

Coast to Coast training plan - advanced

Day	Discipline	Rank	Details	Actual		Actual Distance (Km)	Actual Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?	
				Duration (min)	Actual (min)						
1	30/06/14	33 weeks	Build	Goal - Phase 1 - Prepare to start training				Comment			
Mon	Rest		Rest	0			0				
Tue	Gym	2	Strength and mobility - Based on your muscle balance and movement analysis. Prepare your body so it is ready to start training in phase 2	40			2				
Tue	Cycle or run or kayak	3	Steady - technique focus - Winter is a time to work on your weaknesses so choose one to focus on	40			2				
Wed	Cycle or run or kayak	2	Group Session	60			4				
Thur	Gym	2	Strength and mobility	40			2				
Fri	Rest		Rest	0			0				
Sat	Run	1	Off Road Run	80			2				
Sun	Kayak	1	Steady kayak	60			2				
Total Week 1				05:20	00:00	0					
2	07/07/14	32 weeks	Build	Goal - Phase 1 - Prepare to start training				Comment			
Mon	Rest		Rest	0			0				
Tue	Gym	2	Strength and mobility - Based on your muscle balance and movement analysis. Prepare your body so it is ready to start training in phase 2	40			2				
Tue	Cycle or run or kayak	3	Steady - technique focus - Winter is a time to work on your weaknesses so choose one to focus on	40			2				
Wed	Cycle or run or kayak	2	Group Session	60			4				
Thur	Gym	2	Strength and mobility	40			2				
Fri	Rest		Rest	0			0				
Sat	Run	1	Off Road Run	90			2				
Sun	Kayak	1	Steady kayak	60			2				
Total Week 2				05:30	00:00	0					

Actual											
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?	
3	14/07/14	31 weeks	Easy	Goal - Phase 1 - Prepare to start training						Comment	
	Mon		Rest	0			0				
	Tue	2	Strength and mobility	40			2				
	Wed	2	Cycle or run or kayak Group Session	60			4				
	Thur	2	Gym Strength and mobility	40			2				
	Fri		Rest	0			0				
	Sat	1	Run Off Road Run	40			2				
	Sun	1	Kayak Steady kayak	60			2				
	Total Week 3			04:00	00:00	0					
4	21/07/14	30 weeks	Build	Goal - Phase 1 - Prepare to start training						Comment	
	Mon		Rest	0			0				
	Tue	2	Gym Strength and mobility	40			2				
	Tue	3	Cycle or run or kayak Steady - technique focus	40			2				
	Wed	2	Cycle or run or kayak Group Session	60			4				
	Thur	2	kayak Steady kayak	60			2				
	Thur	2	Gym Strength and mobility	40			2				
	Fri		Rest	0			0				
	Sat	1	Run Run or tramp in the hills	120			2				
	Sun	1	Kayak Steady kayak	60			2				
	Total Week 4			07:00	00:00	0					
5	28/07/14	29 weeks	Build	Goal - Phase 1 - Prepare to start training						Comment	
	Mon		Rest	0			0				
	Tue	2	Gym Strength and mobility	40			2				
	Tue	3	Cycle or run or kayak Steady - technique focus	40			2				
	Wed	2	Cycle or run or kayak Group Session	60			4				
	Thur	2	Gym Strength and mobility	40			2				
	Fri		Rest	0			0				
	Sat	1	Run off road	90			2				
	Sun	3	Cycle flat	90			2				
	Sun	1	Kayak Steady kayak	60			2				
	Total Week 5			07:00	00:00	0					

Actual										
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?
6	04/08/14	28 weeks	Easy	Goal - Phase 1 - Prepare to start training						Comment
	Mon		Rest	Rest	0		0			
	Tue		2	Strength and mobility	40		2			
	Wed		2	Group Session	60		4			
	Thur		2	Strength and mobility	40		2			
	Fri			Rest	0		0			
	Sat		1	Run	60		2			
	Sun		1	Steady kayak	60		2			
	Total Week 6				04:20	00:00	0			
7	11/08/14	27 weeks	Build	Goal - Phase 1 - Prepare to start training						Comment
	Mon			Rest	0		0			
	Tue		2	Strength and mobility	40		2			
	Tue		3	Steady - technique focus	40		2			
	Wed		2	Group Session	60		4			
	Thur		2	Strength and mobility	40		2			
	Fri			Rest	0		0			
	Sat		1	Run	90		2			
	Sun		1	Steady kayak	60		2			
	Total Week 7				05:30	00:00	0			
8	18/08/14	26 weeks	Build	Goal - Phase 1 - Prepare to start training						Comment
	Mon			Rest	0		0			
	Tue		2	Strength and mobility	40		2			
	Tue		3	Steady - technique focus	40		2			
	Wed		2	Group Session	60		4			
	Thur		2	Strength and mobility	40		2			
	Fri			Rest	0		0			
	Sat		1	Run	60		2			
	Sun		1	Steady kayak	60		2			
	Sun		3	flat	90		2			
	Total Week 8				06:30	00:00	0			
9	25/08/14	25 weeks	Easy	Goal - Phase 1 - Prepare to start training						Comment
	Mon			Rest	0		0			
	Tue		2	Strength and mobility	40		2			
	Wed		2	Group Session	60		4			
	Thur		2	Strength and mobility	40		2			
	Fri			Rest	0		0			
	Sat		1	Run	60		2			
	Sun		1	Steady kayak	60		2			
	Total Week 9				04:20	00:00	0			

Actual											
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?	
10	01/09/14	24 weeks	Build	Goal - Phase 2 - build all disciplines and increase duration - Sept & Oct						Comment	
	Mon		Rest	0			0				
	Tue	2	Run	40			2				
	Tue	1	Gym	40			2				
	Wed	2	Cycle	75			4				
	Thu	3	Gym	40			2				
	Thu	2	Kayak	60			2				
	Fri		Rest	0			0				
	Sat	1	Cycle	60			2				
	Sat	1	Run	80			2				
	Sun	1	Kayak	60			2				
	Total Week 10			07:35	00:00	0					
11	08/09/14	23 weeks	Build	Goal - Phase 2 - build all disciplines and increase duration - Sept & Oct						Comment	
	Mon		Rest	0			0				
	Tue	2	Run	40			2				
	Tue	1	Gym	40			2				
	Wed	2	Cycle	75			4				
	Thu	3	Gym	40			2				
	Thu	2	Kayak	60			2				
	Fri		Rest	0			0				
	Sat	1	Cycle	80			2				
	Sat	1	Run	80			2				
	Sun	1	Kayak	60			2				
	Total Week 11			07:55	00:00	0					
12	15/09/14	22 weeks	Easy	Goal - Phase 2 - build all disciplines and increase duration - Sept & Oct						Comment	
	Mon		Rest	0			0				
	Tue	2	Run	40			2				
	Tue	1	Gym	40			2				
	Wed	2	Cycle	75			4				
	Thu	2	Kayak	60			2				
	Fri		Rest	0			0				
	Sat	1	Cycle	60			2				
	Sat	1	Run	60			2				
	Sun	1	Kayak	90			2				
	Total Week 12			07:05	00:00	0					

Actual											
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?	
13	22/09/14	21 weeks	Build	Goal - Phase 2 - build all disciplines and increase duration - Sept & Oct						Comment	
	Mon		Rest	0			0				
	Tue	2	Run	40			2				
	Tue	1	Gym	40			2				
	Wed	2	Cycle	75			4				
	Thu	3	Gym	40			2				
	Thu	2	Kayak	60			2				
	Fri		Rest	0			0				
	Sat	1	Cycle	90			2				
	Sat	1	Run	90			2				
	Sun	1	Kayak	80			2				
Total Week 13				08:35	00:00	0					
14	29/09/14	20 weeks	Build	Goal - Phase 2 - build all disciplines and increase duration - Sept & Oct						Comment	
	Mon		Rest	0			0				
	Tue	2	Run	45			2				
	Tue	1	Gym	40			2				
	Wed	2	Cycle	75			4				
	Thu	3	Gym	40			2				
	Thu	2	Kayak	60			2				
	Fri		Rest	0			0				
	Sat	1	Cycle	90			2				
	Sat	1	Run	100			2				
	Sun	1	Kayak	100			2				
Total Week 14				09:10	00:00	0					
15	06/10/14	19 weeks	Easy	Goal - Phase 2 - build all disciplines and increase duration - Sept & Oct						Comment	
	Mon		Rest	0			0				
	Tue	2	Run	45			2				
	Tue	1	Gym	40			2				
	Wed	2	Cycle	75			4				
	Thu	2	Kayak	60			2				
	Fri		Rest	0			0				
	Sat	1	Cycle	60			2				
	Sat	1	Run	70			2				
	Sun	1	Kayak	70			2				
Total Week 15				07:00	00:00	0					

		Actual									
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?	
16	13/10/14	18 weeks	Build	Goal - Phase 2 - build all disciplines and increase duration - Sept & Oct						Comment	
	Mon		Rest		0			0			
	Tue		Run	2	45			2			
	Tue		Gym	1	40			2			
	Wed		Cycle	2	75			4			
	Thu		Gym	3	40			2			
	Thu		Kayak	2	60			2			
	Fri		Rest		0			0			
	Sat		Cycle	1	90			2			
	Sat		Run	1	120			2			
	Sun		Kayak	1	100			2			
Total Week 16					09:30	00:00		0			
17	20/10/14	17 weeks	Build	Goal - Phase 2 - build all disciplines and increase duration - Sept & Oct						Comment	
	Mon		Rest		0			0			
	Tue		Run	2	45			2			
	Tue		Gym	1	40			2			
	Wed		Cycle	2	75			4			
	Thu		Gym	3	40			2			
	Thu		Kayak	2	60			2			
	Fri		Rest		0			0			
	Sat		Cycle	1	120			2			
	Sat		Run	1	120			2			
	Sun		Kayak	1	120			2			
Total Week 17					10:20	00:00		0			
18	27/10/14	16 weeks	Taper	Goal - Phase 2 - build all disciplines and increase duration - Sept & Oct						Comment	
	Mon		Rest		0			0			
	Tue		Run	2	45			2			
	Tue		Gym	1	40			2			
	Wed		Cycle	2	75			4			
	Thu		Kayak	2	60			2			
	Fri		Rest		0			0			
	Sat		Rest		0			0		Rest - get your gear organised for tomorrow	
	Sun		Other	e	120			4		Race - make sure that you write down a race plan and review how it went.	
Total Week 18					05:40	00:00		0			

Actual										
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?
19	03/11/14	15 weeks	Build	Goal - Phase 3 - Coast to Coast	Specific Preparation - Nov & Dec					Comment
	Mon			Rest			0			
	Tue		2	intervals	60		3			
	Tue		2	Strength & mobility	40		2			
	Wed		2	group session	75		4			
	Thu		2	technical	45		2			
	Thu		3	flat water	60		2			
	Fri		0	Rest	0		0			
	Sat		1	hills	90		3			
	Sat		1	off road	120		2			
	Sun		1	moving water	120		2			
	Sun		3	flat	60		2			
	Total Week 19				11:10	00:00	0			
20	10/11/14	14 weeks	Easy	Goal - Phase 3 - Coast to Coast	Specific Preparation - Nov & Dec					Comment
	Mon		0	Rest	0		0			
	Tue		2	Strength & mobility	40		2			
	Wed		1	group session	75		4			
	Thu		2	flat water	60		2			
	Fri		0	rest	0		0			
	Sat		2	flat	90		2			
	Sat		1	off road	90		2			
	Sun		1	moving water	60		2			
	Total Week 20				06:55	00:00	0			
21	17/11/14	13 weeks	Build	Goal - Phase 3 - Coast to Coast	Specific Preparation					Comment
	Mon		0	Rest	0		0			
	Tue		2	Intervals	60		3			
	Tue		2	Strength & mobility	40		2			
	Wed		2	group session	75		4			
	Thu		2	technical	45		2			
	Thu		3	flat water	60		2			
	Fri		0	Rest	0		0			
	Sat		1	off road	150		3			
	Sun		1	moving water	120		2			
	Sun		1	flat	60		2			
	Total Week 21				10:10	00:00	0			

Actual										
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?
22	24/11/14	12 weeks	Build	Goal - Phase 3 - Coast to Coast	Specific Preparation - Nov & Dec					Comment
	Mon	Rest	0	Rest	0		0			
	Tue	Run	2	hills	60		3			
	Tue	Gym	2	Strength & mobility	40		2			
	Wed	Cycle	2	group session	75		4			
	Thu	Run	3	technical	45		2			
	Thu	Kayak	2	flat water	60		2			
	Fri	Rest	0	Rest	0		0			
	Sat	Cycle	2	hills	120		3			
	Sat	Run	1	off road	150		2			
	Sun	Kayak	1	moving water	180		2			
	Total Week 22				12:10	00:00	0			
23	01/12/14	11 weeks	Easy	Goal - Phase 3 - Coast to Coast	Specific Preparation - Nov & Dec					Comment
	Mon	Rest	0	Rest	0		0			
	Tue	Gym	2	Strength & mobility	40		2			
	Wed	Cycle	2	group session	75		4			
	Thu	Kayak	2	flat water	60		2			
	Fri	rest	0	rest	0		0			
	Sat	cycle	2	flat water	90		2			
	Sat	Run	1	off road	90		2			
	Sun	Kayak	1	moving water	90		2			
	Total Week 23				07:25	00:00	0			
24	08/12/14	10 weeks	Build	Goal - Phase 3 - Coast to Coast	Specific Preparation - Nov & Dec					Comment
	Mon	Rest	0	Rest	0		0			
	Tue	Kayak	2	intervals	60		3			
	Tue	Gym	2	Strength & mobility	40		2			
	Wed	Cycle	2	group session	75		4			
	Thu	Run	3	technical	45		2			
	Thu	Kayak	2	flat water	60		2			
	Fri	Rest	0	Rest	0		0			
	Sat	Run	1	off road	180		2			
	Sun	Kayak	1	moving water	180		2			
	Sun	Cycle	3	flat	120		2			
	Total Week 24				12:40	00:00	0			

Actual											
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?	
25	15/12/14	9 weeks	Build Goal - Phase 3 - Coast to Coast	Specific Preparation - Nov & Dec						Comment	
	Mon	Rest	0 Rest	0			0				
	Tue	Run	2 hills	60			3				
	Tue	Gym	2 Strength & mobility	40			2				
	Wed	Cycle	2 group session	75			4				
	Thu	Run	3 technical	60			2				
	Thu	Kayak	2 flat water	60			2				
	Fri	Rest	0 Rest	0			0				
	Sat	Run	1 hills	120			3				
	Sat	Run	1 off road	120			2				
	Sun	kayak	1 moving water	120			2				
	Sun	cycle	1 flat	90			2				
Total Week 25				12:25	00:00	0					
26	22/12/14	8 weeks	Easy Goal - Phase 3 - Coast to Coast	Specific Preparation - Nov & Dec						Comment	
	Mon	Rest	0 Rest	0			0				
	Tue	Gym	2 Strength & mobility	40			2				
	Wed	run	2 technical	60			3				
	Thu	rest	0 rest - Christmas!!	0			0				
	Fri	cycle	3 hills	90			2				
	Sat	Run	1 off road	90			2				
	Sun	Kayak	1 moving water	90			2				
	Sun	cycle	2 flat	90			2				
Total Week 26				07:40	00:00	0					
27	29/12/14	7 weeks	Build Goal - Phase 4 - Specific Preparation & Race - Jan & Feb							Comment	
	Mon	Rest	0 Rest	0			0				
	Tue	Kayak	2 intervals	60			3				
	Tue	Gym	2 Strength & mobility	40			2				
	Wed	Cycle	2 group session	75			4				
	Thu	Run	3 technical	60			2				
	Thu	Kayak	2 flat water	60			2				
	Fri	Rest	0 Rest	0			0				
	Sat	Run	1 Coast to Coast run or similar	240			2				
	Sun	kayak	1 Coast to Coast kayak or similar	240			2				
Total Week 27				12:55	00:00	0					

		Actual								Comments: How did you feel, where did you go, what was the weather like?
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comment
28	05/01/15	6 weeks	Build	Goal - Phase 4 - Specific Preparation & Race - Jan & Feb						Comment
	Mon	Rest	0	Rest	0		0			
	Tue	Kayak	2	intervals	60		3			
	Tue	Gym	2	Strength & mobility	40		2			
	Wed	Cycle	2	group session	75		4			
	Thu	Run	3	speed	60		2			
	Thu	Kayak	2	flat water	60		2			
	Fri	Rest	0	Rest	0		0			
	Sat	Cycle	2	hills	120		2			
	Sat	Run	1	off road	120		2			
	Sun	Kayak	1	Coast to Coast kayak or similar	240		2			
	Sun	Cycle	3	flat water	90		2			
Total Week 28					14:25	00:00	0			
29	12/01/15	5 weeks	Build	Goal - Phase 4 - Specific Preparation & Race - Jan & Feb						Comment
	Mon	Rest	0	Rest	0		0			
	Tue	Run	3	technical	30		2			
	Wed	Cycle	2	Group session	75		4			
	Thu	Kayak	2	flat water	60		3			
	Fri	Rest	0	Rest	0		0			
	Sat	Cycle	1	Hills	90					
	Sat	Run	1	Coast to Coast run or similar	300		2			
	Sun	Kayak	1	moving water	180		2			
Total Week 29					12:15	00:00	0			
30	19/01/15	4 weeks	easy	Goal - Phase 4 - Specific Preparation & Race - Jan & Feb						Comment
	Mon	rest	0	rest	0		0			
	Tue	rest	0	rest	0		0			
	Wed	Cycle	2	Group session	75		4			
	Thu	Kayak	2	flat water	45		2			
	Fri	Rest	0	Rest	0		0			
	Sat	Run	1	off road	90		2			
	Sun	Kayak	1	moving water	60		2			
	Sun	Cycle	3	flat	120		2			
Total Week 30					06:30	00:00	0			

		Actual									
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?	
31	26/01/15	3 weeks	Build	Goal - Phase 4 - Specific Preparation & Race - Jan & Feb						Comment	
	Mon	Rest	0	Rest	0		0				
	Tue	Kayak	0	intervals	60		3				
	Wed	cycle	2	group session	75		4				
	Thu	Run	2	speed	30		4				
	Thu	Kayak	2	intervals	45		3				
	Fri	Rest	0	Rest	0		0				
	Sat	Run	1	off road - hard	90		3				
	Sun	Kayak	1	moving water- hard	60		3				
	Sun	Cycle	3	flat	120		2				
Total Week 31				08:00	00:00	0					
32	02/02/15	2 weeks	Taper	Goal - Phase 4 - Specific Preparation & Race - Jan & Feb						Comment	
	Mon	rest	0	Rest	0		0				
	Tue	Kayak	2	intervals	60		3				
	Wed	cycle	2	group session	75		4				
	Thu	Run	2	Speed	40		4				
	Fri	rest	0	Rest	0		0				
	Sat	run	1	off road	30		3				
	Sun	kayak	1	speed	40		3				
Total Week 32				04:05	00:00	0					
33	09/02/15	1 weeks	Taper	Goal - Phase 4 - Specific Preparation & Race - Jan & Feb						Comment	
	Mon	rest	0	rest	0		0				
	Tue	Run	1	speed	20		4				
	Wed	cycle	3	easy	30		2				
	Thu	rest	0	rest	0		0				
	Fri	Other		RACE!!							
	Sat	Gym		RACE!!							
	Sun										
Total Week 33				00:50	00:00	0					