

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 Incline	Dual Meet - Montgomery/Calvin Christ and Mt. Carmel Incline	Spring Break 1	Spring Break 2/Dual Meet - Olympian/Arcadia Incline	Dual Meet - Bonita Vista	Dual Meet - Olney Ranch/Varsity Relays/Mt. SAC	Dual Meet - Willow/BROOK SOPH	Dual Meet - Carlsbad	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	5	2	2	0
Coordination		1	2	3	4	5	4	4	2	5	4	3	2	2	1	1	0

Sample Of Training Schedule

Xiang Xie



Sample Of Training Schedule:

Reviewing **Sample Of Training Schedule**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Sample Of Training Schedule**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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