

# 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/Insite	Dual Meet - Montgomery/Colvin/Christians/Mt. Carmel/Insite	Spring Break 1	Spring Break 2/Dual Meet - Olympian/Arcadia/Insite	Dual Meet - Bonita/Vista	Dual Meet - Olney/Berndt/Montebello/Mt. SAC	Dual Meet - Hilltop/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	1	1	1	0
Technique		2	1	1	2	2	2	3	3	3	4	4	3	3	3	0
Endurance		3	4	5	2	3	1	1	2	1	1	3	3	3	2	0
Coordination		1	2	3	4	3	4	5	2	3	4	3	3	4	1	0

# Sample Of Training Schedule

**Daniel F McAuley**



## **Sample Of Training Schedule:**

## Unveiling the Power of Verbal Art: An Psychological Sojourn through **Sample Of Training Schedule**

In a global inundated with screens and the cacophony of fast conversation, the profound energy and psychological resonance of verbal artistry often diminish into obscurity, eclipsed by the constant barrage of sound and distractions. Yet, situated within the musical pages of **Sample Of Training Schedule**, a charming work of literary beauty that impulses with raw thoughts, lies an unforgettable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that enchanting opus books visitors on a psychological odyssey, lightly exposing the latent possible and profound impact stuck within the delicate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is central styles, dissect their interesting writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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