

## Annual Training Plan (ATP) EVAN DUNFEE - 10K/20K RACEWALK

Annual Training Plan Year: **2009**

Annual Training Hours **550**

### Long Term Goals

| Event | Actual  |         |         |         |         |         |
|-------|---------|---------|---------|---------|---------|---------|
|       | 2007    | 2008    | 2009    | 2010    | 2011    | 2012    |
| 5k    | 0:22:45 | 0:21:32 | 0:20:30 | 0:20:00 | 0:19:30 | 0:19:15 |
| 10k   | 0:45:26 | 0:42:56 | 0:42:00 | 0:41:30 | 0:40:30 | 0:39:30 |
| 20k   | 1:38:44 |         | 1:30:00 | 1:28:00 | 1:24:00 | 1:21:00 |

### Long Term Training Objectives

1. Train injury free
2. Gain international experience at high level meets
3. Develop capability for multiple peaks in a season
4. Perfect nutrition intake and balance
5. Perfect sound recovery habits