

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/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	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

Douglas Brooks



Sample Of Training Schedule:

Embracing the Tune of Expression: An Mental Symphony within **Sample Of Training Schedule**

In some sort of consumed by screens and the ceaseless chatter of instant connection, the melodic beauty and mental symphony developed by the prepared term usually disappear in to the backdrop, eclipsed by the relentless noise and disturbances that permeate our lives. But, set within the pages of **Sample Of Training Schedule** a stunning literary prize full of natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this fascinating masterpiece conducts visitors on a psychological trip, skillfully unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths with this emotional evaluation, we will examine the book is central harmonies, analyze its enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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