

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 - Cardlake	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

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Table of Contents Sample Of Training Schedule

1. Understanding the eBook Sample Of Training Schedule
 - The Rise of Digital Reading Sample Of Training Schedule
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Of Training Schedule
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Of Training Schedule
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Of Training Schedule
 - Personalized Recommendations
 - Sample Of Training Schedule User Reviews and Ratings
 - Sample Of Training Schedule and Bestseller Lists
5. Accessing Sample Of Training Schedule Free and Paid eBooks
 - Sample Of Training Schedule Public Domain eBooks
 - Sample Of Training Schedule eBook Subscription Services
 - Sample Of Training Schedule Budget-Friendly Options
6. Navigating Sample Of Training Schedule eBook Formats

- ePub, PDF, MOBI, and More
- Sample Of Training Schedule Compatibility with Devices
- Sample Of Training Schedule Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Of Training Schedule
 - Highlighting and Note-Taking Sample Of Training Schedule
 - Interactive Elements Sample Of Training Schedule
- 8. Staying Engaged with Sample Of Training Schedule
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Of Training Schedule
- 9. Balancing eBooks and Physical Books Sample Of Training Schedule
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Of Training Schedule
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sample Of Training Schedule
 - Setting Reading Goals Sample Of Training Schedule
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample Of Training Schedule
 - Fact-Checking eBook Content of Sample Of Training Schedule
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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