

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 - OJIP Rainia | Swester Relays/Astec Invite | Dual Meet - Montgomery/Calvin Ciudad/Mt. Carmel Invite | Spring Break 1 | Spring Break 2/Dual Meet - Olympian/Arcadia Invite | Dual Meet - Benita Vista | Dual Meet - Clay Ranch/Gandy Relays/Mt. SAC | Dual Meet - Wilroy/STOJAL COPH | 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 | 3 | 1 | 1 | 1 | 0 |
| Technique | 2 | 1 | 1 | 2 | 2 | 2 | 3 | 2 | 2 | 4 | 4 | 3 | 3 | 3 | 0 | 0 |
| Endurance | 3 | 4 | 5 | 2 | 3 | 4 | 3 | 2 | 1 | 1 | 2 | 3 | 3 | 2 | 2 | 0 |
| Coordination | 2 | 2 | 3 | 4 | 3 | 4 | 5 | 2 | 3 | 4 | 3 | 3 | 4 | 1 | 1 | 0 |

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S Ben Porath



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