

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/Palmdale	Sweetwater Relays/Antec/Insite	Dual Meet - Montgomery/Colvin Christ and Mt. Carmel Insite	Spring Break 1	Spring Break 2/Dual Meet - Olympian/Arcadia Insite	Dual Meet - Bonita Vista	Dual Meet - Olney Rancho/Gracely Relays/Mt. SAC	Dual Meet - Willow/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	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

Jicheng Xie



Sample Of Training Schedule:

Decoding **Sample Of Training Schedule**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Sample Of Training Schedule**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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web this page describes finn s relationships with other characters in the adventure time series joshua and margaret are the parents of jake and jermaine and the adoptive parents of finn finn loves his foster parents very much and treasures margaret s music box as seen in jake vs me mow that she used for lullabies and finn carries it with

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yapılmış olan bir amerikan çizgi dizisidir seri finn adındaki bir insan çocuk ve esneyerek büyüebilme şekil değişebilme gibi sihirli güçlere sahip en iyi arkadaşı ve üvey kardeşi olan köpek jake in maceralarını anlatmaktadır

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