

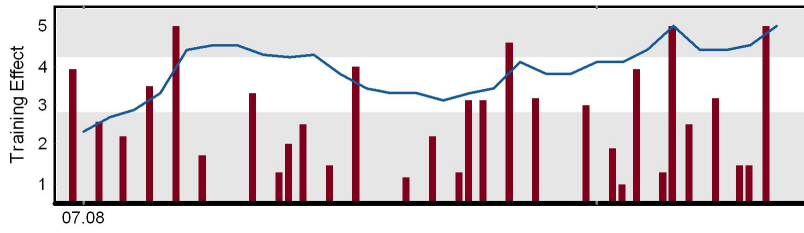
# Training Program

**Name:** Jane Athlete (Example)

**Time:** 7.8.2006 - 3.9.2006

**Background information**

Age 26  
 Height (cm) 168  
 Weight (kg) 55  
 Activity class 7,5  
 Training level



**Overall training load**  
 Hard

Moderate

Easy

Planned workout Actual workout Graph of overall training load

**Aerobic training effect**



Training effect reflects the effect of a single workout on cardiorespiratory fitness. Training effect has been divided into five categories:

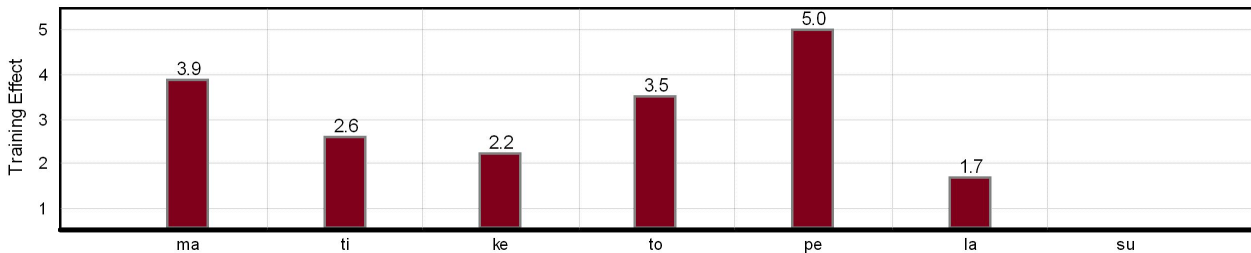
- 1.0 – 1.9 Minor training effect
- 2.0 – 2.9 Maintaining training effect
- 3.0 – 3.9 Improving training effect
- 4.0 – 4.9 Highly improving training effect
- 5 Overreaching

**General training guidelines**

The actual (red bars) and planned (grey bars) workouts are shown on a training effect scale. The training program also gives recommended durations during which the training effect should be achieved.

It is important to note that every workout does not need to have an improving training effect. Easier workouts are important for building a training base and allowing recovery from harder workouts. In the long run, training that is too hard can lead to overtaining, whereas training that is too easy can decrease the level of fitness. Monitoring the overall training load tells about the level of training load during a selected time period.

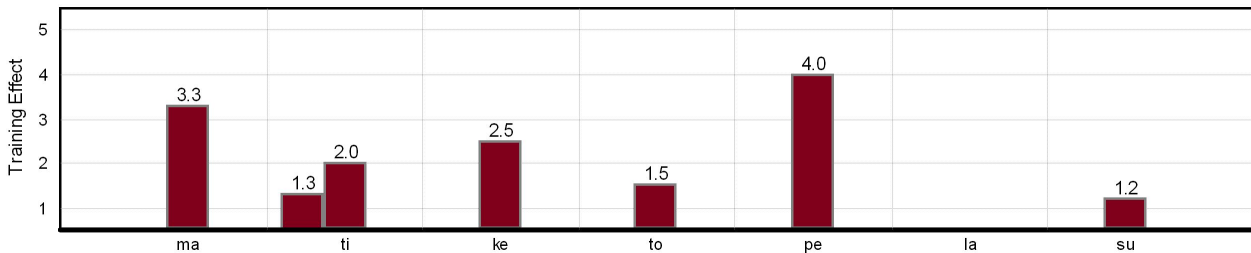
**Week 32 7.8.2006 - 13.8.2006**



EPOC: 150 ml/kg, Duration: 75 min	EPOC: 50 ml/kg, Duration: 60 min	EPOC: 35 ml/kg, Duration: 45 min	EPOC: 115 ml/kg, Duration: 80 min	EPOC: 290 ml/kg, Duration: 90 min	EPOC: 15 ml/kg, Duration: 75 min	
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**Overall training load**  
 655 ml/kg (EPOC sum)  
 Duration of workouts:  
 7 h 5 min

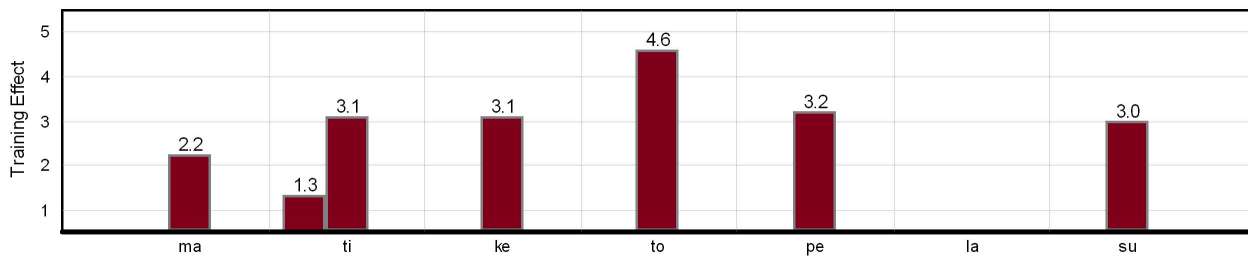
**Week 33 14.8.2006 - 20.8.2006**



EPOC: 100 ml/kg, Duration: 55 min	EPOC: 7 ml/kg, Duration: 90 min EPOC: 25 ml/kg, Duration: 45 min	EPOC: 45 ml/kg, Duration: 75 min	EPOC: 11 ml/kg, Duration: 60 min	EPOC: 160 ml/kg, Duration: 45 min		EPOC: 4 ml/kg, Duration: 70 min
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**Overall training load**  
 352 ml/kg (EPOC sum)  
 Duration of workouts:  
 7 h 20 min

**Week 34 21.8.2006 - 27.8.2006**



EPOC: 31 ml/kg,  
Duration: 90 min

EPOC: 6 ml/kg,  
Duration: 75 min  
EPOC: 80 ml/kg,  
Duration: 60 min

EPOC: 76 ml/kg,  
Duration: 45 min

EPOC: 209 ml/kg,  
Duration: 167 min

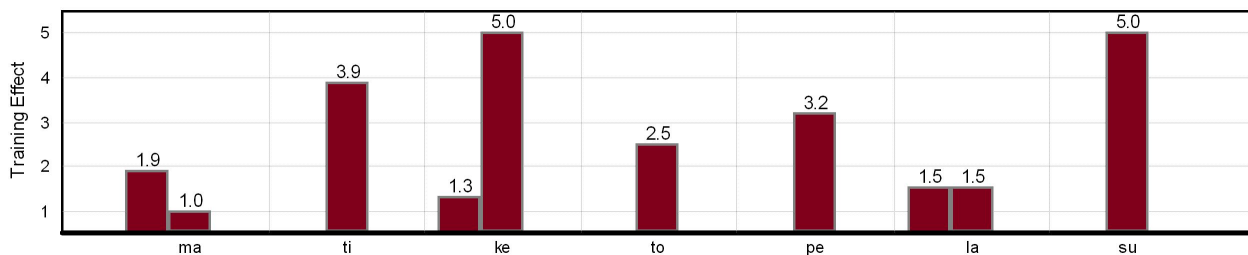
EPOC: 88 ml/kg,  
Duration: 113 min

EPOC: 74 ml/kg,  
Duration: 108 min

Overall training load  
**564 ml/kg (EPOC sum)**

Duration of workouts:  
**10 h 58 min**

**Week 35 28.8.2006 - 3.9.2006**



EPOC: 21 ml/kg,  
Duration: 221 min  
EPOC: 2 ml/kg,  
Duration: 564 min

EPOC: 152 ml/kg,  
Duration: 90 min

EPOC: 6 ml/kg,  
Duration: 75 min  
EPOC: 250 ml/kg,  
Duration: 60 min

EPOC: 45 ml/kg,  
Duration: 60 min

EPOC: 88 ml/kg,  
Duration: 83 min

EPOC: 11 ml/kg,  
Duration: 120 min  
EPOC: 11 ml/kg,  
Duration: 45 min

EPOC: 308 ml/kg,  
Duration: 91 min  
Hard training

Overall training load  
**894 ml/kg (EPOC sum)**

Duration of workouts:  
**23 h 29 min**