

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/Astec Invite	Dual Meet - Montgomery/Colvin Christian/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 - 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		2	2	3	3	4	5	3	2	3	2	3	3	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		2	2	3	4	3	4	3	2	3	4	3	3	4	1	0

Sample Of Training Schedule

Yicheng Fang



Sample Of Training Schedule:

Unveiling the Magic of Words: A Report on "**Sample Of Training Schedule**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Sample Of Training Schedule**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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