Annual Training Plan

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Period	Preparatory							Competitive								
Phase	Genera	al Prepar	stion 1	General Preparation 2				Pre-Competition				Competition				99
Mesocycle	Acceleration & Strength Development			Speed Development 1			Speed Develop			ment 2	Recovery	Spred Exturance	Special Endurance - Feak Performance		Transition	
Week #:	1	- 2	3	4-	5	6	7	-8	9	10	11	12	13	14	15	16
Date	18 feb	25 fee	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 Mag	3/3/
Microcycle	Intera/Positositems		Dual Meet - 019/Saints	Sweet health? Relays/Autoc) mobe	Dual Meet - Montgamery/Culvin Christiay/NA. Carmel Invite	Spring Break 1	Spring Breuk 2/Dust Meet - Olympian/Mycadia Inele	Dust Meet - Bonits Victs	Dust Meet - Otay Randy Grizdy Relays/Mt. SAC	Dual Meet - Hilbog/FROSHSOPH	Dust Meet - Castistic	Mesa League Champs	CIF Prelims	OF FINALS	STATE MEET - (Clovis, CA)	Recovery & Transition
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