

# 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 - OJ/Palms	Sweetwater Relays/Astoria Invite	Dual Meet - Montgomery/Colvin Clatskanie/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/RRD/El SOPH	Dual Meet - Canbylake	Mesa League Champs	CIF Prelims	OJ 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
Endurance		3	4	5	2	3	1	1	2	1	1	3	5	3	2	0
Coordination		1	2	3	4	5	4	3	2	5	4	3	2	4	1	0

# Sample Of Training Schedule

**Xiang Xie**



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