

3 Peaks		
2x 12 Week Builds + 1x 8 Week Build		
Date	Week	Phase
4-Oct	1	Off (2 Weeks)
11-Oct	2	
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	

3 Peaks		
1x 12 Week Build + 2x 8 Week Builds		
Date	Week	Phase
4-Oct	1	Off (2 Weeks)
11-Oct	2	
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 (3 Weeks)
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 (3 Weeks)
11-Jul	41	
18-Jul	42	
25-Jul	43	Build (8 Weeks)
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	

4 Peaks			
4x 8 Week Builds			
Date	Week	Phase	
4-Oct	1	Off (2 Weeks)	
11-Oct	2		
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 (8 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	Build (8 Weeks)	
11-Apr	28		
18-Apr	29		
25-Apr	30		
2-May	31		
9-May	32		
16-May	33	In-Season Transition (2 Weeks)	
23-May	34		
30-May	35	Build (8 Weeks)	
6-Jun	36		
13-Jun	37		
20-Jun	38		
27-Jun	39		
4-Jul	40		
11-Jul	41	Build (8 Weeks)	
18-Jul	42		
25-Jul	43		
1-Aug	44		
8-Aug	45		Build (8 Weeks)
15-Aug	46		
22-Aug	47		
29-Aug	48		
5-Sep	49		
12-Sep	50		
19-Sep	51		
26-Sep	52		

2 Peaks		
2x 16 Week Builds i.e., Marathon/Ironman		
Date	Week	Phase
4-Oct	1	Off (2 Weeks)
11-Oct	2	
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 (16 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	
9-May	32	
16-May	33	
23-May	34	
30-May	35	Off / In-Season Transition (2 Weeks)
6-Jun	36	
13-Jun	37	Build (16 Weeks)
20-Jun	38	
27-Jun	39	
4-Jul	40	
11-Jul	41	
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	