

Week nr		1		EASY		Write your heartrate ranges here										Heart Rate Zones		S155		165		175		min/km		sec/400m					
				Gym		Running		Other												A1		A2		A3		I1		I2		Starts	
Day	Date		#	Sets/reps/exer/abs	Time	KM	Course	Other	Other	Session Description										1	2	3	4	5							
Monday	7.7.	AM			0		-	0		REST																					
		AAM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch																					
		PM			35		Road	20		35 min (A1) ; 20 min stretching ; take supper																					
		Other																													
Tuesday	8.7.	AM			20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast																					
		AAM			79		Kamariny	20		10 min w/u ; dynamic drills ; 4*3200m/5 min (A3-/A1) (first 3200m at 9min 40 sec ; second and third HR at 165-170 no higher than 170 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch																					
		PM			30		Road	20		30 min (A1) ; 20 min stretching ; take supper																					
		Other																													
Wednesday	9.7.	AM			0		-	0		REST																					
		AAM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch																					
		PM			35		Road	20		35 min (A1) ; 20 min stretching ; take supper																					
		Other																													
Thursday	10.7.	AM			20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast																					
		AAM			80		Road	20		10 min w/u ; dynamic drills ; 3x15 min/5 min (A3-/A1) (A3- HR 165-170 ; no higher than 170 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch																					
		PM			0		-	0		REST																					
		Other																													
Friday	11.7.	AM			0		-	0		REST																					
		AAM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch																					
		PM			35		Road	20		35 min (A1) ; 20 min stretching ; take supper																					
		Other																													
Saturday	12.7.	AM			20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast																					
		AAM			68		Kamariny	20		10 min w/u ; dynamic drills ; 6x1600m/3min (A3+/A1) ; (first and second 1600m at 4 min 40 sec ; third fourth and fifth HR at 170-175 no higher than 175 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch																					
		PM			30		Road	20		30 min (A1) ; 20 min stretching ; take supper																					
		Other																													
Sunday	13.7.	AM			100		Road	30		100 min (A1-A2) ; 30 min stretching ; take breakfast																					
		AAM			0		-	0		REST																					
		PM			0		-	0		REST																					
		Other																													
			0		657	0		310	0											0	0	0	0	0	0						

Week nr	2			Medium		Write your heartrate ranges here										≤155	165	175	min/km	sec/400m							
				Gym		Running			Other		Heart Rate Zones										A1	A2	A3	I1	I2	Starts	
Day	Date		#	Sets/reps/exer/abs	Time	KM	Course	Other	Other	Session Description										1	2	3	4	5		Comments	
Monday	14.7.	AM			0		-	0		REST																	
		AAM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch																	
		PM			40		Road	20		40 min (A1) ; 20 min stretching ; take supper																	
		Other																									
Tuesday	15.7.	AM			20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast																	
		AAM			94		Kamariny	20		10 min w/u ; dynamic drills ; 5*3200m/5 min (A3-/A1) (first 3200m no faster than 9min 40 sec ; second third and fourth HR at 165-170 no higher than 170 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch																	
		PM			30		Road	20		30 min (A1) ; 20 min stretching ; take supper																	
		Other																									
Wednesday	16.7.	AM			0		-	0		REST																	
		AAM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch																	
		PM			40		Road	20		40 min (A1) ; 20 min stretching ; take supper																	
		Other																									
Thursday	17.7.	AM			20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast																	
		AAM			92		Road	20		10 min w/u ; dynamic drills ; 4x13 min/5 min (A3-/A1) (A3- HR 165-170 ; no higher than 170 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch																	
		PM			0		-	0		REST																	
		Other																									
Friday	18.7.	AM			0		-	0		REST																	
		AAM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch																	
		PM			40		Road	20		40 min (A1) ; 20 min stretching ; take supper																	
		Other																									
Saturday	19.7.	AM			20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast																	
		AAM			76		Kamariny	20		10 min w/u ; dynamic drills ; 7x1600m/3min (A3+/-A1) ; (first and second 1600m no faster than 4 min 40 sec ; third fourth and fifth HR at 170-175 no higher than 175 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch																	
		PM			30		Road	20		30 min (A1) ; 20 min stretching ; take supper																	
		Other																									
Sunday	20.7.	AM			105		Road	30		105 min (A1-A2) ; 30 min stretching ; take breakfast																	
		AAM			0		-	0		REST																	
		PM			0		-	0		REST																	
		Other																									
			0		712	0		310	0											0	0	0	0	0	0		

Week nr

Week Description: Aerobic Conditioning

Write your heartrate ranges here

es	A1	A2	A3	I1	I2	Sta
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Week in Review			Medium		Running		Other		Heart Rate Zones	A1	A2	A3	I1	I2	Starts		
Day	Date		#	Sets/reps/exer/abs	Time	KM	Course	Other	Other	Session Description	1	2	3	4	5		Comments
Monday	21.7.	AM			0		-	0		REST							
		AAM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch							
		PM			40		Road	20		40 min (A1) ; 20 min stretching ; take supper							
		Other															
Tuesday	22.7.	AM			20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast							
		AAM			94		Kamariny	20		10 min w/u ; dynamic drills ; 5*3200m/5 min (A3-/A1) (first 3200m no faster than 9min 40 sec ; second third and fourth HR at 165-170 no higher than 170 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch							
		PM			30		Road	20		30 min (A1) ; 20 min stretching ; take supper							
		Other															
Wednesday	23.7.	AM			0		-	0		REST							
		AAM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch							
		PM			40		Road	20		40 min (A1) ; 20 min stretching ; take supper							
		Other															
Thursday	24.7.	AM			20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast							
		AAM			89		Road	20		10 min w/u ; dynamic drills ; 3x18 min/5 min (A3-/A1) (A3- HR 165-170 ; no higher than 170 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch							
		PM			0		-	0		REST							
		Other															
Friday	25.7.	AM			0		-	0		REST							
		AAM			35		Road	20		35 min (A1) ; 20 min stretching ; take lunch							
		PM			40		Road	20		40 min (A1) ; 20 min stretching ; take supper							
		Other															
Saturday	26.7.	AM			20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast							
		AAM			84		Kamariny	20		10 min w/u ; dynamic drills ; 8x1600m/3min (A3+/A1) ; (first and second 1600m no faster than 4 min 40 sec ; third fourth and fifth HR at 170-175 no higher than 175 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch							
		PM			30		Road	20		30 min (A1) ; 20 min stretching ; take supper							
		Other															
Sunday	27.7.	AM			110		Road	30		110 min (A1-A2) ; 30 min stretching ; take breakfast							
		AAM			0		-	0		REST							
		PM			0		-	0		REST							
		Other															
			0		722	0		310	0		0	0	0	0	0	0	

Week nr 4

Rest and Test

Write your heartrate ranges here

Week 4										Write your heartrate ranges here						≤155	155-165	165-175	2:50 min/km	60-65 sec/400m	
Rest and Test										Heart Rate Zones						A1	A2	A3	I1	I2	Starts
Day	Date		#	Sets/ reps/ exer/ abs	Time	KM	Course	Other	Other	Session Description	1	2	3	4	5		Comments				
Monday	28.7.	AM			0		-	0		REST											
		AAM			30		Road	20		30 min (A2) ; 20 min stretching ; take lunch											
		PM			30		Road	20		30 min (A1) ; 20 min stretching ; take supper											
		Other																			
Tuesday	29.7.	AM			20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast											
		AAM			79		Kamariny	20		10 min w/u ; dynamic drills ; 4*3200m/5 min (A3-/A1) (first 3200m no faster than 9min 40 sec) ; second and third HR at 165-170 no higher than 170 HR) ; 15 min c/d (A1) ; 20 min stretching ; take lunch											
		PM			30		Road	20		30 min (A1) ; 20 min stretching ; take supper											
		Other																			
Wednesday	30.7.	AM			0		-	0		REST											
		AAM			30		Road	20		30 min (A2) ; 20 min stretching ; take lunch											
		PM			30		Road	20		30 min (A1) ; 20 min stretching ; take supper											
		Other																			
Thursday	31.7.	AM			20		Road	20		20 min (A1) ; 20 min stretching ; take breakfast											
		AAM			80		Road	20		10 min w/u ; dynamic drills ; 3x15 min/5 min (A3-/A1) (A3- HR 165-170 ; A2 HR 155-165) ; 15 min c/d (A1) ; 20 min stretching ; take lunch											
		PM			30		Road	20		30 min (A1) ; 20 min stretching ; take supper											
		Other																			
Friday	1.8.	AM			0		-	0		REST											
		AAM			30		Road	20		30 min (A2) ; 20 min stretching ; take lunch											
		PM			30		Road	20		30 min (A1) ; 20 min stretching ; take supper											
		Other																			
Saturday	2.8.	AM			115		Road	20		10 min w/u (A1) ; dynamic drills ; 30 km time trial ; 15 min c/d (A1) ; 30 min stretching ; take breakfast											
		AAM			0		-	0		REST											
		PM			0		-	0		REST											
		Other																			
Sunday	3.8.	AM			0		-	0		DAY OFF											
		AAM			0		-	0													
		PM			0		-	0													
		Other																			
			0		554	0		260	0		0	0	0	0	0	0					