

Rugby Triathlon Club Coaching Macrocycle for 10-11

Week	~	~	~	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	~																																																																																														
Month				SEPTEMBER			OCTOBER			NOVEMBER			DECEMBER			JANUARY			FEBRUARY			MARCH			APRIL			MAY			JUNE			JULY			AUGUST			SEPTEMBER																																																																																																														
Week commencing (Mon)	06/09/10			20/09/10			04/10/10			18/10/10			25/10/10			08/11/10			22/11/10			29/11/10			06/12/10			20/12/10			27/12/10			03/01/11			17/01/11			24/01/11			31/01/11			07/02/11			14/02/11			21/02/11			28/02/11			07/03/11			14/03/11			21/03/11			28/03/11			04/04/11			11/04/11			18/04/11			25/04/11			02/05/11			09/05/11			16/05/11			23/05/11			30/05/11			06/06/11			13/06/11			20/06/11			27/06/11			04/07/11			11/07/11			18/07/11			25/07/11			01/08/11			08/08/11			15/08/11			22/08/11			29/08/11			05/09/11			12/09/11			19/09/11			26/09/11			03/10/11		
Phase	PREPARATION PHASE																			BASE 1			BASE 2			BASE 3			BUILD 1			BUILD 2			PEAK			BASE 3			PEAK			PEAK																																																																																																										
Volume/intensity	[Line graph showing volume/intensity fluctuating between 40 and 80]																			[Line graph showing volume/intensity fluctuating between 40 and 80]			[Line graph showing volume/intensity fluctuating between 40 and 80]			[Line graph showing volume/intensity fluctuating between 40 and 80]			[Line graph showing volume/intensity fluctuating between 40 and 80]			[Line graph showing volume/intensity fluctuating between 40 and 80]			[Line graph showing volume/intensity fluctuating between 40 and 80]			[Line graph showing volume/intensity fluctuating between 40 and 80]			[Line graph showing volume/intensity fluctuating between 40 and 80]			[Line graph showing volume/intensity fluctuating between 40 and 80]			[Line graph showing volume/intensity fluctuating between 40 and 80]			[Line graph showing volume/intensity fluctuating between 40 and 80]			[Line graph showing volume/intensity fluctuating between 40 and 80]																																																																																																	
Intensity (%)	[Bar chart showing intensity levels between 40 and 90]																			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]			[Bar chart showing intensity levels between 40 and 90]																																																																																														
session Type	Transition																			Transition			Endurance 1			Endurance 1			Endurance 2			Endurance 2			Endurance 3			Endurance 3			Endurance 3			Endurance 3			Endurance 4			Endurance 4			Endurance 4			Transition			Transition			Transition																																																																																								
Club race (w/e)																																																																																																																																																						
Coach support seminars																				Intro to ex physiology			Nutrition basics			Stretch controversy			Bike set up workshop			Designing a training plan			Nutrition basics			Nutrition for long distan			Transition basics			Bike maintenance basi			Expert transition			Designing a training plan			Transition basics			Nutrition race tips			Expert Transition																																																																																											
Seminar date																				#####			#####			#####			#####			#####			#####			#####			#####			#####			#####			#####			#####			#####			#####			#####																																																																																								
Lead coach																				Helen Chilts			Garry Haynes			Adrian Wyatt			Garry Haynes			Helen Chilts			Helen Chilts			Garry Haynes			Adrian Wyatt			Garry Haynes			Garry Haynes			Garry Haynes			Helen Chilts			Garry Haynes			Garry Haynes			Garry Haynes			Garry Haynes			Garry Haynes			Garry Haynes																																																																															
Session aims (Aerobic)	Transition																			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%			Endurance 50-70%																																																																												
Session Aims (Strength)	Recovery																			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance			Strength Endurance																																																																									
Technique focus	Drill																			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill			Drill																																																																			

KEY

Preparation Phase:	General development of strength, mobility, endurance and basic technique at low intensity. Strength aims are for conditioning only
Base 1 Phase:	Development of specific fitness and advanced technical skills. Strength gains are for sport - specific strength gains. Overall intensity at 60%
Base 2 Phase:	Development of specific fitness and advanced technical skills. Strength gains are for sport - specific strength gains. Overall intensity at 70%
Base 3 Phase:	Development of specific fitness and advanced technical skills. Strength gains are for sport - specific strength gains. Overall intensity at 80%
Build 1 Phase:	Targeting of technical model, based on primary race objectives and preparation for the main competition. Discipline and distance specific focus.
Build 2 Phase:	Targeting of technical model, based on primary race objectives and preparation for the main competition. Discipline and distance specific focus.
Peak Phase:	Race specific preparation - high intensity and low volume work
Recovery Phase:	Active recovery based on sport - specific activities