

Athlete: Chinook

Personalized Training Program

Period: 01 Feb - 28 Feb

Focus: Chinook Half Marathon 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 R Run Endurance 60 Minutes W Stretching 1 Hour Stretching or Strength Workout | 02 Feb S Swim 1400 meters | 03 Feb B Bike Endurance 30km W Stretching 1 Hour Stretching or Strength Workout | 04 Feb S Swim 1400 meters R Run Endurance 60 Minutes | 05 Feb O Rest Day | 06 Feb B Bike Endurance 30km W Stretching 1 Hour Stretching or Strength Workout | 07 Feb S Swim 1400 meters R Run Endurance 1:10 |
| 08 Feb R Run Endurance 60 Minutes W Stretching 1 Hour Stretching or Strength Workout | 09 Feb S Swim 1600 meters | 10 Feb B Bike Endurance 30km W Stretching 1 Hour Stretching or Strength Workout | 11 Feb S Swim 1600 meters R Run Endurance 60 Minutes | 12 Feb O Rest Day | 13 Feb B Bike Endurance 40km S Swim 1600 meters | 14 Feb R Run Endurance 1:10 W Stretching 1 Hour Stretching or Strength Workout |
| 15 Feb O Rest Day W Stretching 1 Hour Stretching or Strength Workout | 16 Feb S Swim 1800 meters R Run Endurance 40 minutes | 17 Feb B Bike Endurance 30km R Run Endurance 60 Minutes | 18 Feb S Swim 1800 meters B Bike Endurance | 19 Feb R Run Endurance 40 minutes W Stretching 1 Hour Stretching or Strength Workout | 20 Feb B Bike Endurance 50km | 21 Feb R Run Endurance 1:20 S Swim 2000 meters |
| 22 Feb O Rest Day W Stretching 1 Hour Stretching or Strength Workout | 23 Feb S Swim 2400 meters B Bike Endurance 40km | 24 Feb R Run Endurance 60 Minutes | 25 Feb S Swim 2400 meters W Stretching 1 Hour Stretching or Strength Workout | 26 Feb R Run Endurance 60 Minutes | 27 Feb B Bike Endurance 50km W Stretching 1 Hour Stretching or Strength Workout | 28 Feb R Run Endurance 1:20 |

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