

# 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/Astoria Invite | Dual Meet - Montgomery/Colvin<br>Clatskanie/Mt. Carmel Invite | Spring Break 1 | Spring Break 2/Dual Meet -<br>Olympian/Arcadia Invite | Dual Meet - Bonita Vista | Dual Meet - Olney Ranch/Varsity<br>Relays/Mt. SAC | Dual Meet - Willows/RRD/SCPH | Dual Meet - Canbylake | Mesa League Champs | CIF Prelims     | OJ 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               |                                     | 1      | 2                    | 3                                | 3                                                             | 4              | 5                                                     | 3                        | 2                                                 | 3                            | 2                     | 1                  | 1               | 1                                    | 1                         | 0                     |
| Technique              |                                     | 2      | 1                    | 1                                | 2                                                             | 2              | 2                                                     | 3                        | 3                                                 | 3                            | 4                     | 4                  | 5               | 5                                    | 5                         | 0                     |
| Endurance              |                                     | 3      | 4                    | 5                                | 2                                                             | 3              | 1                                                     | 1                        | 2                                                 | 1                            | 1                     | 2                  | 3               | 3                                    | 2                         | 0                     |
| Coordination           |                                     | 1      | 2                    | 3                                | 4                                                             | 5              | 4                                                     | 3                        | 2                                                 | 3                            | 4                     | 5                  | 3               | 4                                    | 1                         | 0                     |

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**M Tight**



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