

Beginner's Complete Performance Training Plan

Day	Discipline	Rank	Details	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	60		2			
Sun	Kayak	1	Steady kayak	60		2			
Total Week 1				05:00	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	60		2			
Sun	Kayak	1	Steady kayak	60		2			
Total Week 2				05:00	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?	
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	Gym Strength and mobility	40			2				
	Fri		Rest	0			0				
	Sat	1	Run Walk in the hills	120			2				
	Sun	1	Kayak Steady kayak	60			2				
	Total Week 4			06:00	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 Run	60			2				
	Sun	1	Kayak Steady kayak	60			2				
	Total Week 5			05:00	00:00	0					
6	04/08/14	28 weeks	Easy	Goal - Phase 1 - Prepare to start training						Comment	
	Mon		Rest	0			0				
	Tue	2	Gym 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 Run	40			2				
	Sun	1	Kayak Steady kayak	60			2				
	Total Week 6			04:00	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?	
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	Cycle or run or kayak	40			2				
	Wed	2	Cycle or run or kayak	60			4				
	Thur	2	Gym	40			2				
	Fri		Rest	0			0				
	Sat	1	Run	60			2				
	Sun	1	Kayak	60			2				
	Total Week 7			05:00	00:00	0					
8	18/08/14	26 weeks	Build	Goal - Phase 1 - Prepare to start training						Comment	
	Mon		Rest	0			0				
	Tue	2	Gym	40			2				
	Tue	3	Cycle or run or kayak	40			2				
	Wed	2	Cycle or run or kayak	60			4				
	Thur	2	Gym	40			2				
	Fri		Rest	0			0				
	Sat	1	Run	60			2				
	Sun	1	Kayak	60			2				
	Total Week 8			05:00	00:00	0					
9	25/08/14	25 weeks	Easy	Goal - Phase 1 - Prepare to start training						Comment	
	Mon		Rest	0			0				
	Tue	2	Gym	40			2				
	Wed	2	Cycle or run or kayak	60			4				
	Thur	2	Gym	40			2				
	Fri		Rest	0			0				
	Sat	1	Run	40			2				
	Sun	1	Kayak	60			2				
	Total Week 9			04:00	00:00	0					
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	40			2				
	Sun	1	Kayak	60			2				
	Total Week 10			06:55	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?	
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	Flat - technique	40			2				
	Tue	1	Strength and mobility	40			2				
	Wed	2	Group session	75			4				
	Thu	3	Strength and mobility	40			2				
	Thu	2	Flat Water -	60			2				
	Fri		Rest	0			0				
	Sat	1	Flat	60			2				
	Sat	1	Offroad	40			2				
	Sun	1	Moving water if possible	60			2				
Total Week 11				06:55	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	Flat - technique	40			2				
	Tue	1	Strength and mobility	40			2				
	Wed	2	Group session	75			4				
	Thu	2	Flat Water -	60			2				
	Fri		Rest	0			0				
	Sat	1	Flat	60			2				
	Sat	1	Offroad	40			2				
	Sun	1	Moving water if possible	60			2				
Total Week 12				06:15	00:00	0					
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	Flat - technique	40			2				
	Tue	1	Strength and mobility	40			2				
	Wed	2	Group session	75			4				
	Thu	3	Strength and mobility	40			2				
	Thu	2	Flat Water -	60			2				
	Fri		Rest	0			0				
	Sat	1	Flat	90			2				
	Sat	1	Offroad	60			2				
	Sun	1	Moving water if possible	80			2				
Total Week 13				08:05	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?	
14	29/09/14	20 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	80			2			
	Sun		Kayak	1	100			2			
Total Week 14					08:50	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		Run	2	45			2			
	Tue		Gym	1	40			2			
	Wed		Cycle	2	75			4			
	Thu		Kayak	2	60			2			
	Fri		Rest		0			0			
	Sat		Cycle	1	60			2			
	Sat		Run	1	70			2			
	Sun		Kayak	1	70			2			
Total Week 15					07:00	00:00		0			
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	80			2			
	Sun		Kayak	1	100			2			
Total Week 16					08:50	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?	
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	100		2				
	Sun		Kayak	1	120		2				
Total Week 17				10:00	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					
19	03/11/14	15 weeks	Build	Goal - Phase 3 - Coast to Coast Specific Preparation - Nov & Dec				Comment			
	Mon		Rest				0				
	Tue		Kayak	2	60		3			intervals	
	Tue		Gym	2	40		2			Strength & mobility	
	Wed		Cycle	2	75		4			group session	
	Thu		Run	2	45		2			technical	
	Thu		Kayak	3	60		2			flat water	
	Fri		Rest	0	0		0			Rest	
	Sat		Cycle	1	90		3			hills	
	Sat		Run	1	120		2			off road	
	Sun		Kayak	1	120		2			moving water	
Total Week 19				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?
20	10/11/14	14 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	1	group session	75		4		
	Thu		Kayak	2	flat water	60		2		
	Fri		run	3	technical	45		2		
	Sat		Cycle	2	flat	90		2		
	Sun		Kayak	1	moving water	60		2		
	Total Week 20			06:10	00:00	0				
21	17/11/14	13 weeks	Build	Goal - Phase 3 - Coast to Coast	Specific Preparation					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	2	technical	45		2		
	Thu		Kayak	3	flat water	60		2		
	Fri		Rest		Rest	0		0		
	Sat		Run	1	off road	150		3		
	Sun		Kayak	1	moving water	120		2		
	Sun		Cycle	1	flat	60		2		
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	90		3		
	Sat		Run	1	off road	120		2		
	Sun		Kayak	1	moving water	180		2		
	Total Week 22			11:10	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?
23	01/12/14	11 weeks	Easy	Goal - Phase 3 - Coast to Coast	Specific Preparation - Nov & Dec					Comment
	Mon		Rest	Rest	0		0			
	Tue		2	Strength & mobility	40		2			
	Wed		2	group session	75		4			
	Thu		2	flat water	60		2			
	Fri		3	technical	45		2			
	Sat		1	off road	90		2			
	Sun		1	moving water	90		2			
	Total Week 23				06:40	00:00	0			
24	08/12/14	10 weeks	Build	Goal - Phase 3 - Coast to Coast	Specific Preparation - Nov & Dec					Comment
	Mon		0	Rest	0		0			
	Tue		2	intervals	60		3			
	Tue		2	Strength & mobility	40		2			
	Wed		2	group session	75		4			
	Thu		3	technical	45		2			
	Thu		2	flat water	60		2			
	Fri		0	Rest	0		0			
	Sat		1	off road	180		2			
	Sun		1	moving water	180		2			
	Sun		3	flat	60		2			
	Total Week 24				11:40	00:00	0			
25	15/12/14	9 weeks	Build	Goal - Phase 3 - Coast to Coast	Specific Preparation - Nov & Dec					Comment
	Mon		0	Rest	0		0			
	Tue		2	hills	60		3			
	Tue		2	Strength & mobility	40		2			
	Wed		2	group session	75		4			
	Thu		3	technical	60		2			
	Thu		2	flat water	60		2			
	Fri		0	Rest	0		0			
	Sat		1	hills	60		3			
	Sat		1	off road	120		2			
	Sun		1	moving water	120		2			
	Total Week 25				00:00	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?
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	45		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			
Total Week 26				05:55	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	300		2			
	Sun	kayak	1	moving water	120		2			
Total Week 27				11:55	00:00	0				
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			
Total Week 28				12:55	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?
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	40		3			
	Fri	Rest	0	Rest	0		0			
	Sat	Run	1	Coast to Coast run or similar	300		2			
	Sun	Kayak	1	Coast to Coast kayak or similar	240		2			
	Total Week 29				11:25	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			
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	60		2			
	Sun	Kayak	1	moving water	60		2			
	Sun	Cycle	3	flat	120		2			
	Total Week 31				07:30	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?	
32	02/02/15	2 weeks	Taper	Goal - Phase 4 - Specific Preparation & Race - Jan & Feb						Comment	
	Mon		rest	0			0				
	Tue		Kayak	2	60		3				
	Wed		cycle	2	75		4				
	Thu		Run	2	40		4				
	Fri		rest	0	0		0				
	Sat		run	1	30		3				
	Sun		kayak	1	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			0				
	Tue		Run	1	20		4				
	Wed		cycle	3	30		2				
	Thu		rest	0	0		0				
	Fri		Other								
	Sat		Gym								
	Sun										
Total Week 33				00:50	00:00	0					