

Name: Benoit Letourneau  
 Year: Year of the metamorphosis  
 Period: from 09/Nov/09 to 20/Apr/10

Training Details for a Specific Period  
 of Time

By Training Activities	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Musculation	Compétition	Total
Raquettes à neiges	9h08					n/a		9h08
Speed Skating outdoor	3h35					n/a	2h41	6h16
Escalier	1h40		0h35			n/a		2h15
Marche rapide	0h50					n/a		0h50
Course X-Country	3h55	1h15				n/a		5h10
Inline Skating Outdoor	3h35					n/a		3h35
Inline skating indoor	40h28	3h20	2h10	2h25	0h51	n/a		49h14
Vélo de montagne	8h50	2h00	0h40			n/a		11h30
Vélo de route	4h35	0h50				n/a		5h25
Ski de fond (style classique)	17h40					n/a		17h40
Course	63h02	3h13	0h55	7h27	1h00	n/a	4h22	79h59
Orienteering						n/a	1h16	1h16
Ski de fond (style libre)	0h45					n/a	0h14	0h59
Kayak	3h45					n/a		3h45
Skip rope	0h20					n/a		0h20
Musculation						20h00		20h00
Total	162h08	10h38	4h20	9h52	1h51	20h00	8h34	217h23

By Training Types	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Musculation	Compétition	Total
Vitesse - 1000 m * full recup			0h15	0h40		n/a		0h55
Hills - 2min on / 2min off		0h15		0h20		n/a		0h35
Tempo Training			0h30			n/a		0h30
Vitesse - Intervals				0h58		n/a		0h58
Vitesse - 2*200m/r45s - 1*400m/...					1h00	n/a		1h00
Tempo (1*400m - 30 sec rest/1*100...				0h42		n/a		0h42
800m with 1/2 break				0h45		n/a		0h45
Intervals 5m on / 5 m off			0h10			n/a		0h10
Intervals 1m on / 1m off				0h44		n/a		0h44
Intervals : 20s on / 50s off					0h21	n/a		0h21
Tacx fortius (Réalité virtuelle)	8h30	2h00	0h40			n/a		11h10
Piramides (20 laps / 18 laps / 16 la...			0h30			n/a		0h30
Intervals 3m on / 3m off				2h00		n/a		2h00
Warm-up	0h35			0h26		n/a		1h01
Entraînement par interval				0h50	0h30	n/a		1h20
Entraînement continue	153h03	8h23	2h15	1h27		n/a		165h08
Vitesse - 600m (3:30) / 1min repos - ...				1h00		n/a		1h00
Musculation						20h00		20h00
Compétition						n/a	8h34	8h34
Total	162h08	10h38	4h20	9h52	1h51	20h00	8h34	217h23

Strength Training	Total
Musculation	20h00
Total	20h00

Distribution Expressed in Percentages

