

TRAINING PLANNER

Name:
 Sport / Event:
 Athlete(s) Info (Gender, age, level, etc.):

Yearly Planning Instrument																																																												
Training Objectives																																																												
Performance															Tests / Stds										Phys. Prep.										Tech. Prep.										Tact. Prep.										Ment. Prep.					
Dates	Months															Feb															Nov																													
	Weeks															7	14	21	28																																									
Calendar of competitions / personal commitments	Major Competitions / Camps / Events																																																											
	International																																																											
	Local																																																											
	Others (e.g. minor meets)																																																											
	School / Work / Etc.																																																											
Periodisation	Training Phase																																																											
	Sub-phase																																																											
	Macrocycle																																																											
	PreP																																																											
	Mesocycle																																																											
	Microcycle																																																											
	Physical preparation																																																											
	Energy system training																																																											
	Strength training																																																											
	SAQ																																																											
	add your own																																																											
	Technical preparation																																																											
	add your own components																																																											
	Tactical preparation																																																											
	add your own components																																																											
Mental preparation																																																												
add your own components																																																												
DIY (Athlete-driven)																																																												
add your own items																																																												
Nutrition																																																												
Sports Science																																																												
Tests																																																												
strength / field / lab / ...																																																												
Training factors	Volume															100%																																												
	Intensity															90%																																												
	Peaking															80%																																												
																70%																																												
																60%																																												
	Phys. prep.															50%																																												
Tech. prep.															40%																																													
Tact. prep.															30%																																													
Ment. Prep.															20%																																													
															10%																																													

Notes: