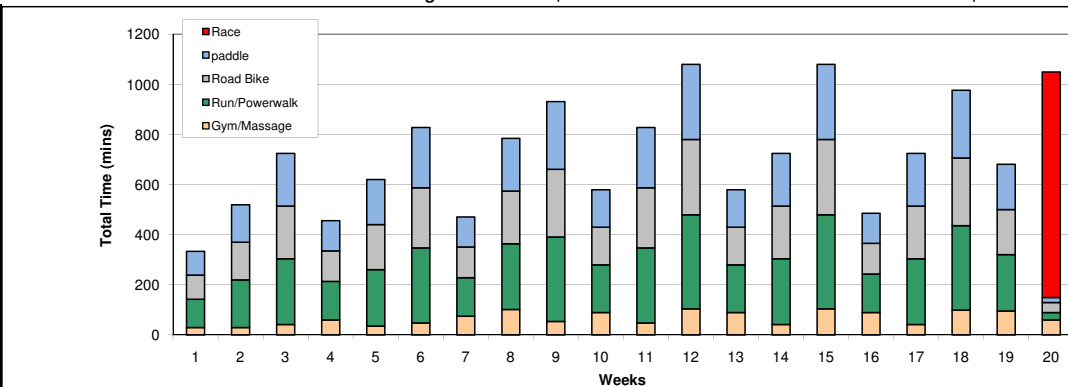




This is a very basic generic training programme. For a personalized more detailed specific structured training programme please contact

Multiport Coaching Services Limited  
 Tel: 0064 7 349 6554  
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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Gym / Massage	30	30	42	60	36	48	75	102	54	90	48	105	90	42	105	90	42	99	96	60
Run / Power-walk	113	190	263	154	225	300	154	263	338	190	300	375	190	263	375	154	263	338	225	30
Road Bike	96	150	210	122	180	240	122	210	270	150	240	300	150	210	300	122	210	270	180	40
Paddle	95	150	210	120	180	240	120	210	270	150	240	300	150	210	300	120	210	270	180	20
Race																				
<b>Total Time</b>	<b>334</b>	<b>520</b>	<b>725</b>	<b>456</b>	<b>621</b>	<b>828</b>	<b>471</b>	<b>785</b>	<b>932</b>	<b>580</b>	<b>828</b>	<b>1080</b>	<b>580</b>	<b>725</b>	<b>1080</b>	<b>486</b>	<b>725</b>	<b>977</b>	<b>681</b>	<b>1050</b>



**Important** - All figures represent volume of training in minutes

Season		Pre-season (base training)												In-season (speed work)								Off-season		
Phase		Sport Conditioning				Strength/Endurance								Power/Speed				Taper				Refresh & Recharge		
Week No#		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Countdown to Event		20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Plus 1	Plus 2	Plus 3
Weekly-cycle		V.Easy	Easy	Med	V.Easy	Easy	Med	V.Easy	Med	Hard	Easy	Med	Hard	Easy	Med	Hard	V.Easy	Med	Hard	Easy	V.Easy	Different Aerobic Activity		
% Volume		30%	50%	70%	40%	60%	80%	40%	70%	90%	50%	80%	100%	50%	70%	100%	40%	70%	90%	60%	30%	30+ min, 3-4 x Week		
Specifics Details																								
Monday	am	G	Gym	Complete Body	30	30	42	30	36	48	30	42	54	30	48	60	30	42	60	30	42	54	36	30
	pm	Comb. Machine & Free Wt Plus Swiss Ball Exercises		Muscle Power, Core Strength/Stability & Flex.				Rec Day						Rec Day	Rec Day									
Tuesday	am	R	Flat Park	Short Speed Session	10	20	25	15	21	28	15	25	32	20	28	35	20	25	35	15	25	32	21	10
	pm	B	Hills	Medium Strength Ride	25	40	56	32	48	64	32	56	72	40	64	80	40	56	80	32	56	72	48	25
Wednesday	am	K	Flat-water	Short Speed Session	20	30	42	25	36	48	25	42	54	30	48	60	30	42	60	25	42	54	36	20
	pm	Sheltered Waters		Tempo Efforts + Technique																				
Thursday	am	B	Flat or Wind Trainer	Short Fast Ride	15	20	28	17	24	32	17	28	36	20	32	40	20	28	40	17	28	36	24	15
	pm	R/W	Park Hill Trails	Medium Strength Run	20	35	49	30	42	56	30	49	63	35	56	70	35	49	70	30	49	63	42	20
Friday	am	K	Flat-water	Med. Strength Session	30	45	63	35	54	72	35	63	81	45	72	90	45	63	90	35	63	81	54	
	pm	Sheltered Waters		Bungy Resistance																				
Saturday	am	B	Bunch Ride	Spin with turns at front	20	30	42	25	36	48	25	42	54	30	48	60	30	42	60	25	42	54	36	
	pm	R/W	Bush Track & Beach	Long Steady Run/Powerwalk	63	105	147	84	126	168	84	147	189	105	168	210	105	147	210	84	147	189	126	R 1.5k B 36k R 32k
Sunday	am	B	Solo Ride in Hills	Hills Spinning	36	60	84	48	72	96	48	84	108	60	96	120	60	84	120	48	84	108	72	B 56k R 12k P 28k
	pm	K	Moving Water	Long Steady Paddle	45	75	105	60	90	120	60	105	135	75	120	150	75	105	150	60	105	135	90	

Post race sit-down to debrief event and set new goals

+ 10 min or - all (Optional Session)

Recommended

+ / - 5 min

+ / - 15 min

+ / - 10 min

Max/Min Adjustments

Total +/- = 230 mins

Note: Feel free to switch Tues. & Wednes. training days to suit mid-week Run, Bike & Kayak club activities in your area.

(Have a rest day preceding event on week 7 if you choose to compete)

If possible do at least one training weekend on the course

Key Session Optional Recommended Example Terrain Holidays Commute Key Week Standard Week Similar Terrain Course Training Possible Event Race

**Sample explanation on how to correctly read the programme.**  
 Week 6 commences 15 weeks out from the Tropical Power Trinidad Coast 2 Coast and is a Medium volume week containing 80% of the greatest training week.  
 The training set out for Wednesday Morning of week 6, is a 48 minute flat water paddle, with half the time spent focusing on paddling technique and the remainder doing some 3-5 minute efforts at a fast pace (high intensity). A 10 minute leeway can be subtracted or added to the length of the workout as you feel (given freedom, time constraints or general levels of energy etc)... Remember to listen to what your body is telling you.  
 When not doing any specifics (i.e., sustained effort or skills/technique drills) maintain a training intensity heart rate between 55-75% of your Heart Rate Reserve [220 - your Age - your Rest Heart Rate] + your Rest Heart Rate.  
 I.e., The higher average cycling training intensity for a 40 year old with a resting heart rate of 60 beats per minute (bpm) would be 75% x (220-40-60)+60 = 150bpm. Subtract 10-20 bpm when paddling & add 5-10 bpm when running. Complete a gentle 5-10 minute warm-up and cool-down with stretches either side if your training sessions and events.

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For a more comprehensible full colour version of the programme above, please refer to the Tropical Power Trinidad Coast 2 Coast website [www.trinidadcoast2coast.com](http://www.trinidadcoast2coast.com)

**Important note**—The basic programme above has been designed for a generic novice multisport competitor working a Monday to Friday semi-flexible 9am to 5pm, 40hr a week job. The daily training set out each day is very generalised with only a brief description of each session, its intensity and focus. Whilst there are many suitable events which would serve as good build-up races for competitors to do leading up to the Trinidad Coast 2 Coast, only a small selection of events dotted around the country are shown here. As no one individual is the same [referring to factors such as a persons sporting background; training and racing history; current fitness; future goals (intermediate and long-term); family and work commitments; locality limitations/benefits; available training hours; habitual routines; strengths and weaknesses; likes and dislikes; future plans; past and present health/injury status; and lifestyle choices] the programme above can not perceivably prepare everyone to obtain their optimal performance potential on race day. To be ensured you are on track to achieving your goal and to be certain you are getting the most out of each training session (quality training = training smart), performing specific drills and efforts within a session to exact heart rates zones, along with strategically placed recovery time is imperative. If you want to get the most out of the skills you devote to training, then you should seriously consider getting a personalised specific structured training programme designed exactly for you.