

3 Peaks

2x 12 Week Builds +
1x 8 Week Build

Date	Week	Phase
4-Oct	1	Off
11-Oct	2	(2 Weeks)
18-Oct	3	Off-Season Transition (4 Weeks)
25-Oct	4	
1-Nov	5	
8-Nov	6	
15-Nov	7	Base (12 Weeks)
22-Nov	8	
29-Nov	9	
6-Dec	10	
13-Dec	11	
20-Dec	12	
27-Dec	13	
3-Jan	14	
10-Jan	15	
17-Jan	16	
24-Jan	17	
31-Jan	18	
7-Feb	19	Build (12 Weeks)
14-Feb	20	
21-Feb	21	
28-Feb	22	
7-Mar	23	
14-Mar	24	
21-Mar	25	
28-Mar	26	
4-Apr	27	
11-Apr	28	
18-Apr	29	
25-Apr	30	
2-May	31	In-Season Transition (1 Week)
9-May	32	Build (8 Weeks)
16-May	33	
23-May	34	
30-May	35	
6-Jun	36	
13-Jun	37	
20-Jun	38	

27-Jun	39	
4-Jul	40	In-Season Transition (1 Week)
11-Jul	41	Build (12 Weeks)
18-Jul	42	
25-Jul	43	
1-Aug	44	
8-Aug	45	
15-Aug	46	
22-Aug	47	
29-Aug	48	
5-Sep	49	
12-Sep	50	
19-Sep	51	
26-Sep	52	