

GENERAL TRAINING PLAN

2012-2013

ASHTON and BRIANNE

NOVEMBER...general physical fitness to get in shape to prepare to begin specific training on December 1st

DECEMBER...continue general overall fitness and begin to introduce skills at Tucson camp (Dec 7-17)

JANUARY (2013)...full month (5 weeks) of 2 / 1 (work/recovery) training in our normal winter structured weekly program. Start of 2 a day practices (Heavy intervals/hills)

FEBRUARY...continue above at Phoenix Camp (Feb 6-15)...some small competitions maybe here

MARCH...Santa Barbara Training Camp...transition to competition phase of training...some small competitions (Westmont and Cal Poly, etc)

APRIL...Heavy competition month a la last year (2012)

MAY...early part of month = 's recovery...then final preparation for Gotzis opener (May 25-26)

JUNE...last week of May / first week of June = 's RECOVERY (from travel and competition)

JULY...general fitness / skills prior to wedding (July 13)...Late July (20th) = 's training camp in Estonia or Canadian site (Komen) in final preparation for Moscow WC

AUGUST ... 10/11 WC DECATHLON....12/ 13 WC HEPTATHLON

Late AUGUST / SEPTEMBER...Depends on a # of issues...maybe individual meets in Europe...maybe Talence...maybe NOTHING!!

Harry