

THE TEAM CORE ANNUAL PLANNER 2008/9

Week	Monday...	Periodisation	Saturday...	Notes / Races	Sunday	Notes / Races
1	19/05/2008	Transition	24/05/2008		25/05/2008	Challenge 10km
2	26/05/2008	Transition	31/05/2008		01/06/2008	
3	02/06/2008	Transition	07/06/2008	Awards Party	08/06/2008	Eagleman 70.3 Lake Monger 10km
4	09/06/2008	Base 1	14/06/2008		15/06/2008	Perth Half Marathon
5	16/06/2008	Base2	21/06/2008		22/06/2008	
6	23/06/2008	Recovery	28/06/2008	Paul will be away in the UK from 25th June 2008 to 2nd August 2008 - all sessions will still run as per the website	29/06/2008	CS Swan Valley
7	30/06/2008	Base1	05/07/2008		06/07/2008	Perth Marathon
8	07/07/2008	Base 2	12/07/2008		13/07/2008	Kings Park T.T 15km Roth Ironman
9	14/07/2008	Recovery	19/07/2008		20/07/2008	K.o.M 16.1km hilly
10	21/07/2008	Base 1	26/07/2008		27/07/2008	Asics 5 or 10km run
11	28/07/2008	Base 2	02/08/2008		03/08/2008	CS Pinjarra
12	04/08/2008	Recovery	09/08/2008		10/08/2008	Germany 70.3 Shenton Park T.T 15km
13	11/08/2008	Base 1	16/08/2008		17/08/2008	Joondalup 10km
14	18/08/2008	Base 2	23/08/2008	Beijing Olympics. Women = 18/8, Men = 19/8	24/08/2008	
15	25/08/2008	Base 3 / Recovery	30/08/2008		31/08/2008	City-2-Surf
16	01/09/2008	Recovery / Taper	06/09/2008		07/09/2008	Singapore 70.3
17	08/09/2008	Build 1 / Off	13/09/2008		14/09/2008	CS York
18	15/09/2008	Build 2	20/09/2008		21/09/2008	Freo Half Marathon
19	22/09/2008	Build 3	27/09/2008		28/09/2008	
20	29/09/2008	Recovery	04/10/2008		05/10/2008	Freo 5 or 10km run
21	06/10/2008	Build 1	11/10/2008		12/10/2008	
22	13/10/2008	Build 2	18/10/2008		19/10/2008	Rottnest Marathon
23	20/10/2008	Build 3	25/10/2008		26/10/2008	
24	27/10/2008	Recovery	01/11/2008		02/11/2008	Anaconda Race
25	03/11/2008	Build 1	08/11/2008		09/11/2008	
26	10/11/2008	Build 2	15/11/2008		16/11/2008	Shepperton H.I.M
27	17/11/2008	Build 3 / Taper	22/11/2008		23/11/2008	
28	24/11/2008	Recovery / Taper	29/11/2008		30/11/2008	
29	01/12/2008	Maintain 1 / Taper	06/12/2008		07/12/2008	Busso IM 2008
30	08/12/2008	Maintain 2	13/12/2008		14/12/2008	Canberra HIM
31	15/12/2008	Maintain 3	20/12/2008		21/12/2008	
32	22/12/2008	Recovery	27/12/2008	Xmas Break = 24/12 to 5/1/09	28/12/2008	Xmas Break = 24/12 to 5/1/09
33	29/12/2008	Maintain 1	03/01/2009		04/01/2009	
34	05/01/2009	Maintain 2	10/01/2009		11/01/2009	
35	12/01/2009	Maintain 3	17/01/2009		18/01/2009	
36	19/01/2009	Recovery	24/01/2009		25/01/2009	
37	26/01/2009	Maintain 1 / Taper	31/01/2009		01/02/2009	
38	02/02/2009	Maintain 2 / Taper	07/02/2009		08/02/2009	Geelong 70.3
39	09/02/2009	Maintain 3 / Taper	14/02/2009		15/02/2009	
40	16/02/2009	Recovery / Taper	21/02/2009	Rottnest Swim	22/02/2009	Huskins 3/80/20k
41	23/02/2009	Maintain 1	28/02/2009		01/03/2009	
42	02/03/2009	Maintain 2	07/03/2009	IM New Zealand	08/03/2009	
43	09/03/2009	Maintain 3	14/03/2009		15/03/2009	Perth Olympic Distance
44	16/03/2009	Recovery	21/03/2009		22/03/2009	
45	23/03/2009	Maintain 1	28/03/2009		29/03/2009	
46	30/03/2009	Maintain 2	04/04/2009		05/04/2009	IM Australia
47	06/04/2009	Maintain 3	11/04/2009		12/04/2009	
48	13/04/2009	Recovery	18/04/2009		19/04/2009	
49	20/04/2009	Taper	25/04/2009		26/04/2009	
50	27/04/2009	Taper	02/05/2009	Bussleton H.I.M	03/05/2009	
51	04/05/2009	Transition	09/05/2009		10/05/2009	
52	11/05/2009	Transition	16/05/2009		17/05/2009	