

Athlete: Chinook

Personalized Training Program

Period: 01 Feb - 28 Feb

Focus: Chinook Olympic Base Training

Training Zones:	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
RPE (Rate of Perceived Exertion):	50 - 60%	60 - 70%	70 - 80%	80 - 90%	90 - 100%
BIKE Heart Rate					
RUN Heart Rate					

Descriptions:

Zone 1	EASY	Low intensity training zone for active recovery, warm-ups and cool-downs.
Zone 2	AEROBIC	Aerobic pace for long rides and runs - most base training.
Zone 3	TEMPO	Sub Anaerobic threshold pace, for sustained hard training efforts up to 90minutes.
Zone 4	INTERVAL	Anaerobic training zone for interval training, hills/repeats, sustained hard efforts up to 15min.
Zone 5	MAXIMUM	Highest Training Intensity. Used for shorter intense intervals only.

Please refer to the above table provided for workout descriptions

Icon Keys:- **B** bike **brick** **group** **O** rest **R** run **X** ski **S** swim **W** weights **Y** yoga

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 Feb O Rest Day	02 Feb S Swim 800 meters R Run Endurance 30 minutes	03 Feb W Stretching 1 Hour Stretching or Strength Workout	04 Feb S Swim 800 meters R Run Endurance 30 minutes	05 Feb R Run Endurance 30 minutes W Stretching 1 Hour Stretching or Strength Workout	06 Feb S Swim 800 meters B Bike Endurance 20km	07 Feb B Bike Endurance 20km
08 Feb O Rest Day	09 Feb S Swim 800 meters R Run Endurance 30 minutes	10 Feb B Bike Endurance 20km W Stretching 1 Hour Stretching or Strength Workout	11 Feb S Swim 1000 meters R Run Endurance 30 minutes	12 Feb B Bike Endurance 20km	13 Feb S Swim 1000 meters R Run Endurance 30 minutes	14 Feb B Bike Endurance 20km
15 Feb O Rest Day	16 Feb S Swim 1000 meters R Run Endurance 40 minutes	17 Feb B Bike Endurance 30km	18 Feb S Swim 1000 meters R Run Endurance 40 minutes	19 Feb B Bike Endurance 30km	20 Feb B Bike Endurance 30km W Stretching 1 Hour Stretching or Strength Workout	21 Feb R Run Endurance 45 Minutes
22 Feb O Rest Day	23 Feb S Swim 1200 meters R Run Endurance 40 minutes	24 Feb B Bike Endurance 30km	25 Feb S Swim 1200 meters	26 Feb R Run Endurance 40 minutes	27 Feb B Bike Endurance 30km	28 Feb B Bike Endurance 40km R Run Endurance 50 minutes

B Bike Endurance - Ride advised distance in Training Zones 1 & 2, over varying terrain at 85-100cadence (rpm).

O Rest Day - Day Off training.

R Run Endurance - A continuous run. Gradually warm up to zone 2, then maintain this intensity throughout the run. Time provided is for the total run, including warm-up. This workout builds aerobic endurance.

S Swim - Swim

W Stretching - Stretching/Strength Workout