

Phase	Type	Set		
<input type="checkbox"/> Base <input checked="" type="checkbox"/> Build <input type="checkbox"/> Race <input type="checkbox"/> Maint.	<input type="checkbox"/> Pre-set <input checked="" type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 4 x 600 4 x 400 200m recovery between each interval.	<u>Intensity</u> medium (last 200 hard) medium (last 100 hard)	
<input type="checkbox"/> Base <input checked="" type="checkbox"/> Build <input type="checkbox"/> Race <input type="checkbox"/> Maint.	<input type="checkbox"/> Pre-set <input checked="" type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 800 2 x 600 4 x 400 200m recovery between each interval.	<u>Intensity</u> easium (last 300 medium) medium (last 200 mediard) mediard (last 100 hard)	
<input type="checkbox"/> Base <input checked="" type="checkbox"/> Build <input checked="" type="checkbox"/> Race <input type="checkbox"/> Maint.	<input checked="" type="checkbox"/> Pre-set <input type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 400 350 300 250 200	<u>Intensity</u> 60% (last 100 at 85%) 65% (last 100 at 85%) 70% (last 100 at 85%) 75% (last 100 at 85%) 80% (last 100 at 85%)	<u>Recovery (m)</u> 50 100 150 200
<input type="checkbox"/> Base <input type="checkbox"/> Build <input checked="" type="checkbox"/> Race <input type="checkbox"/> Maint.	<input type="checkbox"/> Pre-set <input checked="" type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 400 350 300 250 200 150 100	<u>Intensity</u> 60% (last 100 at 90%) 65% (last 100 at 90%) 70% (last 100 at 90%) 75% (last 100 at 90%) 80% (last 100 at 90%) 85% (last 100 at 90%) 90%	<u>Recovery (m)</u> 50 100 150 200 250 300
<input type="checkbox"/> Base <input type="checkbox"/> Build <input checked="" type="checkbox"/> Race <input type="checkbox"/> Maint.	<input type="checkbox"/> Pre-set <input checked="" type="checkbox"/> Main-set <input type="checkbox"/> Post-set	<u>Intervals (m)</u> 2 x 400 2 x 200 2 x 100	<u>Intensity</u> 60% (last 200 at 70%) 70% (last 100 at 80%) 80% (last 50 at 90%)	<u>Recovery (m)</u> 100 200 300