Annual Training Plan

Start Date: January 5, 2015

Athlete: JD Blom

Annual Hours: 618.0

Season Goals:

1. Break 2 hrs 36 mins at Emmett Tri
2. Break 5 hrs 30 mins at Bend Leadman
3. Swim mile under 30 minutes by November 3rd

Training Objectives:

1. Run comfortable for 90 mins. (track) at a cadence of 90 rpm by April 4th
2. Run 10k at Famous Idaho Potato race in under 54 min 30 sec by May 30th
3. Climb SW 3rd Ave with 11.5 mph average by June 6th
4. Complete 10 x 100 intervals at 1:30 each by June 30th
5. Complete Elmore Lp; 3 min intv @ 25 mph by Aug 1st
6. Lose 10 pounds

Wk #	Monday	Races	Pri	Period	Hours		Weights	Swim							Bike							Run						
								Endurance	Force	Speed	Muscle Endurance	Anaerob Endur	Power	Testing	Endurance	Force	Speed	Muscle Endurance	Anaerob Endur	Power	Testing	Endurance	Force	Speed	Muscle Endurance	Anaerob Endur	Power	Testing
1	1/5			Base 1	12.0	P90		X		X					X		X					X		X				
2	1/12				14.5	P90		X		X					X		X					X		X				
3	1/19				16.0	P90		X		X					X		X					X		X				
4	1/26				8.5			X		X				X	X		X				X	X		X				X
5	2/2			Base 2	12.5	P90		X	X	X	X				X	X	X	X				X	X	X	X			
6	2/9				15.0	P90		X	X	X	X				X	X	X	X				X	X	X	X			
7	2/16				17.0	P90		X	X	X	X				X	X	X	X				X	X	X	X			
8	2/23				8.5			X		X				X	X		X				X	X		X				X
9	3/2			Base 3	12.5	P90		X	X	X	X				X	X	X	X				X	X	X	X			
10	3/9				16.0	P90		X	X	X	X				X	X	X	X				X	X	X	X			
11	3/16				18.0	P90		X	X	X	X				X	X	X	X				X	X	X	X			
12	3/23	Cycling - Circuit Race	C		8.5			X		X				X	X		X				X	X		X				X
13	3/30			Build 1	15.5			X		X	X	X			X		X	X	X			X		X	X	X		X
14	4/6				15.5			X		X	X	X			X		X	X	X			X		X	X	X		
15	4/13	Cycling - Time Trial	C		15.5			X		X	X	X			X		X	X	X			X		X	X	X		
16	4/20				8.5			X		X				X	X		X				X	X		X				X
17	4/27			Build 2	14.5			X		X	X	X			X		X	X	X			X		X	X	X		
18	5/4				14.5			X		X	X	X			X		X	X	X			X		X	X	X		
19	5/11				14.5			X		X	X	X			X		X	X	X			X		X	X	X		
20	5/18				8.5			X		X				X	X		X				X	X		X				X
21	5/25	10K Run	C	Base 3	12.5			X	X	X	X				X	X	X	X				X	X	X	X			
22	6/1				16.0			X	X	X	X				X	X	X	X				X	X	X	X			
23	6/8				18.0			X	X	X	X				X	X	X	X			X	X	X	X	X			
24	6/15				8.5			X		X				X	X		X				X	X		X				X
25	6/22			Build 2	14.5			X		X	X	X			X		X	X	X			X		X	X	X		
26	6/29				14.5			X		X	X	X			X		X	X	X			X		X	X	X		
27	7/6				14.5			X		X	X	X			X		X	X	X			X		X	X	X		
28	7/13	Cycling - Time Trial	B		8.5			X		X			X		X		X			X		X		X			X	
29	7/20			Peak	13.0			X		X	X				X		X	X				X		X	X			
30	7/27				10.0			X		X	X				X		X	X				X		X	X			
31	8/3	EM Olympic Tri	A	RACE	8.5					X			X				X			X				X			X	
32	8/10			Tran	0.0																							
33	8/17			Base 3	12.5			X	X	X	X				X	X	X	X				X	X	X	X			
34	8/24				16.0			X	X	X	X				X	X	X	X				X	X	X	X			
35	8/31				8.5			X		X			X		X		X			X		X		X			X	
36	9/7			Peak	13.0			X		X	X				X		X	X				X		X	X			
37	9/14	Leadman Tri ?	A	RACE	8.5					X			X				X			X				X			X	
38	9/21			Tran	0.0																							
39	9/28	Vacation ?			0.0																							
40	10/5	Vacation ?			0.0																							
41	10/12			Base 1	12.0	P90		X		X					X		X					X		X				
42	10/19				14.5	P90		X		X					X		X					X		X				
43	10/26				16.0	P90		X		X					X		X					X		X				
44	11/2				8.5			X		X				X	X		X				X	X		X				X