking					
8	9	10	11		
					
Maximise t	he training po	otential and fi	tness gains		
4	3	4	3		
2	3	2	3		
1	1	1	1		









Phase 4



Day	Week 12
Mon	Swim / bike at moderate pace for 1 hour, or row moderate pace for 20 mins
Tues	Rest
Wed	Select circuit
Thur	Rest
Fri	Swim / bike at moderate pace for 1 hour, or row moderate pace for 20 mins
Sat	Rest
Sun	Rest

	Rest
Week	12
Work load	→
Desc	Recovery
Circuit	1
Cardio sessions	2
Rest days	4





