



The following chart is designed to assist your coach in structuring your training program. Training programs which follow specific patterns (i.e. swim every M/W/F, bike T/Th/Sa) help develop consistency in your training. The intensity and duration of each workout will differ, but the general pattern remains the same.

There are two blank schedules below. The first schedule tells your coach what your typical week looks like (fill with work, family, personal commitments, etc.). The second schedule is your ideal training schedule (fill this out with your coach when you meet if you are unsure how to complete). The ideal work week gives your coach an ideal of what you can fit in certain time slots. For instance, if the pool is not available to you early morning you would not indicate S as a possibility during that time slot. If you have a schedule which varies, fill in any times which you know you are free and discuss the rest with your coach. Examples are given below.

My Typical Week

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5 am - 8 am	Free	Free	Free	Free	Free	Free	Free
8 am - 11 am	Work	Work	Work	Work	Work	Free	Church
11 am - 1 pm	Free (12-1)	Free	Family				
1pm - 4 pm	Work	Work	Work	Work	Work	Family	Family
4 pm - 9 pm	Free (7-9)	Family	Family				
9:00: pm - ?	Personal	Personal	Personal	Personal	Personal	Family	Family

Ideal Workout Week (based on my typical week above)

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5 am - 8 am	S,B,R,ST	B	S,B,R,ST	B,R	S,B,R,ST	B,R	
8 am - 11 am	Work	Work	Work	Work	Work	B,R	
11 am - 1 pm	R, ST (12-1)	R (12-1)	R, ST (12-1)	R (12-1)	R, ST (12-1)	B,R	
1pm - 4 pm	Work	Work	Work	Work	Work	Family	
4 pm - 9 pm	S,B,R (7-9)	S,B,R (7-9)	S,B,R (7-9)	S,B,R (7-9)	S,B,R (7-9)	Family	
9:00: pm - ?	Personal	Personal	Personal	Personal	Personal	Family	

KEY

S: swim, B: bike, R: run, ST: strength, NO: mandatory day off

Your typical week: (when you typically workout, also indicate your availability)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am - 8 am	<input type="checkbox"/> <input type="checkbox"/>						
8 am - 11 am	<input type="checkbox"/> <input type="checkbox"/>						
11 am - 1 pm	<input type="checkbox"/> <input type="checkbox"/>						
1pm - 4 pm	<input type="checkbox"/> <input type="checkbox"/>						
4 pm - 9 pm	<input type="checkbox"/> <input type="checkbox"/>						
9:00: pm - ?	<input type="checkbox"/> <input type="checkbox"/>						

Your ideal workout schedule: (If you are having issues you can work on this with your coach.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am - 8 am	<input type="checkbox"/> <input type="checkbox"/>						
8 am - 11 am	<input type="checkbox"/> <input type="checkbox"/>						
11 am - 1 pm	<input type="checkbox"/> <input type="checkbox"/>						
1pm - 4 pm	<input type="checkbox"/> <input type="checkbox"/>						
4 pm - 9 pm	<input type="checkbox"/> <input type="checkbox"/>						
9:00: pm - ?	<input type="checkbox"/> <input type="checkbox"/>						