

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	16	
Date	18-Feb	25-Feb	4-Mar	11-Mar	18-Mar	25-Mar	2-Apr	8-Apr	15-Apr	22-Apr	29-Apr	6-May	13-May	20-May	27-May	3-Jun	
Microcycle	Intro/Evaluations		Dual Meet - OUP/Palmdale	Sweetwater Relays/Antec/Insite	Dual Meet - Montgomery/Colvin/Christians/Mt. Carmel/Insite	Spring Break 1	Spring Break 2/Dual Meet - Olympian/Arcadia/Insite	Dual Meet - Bonita/Vista	Dual Meet - Olney/Rancho/Varsity Relays/Mt. SAC	Dual Meet - Hilltop/BROOK/SOPH	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	1	1	1	1	0	
Technique		2	1	1	2	2	2	3	3	3	4	4	5	5	5	0	0
Endurance		3	4	5	2	3	1	1	2	1	1	3	2	3	2	2	0
Coordination		1	2	3	4	5	4	3	2	5	4	3	2	4	1	1	0

Sample Of Training Schedule

R Sandford



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