

Block	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Duration
General	1		S: 1.5 k 8 x 100 m sweeping		CT: 1 h Inline Skating sweeping		Run & Cycle: 1:30 h		3-4 h
	2	R: 0:40 h sweeping	S: 1.5 k 400 m Test		CT: 1 h Inline Skating sweeping		Run & Cycle: 1:30 h		4-5 h
Swimming	3		S: 1.5 k 10 x 100 m sweeping		CT: 1 h Inline Skating Fartlek	S: 2 k 2 x 800 m sweeping	Cycle & Run: C: 1:30 h Fartlek sweeping R: 0:30 h sweeping		4-5 h
	4		S: 2 k Pyramid	S: 2 k 3 x 300 m with paddles sweeping		S: 2 k 4 x 400 m sweeping	R: 0:50 h sweeping	CT: 1:30 h Inline Skating sweeping	5-6 h
Running	5	R: 1:00 h HRmax Test	S: 2 k 1000 m basic tempo		R: 0:50 h Fartlek sweeping		Cycle & Run: C: 1:30 h Fartlek sweeping R: 0:30 h sweeping	R: 1 h sweeping	5-6 h
	6	R: 0:45 h intensive	S: 1.5 k 8 x 100 m intensive		R: 1 h Fartlek sweeping		Run & Cycle: 1:30 h	R: 1:30 h LIPO-Run	5-6 h
Swimming	7		S: 1.5 k 400 m Test		S: 2.5 k 5 x 200 m sweeping	S: 2 k 2 x 800 m sweeping	Run & Cycle: 2 h	R: 1 h sweeping	5-6 h
	8		S: 2 k 4 x 300 m with paddles sweeping		S: 1.5 k Pyramid	S: 2 k 3 x 600 m changing tempo	C: 1:30 h Fartlek sweeping	R: 1:30 h LIPO-Run	5-6 h
Cycling	9		S: 2.5 k 1000 m basic tempo sweeping	C: 1:20 h HRmax Test		C: 1:30 h sweeping	R: 1 h intensive	C: 1:30 h Fartlek sweeping	5-6 h
	10		S: 2.5 k 6 x 200 m intensive	C: 1 h Fartlek sweeping		C: 1:30 h sweeping	R: 1 h Fartlek sweeping	C: 3 h LIPO-Ride	6-7 h
	11		S: 2 k 4 x 300 m with paddles sweeping	C: 1 h Fartlek sweeping		C: 1 h intensive	Cycle & Run: C: 1 h Fartlek sweeping R: 1 h sweeping	C: 3 h LIPO-Ride	7-8 h
Race Specific Endurance Training	12		S: 2 k 2 x 600 m changing tempo	R: 1 h 5 x 1000 m sweeping		S: 2.5 k Pyramid	Run & Cycle: R: 1 h sweeping C: 0:45 h intensive	C: 4 h LIPO-Ride	8-9 h
	13		S: 2.5 k 2000 m basic tempo sweeping	R: 1 h intensive		S: 2 k 4 x 200 m intensive	Cycle & Run: C: 0:40 h intensive high pace R: 0:50 h sweeping	C: 3 h LIPO-Ride	6-8 h
	14		Cycle & Swim C: 0:30 h sweeping S: 2 k 6 x 100 sprints C: 0:30 h sweeping	R: 1 h 6 x 300 m intensive		S: 2 k regenerative	Testtriathlon 1 h	C: 1:30 h sweeping	6-7 h
	15		S: 2 k 4 x 200 m long sprints	Run & Cycle: 1:30 h several changes R: intensive C: intensive		S: 1.5 k 8 x 100 m intensive	R: 0:40 h intensive	C: 1:30 h Fartlek sweeping	5-6 h
Race	16		Run & Cycle: 1 h several changes R: intensive C: intensive	S: 1.5 k regenerative	R: 0:30 h regenerative		C: 2 k regenerative	Sprint Triathlon Competition 750 m / 20 k / 5 k	4-5 h

How to read your training plan:

S	<i>Swim</i>
C	<i>Cycle</i>
R	<i>Run</i>
CT	<i>Crosstraining, i.e. doing something unrelated to swimming, running or cycling</i>
sweeping	<i>Intervals with 75-90% HRmax</i>
intensive	<i>Intervals > 90% HRmax</i>
basic tempo	<i>65-80% of HRmax</i>
LIPO-Run / LIPO-Ride	<i>Long distances with lower intensities of approx. 65-70% of HRmax to increase the bodies capabilities of burning of fat</i>
Test	<i>A test of your current performance at racing speed but shorter distances</i>
HRmax Test	<i>After warming up properly run 1000 meters at highest pace and finish with a sprint. The highest value on your heart rate monitor is your current HRmax</i>
changing tempo	<i>Switch between fast and slow intervals</i>
Pyramid	<i>Increasing your tempo for each lane until you reach your maximum and then decreasing it step by step again</i>
Fartlek	<i>Intuitively change your tempo as you feel it. This training form gives you maximum flexibility</i>
regenerative	<i>Intensity below 70% of HRmax and no longer than 45 minutes</i>

The first number gives you the total distance

The second number gives you hints on how the training is to be structured