

TrainingPeaks™ töötuba

Karmen Reinpõld

02.02.2020

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Sportlaste valik

Sportlase seaded

Siim Kiskonen

January 2020

Kalender

Üldülevaade

Home

Calendar

Dashboard

ATP

Aastaplaan

Treeningkalender

Statistika

Treeneri seaded

Coach Karmen Reinpõld

Klubi logo

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Treeningute kogum

27 Treeningplaanide kogum

Pulse: 61 bpm
6 more...

Cycling
1:19:30
36.5 km
27 TSS

Harjutused pt 4 - hip hinge, squat, split squat

puhkepäev

Enesetunde andmed

Pulse: 54 bpm
6 more...

5 minuti test
4:00:00
114 km

Treeningvõistlus
5:30:00
170 km

+

Treeningu lisamine

SUMMARY

Fitness	96 CTL	Fatigue	50 ATL	Form	40 TSB
Total Duration	9:30 1:19				
Bike Duration	9:30 1:19				
Bike Distance	284 36.5 km				
TSS	27 TSS				
El. Gain	263 m				
Work	565 kJ				

Nädala kokkuvõte

3 4 5 6 7 8 9

Harjutused pt 4 - press up, inverted row

Mõned lisaharjutused esimesest 4. pt nädalast, mis olid väga rasked

Hooaja esimesed minule hästi sobivad väga mainekad sõidud on 7. ja 15. märts

SUMMARY

Fitness	81 CTL	Fatigue	17 ATL	Form	64 TSB
Duration	00:00 hms				
Distance	0.00 km				
TSS	0 TSS				

10 11 12 13 14 15 16

Harjutused pt 4 - kõik harjutused

Lõuna-Prantsusmaale võistluslaagrisse(14.-23. veebruar)?

FEB 15

Võistlus

Eliidikas Brignoles

2 WEEKS UNTIL EVENT

SUMMARY

Fitness	69 CTL	Fatigue	6 ATL	Form	64 TSB
Duration	00:00 hms				
Distance	0.00 km				
TSS	0 TSS				

Lisa SPORTLANE

January 2020

Lisa GRUPP

Athlete Library

Manage Athletes

Search

+ Athlete + Group

My Athletes

Erki Kahro 12/2/20

Silm Kiskonen 30/3/20

Gert Kivistik 7/3/20

Emeri Lepp 9/3/20

Janika Lõiv 10/2/20

Helena Murniece 9/2/20

Karmen Reinpöld 28/1/20

Risto Reinpöld 3/2/20

Joosep Sankmann 24/2/20

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7. Saku SWIM 9

8. L'Etape 2020 5

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CapeEpic 5

My Assistants 0

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	SUMMARY
10 Harjutused pt 4 - kõik harjutused	11	12	13	14 Lõuna-Prantsusmaale võistluslaagrisse(14.-23. veebruar)?	15 Eliidikas Brignoles 2 WEEKS UNTIL EVENT	16	69 CTL 6 ATL 64 TSB Duration 00:00 hms Distance 0.00 km TSS 0 TSS
17 Eliidikas Regusse 2 WEEKS UNTIL EVENT	18 Harjutused pt 4 - kõik harjutused					23 Võistluslaagri lõpp 23. veebruar	58 CTL 2 ATL 57 TSB Duration 00:00 hms Distance 0.00 km TSS 0 TSS
24 Siit alates 5. peatükk - taking it further	25					1 Mar Eliidikas Bedat 4 WEEKS UNTIL EVENT	49 CTL 1 ATL 49 TSB Duration 00:00 hms Distance 0.00 km TSS 0 TSS
2	3	4	5	6	7 Eliidikas 4 Cantons 5 WEEKS UNTIL EVENT	8	41 CTL 0 ATL 42 TSB Duration 00:00 hms Distance 0.00 km TSS 0 TSS
9	10	11	12	13	14	15 Prantsuse karikas Nantes-Segre 6 WEEKS UNTIL EVENT	35 CTL 0 ATL 36 TSB Duration 00:00 hms Distance 0.00 km TSS 0 TSS

Add an athlete to your coach account

Attach an athlete to your account with the link below. When the link is clicked they will be prompted to confirm the request with their existing athlete account or with a new free account.

Link

Athletes can connect to your coach account at this address:

<https://home.trainingpeaks.com/attachtocoach?sharedKey=F4WXZNF4V2YHO>

Email Link

Create an email with your link.

Copy Link

Copy your link to paste anywhere.

Would you rather create an account for your athlete?

Athlete Account Settings

Account

Zones

- Heart Rate
- Power
- Speed/Pace
- Notifications

Nutrition

Equipment

Layout

Heart Rate

Default Heart Rate

Threshold Values

Threshold Heart Rate bpm Max Heart Rate bpm Resting Heart Rate bpm

Auto Calculation

Choose Type Choose Method Calculate

Zone 1: Recovery	<input type="text" value="115"/>	to	<input type="text" value="143"/>	<input type="button" value="Remove"/>
Zone 2: Aerobic	<input type="text" value="144"/>	to	<input type="text" value="156"/>	<input type="button" value="Remove"/>
Zone 3: Tempo	<input type="text" value="157"/>	to	<input type="text" value="163"/>	<input type="button" value="Remove"/>
Zone 4: SubThreshold	<input type="text" value="164"/>	to	<input type="text" value="174"/>	<input type="button" value="Remove"/>
Zone 5A: SuperThreshold	<input type="text" value="175"/>	to	<input type="text" value="178"/>	<input type="button" value="Remove"/>
Zone 5B: Aerobic Capacity	<input type="text" value="179"/>	to	<input type="text" value="184"/>	<input type="button" value="Remove"/>
Zone 5C: Anaerobic Capacity	<input type="text" value="185"/>	to	<input type="text" value="191"/>	<input type="button" value="Remove"/>

Add Activity

Swim

Power

Default Power

Threshold Value

Threshold W

Auto Calculation

Threshold Power Choose Method Calculate

<input type="text" value="1"/>	<input type="text" value="0"/>	to	<input type="text" value="178"/>	<input type="button" value="Remove"/>
<input type="text" value="2"/>	<input type="text" value="179"/>	to	<input type="text" value="241"/>	<input type="button" value="Remove"/>
<input type="text" value="3"/>	<input type="text" value="242"/>	to	<input type="text" value="289"/>	<input type="button" value="Remove"/>
<input type="text" value="4"/>	<input type="text" value="290"/>	to	<input type="text" value="337"/>	<input type="button" value="Remove"/>
<input type="text" value="5"/>	<input type="text" value="338"/>	to	<input type="text" value="385"/>	<input type="button" value="Remove"/>

MONDAY TUESDAY

Harjutused pt 4 - kõik harjutused

24 25

Siit alates 5. peatükk - taking it further

2 3

9 10

16 17

23 24

SUNDAY

Distance 0.00 km
TSS 0 TSS

1 Mar SUMMARY

MAR 1

Eliidikas Bedat
4 WEEKS UNTIL EVENT

Fitness 49 CTL Fatigue 1 ATL Form 49 TSB

Duration 00:00 hms
Distance 0.00 km
TSS 0 TSS

8 SUMMARY

Fitness 41 CTL Fatigue 0 ATL Form 42 TSB

Duration 00:00 hms
Distance 0.00 km
TSS 0 TSS

15 SUMMARY

MAR 15

Prantsuse karikas Nantes-Segre
6 WEEKS UNTIL EVENT

Fitness 35 CTL Fatigue 0 ATL Form 36 TSB

Duration 00:00 hms
Distance 0.00 km
TSS 0 TSS

22 SUMMARY

MAR 22

Eliidikas Buxerolles
7 WEEKS UNTIL EVENT

Fitness 30 CTL Fatigue 0 ATL Form 30 TSB

Duration 00:00 hms
Distance 0.00 km
TSS 0 TSS

29 SUMMARY

Fitness 25 CTL Fatigue 0 ATL Form 26 TSB

Duration 00:00 hms
Distance 0.00 km
TSS 0 TSS

Testimised!

PULSS

- Korralik soojendus
- 30' pingutus
- Viimase 20' keskmine pulss

VÕIMSUS

- Samast testist kesmine võimsus -5%
- Testi ka 5'', 1', 5' võimekust

Piirangud:

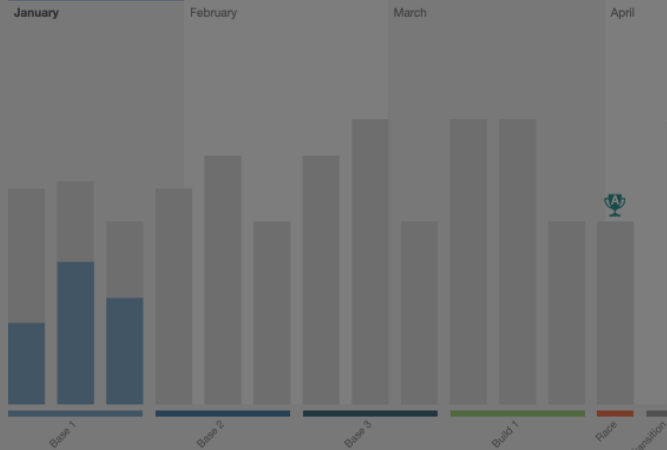
- Liiga puhanult on pulss tegelikust kõrgem ja vastupidi
- Võimsustsoonid muutuvad hooaja jooksul rohkem



ATP 2021

Aasta plaani lisamine

ATP TSS: 32,230 TSS Planned: 2,047 TSS Completed: 905 TSS



Week	Weeks to Event	Event
14 - 20	2	
21 - 27	1	
28 - Oct 4	0	Haute Route Ventoux 2020, Haute Route Ventoux 2020, Haute Route Ventoux 2020
October		
5 - 11	0	
12 - 18	0	
19 - 25	0	
26 - Nov 1	0	
November		
2 - 8	0	
9 - 15	0	
16 - 22	0	
23 - 29	0	
30 - Dec 6	0	
December		
7 - 13	0	
14 - 20	0	
21 - 27	0	
28 - Jan 3	0	
2021 January		
4 - 10	0	

Create an Annual Training Plan

The Annual Training Plan creates a periodized plan of weekly training volume to help you reach your goals. Begin by choosing your methodology.

1. Choose Training Methodology ?

Weekly hours TSS Weekly TSS TSS Event Fitness (CTL)

2. Enter Details ?

ATP Name

Date range to

Periodization Automatic Manual ?

Current Fitness

Recovery Cycle

3. Determine Training Volume

Weekly Average hours

Easiest Week hours

Hardest Week hours

Approximate Annual hours ?

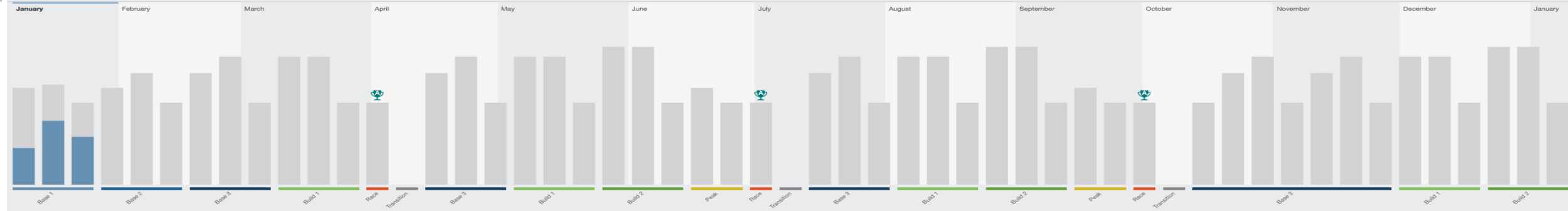
4. Add Events

Event	TSS	Event Fitness (CTL)	Form (TSB) ATP	Form (TSB) Actual	Strength
Base 3 - Week 2	780	0	87	0	Strength Maintenance
Base 3 - Week 4	500	0	85	0	Strength Maintenance
Build 1 - Week 1	780	0	89	0	Strength Maintenance
Build 1 - Week 2	780	0	92	0	Strength Maintenance
Build 1 - Week 4	500	0	89	0	Strength Maintenance
Build 2 - Week 1	840	0	94	0	Strength Maintenance
Build 2 - Week 2	840	0	98	0	Strength Maintenance
Build 2 - Week 4	500	0	94	0	Strength Maintenance

Aasta ülesehitus

ATP 2021 ⚙️ + Erki Parri


ATP TSS: 32,230 TSS Planned: 2,047 TSS Completed: 905 TSS



Week	Weeks to Event	Event	Priority	Period	TSS	Completed	Ramp Rate	Details	Fitness (CTL) ATP	Fitness (CTL) Actual	Form (TSB) ATP	Form (TSB) Actual	Strength
2020 January													
6 - 12	12			Base 1 - Week 1	590	223	--		39	31	-25	-6	Maximum Strength
13 - 19	11			Base 1 - Week 2	610	390	7		47	35	-33	-4	Maximum Strength
20 - 26	10			Base 1 - Week 4	500	292	4		51	36	-25	-18	Maximum Strength
27 - Feb 2	9			Base 2 - Week 1	590	0	5		56	37	-25	-5	Strength Maintenance
February													
3 - 9	8			Base 2 - Week 2	680	0	6		62	44	-29	-15	Strength Maintenance
10 - 16	7			Base 2 - Week 4	500	0	1		64	38	-16	3	Strength Maintenance
17 - 23	6			Base 3 - Week 1	680	0	5		69	34	-21	17	Strength Maintenance
24 - Mar 1	5			Base 3 - Week 2	780	0	7		75	30	-29	19	Strength Maintenance
March													
2 - 8	4			Base 3 - Week 4	500	0	-1		75	26	-10	18	Strength Maintenance
9 - 15	3			Build 1 - Week 1	780	0	6		81	22	-20	20	Strength Maintenance
16 - 22	2			Build 1 - Week 2	780	0	5		85	19	-23	18	Strength Maintenance
23 - 29	1			Build 1 - Week 4	500	0	-2		83	16	-3	16	Strength Maintenance
30 - Apr 5	0	Ronde van Vlaanderen	🏆	Race	500	0	-2		81	13	5	14	N/A
April													
6 - 12	12			Transition	0	0	-13		69	11	40	12	N/A
13 - 19	11			Base 3 - Week 1	680	0	4		73	10	4	10	Strength Maintenance
20 - 26	10			Base 3 - Week 2	780	0	6		79	8	-18	8	Strength Maintenance
27 - May 3	9			Base 3 - Week 4	500	0	-1		78	7	-4	7	Strength Maintenance
May													
4 - 10	8			Build 1 - Week 1	780	0	5		83	6	-17	6	Strength Maintenance
11 - 17	7			Build 1 - Week 2	780	0	4		87	5	-20	5	Strength Maintenance
18 - 24	6			Build 1 - Week 4	500	0	-2		85	4	-1	4	Strength Maintenance
25 - 31	5			Build 2 - Week 1	840	0	5		90	3	-16	4	Strength Maintenance
June													
1 - 7	4			Build 2 - Week 2	840	0	5		95	3	-21	3	Strength Maintenance
8 - 14	3			Build 2 - Week 4	500	0	-4		91	2	3	3	Strength Maintenance
15 - 21	2			Peak - Week 1	590	0	-1		90	2	5	2	Strength Maintenance
22 - 28	1			Peak - Week 2	500	0	-3		87	2	11	2	Strength Maintenance
29 - Jul 5	0	L'etape du Tour	🏆	Race	500	0	-2		85	1	12	2	N/A
July													
6 - 12	12			Transition	0	0	-13		72	1	44	1	N/A
13 - 19	11			Base 3 - Week 1	680	0	4		76	1	7	1	Strength Maintenance
20 - 26	10			Base 3 - Week 2	780	0	6		81	1	-16	1	Strength Maintenance
27 - Aug 2	9			Base 3 - Week 4	500	0	-2		80	1	-2	1	Strength Maintenance
August													
3 - 9	8			Build 1 - Week 1	780	0	5		85	1	-15	1	Strength Maintenance

Enesetunde andmete sisestamine

THURSDAY 23 January, 2020 7:54 am

 Metrics

Pulse:	<input type="text" value="48"/>	bpm	Weight:	<input type="text" value="48.2"/>	kg
Sleep Quality:	<input type="text" value="Good"/>		Sleep Hours:	<input type="text" value="7.50"/>	hrs
Fatigue:	<input type="text" value="Average"/>		Overall Feeling:	<input type="text" value="Good"/>	
Motivation:	<input type="text" value="Above Average"/>		Soreness:	<input type="text" value="Moderately High"/>	
Sickness:	<input type="text" value="Healthy"/>		Injury:	<input type="text" value="Well"/>	
Water Consumption:	<input type="text"/>	ml	HRV:	<input type="text" value="100.2"/>	
Menstruation:	<input type="text"/>		Stress:	<input type="text" value="Average"/>	

Note:

Siim Kiskonen ▼ ⚙
January 2020

◀ ▶ Today 🔍 📅

Treening

Athlete Library ✕

Manage Athletes

Search

+ Athlete + Group

▼ My Athletes 9

- Erki Kahro 12/2/20
- Siim Kiskonen 30/3/20
- Gert Kivistik 7/3/20
- Emeri Lepp 9/3/20
- Janika Lõiv 10/2/20
- Helena Murniece 9/2/20
- Karmen Reinpõld 28/1/20
- Risto Reinpõld 3/2/20
- Josep Sankmann 24/2/20

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► My Assistants 0

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
13	14	15	16	17	18	19	
<p>Pulse: 57 bpm 6 more...</p> <p>L5-6: 3x13(30,15) 3:18:25 ✓ 97.6 km 181 TSS</p> <p>30' korralik soojendus</p> <p>Ülejäänud L2 P: L5-L6 lõigud peaksid olema korralik pingutus, aga jaksaksid need kõik ära teha. Esimesed 10' ko...more... P: 3:00:00</p> <p>x12 8</p> <p>Harjutused pt 3 - kõik harjutused</p>	<p>Pulse: 56 bpm 6 more...</p> <p>Rasvainevahetuse L2 2:04:40 ✓ 55.6 km 75 TSS</p> <p>Võimalikult õhitaselt L2 teon, ära tee kiirendusi, seda nõrkem põletatakse rasva. P: Mine trenni energiliselt lastud, aga vahetult enne trenni ära söö palju süsivesikut, pigem häll...more... P: 2:00:00</p> <p>MT faas, 8 kordust 1:00:00 ✓ 30 TSS*</p> <p>Maksimaalse jõu ülemineku faas jõusaalis.</p> <p>8 kordust!</p> <p>https://www.dropbox.com/s/f30s1kh2kyt...mor e... P: ÜKE: https://docs.google.com/document/d/1ZgEJTZ 9AhhdViyFDag8kmwxaD8fm51XQkGwwD2UK Yvedt?usp=sha...more... P: 1:00:00</p>	<p>Wednesday, 15 January, 2020</p> <p>Add a Workout</p> <ul style="list-style-type: none"> Run Bike Swim Brick Crosstrain Day off Mtn Bike Strength Custom XC-Ski Rowing Other Walk <p>Add Other</p> <ul style="list-style-type: none"> Event Goals Metrics Includes weight, sleep, hydration, steps, etc. <p>Upload Device Files</p> <p>Upload File Select a file from a connected device or from your computer.</p> <p>Learn More Learn about the many ways to AutoSync your activity data.</p>	<p>Pulse: 56 bpm 6 more...</p> <p>Kerge L1-L2, 4x5' cad+ 6:07:00 ✓ 181 km 270 TSS</p> <p>Turna on kerge, ei pinguta, aga ei pea olema täiesti taastav. Sisse teed 4x5' täiesti kerge oleka...more... P: 6:00:00</p> <p>x3 10 x1</p>	<p>Pulse: 56 bpm 6 more...</p> <p>L2: ilma numbroid vaatamata baasvastupidavus 4:06:19 ✓ 106 km 158 TSS</p> <p>Ei pea numbroid jälgima, aga keskmine võimsus võiks sinna L2 keskele tulla. Ära sõida pikalt L2 ü...more... P: 4:00:00</p> <p>x1</p>	<p>Pulse: 56 bpm 6 more...</p> <p>Sleep Hours: 6.00 hrs 1 more...</p> <p>2h easy7 spin 1:53:15 ✓ 55.6 km 65 TSS</p> <p>2h, 50km P: 2:00:00</p>	<p>Pulse: 59 bpm 7 more...</p> <p>20 minuti test 4:28:06 ✓ 138 km 238 TSS</p> <p>P: 4:30:00</p> <p>x9 9 x2</p>	<p>Pulse: 57 bpm 7 more...</p> <p>umbes 12" minutilisel tõusul 'mäe test' 6:15:10 ✓ 198 km 275 hrTSS</p> <p>P: 6:00:00</p> <p>x6 9 x1</p>
20	21	22	23	24	25	26	
<p>Pulse: 51 bpm 6 more...</p> <p>L1: taastav või puhkepäev 1:00:00 20 TSS</p> <p>L1, kadents üle üleval, aga jalgad käivad täiesti kergelt. Ka kõik tõusumoodi ajad tuleb võtta ka...more...</p>	<p>Pulse: 53 bpm 6 more...</p> <p>Indoor Cycling 0:20:08 0.00 km 26 TSS</p> <p>x2</p>	<p>Pulse: 58 bpm 6 more...</p> <p>MJ faas 1:00:00 ✓ 30 TSS*</p> <p>Maksimaalse jõu faas jõusaalis.</p> <p>https://www.dropbox.com/s/f30s1kh2kyt/uc le-gym-2020-s.pdf?dl=0 P: ÜKE: https://docs.google.com/document/d/1ZgEJTZ 9AhhdViyFDag8kmwxaD8fm51XQkGwwD2UK</p>	<p>Pulse: 62 bpm 6 more...</p> <p>Sprindid 3:15:47 ✓ 109 km 152 TSS</p> <p>P: 3:30:00</p> <p>x1</p>	<p>Pulse: 59 bpm 7 more...</p> <p>20 minuti test 4:28:06 ✓ 138 km 238 TSS</p> <p>P: 4:30:00</p> <p>x9 9 x2</p>	<p>Pulse: 57 bpm 7 more...</p> <p>umbes 12" minutilisel tõusul 'mäe test' 6:15:10 ✓ 198 km 275 hrTSS</p> <p>P: 6:00:00</p> <p>x6 9 x1</p>		

SUMMARY		
Fitness	112 CTL	Fatigue 138 ATL
Total Duration	25:00 2	
Total TSS	1095	
Bike Duration	23:00 2	
Other Duration	2:00	
Distance	643 km	
Bike	643 km	
El. Gain	7787 m	
Work	15215 kJ	

SUMMARY		
Fitness	113 CTL	Fatigue 142 ATL
Total Duration	20:30 1	
Total TSS	972	
Bike Duration	19:30 1	
Bike Distance	487 510	
Other Duration	1:00	
El. Gain	6195 m	
Work	9243 kJ	

- Lisamine
- Muutmine
- Salvestamine
- Treeningute kogusse salvestamine

Treeningute kogu

Lisa treening
Lisa kaust

January 2020

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 - Youth 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>13</p> <p>Pulse: 56 bpm 6 more...</p> <p>L5-6: 3x13(30,15) 3:18:25 ✓ 97.6 km 181 TSS</p> <p>30' korralik soojendus</p> <p>3x(13x30" L5-6, 15" L1-L2) @ 3' L2)</p> <p>Ülejäänud L2 P: L5-L6 lõigud peaksid olema korralik pingutus, aga jaksaksid need kõik ära teha. Esimesed 10" ko...more... P: 3:00:00</p> <p>x12 8</p> <p>Harjutused pt 3 - kõik harjutused</p>	<p>14</p> <p>Pulse: 56 bpm 6 more...</p> <p>Rasvainevahetuse L2 2:04:40 ✓ 55.6 km 75 TSS</p> <p>Võimalikult ühtlaselt L2 tsoon, ära tee kiirendusi, seda rohkem põletatakse rasva. P: Mine trenni energaetiliselt laetud, aga vahetult enne trenni ära söö palju süsivesikut, pigem hää...more... P: 2:00:00</p> <p>MT faas, 8 kordust 1:00:00 ✓ 30 TSS*</p> <p>Maksimaalse jõu ülemineku faas jõusaalis.</p> <p>8 kordust!</p> <p>https://www.dropbox.com/s/f30s1khr2kytuh/... e... P: ÜKE: https://docs.google.com/document/d/1ZgEJTZ9AhhdVlyFDg8kmwxeD8fjm51XQkGwwDIZUKY/edit?usp=sha...more... P: 1:00:00</p>	<p>15</p> <p>Pulse: 57 bpm 6 more...</p> <p>L2: ilma numbraid vaatamata baasvastupidavus 3:26:34 ✓ 90.6 km 130 TSS</p> <p>Ei pea numbraid jälgima, aga keskmine võimsus võiks sinna L2 keskele tulla. Ära sõida pikalt L2 ü...more... P: 3:30:00</p> <p>MT faas, 8 kordust 1:00:00 ✓ 30 TSS*</p> <p>Maksimaalse jõu ülemineku faas jõusaalis, 8 kordust!</p> <p>https://www.dropbox.com/s/30s1khr2kytuh/... more... P: ÜKE: https://docs.google.com/document/d/1ZgEJTZ9AhhdVlyFDg8kmwxeD8fjm51XQkGwwDIZUKY/edit?usp=sha...more... P: 1:00:00</p>	<p>16</p> <p>Pulse: 55 bpm 6 more...</p> <p>Rasvainevahetuse L2 2:16:50 ✓ 67.0 km 78 TSS</p> <p>Võimalikult ühtlaselt L2 tsoon, ära tee kiirendusi, seda rohkem põletatakse rasva. P: Mine trenni energaetiliselt laetud, aga vahetult enne trenni ära söö palju süsivesikut, pigem hää...more... P: 2:00:00</p> <p>MT faas, 8 kordust 1:00:00 ✓ 30 TSS*</p> <p>Maksimaalse jõu ülemineku faas jõusaalis, 8 kordust!</p> <p>https://www.dropbox.com/s/30s1khr2kytuh/... more... P: ÜKE: https://docs.google.com/document/d/1ZgEJTZ9AhhdVlyFDg8kmwxeD8fjm51XQkGwwDIZUKY/edit?usp=sha...more... P: 1:00:00</p>	<p>17</p> <p>Pulse: 52 bpm 6 more...</p> <p>Baasvastupidavus + NP 3x7' vomax 1:42:04 ✓ 45.7 km 96 TSS</p> <p>Alguses sõida soojaks. 5x 5-7" max sprint @ 5-8' L1-L2 vahela. Võid nii paigalt stardiga, kui k...more... P: 2:30:00</p> <p>x3</p> <p>Ehhokardiograafia uuringud kell 10</p>	<p>18</p> <p>Pulse: 56 bpm 6 more...</p> <p>Kerge L1-L2, 4x5' cad+ 6:07:00 ✓ 181 km 270 TSS</p> <p>Tunne on kerge, ei pinguta, aga ei pea olema täiesti taastav. Sisse teed 4x5' täiesti kerge üleka...more... P: 6:00:00</p> <p>x3 10 x1</p>	<p>19</p> <p>Pulse: 56 bpm 6 more...</p> <p>L2: ilma numbraid vaatamata baasvastupidavus 4:06:19 ✓ 106 km 158 TSS</p> <p>Ei pea numbraid jälgima, aga keskmine võimsus võiks sinna L2 keskele tulla. Ära sõida pikalt L2 ü...more... P: 4:00:00</p> <p>x1</p>

SUMMARY

Fitness	112 CTL	Fatigue	138 ATL
Total Duration	2h 20m		
Total TSS	1810		
Bike Duration	2h 20m		
Other Duration	0h 0m		
Distance	643 km		
Bike	643 km		
El. Gain	7787 m		
Work	15215 kJ		

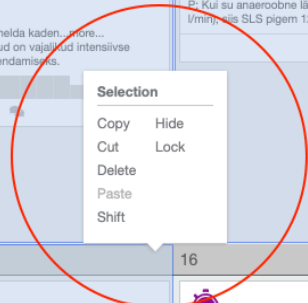
20	21	22	23	24	25	26
<p>Pulse: 51 bpm 6 more...</p> <p>L1: taastav või puhkepäev 1:00:00 20 TSS</p> <p>L1, kadents üle üleval, aga jalgad käivad täiesti kergelt. Ka kõik tõusumoodi asjad tuleb võtta ke...more...</p> <p>Harjutused pt 3 - kõik harjutused</p>	<p>Pulse: 53 bpm 6 more...</p> <p>Indoor Cycling 0:20:08 0.00 km 26 TSS</p> <p>x2</p> <p>Cycling 0:35:07 9.79 km 42 TSS</p>	<p>Pulse: 58 bpm 6 more...</p> <p>MJ faas 1:00:00 ✓ 30 TSS*</p> <p>Maksimaalse jõu faas jõusaalis.</p> <p>https://www.dropbox.com/s/30s1khr2kytuh/cr-gym-2020-s.pdf?dl=0 P: ÜKE: https://docs.google.com/document/d/1ZgEJTZ9AhhdVlyFDg8kmwxeD8fjm51XQkGwwDIZUKY/edit?usp=sha...more... P: 1:00:00</p>	<p>Sleep Hours: 6.00 hrs 1 more...</p> <p>2h easy? spin 1:53:15 ✓ 55.6 km 65 TSS</p> <p>2h, 50km P: 2:00:00</p> <p>Tiimi laager Portugalis 23. - 30. jaanuar</p>	<p>Pulse: 62 bpm 6 more...</p> <p>Sprindid 3:15:47 ✓ 109 km 152 TSS</p> <p>P: 3:30:00</p> <p>x1</p>	<p>Pulse: 59 bpm 7 more...</p> <p>20 minuti test 4:28:06 ✓ 138 km 238 TSS</p> <p>P: 4:30:00</p> <p>x9 9 x2</p>	<p>Pulse: 57 bpm 7 more...</p> <p>umbes 12** minutisel tõusul *mäe test* 6:15:10 ✓ 198 km 275 hrTSS</p> <p>P: 6:00:00</p> <p>x6 9 x1</p>

SUMMARY

Fitness	113 CTL	Fatigue	142 ATL
Total Duration	2h 20m		
Total TSS	1810		
Bike Duration	2h 20m		
Bike Distance	480 km		
Other Duration	0h 0m		
El. Gain	6195 m		
Work	9243 kJ		

TREENINGPLAANI koostamine, muutmise, peitmise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	SUMMARY
<p>3</p> <p>MT faas, 8 kordust</p> <p>1:00:00 30 TSS</p> <p>Maksimaalse jõu ülemineku faas jõusaalis. 8 kordust! https://www.dropbox.com/s/30s1khr2kytuh/...more... P: ÜKE: https://docs.google.com/document/d/1ZgEJTz9AhhdV1yFDag8kmwxedB8jms1XQkGwwD2UKY/edit?usp=sha...more...</p>	<p>4</p> <p>L4-1: 10-20-10</p> <p>1:20:00 85 TSS</p> <p>Soojendus: 5' L1, 3x1' cad+ @ 1' L1 2' L1 10' L4-1 cad tavalisest madalam -5 rpm @ 2:30 L1 20'...more... P: Eesmärk: L4 treeningud on vajalikud intensiivse tempovastupidavuse laiendamiseks.</p>	<p>5</p> <p>Kiirus: 10-90''</p> <p>1:10:00 54 TSS</p> <p>5' soojendus, 5x(5x(1' cad+, 1' tavaline cad)@5' L2), 5' lõdvestus P: Eesmärk: Hoida intensiivsus all, liigutuskirrus on tähtis. Puls reageerib, aga see on normaalne.</p>	<p>6</p> <p>MT faas, 8 kordust</p> <p>1:00:00 30 TSS</p> <p>Maksimaalse jõu ülemineku faas jõusaalis. 8 kordust! https://www.dropbox.com/s/30s1khr2kytuh/...more... P: ÜKE: https://docs.google.com/document/d/1ZgEJTz9AhhdV1yFDag8kmwxedB8jms1XQkGwwD2UKY/edit?usp=sha...more...</p>	<p>7</p>	<p>8</p> <p>L4-1: 5-35-10 cad+-</p> <p>1:30:00 100 TSS</p> <p>Soojendus: 5' L1, 3x1' cad+ @ 1' L1 2' L1 5' L4-1 @ 2:30 L1 35' L4-1 @ 5' L1 <<< vaheldu kaden...more... P: Eesmärk: L4 treeningud on vajalikud intensiivse tempovastupidavuse laiendamiseks.</p>	<p>9</p> <p>Aeroobne tegevus</p> <p>2:00:00 77 TSS</p> <p>Matk, suusk, kepikõnd, ratas, jooks. Puls 130-140. P: Kui su anaerobne lävi on väga madal (160-170 l/min), siis SLS pigem 120-130.</p>	<p>Fitness 17 CTL</p> <p>Fatigue 54 ATL</p> <p>Form -34 TSB</p> <p>Total Duration 8:00 00:00</p> <p>Total TSS 375 0</p> <p>Bike Duration 4:00 00:00</p> <p>Other Duration 4:00 00:00</p> <p>Distance 0.00 km</p> <p>ATP 440 TSS</p> <p>ATP Period Base 2 - Week 2</p> <p>Endurance, Force, Speed Skill, Muscular</p> <p>ATP Bike Limiters Endurance</p> <p>Event Countdown 21 weeks</p>
<p>10</p> <p>MT faas, 8 kordust</p> <p>1:00:00 30 TSS</p> <p>Maksimaalse jõu ülemineku faas jõusaalis. 8 kordust! https://www.dropbox.com/s/30s1khr2kytuh/...more... P: ÜKE: https://docs.google.com/document/d/1ZgEJTz9AhhdV1yFDag8kmwxedB8jms1XQkGwwD2UKY/edit?usp=sha...more...</p>	<p>11</p>	<p>12</p> <p>L1-3: 45' L1, vahele 15'' L3</p> <p>1:01:00 33 TSS</p> <p>Soojendus: 5' L1, 3x1' cad+ @ 1' L1 4' L1-L2 45' L1, kus iga 5' tagant 15'' L3 Lõppu L1 P: Eesmärk: Taastav töö, aga närvisüsteemi natukene ärritame kiirendustega</p>	<p>13</p> <p>MT faas, 8 kordust</p> <p>1:00:00 30 TSS</p> <p>Maksimaalse jõu ülemineku faas jõusaalis. 8 kordust! https://www.dropbox.com/s/30s1khr2kytuh/...more... P: ÜKE: https://docs.google.com/document/d/1ZgEJTz9AhhdV1yFDag8kmwxedB8jms1XQkGwwD2UKY/edit?usp=sha...more...</p>	<p>14</p> <p>Kiirus: 10-90'' L1</p> <p>1:10:00 36 TSS</p> <p>5' soojendus, 5x(5x(1' cad+, 1' tavaline cad)@5' L2), 5' lõdvestus P: Eesmärk: Hoida intensiivsus all, liigutuskirrus on tähtis. Puls reageerib, aga see on normaalne.</p>	<p>15</p> <p>L4-1: 5-45-5 cad+-</p> <p>1:25:30 99 TSS</p> <p>Soojendus: 5' L1, 3x1' cad+ @ 1' L1 2' L1 5' L4-1 @ 2:30 L1 45' L4-1 @ 5' L1 <<< kasuta lögu ...more... P: Eesmärk: L4 treeningud on vajalikud intensiivse tempovastupidavuse laiendamiseks.</p>	<p>16</p> <p>Kui väsimust pole üldse, võid teha kerge liigutamise, muidu puhka.</p>	<p>Fitness 20 CTL</p> <p>Fatigue 41 ATL</p> <p>Form -28 TSB</p> <p>Total Duration 5:37 00:00</p> <p>Total TSS 228 0</p> <p>Bike Duration 3:37 00:00</p> <p>Other Duration 2:00 00:00</p> <p>Distance 0.00 km</p> <p>ATP 500 TSS</p> <p>ATP Period Base 2 - Week 3</p> <p>Endurance, Force, Speed Skill, Muscular</p> <p>ATP Bike Limiters Endurance</p> <p>Event Countdown 20 weeks</p>
<p>17</p> <p>MJ faas</p> <p>1:00:00 30 TSS</p> <p>Maksimaalse jõu faas jõusaalis. https://www.dropbox.com/s/30s1khr2kytuh/ckr-gym-2020-s.pdf?dl=0 P: ÜKE: https://docs.google.com/document/d/1ZgEJTz9AhhdV1yFDag8kmwxedB8jms1XQkGwwD2UKY/edit?usp=sha...more...</p>	<p>18</p> <p>L5: 4x4' all-out <<< ühtlane!</p> <p>1:01:00 71 TSS</p> <p>Soojendus: 5' L1, 3x1' cad+ @ 1' L1 4' L1-L2 4x4 all-out. Tugev pingutus, aga ühtlane võimsus! ...more... P: Väga oluline on ühtlane pingutus. Võimsus on konstantne, puls vaikselt tõuseb. Ja kõik pingutuse...more...</p>	<p>19</p> <p>L2-5: 45' L2, vahele 15'' L5</p> <p>1:01:00 43 TSS</p> <p>Soojendus: 5' L1, 3x1' cad+ @ 1' L1 4' L1-L2 45' L2, kus iga 5' tagant 15'' L5 Lõppu L1 P: Eesmärk: Aeroobne töö, kus lihasele antakse aegajalt kõrgema intensiivsusega ärritus, et kaasata ...more...</p>	<p>20</p>	<p>21</p> <p>MJ faas</p> <p>1:00:00 30 TSS</p> <p>Maksimaalse jõu faas jõusaalis. https://www.dropbox.com/s/30s1khr2kytuh/ckr-gym-2020-s.pdf?dl=0 P: ÜKE: https://docs.google.com/document/d/1ZgEJTz9AhhdV1yFDag8kmwxedB8jms1XQkGwwD2UKY/edit?usp=sha...more...</p>	<p>22</p> <p>L3-L4-2: Trepid WO</p> <p>1:20:00 98 TSS</p> <p>5-10' sooja 2x(10' L3, 10' L4-1, 10' L4-2) 10' lõdvestust P: Eesmärk: L3-L4 treeningud on vajalikud tempovastupidavuse arendamiseks.</p>	<p>23</p> <p>Aeroobne tegevus</p> <p>3:00:00 115 TSS</p> <p>Matk, suusk, kepikõnd, ratas, jooks. Puls 130-140. P: Kui su anaerobne lävi on väga madal (160-170 l/min), siis SLS pigem 120-130.</p>	<p>Fitness 25 CTL</p> <p>Fatigue 55 ATL</p> <p>Form -22 TSB</p> <p>Total Duration 8:21 00:00</p> <p>Total TSS 388 0</p> <p>Bike Duration 3:21 00:00</p> <p>Other Duration 5:00 00:00</p> <p>Distance 0.00 km</p> <p>ATP 320 TSS</p> <p>ATP Period Base 2 - Week 4</p> <p>Endurance, Speed Skill,</p> <p>ATP Bike Limiters Test</p> <p>Event Countdown 19 weeks</p>
<p>18</p> <p>MJ faas, 4-6 kordust</p>							



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WINTER2020

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Treeningplaanid

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY									
								<p>Fitness 71 CTL</p> <p>Fatigue 69 ATL</p> <p>Form 8 TSB</p> <p>Duration: 8:02 hrs</p> <p>Distance: 10.3 km</p> <p>TSS: 398 TSS</p> <p>Bike: 10.3 km</p> <p>El. Gain: 128 m</p> <p>Work: 2714 kJ</p>								
	<div style="border: 1px solid #ccc; padding: 5px; margin-bottom: 5px;"> <p>WINTER2020 1 Weeks</p> <p>Plan Id: 100958 Author: Karmen Reinpold Email: karmen.reinpold@gmail.com</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Workouts</th> <th>Duration</th> <th>Distance</th> </tr> </thead> <tbody> <tr> <td>Run</td> <td>2:40 hrs/wk</td> <td>NA</td> </tr> <tr> <td>Total</td> <td>2:40 hrs/wk</td> <td>NA</td> </tr> </tbody> </table> <p>Apply Plan</p> <p>Select Athletes: <input type="text"/></p> <p><input type="button" value="Select All"/> <input type="button" value="Select None"/> <input type="button" value="Done"/></p> <p>Search: <input type="text"/></p> <p>My Athletes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Erki K... <input type="checkbox"/> Silm K... <input type="checkbox"/> Gert K... <input type="checkbox"/> Emeri K... <input type="checkbox"/> Janika K... <input type="checkbox"/> Helena K... <input type="checkbox"/> Karmen Reinpold <input type="checkbox"/> Risto K... <input type="checkbox"/> Joosep K... <p>Start: <input type="text" value="29/1/2020"/> <input type="button" value="Apply"/></p> <p>Applied To</p> <p>Hanna-Britt Reinpold 03/02/20 - 07/02/20 <input type="button" value="Unapply"/></p> <p>Karmen Reinpold 03/02/20 - 07/02/20 <input type="button" value="Unapply"/></p> <p><input type="button" value="Plan Overview"/></p> <p><input type="button" value="Load"/></p> </div>							Workouts	Duration	Distance	Run	2:40 hrs/wk	NA	Total	2:40 hrs/wk	NA
Workouts	Duration	Distance														
Run	2:40 hrs/wk	NA														
Total	2:40 hrs/wk	NA														
			L2 1:01:58 0.00 km 45 TSS	4x4' 208W @ 4' 114W 0:56:47 0.00 km 62 TSS	Indoor Cycling 1:05:11 0.00 km 59 TSS	Cycling 1:56:32 7.13 km 68 hrTSS	2x22' 191W 1:35:56 0.00 km 109 TSS	<p>Fitness 71 CTL</p> <p>Fatigue 77 ATL</p> <p>Form -9 TSB</p> <p>Duration: 8:29 hrs</p> <p>Distance: 111 km</p> <p>TSS: 487 TSS</p> <p>Bike: 111 km</p> <p>El. Gain: 209 m</p> <p>Work: 4019 kJ</p>								
				Experiment #2 1:01:13 0.00 km 55 TSS	Experiment #3 1:00:04 0.00 km 54 TSS	Cycling 3:44:57 108 km 243 TSS	Experiment #4 1:02:36 0.00 km 55 TSS	<p>Fitness 70 CTL</p> <p>Fatigue 75 ATL</p> <p>Form 6 TSB</p> <p>Duration: 8:32 hrs</p> <p>Distance: 86.7 km</p> <p>TSS: 450 TSS</p> <p>Bike: 75.5 km</p> <p>Run: 7.98 km</p> <p>Strength: 3.19 km</p> <p>El. Gain: 387 m</p> <p>Work: 3175 kJ</p>								
				Räägus 0:23:25 0.00 km 15 hrTSS	20', 15' 190W 1:00:47 0.00 km 74 TSS	Nõmme töusud 1:05:14 7.98 km 50 rTSS	Indoor Cycling 1:31:28 0.00 km 72 TSS	Cycling 2:51:25 75.5 km 149 TSS	<p>Fitness 62 CTL</p> <p>Fatigue 34 ATL</p> <p>Form 24 TSB</p> <p>Duration: 2:47 hrs</p> <p>Distance: 0.00 km</p> <p>TSS: 142 TSS</p>							
								<p>Fitness 62 CTL</p> <p>Fatigue 34 ATL</p> <p>Form 24 TSB</p> <p>Duration: 2:47 hrs</p> <p>Distance: 0.00 km</p> <p>TSS: 142 TSS</p>								

ÜLEVAADE

1. PhD



Athlete	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	Alerts ?
Antti-Jussi Juntunen	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Gleb Karpenko	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	!
Arthur Kooser	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Erki Laanemae	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Anton Litvintsev	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Artjom Mirzojev	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Markus Pajur	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Peeter Tarvis	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Norman Vahtra	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Karl-Arnold Vendelin	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Rait Ärm	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	

Today

Antti-Jussi Juntunen created metrics for Wednesday, 29 January, 2020

Pulse **32 bpm** 8:41 AM

Rait Ärm created metrics for Wednesday, 29 January, 2020

Pulse **39 bpm** 8:40 AM

Norman Vahtra updated a workout for Tuesday, 28 January, 2020

Cycling **0:22:55** **15.0 km** **39 TSS**

Norman Vahtra uploaded a workout for Tuesday, 28 January, 2020

Cycling **1:06:03** **34.0 km** **27 TSS**

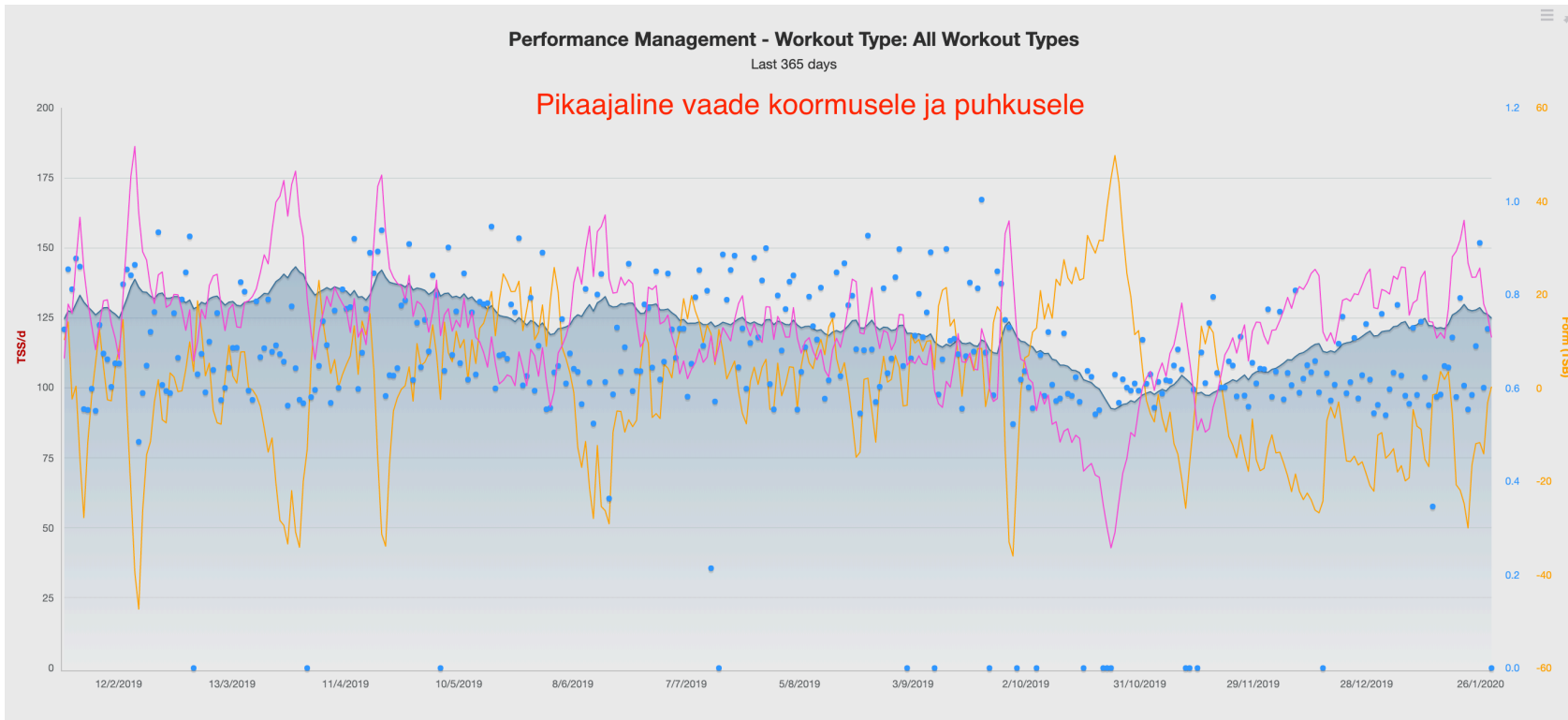
Norman Vahtra uploaded a workout for Tuesday, 28 January, 2020

Cycling **0:22:55** **15.0 km** **39 TSS**

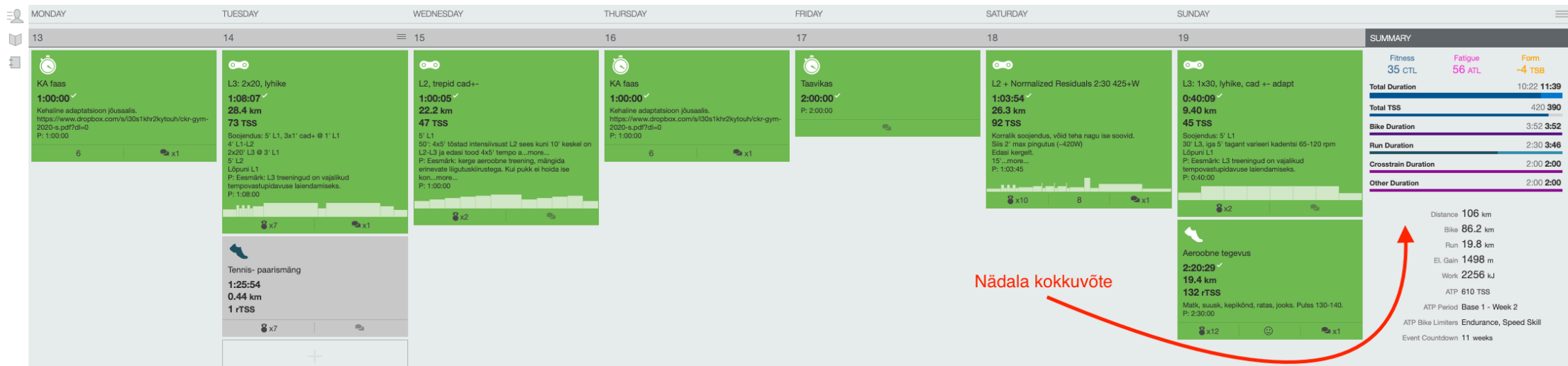
- 418 W 5 min Power 2020
- 399 W 10 min Power 2020
- 392 W 20 min Power 2020

+ 4 more...

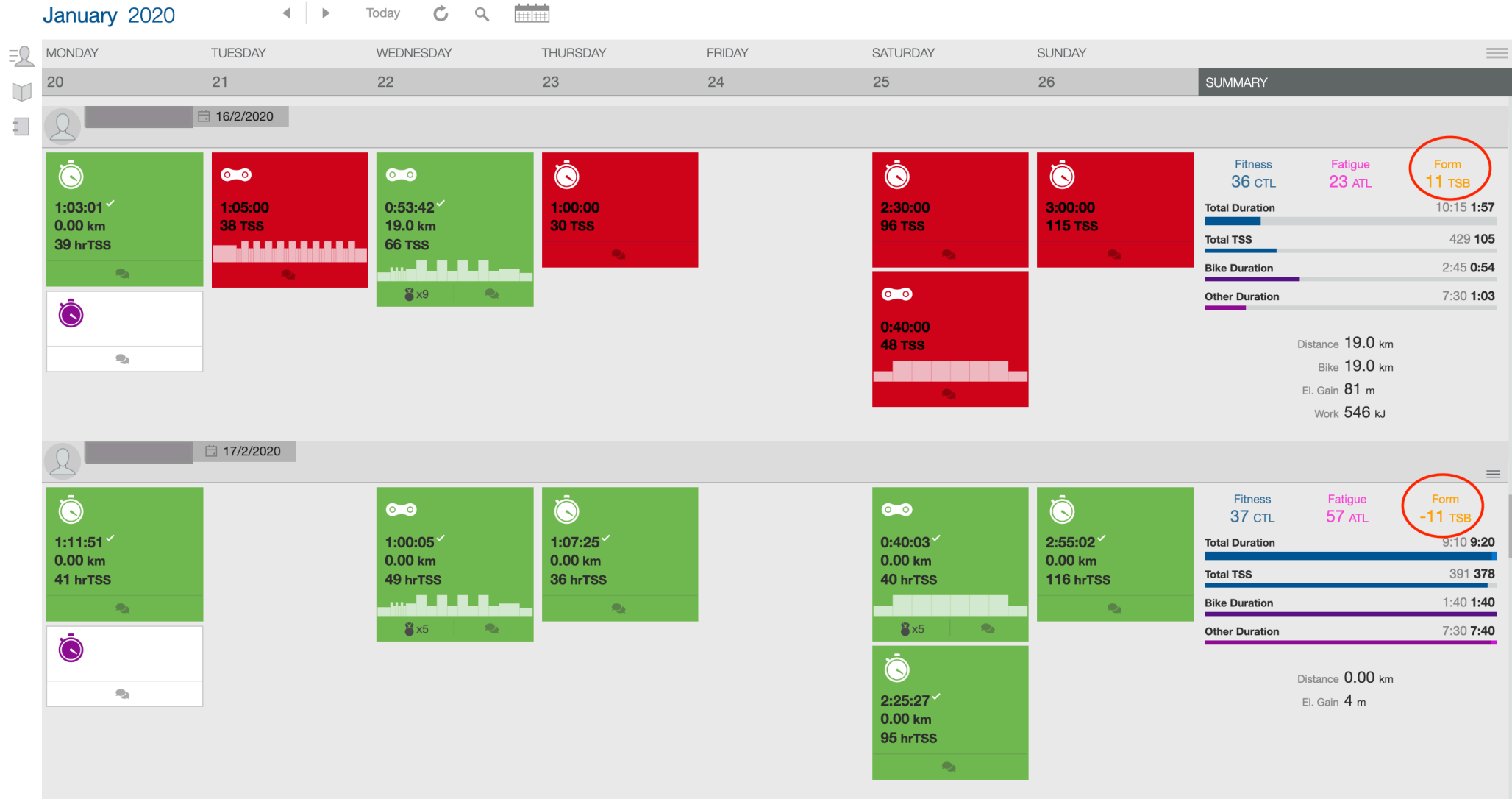
Yesterday



Ülevaade –
pikk & lühike



Sama kava, erinevad sportlased...



TUESDAY 28 January, 2020 6:57 am

Fitness 70 Fatigue 70 Form -2

Indoor Cycling

 **1:00:47** **0.00 km** **62 TSS**

Files

Analyze

	Planned	Completed	Description	
Duration		1:00:47	h:m:s	
Distance		0.00	km	
Average Speed		0.00	kph	
Calories		514	kcal	
Elevation Gain		3	m	
TSS		62	TSS	
IF		0.78	IF	
Normalized Power		157	W	
Work		516	kJ	
	Min	Avg	Max	
Heart Rate	91	148	164	bpm
Power		142	315	W
Cadence		97	132	rpm

How did you feel?

Strong Normal Weak

Perceived Exertion? **Kui raske oli?**



Very Easy Moderate All Out

Post-activity comments

Enter a new comment

Public    

Delete

Cancel

Save

Save & Close

Tagasiside

L4: 1x45, lyhike, cad +-
 1:00:04 ✓ 0.00 km 67 TSS

Files
 Summary

Description
 Soojendus: 5' L1, 3x1' cad+ @ 1' L1
 4' L1-L2
 30' L4 ehk 240W, iga 5' tagant varieeri kadentsi
 65-120 rpm
 10' L2
 Lõpuni L1

Pre-activity comments
 Eesmärk: L3 treeningud on vajalikud tempovastupidavuse laiendamiseks.

Post-activity comments
TUE 21 January, 2020
 Enne trenni oli jalg ikka pehme eilses jõusaalist ja arvasin, et läheb raskeks, sest kuidagi tundus, et vaja veel veidi taastumist. Trennis aga see 240w pool tundi + cad'i variatsioonid oli suht lihtne. Ja peale trenni oli jalg parem kui enne. Homme teen ujumise, õhtul ei ole aega js-i teha ja selle lükkkan neljap hommikusse. Siis aega veel taastumiseks veidi lisaks.

Karmen Reinpold TUE 21 January, 2020
 See tuli küll mõistlikult kergelt. Pidigi tulema, aga see alati ikkagi paneb mind imestama :)

Enter a new comment

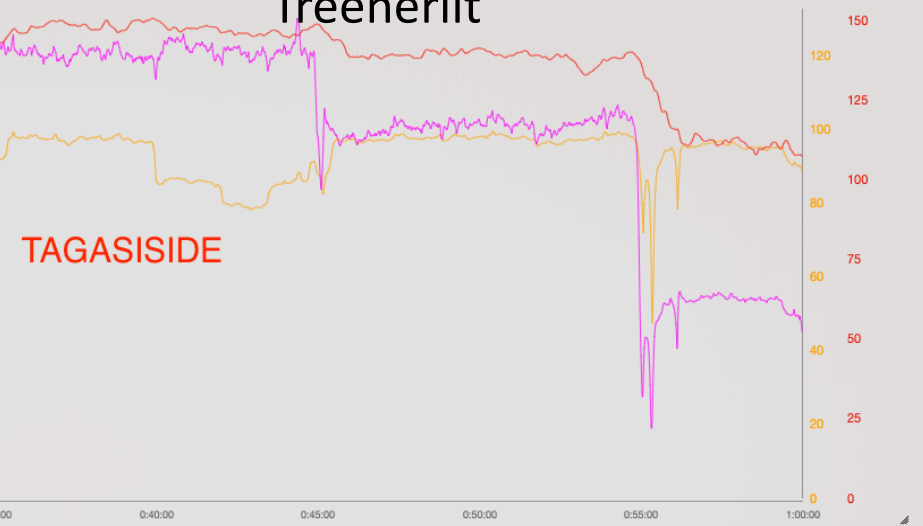
Cancel Save

Tagasiside

Treeningu sisu

Sportlaselt
 Treenerilt

ili RPM M BPM W C

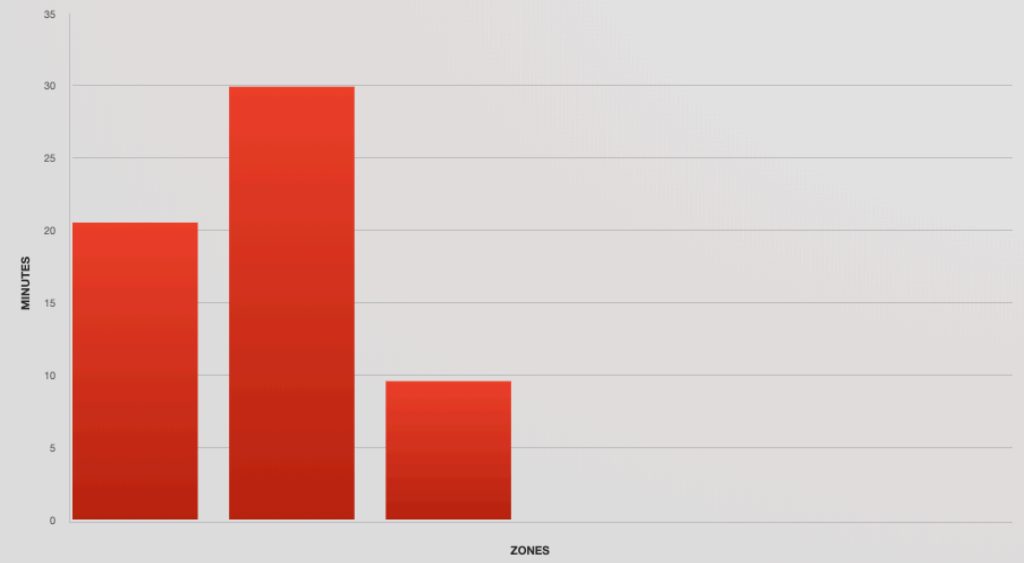


Entire Workout

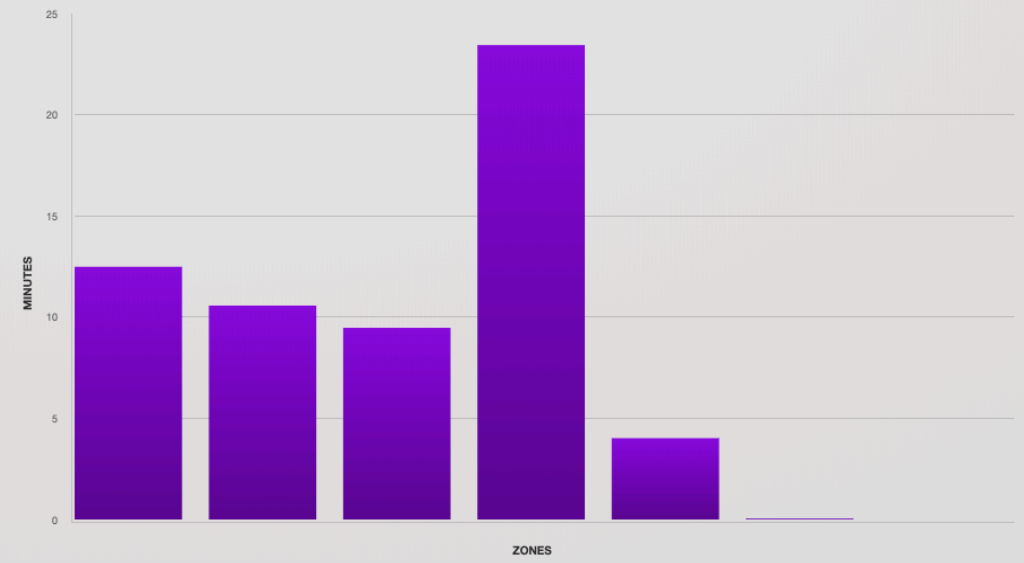
Duration	1:00:04	TSS	67
Work	732 kJ	IF	0.82
NP	217 W	VI	1.07
Pw:hr	4.42%	EF	1.62
Pwr. Bal.	46.8/53.2%	El. Gain	--
El. Loss	--	W/kg	2.57

	MIN	AVG	MAX	
Power	0	203	298	W
Heart Rate	84	134	151	bpm
Cadence	22	94	134	rpm
Elevation	20	21	22	m
Temperature	19	20	23	C

Heart Rate By Zones



Power By Zones



📄 🏠 ⚡ 2 🔄

Laps

Entire Workout 1:00:04

- Lap #1 05:00
- Lap #2 01:00
- Lap #3 01:00
- Lap #4 01:00
- Lap #5 01:00
- Lap #6 01:00
- Lap #7 01:00
- Lap #8 04:00
- Lap #9 05:00
- Lap #10 15:00
- Lap #11 05:00

Coaches

Current Coach **Karmen Reinpold**

Remove

Shared Coaches **Rene Mandri**

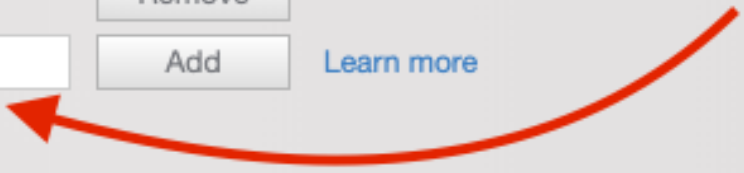
Remove

Coach's email address

Add

[Learn more](#)

Lisa siia
karmen.reinpold@gmail.com



Panus teadusesse

- Eesti ratturid maailma tippu?
- Kui oled nõus jagama oma sportlaste andmeid, siis lisa mind teise treenerina TrainingPeaksi.
- Ma olen nõus alati aitama, konsulteerima ja arutlema. Võta ühendust Messengeris, meili teel või helista 5214412