ANNUAL PLAN 2017/18

DATES	MONTHS	SEPT				OCT					NOV				DEC				
	MICROCYCLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	WEEK BEGINS (Monday)	04-Sep	11-Sep	18-Sep	25-Sep	02-Oct	09-Oct	16-Oct	23-Oct	30-Oct	06-Nov	13-Nov	20-Nov	27-Nov	04-Dec	11-Dec	18-Dec	25-Dec	01-Jan
	Regional																		
	County																		
MEETS	LOCATION				Weston-S-Mare sprint meet	Exeter Oct Meet - Plymouth L	Arena League 1			Tiv. Sparkler L3	Arena League 2	Plymouth Leander L2			Arena League 3	Plymouth Christmas meet L3			
PERIODIZATION	TRAINING PHASE	Aerobic							Aerobic endurance										
	Development																		
	Endurance																		
	Power																		
TESTING DATES																			

DATES	MONTHS	JAN				FEB				MAR					APR			
	MICROCYCLE	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
	WEEK BEGINS (Monday)	08-Jan	15-Jan	22-Jan	29-Jan	05-Feb	12-Feb	19-Feb	26-Feb	05-Mar	12-Mar	19-Mar	26-Mar	02-Apr	09-Apr	16-Apr	23-Apr	30-Apr
	Regional																x	
	County		x		x	x			x	x								
MEETS	LOCATION		Plymouth - Devons		Plymouth - Devons	Plymouth - Devons			Plymouth - Devons Distance	Plymouth - Relays / Sprints	Cardiff - L2/3						Plymouth - 15+	
PERIODIZATION	TRAINING PHASE	Aerobic capacity														Aerobic		
	Development																	
	Endurance																	
	Power																	
TESTING DATES																		

DATES	MONTHS	MAY				JUN					JUL				AUG			
	MICROCYCLE	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
	WEEK BEGINS (Monday)	07-May	14-May	21-May	28-May	04-Jun	11-Jun	18-Jun	25-Jun	02-Jul	09-Jul	16-Jul	23-Jul	30-Jul	06-Aug	13-Aug	20-Aug	27-Aug
	Regional	x	x						x									
	County																	
MEETS	LOCATION	Hengrove - Age group	Millfield - Age group				Plymouth - Develop.	Plymouth Inter Club / Develo			Club championships							
PERIODIZATION	TRAINING PHASE	Anerobic power													Break			
	Development																	
	Endurance																	
	Power																	
TESTING DATES																		