

■ Pre season GP race     ■ Endurance event with Co-Driver  
■ Championship event

Year: 2005

| MONTHS                |  | Dec                       | Jan                    | Feb                      | Mar                    | Apr                    | May                    | Jun                    | Jul                    | Aug                    | Sep                    | Oct                    | Nov                    |
|-----------------------|--|---------------------------|------------------------|--------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| Competition           |  |                           |                        |                          |                        |                        |                        |                        |                        |                        |                        |                        |                        |
| Periodisation         |  | Recovery Phase Transition | Prep Phase Gen Prep    | Prep Phase Specific Prep | Comp Phase Pre Comp    | Comp Phase Comp        | Comp Phase Comp        | Comp Phase Comp        | Comp Phase Comp        | Comp Phase Comp        | Comp Phase Comp        | Comp Phase Comp        | Comp Phase Comp        |
| Macrocycles           |  | 1                         | 2                      | 3                        | 4                      | 5                      | 6                      | 7                      | 8                      | 9                      | 10                     | 11                     | 12                     |
| Microcycles           |  | 1 2 3 4                   | 5 6 7 8 9              | 10 11 12 13              | 14 15 16 17            | 18 19 20 21 22         | 23 24 25 26            | 27 28 29 30            | 31 32 33 34 35         | 36 37 38 39            | 40 41 42 43            | 44 45 46 47 48         | 49 50 51 52            |
| Testing               |  |                           |                        |                          |                        |                        |                        |                        |                        |                        |                        |                        |                        |
| Endurance             |  | Aerobic Endurance         | Aerobic Endurance      | Specific Endurance       | Specific Endurance     | Sport Specific         | Sport Specific         | Sport Specific         | Sport Specific         | Sport Specific         | Sport Specific         | Sport Specific         | Sport Specific         |
| Strength              |  | Adaptation                | Maximum Strength       | Maximum Strength         | Conversion             | Maintenance            | Maintenance            | Maintenance            | Maintenance            | Maintenance            | Maintenance            | Maintenance            | Maintenance            |
| Speed                 |  |                           |                        |                          |                        |                        |                        |                        |                        |                        |                        |                        |                        |
| Flexibility           |  | General                   | Specific               | Specific                 | Specific               | Specific               | Specific               | Specific               | Specific               | Specific               | Specific               | Specific               | Specific               |
| Technique             |  |                           |                        |                          |                        |                        |                        |                        |                        |                        |                        |                        |                        |
| Psychology            |  | Goal Set                  | Competitive Strategies | Competitive Strategies   | Competitive Strategies | Competitive Strategies | Competitive Strategies | Competitive Strategies | Competitive Strategies | Competitive Strategies | Competitive Strategies | Competitive Strategies | Competitive Strategies |
| %Training Time        |  |                           |                        |                          |                        |                        |                        |                        |                        |                        |                        |                        |                        |
| Aerobic Conditioning  |  | 70                        | 70                     | 65                       | 65                     | 65                     | 60                     | 65                     | 60                     | 65                     | 70                     | 60                     | 60                     |
| Muscular Conditioning |  | 20                        | 20                     | 30                       | 25                     | 25                     | 25                     | 25                     | 25                     | 25                     | 20                     | 25                     | 25                     |
| Flexibility           |  | 10                        | 10                     | 5                        | 10                     | 10                     | 15                     | 10                     | 15                     | 10                     | 10                     | 15                     | 15                     |
| Training Load         |  |                           |                        |                          |                        |                        |                        |                        |                        |                        |                        |                        |                        |
| —— Volume             |  |                           |                        |                          |                        |                        |                        |                        |                        |                        |                        |                        |                        |
| - - - Intensity       |  |                           |                        |                          |                        |                        |                        |                        |                        |                        |                        |                        |                        |
| ..... Peaking         |  |                           |                        |                          |                        |                        |                        |                        |                        |                        |                        |                        |                        |