

Name: Juv/Jrs						Training Phase: Prep					Week: 5			Year: 2009																						
						Training Plan					Dates: 5 - 11 Oct			Macrocycle: 2																						
											Microcycle: 1																									
	Session 1					Session 2					Session 3					Session 4																				
	L1 KM	L2 KM	L3 KM	L4 KM	L5 KM	Run/Min	Wts. - Min	Swim - Min	Game - Min	Visual - Min	Total AM Min/H2O	Total PM Min/H2O	Total WU(km)	Total WD(km)	Rest (km)	Total KM	Total Min	Total Hours																		
Monday	AM I Paddle 0530 1K WU 40' Tempo/Technique Paddle 1K WD					AM II Strength & Conditioning Session I					PM I Paddle 1600 1K WU 25' L2 (Tech) - 8 x 15 DS on 2' L5 - 25' L2(Tech) 1K WD					PM II OFF																				
	8	10			1		50	X			60	80	2	2		23	190	3.16667																		
Tuesday	AM I OFF					AM II OFF					PM I Cardio 40' Run/Swim					PM II OFF																				
						40		X								0	40	0.66667																		
Wednesday	AM I Paddle 0530 1K WU 40' Tempo/Technique Paddle 1K WD					AM I Strength & Conditioning Session II					PM I Paddle 1600 2K WU 3 x (1000M -750M - 500M/3' R) L3 2K WD					PM II OFF																				
	8		7				50	X			60	80	2	3		20	190	3.16667																		
Thursday	AM I OFF					AM II OFF					PM I Cardio 40' Run/Swim					PM II OFF																				
						40		X								0	40	0.66667																		
Friday	AM I Strength & Conditioning Session III					AM II OFF					AM II Cardio 45' - 50' Fartlek 20" - 30" Sprints on 5' after 10' WU					PM II OFF																				
						50	50	X								0	100	1.66667																		
Saturday	AM I Paddle 0900 Race & Dev Teams Team Boats 2K WU 2K Drill 2 x (20 x 20"HD/20"EZ - 10 x 30"HD/15"EZ)4' R L4					AM II OFF					PM I OFF					PM II OFF																				
		2		6				X			90		2	2		12	90	1.5																		
Sunday	AM I OFF					AM II OFF					PM I OFF					PM II OFF																				
								X								0	0	0																		
	Paddling Specific Training					Non-Paddling Specific Training					Total Training Distances Minutes and Hours																									
	Z1 KM	Z2 KM	Z3 KM	Z4 KM	Z5 KM	Run/Min	Wts. - Min	Swim - Min	Game - Min	Visual - Min	Total AM Min/H2O	Total PM Min/H2O	Total WU(km)	Total WD(km)	Rest (km)	Total KM	Total Min	Total Hours																		
totals																			16	12	7	6	1	130	150	0	0	0	210	160	6	7	0	55	650	10.8333
Physical Goals: Build aerobic endurance and strength.																																				
Technical Goals: Eliminate bad habits and build sound technical stroke mechanics.																																				
Mental Goals: Stay relaxed and mentally focused.																																				
Comments: "Excellence is not an act but a habit" Aristotle. Build upon our good habits and technical improvements.																																				