

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

**Annual Training Plan Year: 2009**  
**Annual Training Hours 550**

**Season Goals**

1. Sub 42 min 10k time at the Pan Am Juniors in July
2. Sub 1:30 20k by Canadian Championships in June
3. Sub 20:30 5k time for NAIA Championships

**Training Objectives**

1. Train injury free
2. Improve speed endurance over 20k race distance
3. Develop capability for dual peak in a season
4. Improve nutrition intake and balance
5. Develop sound recovery habits

**Abilities - Legend**

W E I G H T S	E N D U R A N C E	F O R C E	S P E E D	M U S C L E	A N A E R	P O W E R	T E S T I N G

Wk#	Monday	Races	Pri	Period	Hours	Details	AA	E	S	M	A	P	T
							RUN						
01	01/09/08			Preparation	9.0	Core & leg strength	AA	E	S				
02	08/09/08	Edmonton RW 20k	C	Preparation	9.0	Core & leg strength	AA	E	S				
03	15/09/08			Preparation	9.0	Core & leg strength	AA	E	S				
04	22/09/08			Preparation	9.0	Core & leg strength	AA	E	S				
05	29/09/08			Base 1 -week 1	10.5	Endurance & strength	MS	E	S				
06	06/10/08			Base 1 -week 2	13.0	Endurance & strength	MS	E	S				
07	13/10/08			Base 1 -week 3	14.5	Endurance & strength	MS	E	S				
08	20/10/08			Base 1 -week 4	7.5	VO2 Max test	MS	E	S				T
09	27/10/08			Base 2 -week 1	11.0	Mountain endurance	SM	E	F	S	M		
10	03/11/08	NAIA Cross Regionals 8k	C	Base 2 -week 2	13.5	Mountain endurance	SM	E	F	S	M		
11	10/11/08			Base 2 -week 3	15.0	Mountain endurance	SM	E	F	S	M		
12	17/11/08	NAIA Cross 8k	C	Base 2 -week 4	7.5	VO2 Max test	SM	E	S				T
13	24/11/08			Base 2 -week 1	11.0	Mountain endurance	SM	E	F	S	M		
14	01/12/08			Base 2 -week 2	13.5	Mountain endurance	SM	E	F	S	M		
15	08/12/08			Base 2 -week 3	15.0	Mountain endurance	SM	E	F	S	M		
16	15/12/08			Base 2 -week 4	7.5	VO2 Max test	SM	E	S				T
17	22/12/08	Training Camp	B	Base 3 -week 1	8.5	Speed technique	SM	E	F	S	M	P	
18	29/12/08	Training Camp	B	Base 3 -week 2	10.0	Speed technique	SM	E	F	S	M	P	
19	05/01/09			Base 3 -week 3	16.0	Mountain endurance	SM	E	F	S	M	P	
20	12/01/09			Base 3 -week 4	7.5	VO2 Max test	SM	E	S			P	T
21	19/01/09			Base 3 -week 1	12.0	Flatland endurance	SM	E	F	S	M	P	
22	26/01/09			Base 3 -week 2	14.5	Flatland endurance	SM	E	F	S	M	P	
23	02/02/09			Base 3 -week 3	16.0	Flatland endurance	SM	E	F	S	M	P	
24	09/02/09			Base 3 -week 4	7.5	VO2 Max test	SM	E	S			P	T
25	16/02/09			Base 3 -week 1	12.0	Flatland endurance	SM	E	F	S	M	P	
26	23/02/09			Base 3 -week 2	14.5	Flatland endurance	SM	E	F	S	M	P	
27	02/03/09			Base 3 -week 4	7.5	Speed test	SM	E	S			P	T
28	09/03/09	RW Challenge Chihuahua 20k	B	PreComp 1 -week 1	9.5	Speed technique		E	S	M	A	P	
29	16/03/09			PreComp 1 -week 2	13.5	Speed technique		E	S	M	A	P	
30	23/03/09			PreComp 1 -week 3	13.5	Speed technique		E	S	M	A	P	
31	30/03/09			PreComp 1 -week 4	7.5	Speed test		E	S				T
32	06/04/09			Comp 2 -week 1	13.0	Speed balance		E	S	M	A		
33	13/04/09			Comp 2 -week 2	13.0	Speed balance		E	S	M	A		
34	20/04/09	Pan Am Cup El Salvador 10k	B	Comp 2 -week 3	9.0	Speed balance		E	S	M	A		
35	27/04/09	Vancouver RW 5k	B	Comp 2 -week 4	7.5	Rest		E	S				T
36	04/05/09			Taper 1 -week 1	11.0	Recovery		E	S	M	A		
37	11/05/09			Taper 1 -week 2	9.0	Recovery		E	S	M	A		
38	18/05/09	NAIA Championships 5k	A	Race	7.5	Speed balance			S	M	A		
39	25/05/09			PreComp 1 -week 1	13.5	Speed technique		E	S	M	A		
40	01/06/09			PreComp 1 -week 2	13.5	Speed technique		E	S	M	A		
41	08/06/09			PreComp 1 -week 3	13.5	Speed technique		E	S	M	A		
42	15/06/09			PreComp 1 -week 4	7.5	Speed test		E	S				T
43	22/06/09	Canadian Championships 20k	C	Comp 2 -week 1	13.0			E	S	M	A		
44	29/06/09			Taper 1 -week 1	11.0	Recovery		E	S	M	A		
45	06/07/09	Universade 20k	A	Race	7.5				S	M			
46	13/07/09			Transition	0.0	Total rest							
47	20/07/09			PreComp 1 -week 2	13.5	Speed balance		E	S	M			
48	27/07/09			PreComp 1 -week 3	13.5	Speed balance		E	S	M			
49	03/08/09			PreComp 1 -week 4	7.5	Speed balance		E	S				T
50	10/08/09			Comp 2 -week 1	13.0	Speed technique		E	S	M			
51	17/08/09	US Cda Jr Dual 10k	C	Comp 2 -week 2	13.0			E	S	M			
					<b>555.5</b>								