	Athlete:	Dominic Frei
	Annual Hours:	600
	Seasonal goals:	1. Finish HeinerMan (Oly, wk 31)
		2. Break 1:30 at Biblis (wk 38)
		3. ---
	Training objectives:	1. bla
		2. blubb
		3. ---

Day	Training	Hours
Mon	Run or Swim	1
Tue		
Wed		
Thu	Run and Swim	2
Fri		
Sat	(Squash)	
Sun	Bike	5
0	**0**	**8**

Legend	
E	Endurance
F	Force
S	Speed
ME	Muscular Endurance
AE	Anerobic Andurence
P	Power
T	Tests

							Swim							Bike							Run						
WK#	**Date**	**Race**	**Prio**	**Period**	**Hours**	**W**	**E**	**F**	**S**	**ME**	**AE**	**P**	**T**	**E**	**F**	**S**	**ME**	**AE**	**P**	**T**	**E**	**F**	**S**	**ME**	**AE**	**P**	**T**
1	**23/11**			Prep	10.0		X		X					X		X					X		X				
2	**30/11**				10.0		X		X				X	X		X				X	X		X				X
3	**7/12**				10.0		X		X					X		X					X		X				
4	**14/12**				10.0		X		X					X		X					X		X				
5	**21/12**				10.0		X		X					X		X					X		X				
6	**28/12**				10.0		X		X					X		X					X		X				
7	**4/1**				10.0		X		X					X		X					X		X				
8	**11/1**				10.0		X		X					X		X					X		X				
9	**18/1**				10.0		X		X					X		X					X		X				
10	**25/1**				10.0		X		X					X		X					X		X				
11	**1/2**				10.0		X		X					X		X					X		X				
12	**8/2**				10.0		X		X					X		X					X		X				
13	**15/2**				10.0		X		X					X		X					X		X				
14	**22/2**				10.0		X		X					X		X					X		X				
15	**1/3**				10.0		X		X					X		X					X		X				
16	**8/3**				10.0		X		X				X	X		X				X	X		X				X
17	**15/3**			Base 1	12.0		X		X					X		X					X		X				
18	**22/3**				14.5		X		X					X		X					X		X				
19	**29/3**				16.0		X		X					X		X					X		X				
20	**5/4**				8.5		X		X				X	X		X				X	X		X				X
21	**12/4**			Base 2	12.5		X	X	X	X				X	X	X	X				X	X	X	X			
22	**19/4**				15.0		X	X	X	X				X	X	X	X				X	X	X	X			
23	**26/4**				17.0		X	X	X	X				X	X	X	X				X	X	X	X			
24	**3/5**				8.5		X		X					X		X					X		X				
25	**10/5**			Base 3	13.5		X	X	X	X				X	X	X	X				X	X	X	X			
26	**17/5**				16.0		X	X	X	X				X	X	X	X				X	X	X	X			
27	**24/5**				18.0		X	X	X	X				X	X	X	X				X	X	X	X			
28	**31/5**	Bürgerpark Triathlon Darmstadt	B		8.5		X		X				X	X		X				X	X		X				X
29	**7/6**			Peak	13.0		X		X					X		X					X		X				
30	**14/6**				10.0		X		X					X		X					X		X				
31	**21/6**	*Merck Heinerman Triathlon Darmstadt*	*A*	Race	8.5																						
32	**28/6**			Tran	0.0																						
33	**5/7**			Base 3	16.0		X	X	X	X				X	X	X	X				X	X	X	X			
34	**12/7**				18.0		X	X	X	X				X	X	X	X				X	X	X	X			
35	**19/7**				8.5		X		X				X	X		X				X	X		X				X
36	**26/7**	Lorscher Triathlon	C	Peak	13.0		X		X					X		X					X		X				
37	**2/8**	Mühlchen Triathlon Darmstadt	C		10.0		X		X					X		X					X		X				
38	**9/8**	*Schnuppertriathlon Biblis*	*A*	Race	8.5																						
39	**16/8**			Tran	0.0																						
40	**23/8**			Peak	10.0		X		X					X		X					X		X				
41	**30/8**	Short Track Triathlon Griesheim	B	Race	8.5																						
42	**6/9**	3sathlon Traisa	C		8.5																						
43	**13/9**			Tran	0.0																						
44	**20/9**				0.0																						
45	**27/9**				0.0																						
46	**4/10**				0.0																						