

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	9-Apr	15-Apr	22-Apr	29-Apr	6-May	13-May	20-May	27-May	3-Jun
Microcycle	Intro/Evaluations		Dual Meet - OJ/P/Parrots	Swan heater Relays/Aspec Invite	Dual Meet - Montgomery/Calvin Cleveland/Mt. Carmel Invite	Spring Break 1	Spring Break 2/Dual Meet - Olympian/Arcadia Invite	Dual Meet - Bonita Vista	Dual Meet - Clay Ranch/Gandy Relays/Mt. SAC	Dual Meet - Wilcox/STC/OJ/COPII	Dual Meet - Carlsbad	Mesa League Champs	CIF Prelims	CIF FINALS	STATE MEET - (Clovis, CA)	Recovery & Transition
Focus Index																
Speed	1	1	2	1	2	3	4	2	3	4	5	3	2	1	1	0
Strength	2	2	3	3	4	5	3	2	3	4	4	4	3	1	1	0
Technique	2	1	1	2	2	2	3	2	2	4	4	5	5	5	5	0
Endurance	3	4	5	2	3	4	5	2	1	1	2	3	3	2	2	0
Coordination	2	2	3	4	3	4	5	2	3	4	5	5	4	4	1	0

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