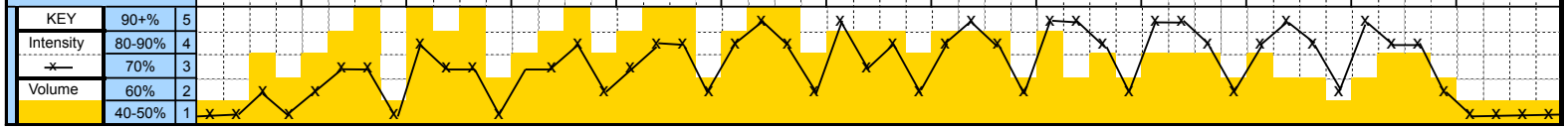
# Darlington Triathlon Club - Triathlon Club - Annual Plan 2008-2009

| Month | November | | | | December | | | | | January | | | | February | | | | March | | | | | April | | | | May | | | | June | | | | July | | | | August | | | | | September | | | | October | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Week Commencing | 3rd | 10th | 17th | 24th | 1st | 8th | 15th | 22nd | 29th | 5th | 12th | 19th | 26th | 2nd | 9th | 16th | 23rd | 2nd | 9th | 16th | 23rd | 30th | 6th | 13th | 20th | 27th | 4th | 11th | 18th | 25th | 1st | 8th | 15th | 22nd | 29th | 6th | 13th | 20th | 27th | 3rd | 10th | 17th | 24th | 31st | 7th | 14th | 21st | 28th | 5th | 12th | 19th | 26th |
| Weeks (Numbers) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 |
| Training Phase | Base | | | | | | | | | | | | | | | | | | | | Pre-competition | | | | | | | | | | Competition | | | | | | | | | | | | | | | | | | | | Recovery | | | |
| Mesocycle | 1 | | | | | | | | | | | | | 2 | | | | | | | 3 | | | | | 4 | | | | | 5 | | | | | | | | 6 | | | | | | | | | 7 | | | |
| Competition | | | | | | | | CHRISTMAS WEEK | | | | | | Aquathlons / Duathlons | | | | | | | Triathlon / Duathlon B' Target Races | | | | | Triathlon / Duathlon B' Target Races | | | | | Triathlons A' Target Races | | | | | | | | Triathlons A' Target Races | | | | | | | | | | | | | | |
| Testing (Swimming) | T | | | | | | | | | | | | T | | | | | | | | T | | | | | | | | T | | | | | | | | T | | | | | | | | T | | | | | T | | | |
| Session Type | Technique | Technique | Strength / Endurance | Technique | Strength | Aerobic Endurance | Aerobic Endurance | Technique | Threshold Endurance | Strength | Aerobic Endurance | Technique | TEST - Muscular Endurance | Strength | Threshold Endurance | Recovery / Technique | Strength | Threshold Endurance / Speed | Speed Endurance | Technique | TEST - Strength | Lactate Production | Overload Endurance | Pacing / Aerobic | Lactate Production | Strength | Overload Endurance | Technique/Pacing | TEST - Strength | Lactate Production | Overload Endurance | Technique / Speed | Laactate Tolerance | Speed | Strentgh / Power | Technique / Speed | TEST - Speed | Lactate Tolerance | Strength / Power | Technique / Speed | Lactate Tolerance | Speed | Strength / Power | Technique / Speed | Test - Speed | Lactate Production | Lactate Tolerance | Technique / Speed | TEST - Recovery | Recovery / Technique | Recovery / Technique | Recovery / Technique |