



Marilyn Chychota Coaching LLC

Website: www.mcc.coach

I am an experienced high-performance coach working with athletes all over the world, and I've been in the sport of triathlon since 1999. I was a full-time triathlon coach with Endurance Corner from 2008-2017 before I started Marilyn Chychota Coaching in 2018. As a USAT certified coach, I work with a broad range of athletes from professionals to beginners. For over a decade, I've coached athletes every year to World Championship qualifications in all distances, including Ironman Kona Hawaii, 70.3, USAT short course, and Xterra. They have all achieved top results, including medals at short course World Championships. I've coached professional athletes to overall victories and consistent top 5 finishes, as well as amateur athletes of all ages to top finishes in their divisions. My athletic resume includes professional competition in three different sports: equestrian show jumping, cycling, and triathlon. I became a professional triathlete in 2003, racing to podium positions at Ironman events around the world, including winning Ironman Malaysia in 2004. You can see my full bio and results at www.mcc.coach.

This plan is for intermediate to advanced 70.3 athletes focused on finishing in the top 10% of their age group. I suggest you have a few years of race experience and a solid aerobic base before executing this plan.

Definitions:

- Swim variables: (easy/fast, fast/easy, all fast, all easy)
- SE: Strength Endurance: Best done on a climb or false flat, can be done on the trainer with resistance. Shift to a gear that requires a cadence of 50-60 RPM and provides resistance that maintains some momentum, but is challenging. Stay seated while being smooth, activating core/hamstrings and glutes. Anchor your butt to the saddle and drive through your legs and core. You can see a detailed explanation here on my Youtube channel: [Strength Endurance \(SE\) / Big Gear](#)
- SR: Seconds Rest
- Swim pulling: Use a buoy, band and hand paddles unless otherwise specified.
- Bike high RPM work YouTube description : [High RPM Cadence Work](#)
- My YouTube Channel:
https://www.youtube.com/channel/UCLwRPztSFt0OqoFZ5PA7qKg?view_as=subscriber
- You can see how to gauge efforts like Aerobic, Tempo and Threshold here:
www.mcc.coach
[Zone Chart](#)
- [Guidelines and Forms: https://www.marilynchychotacoaching.com/guidelines-forms](https://www.marilynchychotacoaching.com/guidelines-forms)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week 1 - Base	Swim: 45', Aerobic pulling 200 Swim, 2 x 100 10SR, 2 x 50 Kick 5 SR 4 x 500 on 15SR as 1 - Swim 2 - Small paddles only 3 - Buoy and band only fast turnover 4 - Swim as every 6th lap over kick 100 Easy cooldown. +++ Core Strength: 15' 2 x 90" Planks 4 x 30"/30" Side planks 25 Swiss ball rollouts 50 Side/side bend with 5- 10 lbs Held overhead	Bike: 60' including Strength 4 x (3' SE/2' Easy) +++ 30' Easy running	Swim: 45' Speed Variables 200 Pull easy with every 4th lap backstroke 500 Steady swim 8 x 25 Variable paces 10SR 500 Pull steady build 8 x 25 Variable paces 10SR 100 Easy +++ Bike: 45' total, High RPM in an easy gear and no tension - 2' at 90 rpm - 90" at 95 rpm - 1' at 100 rpm - 45" at 105 rpm - 30" at 110 rpm - 45" at 100 rpm - 1' at 95 rpm - 90" at 95 rpm, - 2' at 90rpm	Run: 45', Short hill reps as 10 x 20" +++ Core: 15' (repeat Mon session)	Swim: 45', Threshold 300 Buoy only 4 x 50 Build 10SR 10 x 100 Steady with medium-strong effort 15SR	Bike: 2 hours, Endurance Easy Effort	Run: 1 hour, Endurance	Total hours:
Week 2 - Build Base	Swim: 45', Aerobic 600 as repeat 150 Free/50 kick 15SR 600 as 50 Build w/sighting every 8 strokes/50 easy 600 as Pull with paddles negative split 15SR 600 as Fins negative split 15SR 600 Cooldown +++ 15' Core Strength 2 x 90" Planks 4 x 30"/30" Side planks 25 Swiss ball rollouts 50 Side/side bend with 5- 10 lbs Held overhead	Bike: 60', Strength including 5 x (4' SE/ 2' Easy) +++ 30' Easy running	Swim: 45', Speed Development 200 Assorted warm-up 4 x 50 Single arms drill 5SR 2 x (12 x 25 Fast 10SR, 100 Kick FAST) 400 Pull with buoy at ankle to finish +++ Bike: 60' total 6 x 45"/45" Single leg drills 2 x All Z2: 5' at 95 rpm 4' at 105 rpm 3' at 110 rpm 2' at 11 5rpm 5' at 92 rpm 1' at 120 rpm 5' Choice rpm	Run: 45', Short hill reps as 8 x 1' +++ 15' Core: Repeat Routine	Swim: 45', Threshold 400 Swim every 5th lap fst drill 8 x 50 Steady pacing 10SR 100 Easy 10 x 50 Descend 1-5, 6- 10 10SR 100 Easy, 10 x 50 Strong effort 10SR 200 Easy	Bike: 2:30 hours, Endurance Easy Effort	Run: 70', Endurance	Total Hours:
Week 3 - Build Base	Swim: 60', Aerobic pulling 200 Swim 2x 100 Kick 15SR 4 x 50 Descend 1-4 5SR 3x 800 Pull 30SR +++ Core: 15' Repeat Routine	Bike: 75' Strength Include: 6 x (5' SE /2' Easy) +++ Run: 30' Easy	Swim 60' Speed Development 150 Swim 50 Scull 150 Swim 50 Kick 150 Swim 50 Scull 4 x 50 Build each 50 to fast 10SR 8 x 25 FAST free 10SR 500 Steady pull 20SR 8 x 25 Fast 10SR 500 Steady swim 20SR 8 x 25 Fast Swim 10SR 500 Steady pull 20SR 200 Cooldown +++ Bike: 60', Include: High smooth turnover is the target. Moving quickly and efficiently under very light load. High coordination is required in this zone. 3 x 5' at 90 rpm 4' at 95 rpm 3' at 100 rpm 2' at 105 rpm 1' at 110 rpm **With very little resistance!	Run: 50', Strength Include: 12 x 30" Uphill reps +++ Core: 15' Repeat Routine	Swim: 50' Threshold 300 Buoy only 4 x 50 Build 10SR 20 x 100 Steady pacing at medium-strong effort 15SR	Bike: 3hrs, Endurance Easy Effort	Run: 80', Endurance	Total Hours:
Week 4 - Build Base	Swim: 60', Aerobic Twin Ks Swim. The goal of the workout is to swim the 2nd 1,000 faster than the 1st 200 Easy 15SR 2 x 75 Steady with the middle 25 Fast 10SR 200 Alternating 50 Steady with 50 Mod-hard on 15SR 50 Easy 1,000 Start Easy and build to Steady effort (note time) 50 Easy and relaxed 1,000 Swim faster than the first one (note change in effort required to swim faster) Cool Down +++ Core: 15' Repeat Routine	Bike: 75', Strength including 6 x 5' SE/2' Easy +++ Run: 30' Easy	Swim: 45' Speed Development 100 Swim 4 x 50 Right paddle for 2/left paddle for 2 4 x 25 Build to fast :30 3 x 50 Descend 1-3 :60 2 x 75 as 25 Sprint/50 Steady 15SR 100 Fast effort! Right into 100 steady 2 x 75 Pull 10SR 3 x 50 Descend 1-3 10SR 4x 25 Fast 10SR 400 Easy pull +++ Bike: 60', including High smooth turnover is the target. Moving quickly and efficiently under very light load. High coordination is required in this zone. 3x 5' at 90 rpm 4' at 95 rpm 3' at 100 rpm 2' at 105 rpm 1' at 110 rpm **With very little resistance!	Run: 50', Strength including 10 x 1' Uphill +++ Core: 15' Repeat Routine	Swim: 60', Threshold 200 Swim 200 Buoy 4 x 25 Fast ---- 2 x (Continuous): 3 x 100 Moderate drop 5 seconds from that interval and go 2 x 100 Mod hard drop another 5 sec and then go race pace 1 x 100 - 2 x (Continuous) 1 x 100 on the same pace time as you did the 3 2 x 100 same pace time as the 2 3 x 100 same pace time as you did the 1 ---- 100 kick 100 swim	Bike 3:30hrs, Endurance Easy Effort	Run: 90', Endurance	Total Hours
Week 5 - Recovery + Testing	Swim: 30', Aerobic continuous swim	Bike: 45' Active Recovery +++ Run: 30' easy jog	Off	Run: 45' Easy	Swim: 45', Swim Test including 15' best possible distance	Bike: 60', FTP Test	Run 45', Run Test Include: 30' best possible distance	Total Hours:
Week 6 - Build	Swim: 65' Endurance 800 Pull steady (Paddles/Buoy/Band) 600 Pull fast (Buoy/Band) 500 Swim every 4th as 25m fast 400 Pull steady (Buoy/Band/Paddles) 300 Swim steady 200 Pull fast (Band/ Buoy) 200 Swim strong 100 Kick +++ Core: 15' Repeat Routine +++ Run: 20' easy	Brick 1:45 hours total: including bike 75', RPM work as 15' Warm-up 8 x (15" Spin up to max out rpm/45" Easy) 2' Easy 4 x (5' S.E 50-65 rpm 75% effort/4' 100 rpm 70- 75%/1' easy) 10' Cooldown +++ Run: 30', Leg Speed Include: 7 x 45" Fast/ 15" Easy	Swim: 60', Speed 500 Warm up 5 x 25 Fast/50 Easy 15SR 50 Fast/25 Easy 15SR 75 Fast 15 SR 75 Easy 15 SR 200 Easy +++ Bike: 90', Aerobic race position work. Include: 30' in aero at tempo with 80-85 rpm. This should feel challenging but well below a time trial pace. You should be in a light breathing rhythm, in control throughout, and feel like you could ride an hour or more at the pace.	Run 60', Tempo including 8' Tempo/ 2' Easy 6' Tempo/ 2' Easy 4' Tempo/ 1' Easy 8' Tempo/Easy to finish Tempo - This training zone develops the ability of your fast oxidative glycolytic fibers to generate energy aerobically. The upper reaches of this intensity offer many of the adaptations of the "hard" zone without the prolonged recovery between sessions. This session is where you will take your first deep breath and conversation starts to become difficult. This effort requires concentration. Effort should feel a 7/10 or 70- 75%. +++ Core: 15' Repeat routine	Swim: 60' Threshold 100 Swim 100 Drill 100 Kick 100 Back 100 Swim 3 x 200 at 80% 10SR 50 Easy back 3 x 200 at 85% 10SR 50 Easy kick 3 x 200 at 90% 10SR 800 Pull	Brick: 3:10 hours total, Tempo including 3 x 12' Aero 80-91 rpm/3' Easy +++ Run off the bike: 10' easy effort	Run: 100' Endurance	Total Hours:



Week 7 - Build Week	Swim: 75', Endurance 400 Drill/Swim by 50's 1500 Pull (paddles/bouy/band) 100 Easy 2 x 800 (bouy/band), 100 easy kick between 200s Build effort in each 800 every 200 200 Easy +++ Core: 15' Repeat Routine +++ Run: 20' easy	Brick: Strength Bike: 75' Include: 4 x 6' big gear strong effort/4' easy. 55-65 rpm. Can be on a hill or trainer Run: 30' Fartlek: 5 x 1' fast/30" easy 5 x 90" fast/30" easy +++ 5 x 2' fast/ 30" easy	Swim: 60' Speed 400 choice 6x 50 as 15m fast--ez 10SR 6x 50 as 25 fast/ 25 easy 15SR 6x 50 as 25 easy/ 25 fast 15SR 6 x 100 done as #1 & 4- 50 fast/ 50 easy #2 & 5- 50 easy/ 50 fast #3 & 6 - All FAST 600 easy pull to finish +++ Bike: 90' Include: 45' tempo race position riding	Run: 75' Tempo Include: 10' tempo/ 2' easy 8' tempo/ 2' easy 7' tempo/ 1' easy 6' tempo/ finish up run easy +++ Core: 15' Repeat Routine	Swim: 60' Threshold 200 swim 200 kick 200pull 4 x 50 15SR dec 1-4 4x 50 at 80-85% effort 10SR 200 buoy easy 20 x 100 at best possible ave pace on 10SR Record: Time HR 300 easy swim/ drill	Bike: 4 hours, Tempo Include: 5 x 15' tempo in race position, 80-90rpm/ 5' easy	Run: 110' Endurance	Total Hours:
Week 8 - Build Week	Swim: 80' Endurance 300 Warm-up mix 8 x 75 25 Swim/25 Head Up free/25 Swim 10SR 4 x 800 Pull (buoy/ band/ paddles) Focus on keeping same stroke rate for all. Count your strokes first 25 of each 800 and hold. Same time for all 800 w/ aerobic effort. 15SR 6x 25 Max effort kick 10SR 100 Easy +++ Core: 15' Repeat Routine +++ Run: 20' easy	Bike: 90', including RPM work 6 x (6' Big gear 60-65 rpm/4' Spin 90+ rpm medium effort) +++ Run: 30', Fartlek 3x 30" Fast/30" Easy 45" Fast/45" Easy 60" Fast/60" Easy 90" Fast/90" Easy 60" Fast/60" Easy 45" Fast/45" Easy 30" Fast/30" Walk	Swim: 60' Speed 200 Easy 2x 25 Scull 2 x 25 Side drill 2 x 25 Thumb brush of thigh 10x25 Kick with fins 15m FAST/10m Easy 10SR 100 Easy back 10 x 75 FAST 15SR 200 Easy buoy only 10 x 50 Dive start FAST on 30SR 400 Easy choice mix swimming to finish up +++ Bike: 90', including 60' Tempo effort aero 80-90rpm	Run: 80' Tempo Include: 4 x 12' tempo/3' easy +++ Core: 15' Repeat Routine	Swim: 75', Threshold 200 Warm up 8 x 50 descend 1-4 on 10SR 10 x 100 Threshold effort 10SR 200 Easy 400 Time trial 8 x 100 Pull strong 15SR 200 Easy	Brick 4:15 Tempo work Bike: 4 hours Include: 3 x 25' Tempo in race position/5' easy 80-90rpm +++ Run off the bike: 15' easy	Run: 2 hours, Endurance	Total Hours:
Week 9 - Threshold /Race Specific	Swim: 90', Endurance Twin Ks - Goal of the entire workout is to swim the 2nd 1,000 faster than the 1st 200 Easy 15SR 2 x 75 Steady with the middle 25 Fast 10SR 100 as 50 Steady/50 Mod-hard 15SR 50 Easy 1,000 Easy and build to steady effort (note time) 50 Easy 1,000 Swim faster than the first one (note change in effort required to swim faster) 50 Easy and relaxed 50 Easy 1000 Swim slightly faster than the 2nd 100 Easy +++ Core: 15' Repeat Routine	Bike: 75' Threshold+ 10' Warm up 3 x 4' Best sustainable effort HARD 60-65 rpm/4' Easy 4' Best sustainable effort HARD 85-95 rpm/4' Easy Cdown easy +++ Run: 50', Speed including 7 x 90" at Hard effort (we never go over 95% effort)/ 1' Easy jog	Swim: 60' Race / Speed 4 x 75 as Swim/Non-free/Swim on 1:30 2 x 100 as repeating 25 Fast/25 Easy 10SR 50 Easy kick ---- 5 x 300 Steady to mod-hard on a pace send off that gives you max 5 SR (touch and go) 100 at or slightly above Race Pace 50 Back ---- 100 Easy +++ Bike: 90', including 60' Steady aero, 80-90 rpm	Run: 75' Threshold, including 8 x 3' at Threshold effort/ 90" Easy +++ Core: 15' Repeat Routine	Swim: 60', Aerobic Race Specific 3 x 600 #1 Swim #2 Pull #3 Swim every 5th lap overkick all 15SR 8 x 200 at Target race pace on 10SR 10 x 50 alternating 1 Easy/ 1 Fast 15SR 100 Easy	Brick: Bike: 3:40 hours including 4 x 6' Strong effort slightly above goal race effort/ 3' Easy 5-10' Easy 2 x (30' at Target race effort aero /10' Easy aero position 80-91 RPM) +++ Run off the bike: 20', including 10' Easy 10' Build	Run: 90', Race Specific including 2 x (16' at Target race pace/4' easy)	Total Hours:
Week 10 - Threshold/ Race Specific	Swim: 75', Endurance 500 400 300 200 100 100 Pull 200 Pull 300 Pull 400 Pull 300 Kick 200 Kick 100 Kick All 10SR +++ Core: 15' Repeat Routine	Bike: 80', Threshold including 10' Warm up 3 x 6' Best sustainable effort HARD 60-65rpms/4' Easy 6' Best sustainable effort HARD 85-95 rpms/4' Easy Cooldown easy +++ Run: 50', including 10 x (90" at Hard effort never over 95% effort/1' easy)	Swim: 60' Threshold 300 200 Buoy 100 Kick 50 Scull 16 x 25 ALL OUT SPRINT 20SR 200 Easy pull 8 x 50 as 1 ALL OUT SPRINT/1 Easy 30SR 200 Pull easy 3 x 100 with fins on (1-80% 20SR/2-90% 20SR/1 ALL OUT) 200 Easy to finish +++ Bike: 90', including 60' Steady race effort aero, 80-90 rpm	Run: 75' Threshold Include 7 x 4' at threshold (10k effort)/ 90" jog easy +++ Core: 15' Repeat Routine	Swim: 30-40', FOCUS NEEDED including 2000 Continuous Swim with build each 500 Overkick and sight every 6th lap	Brick: 4:20, Race Specific Bike: 4hrs including 3 x (8' Strong effort slightly above goal race effort/3' Easy) 5-10' Easy All aero 80-90 rpm: 2 x (30' Target race effort/10'Easy between) +++ Run: 20', including 10' Easy 10' Build	Run: 2 hours, Endurance Stamina Aerobic	Total Hours:
Week 11- Threshold/ Race Specific	Swim: 90', Strength 400 Swim 300 Pull 200 Drill/swim 100 Kick 15 x 200 Pull (band/buoy/ paddles) 15SR 200 Cool down +++ Core Routine-15'	Bike: 90', Threshold including 10' Warm-up 2 x 8' Best sustainable effort HARD 60-65 rpms/4' Easy 8' Best sustainable effort HARD 85-95 rpms/4' Easy Cooldown easy +++ Run: 50', FOCUS NEEDED 12 x (90" at Hard effort never over 95% effort/ 1' easy)	Swim: 60' FOCUS NEEDED 400 Easy as very 8th lap backstroke 4 x 75 Build each 25 10SR 100 Easy -- 2 x 6 x 50 MAX effort SPRINT 30SR 400 Pull 50 Easy kick -- 200 Easy +++ Bike: 90', including 60' Steady aero 80-90rpm	Run: 75',Threshold including 10 x 3' at Threshold 10k effort/90" Easy +++ Core Routine- 15'	Swim: 60' Threshold 200 Swim 200 Buoy -- 2 x Continuous: 3 x 100 Moderate 2 x 100 Mod hard as 5" faster than previous 100's 1 x 100 as 5" faster than previous 100's - should be race pace -- 1 x 100 on the ame pace time as you did the 3 2 x 100 Same pace time as the 2 3 x 100 Same pace time as you did the 1 100 Kick 100 Swim	Brick: 4 hours Bike: 3hrs including 6 x aero 80-90 rpms: 15' Tempo/5' Easy +++ Run: 60', including 10 x 3' Race effort/90" Easy or walk	Run: 75' Aerobic	Total Hours:
Week 12 - Recovery	Swim: 50', Recovery 400 Easy w/ fins 400 Pull 300 Easy 300 Pull 200 Easy kick 200 Pull 100 Drill 100 Wwim	Bike: 60' Recovery Spin Ride super easy! Choose a flat route and enjoy the day. Apply a minimum pressure to pedals with cadence between 75-95 rpms. You should be able to hold a conversation easily while riding with no audible breathing. +++ Run: 30' Easy	Swim: 40' Recovery 2 x 200 Swim 200 Kick 200 Buoy 200 Drill/nonfree 4 x 50 descend 1-4 10SR	REST	Swim: 45' Swim Test 400 Choice 4 x 50 Build within each 10SR 2 x 100 Strong 15SR 15' Best possible effort Record time and compare it to the last test. 100 Easy	Bike: 60', FTP Test	Run: 60' Run Test 15'-20' Warm-up 2 x (1' Strong pick up's/1' Easy) 30' Best possible effort Record time and compare it to the last test. Cooldown	Total Hours:
Week 13 - Sharpen	Swim: 60' Race Specific 500 6 x 50 as 25 Head up free/25 Swim 10SR 3 x (5 x 100 at race pace 10SR) 50 Kick 100 Cooldown	Bike: 75', Threshold including 3 x 10' Best Sustained Effort as 1 - 50-60 rpm/4' Easy 2 - 80-100 rpm/4' Easy 3 - Choice race rpm/4' Easy +++ Run: 50' including 6 x (5' at 10k effort/2' easy)	Swim: 60' Threshold/Race Specific 4 x 300 descend 1-4 20 x 50 at Target race effort on 5SR as alternating 5 swim and then 5 pull 200 Cool down +++ Bike: 75', including 15' Easy 60' Steady aero with relaxed-smooth effort	Run: 60', Tempo including 2 x (22' as 10' tempo/10' Threshold/2' fast/4' Easy)	Swim: 60', Endurance 3,000 Continuous swim relaxed	Brick: 4 hours, bike including 2 x aero 90-95 rpm, race position: 15' Strong Time Trial effort/5' Easy +++ Run: 60, including 4 x (6' at 10k race effort/2' Easy)	Run: 90' Aerobic	Total Hours:



Week 14 - Sharpen	Swim: 60', Race Specific including 800 Build by 200's 8 x 25 FAST 10SR 15 x 100 Slightly above race effort 10SR 100 Easy	Bike: 75' Threshold 2 x 16' Best Sustained Effort 1 - 50-60 rpm/4' Easy 2 - 80-100 rpm/4' Easy +++ Run: 50' speed, including 15 x (60" Fast/60" Easy)	Swim: 60' Race Specific 2 x 600 1 Swim/1 Pull 20 x 50 at Target race effort on 5SR 200 Easy +++ Bike: 75' 15' Easy 60' Steady aero relaxed-smooth effort	Run 60', Threshold including 2 x (5km TT Effort/5' recovery)	Swim: 60', Swim Test including 200 Warm up 1500 TT (record time) 100 Easy	Brick: 3:15 hours, bike including 12 x 5' Aero race effort, 80-100 rpm/1' Easy +++ Run: 45', including 6 x (4' 10k down to 5K effort/2' Easy)	Run: 75' Aerobic	Total Hours:
Week 15 - Sharpen	Swim: 50', Race Specific 200 8 x 50 Steady 10SR 20 x 100 Even race pacing 10SR 100 Easy	Bike: 60', Threshold including 20' Best Sustained Effort race RPM +++ Run: 40', including 7 x (1' Fast/1' Easy)	Swim: 60' Aerobic 5 x 600 as rotating 1 Swim/1 pull steady 15SR +++ Bike: 75' 15' Easy 60' Steady aero relaxed-smooth effort	Run: 50', Threshold, including 6 x (4' at 10km effort/2' Easy)	Swim: 45', Aerobic 10 x 200 descend 1-5, 6-10 15SR	Brick: 1:30 hours, Race Specific bike including 5 x (4' Race effort aero 80-100 rpm/ 2' easy) +++ Run: 30', including 12' Steady race pace effort	Run: 60' Aerobic	Total Hours:
Week 16 - Race Week Taper	Swim: 40' race Preparation 300 6 x 25 Fast 10SR 8 x 50 Descend 1-4, 5-8 15SR 5 x 100 Target race pace 10SR 300 Pull relaxed	Bike: 60', including 3 x (6' at Target race effort/ 2' Easy) +++ Run: 30', including 5 x (1' Fast/1' Easy)	Run: 40' Warm-up exactly like race day. Then practice your first mile EXACTLY like you want to run on race day. End with 6 x 20" strides with walking recoveries.	Rest Day	Swim: 15' Pre-Race Swim on the race course. Find sighting markers for the course and the exit to your transition. Look for any current adjustments you may need to make in the water. If a wetsuit swim, ensure the suit is in good condition, fits well, and can be removed quickly. +++ Bike: 60', including 20' Easy 1 x 3' Slowly progress from 72-95 rpm low resistance /3' easy 1 x 3' Slowly progress from easy to race effort/3' easy 2 x (1' Hard/2' Easy) Prepare your body for your race by opening up and priming the engine while saving energy and glycogen stores for tomorrow. Complete your pre-race training early and focus on rest and fueling for your race day.	Race Day	Celebrate!!!	Total Hours: