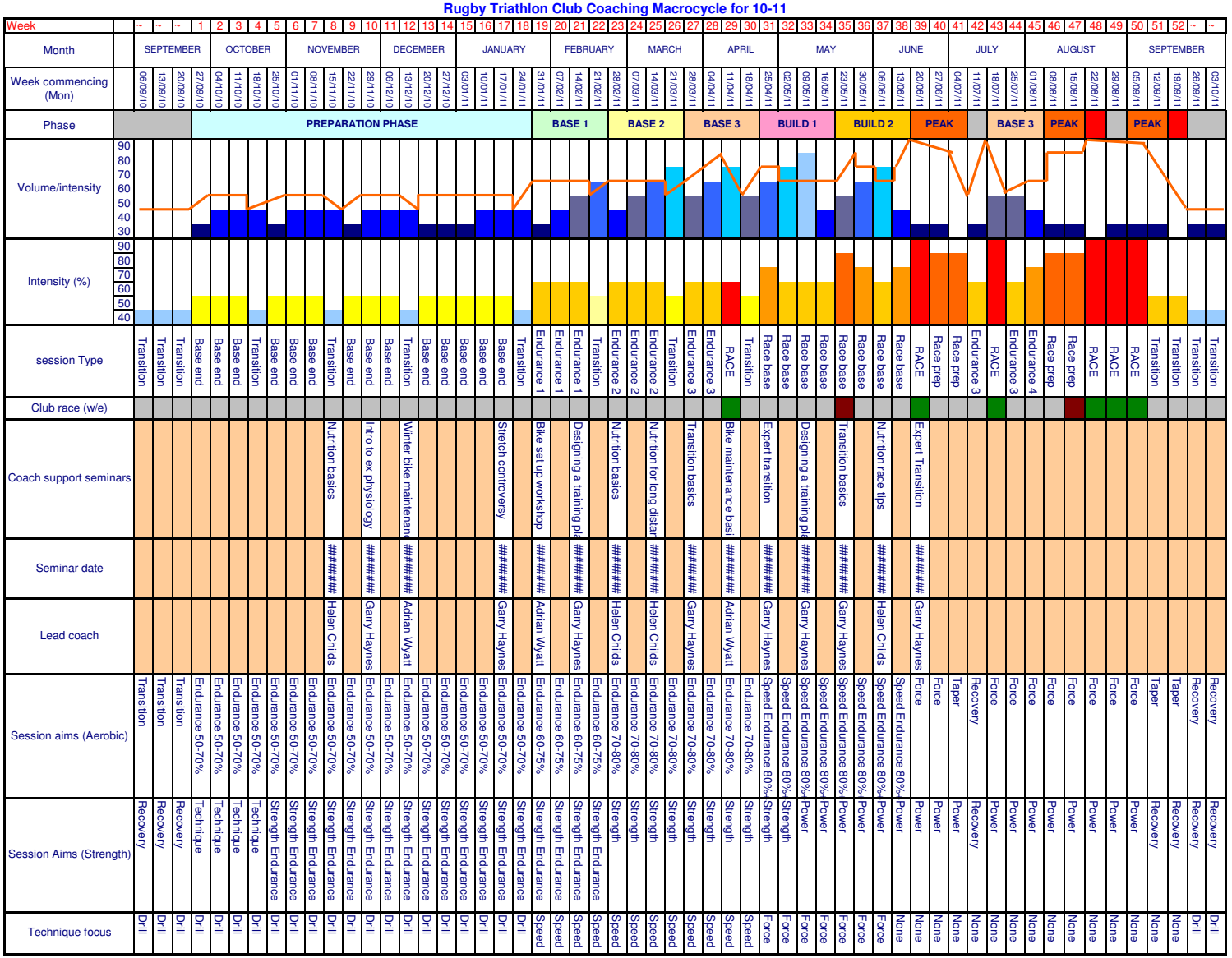
Rugby Triathlon Club Coaching Macrocycle for 10-11



KEY

Preparation Phase:	General development of strength, mobility, endurance and basic technique at low intensity. Strength aims are for conditioning only
Base 1 Phase:	Development of specific fitness and advanced technical skills. Strength gains are for sport - specific strength gains. Overall intensity at 60%
Base 2 Phase:	Development of specific fitness and advanced technical skills. Strength gains are for sport - specific strength gains. Overall intensity at 70%
Base 3 Phase:	Development of specific fitness and advanced technical skills. Strength gains are for sport - specific strength gains. Overall intensity at 80%
Build 1 Phase:	Targeting of technical model, based on primary race objectives and preparation for the main competition. Discipline and distance specific focus.
Build 2 Phase:	Targeting of technical model, based on primary race objectives and preparation for the main competition. Discipline and distance specific focus.
Peak Phase:	Race specific preparation - high intensity and low volume work
Recovery Phase:	Active recovery based on sport - specific activities