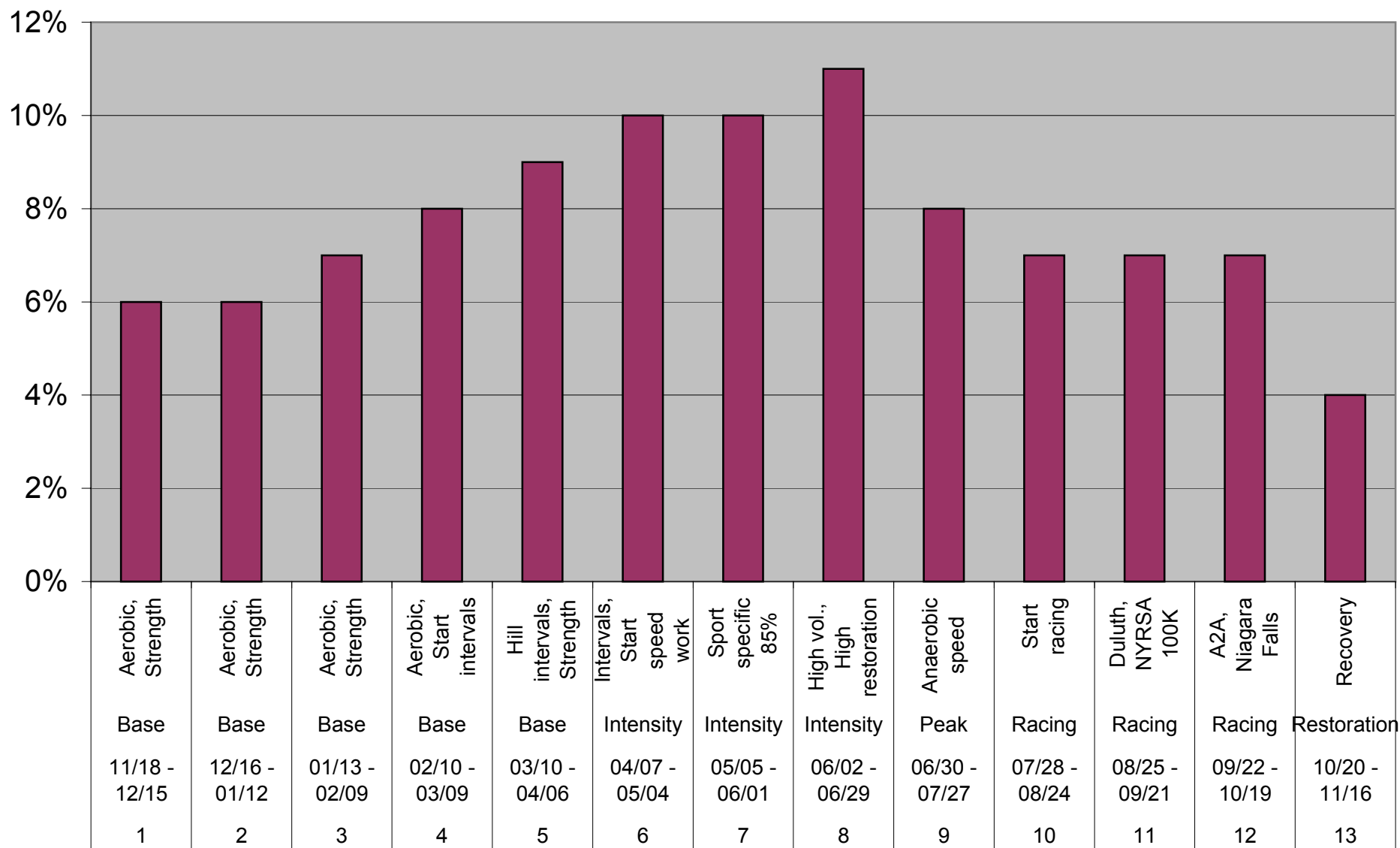
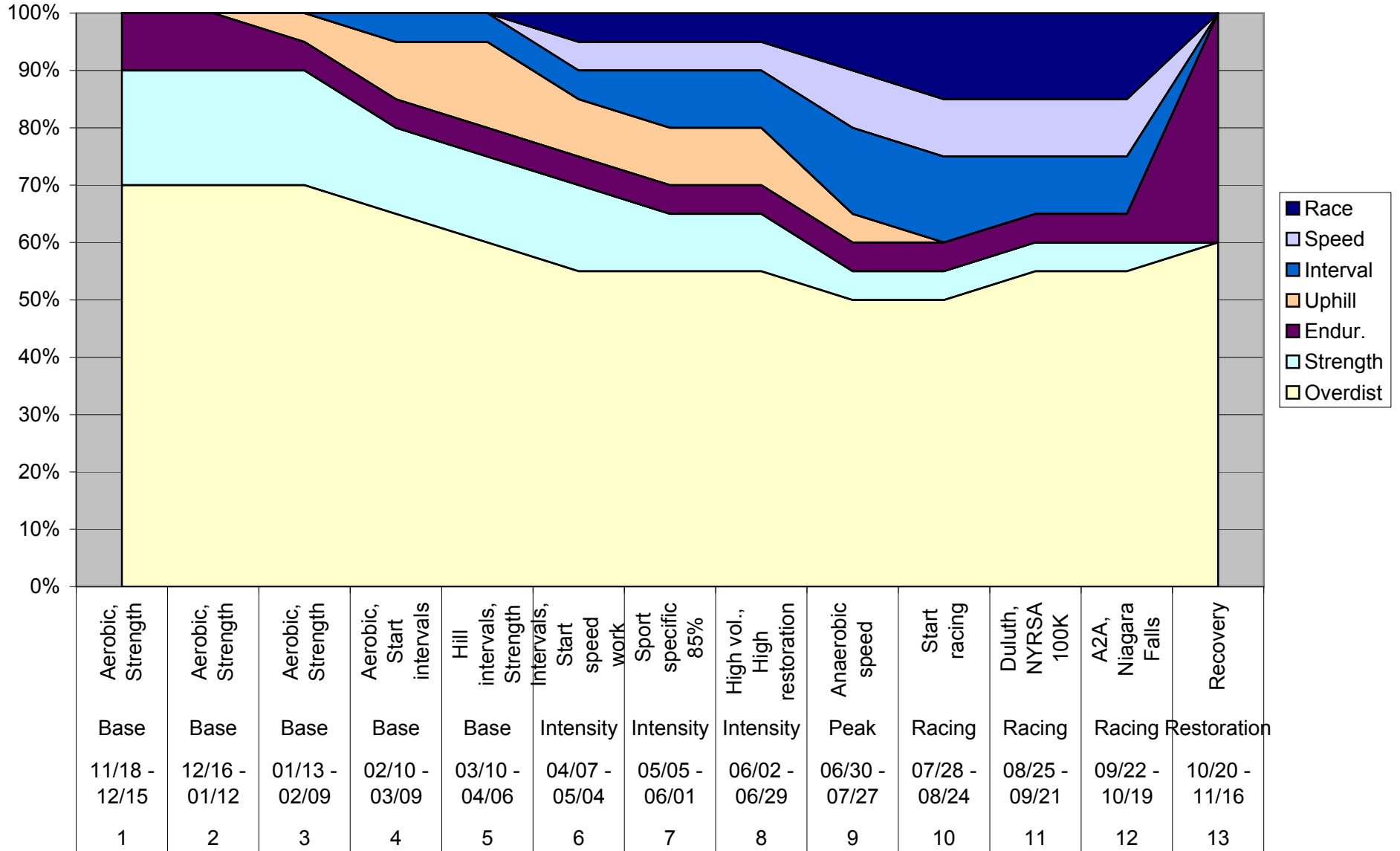


## Percent of Annual Training Hours By Cycle



### Pct Allocation of Effort Within Each 4-Wk Cycle



## Emphasis Within the Cycle

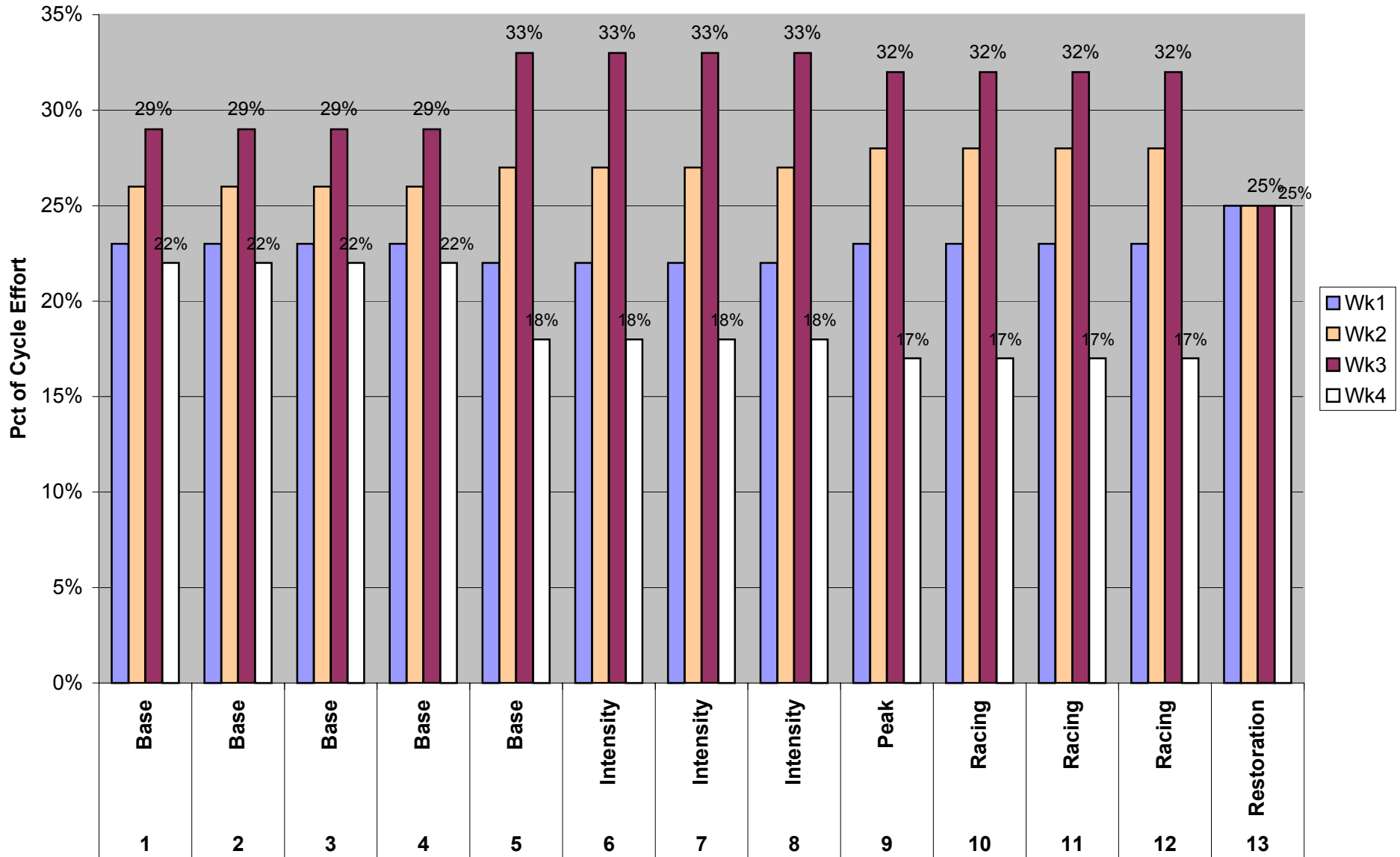
Yr: 2002

CycleComponentsTbl

Speed S  
 Endur. E  
 Race R  
 Interval I  
 Overdist O  
 Uphill U  
 Strength S

Cycle	Date	Stage	Emphasis	Pct of Yr Hrs.	Pct Allocations within 4-Week Cycles							
					Cycle	Overdist	Strength	Endur.	Uphill	Interval	Speed	Race
1	11/18 - 12/15	Base	Aerobic, Strength	6%	1	70%	20%	10%	0%	0%	0%	0%
2	12/16 - 01/12	Base	Aerobic, Strength	6%	2	70%	20%	10%	0%	0%	0%	0%
3	01/13 - 02/09	Base	Aerobic, Strength	7%	3	70%	20%	5%	5%	0%	0%	0%
4	02/10 - 03/09	Base	Aerobic, Start intervals	8%	4	65%	15%	5%	10%	5%	0%	0%
5	03/10 - 04/06	Base	Hill intervals, Strength	9%	5	60%	15%	5%	15%	5%	0%	0%
6	04/07 - 05/04	Intensity	Intervals, Start speed work	10%	6	55%	15%	5%	10%	5%	5%	5%
7	05/05 - 06/01	Intensity	Sport specific 85%	10%	7	55%	10%	5%	10%	10%	5%	5%
8	06/02 - 06/29	Intensity	High vol., High restoration	11%	8	55%	10%	5%	10%	10%	5%	5%
9	06/30 - 07/27	Peak	Anaerobic speed	8%	9	50%	5%	5%	5%	15%	10%	10%
10	07/28 - 08/24	Racing	Start racing	7%	10	50%	5%	5%	0%	15%	10%	15%
11	08/25 - 09/21	Racing	Duluth, NYRSA 100K	7%	11	55%	5%	5%	0%	10%	10%	15%
12	09/22 - 10/19	Racing	A2A, Niagara Falls	7%	12	55%	5%	5%	0%	10%	10%	15%
13	10/20 - 11/16	Restoration	Recovery	4%	13	60%	0%	40%	0%	0%	0%	0%

## Wkly Effort Within Cycle



WklyEffortTbl

Cycle	Focus	Percentage of Cycle Effort by Wk			
		Wk1	Wk2	Wk3	Wk4
1	Base	23%	26%	29%	22%
2	Base	23%	26%	29%	22%
3	Base	23%	26%	29%	22%
4	Base	23%	26%	29%	22%
5	Base	22%	27%	33%	18%
6	Intensity	22%	27%	33%	18%
7	Intensity	22%	27%	33%	18%
8	Intensity	22%	27%	33%	18%
9	Peak	23%	28%	32%	17%
10	Racing	23%	28%	32%	17%
11	Racing	23%	28%	32%	17%
12	Racing	23%	28%	32%	17%
13	Restoration	25%	25%	25%	25%