| 3 Peaks <br> $2 \times 12$ Week Builds + <br> 1x 8 Week Build |  |  |
| :---: | :---: | :---: |
| Date | Week | Phase |
| 4-Oct | 1 | Off |
| 11-Oct | 2 | (2 Weeks) |
| 18-Oct | 3 | Off-Season <br> Transition <br> (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 <br> 1x 12 Week Build + 2x 8 Week Builds |  |  |
| :---: | :---: | :---: |
| 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 <br> (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 |  |
| 16-May | 33 |  |
| 23-May | 34 | Build (8 Weeks) |
| 30-May | 35 |  |
| 6-Jun | 36 |  |
| 13-Jun | 37 |  |
| 20-Jun | 38 |  |
| 27-Jun | 39 |  |
| 4-Jul | 40 |  |
| 11-Jul | 41 |  |
| 18-Jul | 42 | In-Season Transition (3 Weeks) |
| 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 |  |


| 4 Peaks <br> 4x 8 Week Builds |  |  | 2 Peaks <br> 2x 16 Week Builds i.e., Marathon/Ironman |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Date | Week | Phase | Date | Week | Phase |
| 4-Oct | 1 | Off | 4-Oct | 1 | Off |
| 11-Oct | 2 | (2 Weeks) | 11-Oct | 2 | (2 Weeks) |
| 18-Oct | 3 | Off-Season Transition (4 Weeks) | 18-Oct | 3 | Off-Season Transition (4 Weeks) |
| 25-Oct | 4 |  | 25-Oct | 4 |  |
| 1-Nov | 5 |  | 1-Nov | 5 |  |
| 8-Nov | 6 |  | 8-Nov | 6 |  |
| 15-Nov | 7 | Base <br> (12 Weeks) | 15-Nov | 7 | Base <br> (12 Weeks) |
| 22-Nov | 8 |  | 22-Nov | 8 |  |
| 29-Nov | 9 |  | 29-Nov | 9 |  |
| 6-Dec | 10 |  | 6-Dec | 10 |  |
| 13-Dec | 11 |  | 13-Dec | 11 |  |
| 20-Dec | 12 |  | 20-Dec | 12 |  |
| 27-Dec | 13 |  | 27-Dec | 13 |  |
| 3-Jan | 14 |  | 3-Jan | 14 |  |
| 10-Jan | 15 |  | 10-Jan | 15 |  |
| 17-Jan | 16 |  | 17-Jan | 16 |  |
| 24-Jan | 17 |  | 24-Jan | 17 |  |
| 31-Jan | 18 |  | 31-Jan | 18 |  |
| 7-Feb | 19 | Build (8 Weeks) | 7-Feb | 19 | $\begin{gathered} \text { Build } \\ \text { (16 Weeks) } \end{gathered}$ |
| 14-Feb | 20 |  | 14-Feb | 20 |  |
| 21-Feb | 21 |  | 21-Feb | 21 |  |
| 28-Feb | 22 |  | 28-Feb | 22 |  |
| 7-Mar | 23 |  | 7-Mar | 23 |  |
| 14-Mar | 24 |  | 14-Mar | 24 |  |
| 21-Mar | 25 |  | 21-Mar | 25 |  |
| 28-Mar | 26 |  | 28-Mar | 26 |  |
| 4-Apr | 27 | Build (8 Weeks) | 4-Apr | 27 |  |
| 11-Apr | 28 |  | 11-Apr | 28 |  |
| 18-Apr | 29 |  | 18-Apr | 29 |  |
| 25-Apr | 30 |  | 25-Apr | 30 |  |
| 2-May | 31 |  | 2-May | 31 |  |
| 9-May | 32 |  | 9-May | 32 |  |
| 16-May | 33 |  | 16-May | 33 |  |
| 23-May | 34 |  | 23-May | 34 |  |
| 30-May | 35 | In-Season Transition (2 Weeks) | 30-May | 35 | Off / <br> In-Season <br> Transition <br> (2 Weeks) |
| 6-Jun | 36 |  | 6-Jun | 36 |  |
| 13-Jun | 37 | Build (8 Weeks) | 13-Jun | 37 | Build (16 Weeks) |
| 20-Jun | 38 |  | 20-Jun | 38 |  |
| 27-Jun | 39 |  | 27-Jun | 39 |  |
| 4-Jul | 40 |  | 4-Jul | 40 |  |
| 11-Jul | 41 |  | 11-Jul | 41 |  |
| 18-Jul | 42 |  | 18-Jul | 42 |  |
| 25-Jul | 43 |  | 25-Jul | 43 |  |
| 1-Aug | 44 |  | 1-Aug | 44 |  |
| 8-Aug | 45 | Build <br> (8 Weeks) | 8-Aug | 45 |  |
| 15-Aug | 46 |  | 15-Aug | 46 |  |
| 22-Aug | 47 |  | 22-Aug | 47 |  |
| 29-Aug | 48 |  | 29-Aug | 48 |  |
| 5-Sep | 49 |  | 5-Sep | 49 |  |
| 12-Sep | 50 |  | 12-Sep | 50 |  |
| 19-Sep | 51 |  | 19-Sep | 51 |  |
| 26-Sep | 52 |  | 26-Sep | 52 |  |

