



Seven Lakes

Month	August			September				October					November				D				
Week beginning Monday:	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	3	10			
Training Week:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18			
Competition / Event	Beginning of school - Orientation for Movement prep, core lifts, and expectations			Labor day 9/3	No homework 9/12	End MPI			Columbus Day 10/8	No Homework 10/17 Early dismissal 8/19		End MP 2	quick testing for baseline phase 2	400M testing	Thanksgiving Break	100m Testing No homework 11/28		Intra-Team Olympics: Testing and Competition			
Yearly Work Phase:	Phase 1A (Movement Prep and Work Capacity)							Phase 1B (Offseason)							Phase 2 (Preseason 1)						
Priority	1								push DRM, confidence adding weight					Test, Push, demand, instill complexes and work fast ethic							
	2																				
	3	expectations			WC, confidence, Move Patterns																
Phase:	Trans.																				
Training Week:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18			
Lifting Emphasis	Pwr High Force											1	1	1	1				1	1	1
	Pwr High Vel.													2	2				1	1	1
	Strength						3	3	3	3	3	1	1				2	2	2		
	Work Capacity			3	3	3	3	3													
	Active Recovery																				
	Recovery																				
	Down Week																				
Testing																					
Training Days in Wt. Room	2	2	2	2 to 3	2 to 3	2 to 3	2 to 3	2 to 3	2 to 3	2 to 3	2	2	2	2				2	2	2	
Running Emphasis (Jumpers)	Tempo + Form			2	2	2	2	1	1	1	1	2	2	2	2				1	1	1
	Max Velocity															1	1	1			
	Acceleration			1	1	1	1	1	1	1	1	1	1	1							
	Work Capacity								1	1	1	1	1	1	1				1	1	1
	Resisted																				
	Over-speed																				
	Active Recovery																				
Recovery																					
Testing																					
Training Days Running:	2	2	2 to 3	2 to 3	2 to 3	2 to 3	2 to 3	2 to 3	2 to 3	2 to 3	3	3	3	3				3	3	3	

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April			May				June				July				Aug	
15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5
36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Student Holiday 4/19 Area Championships April 18-19	Regional Championship (April 26-27)	No homework 5/1	State Track Meet May 10-11	Finish School	Semester 2 Finals	Transitional Break	Orange Crush Speed Camp (June 11 - July 20)					Voluntary Workouts (July 23-August 10)				
Championship Run/Post Season Recovery)				Post Season Recovery	Summer transition	Phase 4 (Post Season Strength and Work Capacity / SAC)					Optional Post Season Continued - Continue Strength, Work Capacity, and Form Training					
Work through Area/region																
Not elite = challenge, but work fast + light																
Priority for ALL; injury prevent lower qualifiers																
36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
1	1	2														
After and sometimes instead of lift																
1	1	2 to 3	1	Optional				3	3	3	3	3	3			
5	5	5	5					5	5	5	5	5	5			