

Annual Training Plan

Annual Plan																		
Event Group: Sprinters																		
Period	Preparatory							Competitive									Training Log	
Phase	General Preparation 1				General Preparation 2			Pre-Competition				Competition						
Mesocycle	Acceleration & Strength Development				Recovery			Speed Development 1				Recovery			Speed Development 2			
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	1 Apr	8 Apr	15 Apr	22 Apr	29 Apr	6 May	13 May	20 May	27 May	3 June		
Microcycle	Initial Buildup		Dual Meet - Old Sales		Sprint Feature Buildup/Spec. Focus		Spring Break 1		Spring Break 2 (End Meet - Sprint Specific Focus)		Dual Meet - Sprint Specific Focus		Dual Meet - Sprint Specific Focus		Meet League Duals		STATE MEET - (Out of CA)	
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	5	3	3	4	5	3	2	1	0		
Technique		3	1	1	2	3	2	3	1	3	4	5	3	2	1	0		
Endurance		0	0	0	0	0	0	1	2	3	1	0	0	0	0	0		
Coordination		1	2	3	2	3	4	4	2	3	4	5	3	2	1	0		

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Complete Triathlon Guide USA Triathlon, 2012-04-24 The e book format allows readers to bookmark, highlight and take notes throughout the text. When purchased through the HK site access to the e book is immediately granted when your order is received.

Strength and Conditioning for Sports Performance Ian Jeffreys, Jeremy Moody, 2021-03-29 An effective strength and conditioning program is an essential component of the preparation of any athlete or sportsperson. Strength and Conditioning for Sports Performance is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning, providing students, coaches and athletes with everything they need to design and implement effective training programs. Revised and updated for a second edition, the book continues to include clear and rigorous explanations of the core science underpinning strength and conditioning techniques and give detailed step-by-step guides to all key training methodologies, including training for strength, speed, endurance, flexibility and plyometrics. The second edition expands on the opening coaching section as well as introducing an entirely new section on current training methods, which includes examining skill acquisition and motor learning. Throughout the book, the focus is on the coaching process, with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations. Strength and Conditioning for Sports Performance includes a unique and extensive section of sport-specific chapters, each of which examines in detail the application of strength and conditioning to a particular sport, from soccer and basketball to golf and track and field athletics. The second edition sees this section expanded to include other sports such as rugby union, rugby league and American football. The book includes contributions from world-leading strength and conditioning specialists, including coaches who have worked with Olympic gold medallists and international sports teams at the highest level. Strength and Conditioning for Sports Performance is an essential course text for any degree-level student with an interest in strength and conditioning, for all students looking to achieve professional accreditation and an invaluable reference for all practising strength and conditioning coaches.

Terrorism Robert A. Friedlander, Howard Sidney Levie, Donald J. Musch, Yonah Alexander, Douglas C. Lovelace (Jr.), 1979 An extensive collection of significant documents

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