

Annual Training Plan

Annual Plan																
Event Group: Sprinters																
Period	Preparatory							Competitive							Transition	
Phase	General Preparation 1			General Preparation 2				Pre-Competition				Competition				
Mesocycle	Acceleration & Strength Development			Recovery	Speed Development 1			Recovery	Speed Development 2			Recovery	Speed Endurance	Special Endurance - Peak Performance		
Week #:	1	2	3	4	5	6	7	8	9	10	11	12	13	14		15
Date	18-Feb	25-Feb	4-Mar	11-Mar	18-Mar	25-Mar	2-Apr	9-Apr	15-Apr	22-Apr	29-Apr	6-May	13-May	20-May	27-May	3-Jun
Microcycle	Intro/Evaluations		Dual Meet - OUP/Saints	Sweetwater Relays/Astoria Invite	Dual Meet - Montgomery/Calvin Christ and Mt. Carmel Invite	Spring Break 1	Spring Break 2/Dual Meet - Olympian/Arcadia Invite	Dual Meet - Bonita Vista	Dual Meet - Olney Ranch/Varsity Relays/Mt. SAC	Dual Meet - Willows/RRCS/SCPH	Dual Meet - Carlsbad	Mesa League Champs	CIF Prelims	CIF FINALS	STATE MEET - (Clovis, CA)	Recovery & Transition
Focus Index																
Speed	1 - 5	1	1	2	1	2	3	4	2	3	4	5	3	2	1	0
Strength		1	2	3	3	4	5	3	2	3	2	3	3	1	1	0
Technique		2	1	1	2	2	2	3	3	3	4	4	3	3	3	0
Endurance		3	4	5	2	3	1	1	2	1	1	3	5	3	2	0
Coordination		1	2	3	4	3	4	4	2	5	4	3	2	2	1	1

Sample Of Training Schedule

Siddappa N.Byrareddy



Sample Of Training Schedule:

Sample Of Training Schedule Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Sample Of Training Schedule**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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