

# 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	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 - Canbylake	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	5	5	5	0	
Endurance		3	4	5	2	3	1	1	2	1	1	3	5	5	2	2	0
Coordination		1	2	3	4	5	4	4	2	5	4	3	3	2	1	1	0

# Sample Of Training Schedule

**Michael Brown**



## **Sample Of Training Schedule:**

## Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Sample Of Training Schedule**

In some sort of inundated with monitors and the cacophony of quick transmission, the profound energy and mental resonance of verbal beauty often fade in to obscurity, eclipsed by the continuous barrage of sound and distractions. Yet, located within the musical pages of **Sample Of Training Schedule**, a charming work of fictional beauty that pulses with raw thoughts, lies an remarkable journey waiting to be embarked upon. Published by a virtuoso wordsmith, that enchanting opus courses readers on an emotional odyssey, gently revealing the latent possible and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is central subjects, dissect its charming publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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