

[SUBMIT A TICKET](#) [SIGN IN](#)

TrainingPeaks Help Center

[TrainingPeaks Help Center](#) > [TrainingPeaks Coach](#) > [Account Functionality](#)

Search

Suggested Weekly TSS And Target CTL

The following tables can help you determine weekly training volume when setting up your [Annual Training Plan](#)

Triathlete guidelines provided by [Alan Couzens](#)

Triathlete	Annual Hours	Avg Weekly Hours	Annual TSS	Avg Weekly TSS	Target CTL
Ironman	600-1200	15-30	33750-67500	850-1700	95-195
Half Ironman	500-700	13-18	28175-39375	700-1000	80-115
Olympic	400-600	10-15	22500-33750	550-850	65-100
Sprint	300-500	7.5-12.5	16875-28125	425-700	50-80
Juniors	200-350	5-8.75	11250-19688	275-500	30-60

[SUBMIT A TICKET](#) [SIGN IN](#)

1-2	700-1000	14-20	40000-50000	770-900	100-120
3	500-700	9-14	25000-35000	480-673	85-95
4	350-500	6-10	20000-30000	385-577	70-85
5	220-350	3-8	10000-20000	192-385	50-70
Masters	350-650	8-12	15000-25000	288-480	60-100

General	Advanced/Elite					
Longest Race Duration	Annual TSS		Weekly Average TSS		Target CTL	
more than 8 hours	27000	45000	675	1125	78	131
3 to 8 hours	21600	39600	540	990	63	115
Up to 3 Hours	18000	36000	450	900	52	105
General	Beginner/Novice					
Longest Race Duration	Annual TSS		Weekly Average TSS		Target CTL	
more than 8 hours	18000	25200	450	630	52	73
3 to 8 hours	10800	18000	270	450	31	52
Up to 3 Hours	7200	14400	180	360	21	42

Related Articles

[Fitness \(CTL\)](#)
[Adjusting CTL/ ATL Parameters](#)
[Annual Training Plan Methodologies](#)
[Performance Management Chart \(PMC\)](#)

[SUBMIT A TICKET](#) [SIGN IN](#)

Company

[Home](#)
[About](#)
[Careers](#)
[Store](#)
[Privacy](#)
[Terms of Use](#)

Support

[FAQ](#)
[Submit a Ticket](#)

Join Us

[Blog](#)

[Facebook](#) [Twitter](#) [Instagram](#)

© TrainingPeaks, LLC