Annual Training Plan

						An	nual	Plan								
						Event 0	icoup:	Sprint	ers							
Period	Preparatory							Competitive								
Phase	Genera	al Prepar	stion 1	General Preparation 2				Pre-Competition				Competition				99
Mesocycle	Acceleration & Strength Development			Speed Development 1			Speed Develo			ment 2	Recovery	Spred Exturante	Special Endurance - Feak Performance		Transition	
Week #:	1	2	3	4-	5	6	7	-8	9	10	11	12	13	14	15	18
Date	18 feb	25 fee	4 Mar	11-Mar	18 Mar	25-Mar	2 Apr	8-April	15-Apr	22-Apr	29-Apr	6 May	13-May	20-May	27 Mag	3.8
Microcycle	Intera/Postosticem		Dual Meet - 019/Saints	Sweetwater Relays/Adec/mote	Dual Meet - Montgamery/Calvin Christ ay/NA. Carmel Invite	Spring Breask 1	Spring Breuk 2/Dual Meet - Olympian/Mycadia Inele	Dust Meet - Bonits Victs	Dust Meet - Olay Randy Grizity Brizyy/Mt. SAC	Dual Meet - Hillsop/FROSHSOPH	Dual Meet - Castilian	Mesa League Champs	CIF Prelims	OF FINALS	STATE MEET - (Clovis, CA)	Recovery & Transition
							Podus An									
red ength	1	2	2	1	- 4	5	3	2		2	1	1	1		1	
Anique 1-5		1	1	. 2	. 2	2	3	- 3	3	4	-	- 5				
Surance ordination	3							2 2		-		2	3			

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SA Adler

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