

# QBT Training Plan

Block Plan Outlining approximate time/distance per week in preparation for IM Atlantic City 70.3

Calls	Date	Training Time (min)					Distance (yds, miles)			Notes
		Ttl (hrs)	Swim	Bike	Run	Strength	Swim	Bike	Run	
Call 1	3/10/19	3.5	45	75	30	60	2000	15	3	Informal Training
	3/17/19	3.5	45	75	30	60	2000	15	3	Informal Training
	3/24/19	4	45	75	60	60	2000	15	5	Informal Training
Call 2	3/31/19	4.8	45	120	60	60	2000	30	5	Informal Training
	4/7/19	5.3	45	120	90	60	2000	30	8	Informal Training
	4/14/19	5.3	45	120	90	60	2000	30	8	Informal Training
<b>Minimal Fitness</b>		<b>5.3</b>	<b>45</b>	<b>120</b>	<b>90</b>	<b>60</b>	<b>800m</b>	<b>25</b>	<b>10K</b>	Formal Training Start
Call 3	4/21/19	6	80	150	100	30	3200	40	8	Base 1
	4/28/19	6.2	80	150	110	30	3200	40	9	Base 1
	5/5/19	6.3	80	150	120	30	3200	40	10	Base 1
	5/12/19	6.3	80	150	120	30	3200	40	10	Base 1
Call 4	5/19/19	7.4	100	180	135	30	4000	48	12	Base 2
	5/26/19	7.7	100	180	150	30	4000	48	13	Base 2
	6/2/19	7.9	100	180	165	30	4000	48	14	Base 2 (also camp wkend)
	6/9/19	8.2	100	180	180	30	4000	48	15	Base 2
Call 5	6/16/19	9.2	120	200	200	30	4800	53	18	Build 3
	6/23/19	9.8	120	220	220	30	4800	59	20	Build 3 (also Oly Tri)
	6/30/19	10.5	120	240	240	30	4800	64	21	Build 3
	7/7/19	8.8	120	200	180	30	4800	53	16	Build 3
Call 6	7/14/19	11	180	240	240		7200	64	21	Build 4
	7/21/19	11.7	180	260	260		7200	69	23	Build 4
	7/28/19	12.3	180	280	280		7200	75	25	Build 4
	8/4/19	10.3	180	240	200		7200	64	18	Build 4
Call 7	8/11/19	12.7	200	280	280		8000	75	25	Build 5
	8/18/19	13.3	200	300	300		8000	80	27	Build 5
	8/25/19	14	200	320	320		8000	85	28	Build 5
	9/1/19	11.7	200	280	220		8000	75	20	Build 5
	9/8/19	8	120	180	180		4800	48	16	Taper
	9/15/19	4.7	60	120	100		2400	32	9	Taper

\* Minimal Fitness Base shows mir #####

## Call Topics (approximate)

- Call 1 Intro
- Call 2 Nutrition
- Call 3 Threshold Tests
- Call 4 Minimizing Injury
- Call 5 Build Phase
- Call 6 Sport Specific Training
- Call 7 Race Pacing

QBT IRONMAN ATLANTIC CITY 70.3

General Information

Start Date: 4/15/2019

Week	Week Cycle	Mon	Sun	S	B	R	W	Hrs	Time %	Short Run	Long Run	Total	Run Inr.	LR Details	Other	TRACK	SHORT RUN DISTANCES	LR	Total
0	-27	4.3Ba	3/10/2019	3/10/2019	0.75	1.25	0.50	1.00	3.50	0%	3	0	3	0%	Informal Training		3	0	3
1	-26	4.4Ba	3/11/2019	3/17/2019	0.75	1.25	0.50	1.00	3.50	0%	3	0	3	0%	Informal Training		3	0	3
2	-25	3.1Ba	3/18/2019	3/24/2019	0.75	1.25	1.00	1.00	4.00	14%	5	0	6	100%	Informal Training		6	0	6
3	-24	3.2Ba	3/25/2019	3/31/2019	0.75	2.00	1.00	1.00	4.75	19%	5	0	6	0%	Informal Training		6	0	6
4	-23	3.3Ba	4/1/2019	4/7/2019	0.75	2.00	1.50	1.00	5.25	11%	8	0	9	50%	Informal Training		9	0	9
5	-22	3.4Ba	4/8/2019	4/14/2019	0.75	2.00	1.50	1.00	5.25	0%	8	0	9	0%	Informal Training		9	0	9
6	-21	2.1Ba	4/15/2019	4/21/2019	1.33	2.50	1.67	0.50	6.00	14%	8	0	10	11%	Base 1		10	0	10
7	-20	2.2Ba	4/22/2019	4/28/2019	1.33	2.50	1.83	0.50	6.17	3%	9	0	11	10%	Base 1		11	0	11
8	-19	2.3Ba	4/29/2019	5/5/2019	1.33	2.50	2.00	0.50	6.33	3%	10	0	12	9%	Base 1		12	0	12
9	-18	2.4Ba	5/6/2019	5/12/2019	1.33	2.50	2.00	0.50	6.33	0%	10	0	12	0%	Base 1		12	0	12
10	-17	1.1Ba	5/13/2019	5/19/2019	1.67	3.00	2.25	0.50	7.42	17%	12	0	13	8%	Base 2		13	0	13
11	-16	1.2Ba	5/20/2019	5/26/2019	1.67	3.00	2.50	0.50	7.67	3%	13	0	15	15%	Base 2		15	0	15
12	-15	1.3Ba	5/27/2019	6/2/2019	1.67	3.00	2.75	0.50	7.92	3%	14	0	16	7%	Base 2		16	0	16
13	-14	1.4Ba	6/3/2019	6/9/2019	1.67	3.00	3.00	0.50	8.17	3%	15	0	17	6%	Camp Weekend	Base 2	17	0	17
14	-13	3.1Bld	6/10/2019	6/16/2019	2.00	3.33	3.33	0.50	9.17	12%	18	0	19	12%	Build 3		19	0	19
15	-12	3.2Bld	6/17/2019	6/23/2019	2.00	3.67	3.67	0.50	9.83	7%	20	0	21	11%	Build 3 (also Oly Tri)		21	0	21
16	-11	3.3Bld	6/24/2019	6/30/2019	2.00	4.00	4.00	0.50	10.50	7%	21	0	23	10%	Build 3		23	0	23
17	-10	3.4Re	7/1/2019	7/7/2019	2.00	3.33	3.00	0.50	8.83	-16%	16	0	17	-26%	Build 3		17	0	17
18	-9	2.1Bld	7/8/2019	7/14/2019	2.00	4.00	4.00	-	11.00	25%	21	0	23	35%	Build 4		23	0	23
19	-8	2.2Bld	7/15/2019	7/21/2019	2.00	4.33	4.33	-	11.67	6%	23	0	25	9%	Build 4		25	0	25
20	-7	2.3Bld	7/22/2019	7/28/2019	2.00	4.67	4.67	-	12.33	6%	25	0	27	8%	Build 4		27	0	27
21	-6	2.4Re	7/29/2019	8/4/2019	2.00	4.00	3.33	-	10.33	-16%	18	0	19	-30%	Build 4		19	0	19
22	-5	1.1Bld	8/5/2019	8/11/2019	2.33	4.67	4.67	-	12.67	23%	25	0	27	42%	Build 5		27	0	27
23	-4	1.2Bld	8/12/2019	8/18/2019	2.33	5.00	5.00	-	13.33	5%	27	0	29	7%	Build 5		29	0	29
24	-3	PW	8/19/2019	8/25/2019	2.33	5.33	5.33	-	14.00	5%	28	0	31	7%	PW		31	0	31
25	-2	Taper	8/26/2019	9/1/2019	2.33	4.67	3.67	-	11.67	-17%	20	0	21	-32%	Taper		21	0	21
26	-1	Taper	9/2/2019	9/8/2019	2.00	3.00	3.00	-	8.00	-31%	16	0	17	-19%	Taper		17	0	17
27	0	RW	9/9/2019	9/15/2019	1.00	2.00	1.67	-	4.67	-42%	9	13.1	10	-41%	IMAC 70.3	RW	5	13.1	18.1
28	1	Re1	9/16/2019	9/22/2019	1.00	1.00	-	-	2.00	-57%	2	0	0	-100%	Recovery		0	0	0
29	2	Re2	9/23/2019	9/29/2019	1.00	1.00	0.50	-	2.50	25%	5	0	3	0%	Recovery		3	0	3
30	3	Re3	9/30/2019	10/6/2019	1.00	1.00	1.00	-	3.00	20%	7	0	6	100%	Recovery		6	0	6

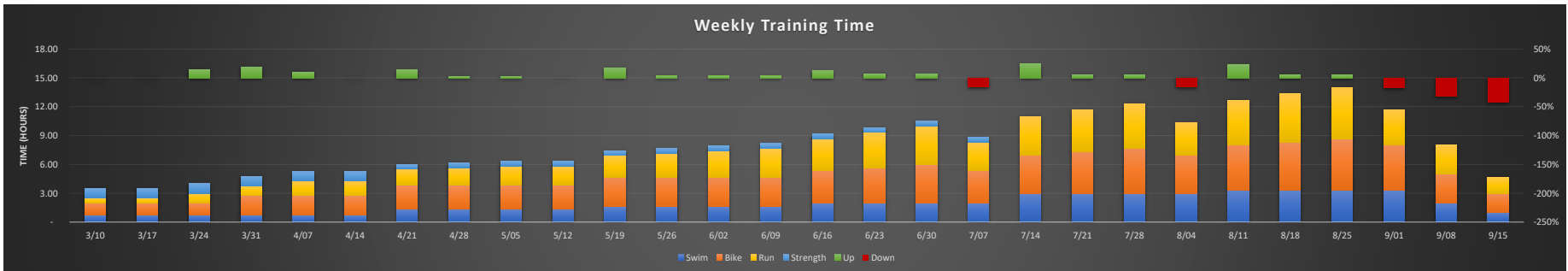


Chart 3/10 9/15

