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### 8-week General Overview of the Training Program and Sample Week

Max Multisport Coaching uses Heart Zones Training Methodology for this 8 week progressed program.

Heart Zones Training Points detailed below are a measurement of intensity and are calculated off the time in zones multiplied by a heart zones point (determined by which zone you train in for the workout). We add up all points for the week to determine a total training load called Goal HZ Training Points.

#### Training Point Progression

Team A – Runners – Progress Heart zone training points from 850 - 1150

Team B - Run/Walk – Build Heart zone training points from 650 - 950

Team C– Walkers – Build Heart zone training points from 450 - 750

Goal HZ Training Points	Team A	Weekly Long Run	Team B	Weekly Long Run	Team C	Weekly Long Run	Plan
Week 1	900	8	800	5	700	5	Test & Measure
Week 2	950	9	850	6	750	6	Base
Week 3	1000	10	900	7	800	7	Base/Endurance
Week 4	1050	11	950	8	850	8	Endurance
Week 5	1100	12	1000	9	900	9	Endurance/Recovery
Week 6	1150	13	1050	10	950	10	Strength
Week 7	1200	7	1100	5	1000	5	Speed
Week 8	600	3.5	550	2.5	500	2.5	Peak



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Sample Week of Program Week 1								Estimated Heart Zones Training Points	Estimated Weekly Time of Workouts
<b>Workout Guide/Codes:</b> SS = Steady State OYO = On Your Own M = Mile									
<b>Week 1 Test &amp; Measure</b>	W1.1 Kick Off Meeting Recovery Ambient Heart Rate Team	W 1.2 Alternate Activity Ambient HR OYO	W 1.3 Sub Max Assessment # 1 60 min. Team	W 1.4 Walk/jog in Zone 3 60 min OYO	W 1.5 Observation Run/Walk #2 60 – 80 min OYO	W1.6 Walk/jog/run 60 minutes A 8 miles B 5 miles C 5 miles OYO	W 1.7  Rest Day	A 900 pts B 800 pts C 700 pts	4 – 4.5 hrs