Annual Training and Competition Plan

Date : ________________

Athletes Name : ________________________________

Level : Cadet

Weapon : Men's Foil

Goals for the season:

Top 16 at the Cadet World Championships

Win a Cadet NAC

one Junior NAC Top 8

Dates / Competitons and Training Camps

Microcycles	Mois	Semaine (début)	Importance *(1, 3, 5)	Event
1	7	7		
2	7	14		
3	7	21		
4	7	28		
5	8	4		
6	8	11		
7	8	18		
8	8	25		camp CFF
9	9	1		camp FEQ
10	9	8		
11	9	15		
12	9	22	1	Terre des Hommes
13	9	29		
14	10	6	3	CEC#1
15	10	13		
16	10	20		
17	10	27	1	FEQ -17 #1
18	11	3		
19	11	10	4	Jr=/Cd NAC
20	11	17		
21	11	24		
22	12	1	3	CEC#2
23	12	8	1	FEQ -17 #2
24	12	15	3	Havana
25	12	22		
26	12	29		
27	1	5	?	Budapest
28	1	12		
29	1	19	4	Jr. NAC#2
30	1	26		
31	2	2	1	FEQ -17 #3
32	2	9		
33	2	16	1	Ch. Quebec
34	2	23		
35	3	2		
36	3	9	1	FEQ -17 #4
37	3	16		
38	3	23		camp?
39	3	30		
40	4	6	5	Cadet World
41	4	13	1	Ch. Quebec -1
42	4	20		
43	4	27		
44	5	4	1	Ch. Est
45	5	11		
46	5	18		
47	5	25		
48	6	1	5	Can. Cham
49	6	8		
50	6	15		
51	6	22		
52				

Training	Periods	general preparation		specific preparation		competitions			specific preparation		competitions			transition
	Phases	base conditioning	general base	specific base	specific prep.	pre-competiton	competition	competition	recuperation	specific prep.	competition	recuperation	competition	
	Mesocycles	1	2	3	4	5	6	7	8	9	10	11	12	13
Physical Preparation	aerobic system	X X X	X X X	X X X	X X	X	X	X	X X X	X X	X	X X	X	X
	aenerobic alactic system		X	X X	X X X	X X	X	X	X X	X X	X	X X	X	
	aenerobic lactic system			X	X X	X	X	X	X	X X				
	flexibility	X X X	X X	X X	X	X	X	X	X X	X	X	X X	X	
	speed				X X	X X			X X					
	strenght	X X X	X X X	X X	X	X	X	X	X X	X	X			
Technical Preparation	fundamentals		X X X	X X X	X X	X X	X X	X X	X	X X	X X	X	X X	
	finger control		X X X	X X X	X X X	X X	X X	X X	X X X	X X	X	X	X	
	technical perfection		X X	X X X	X X X	X X X	X	X	X X	X X X	X	X X	X	
	special excercises		X X	X X X	X X X	X X X	X	X	X X	X X X	X	X X	X	
	lunge amplitude	X X	X X X	X X X	X X X	X X	X	X	X X	X X X	X	X X	X	
Tactical Preaparation	variety of actions		X	X	X X X	X X X	X X	X X X	X	X X	X X X	X	X X X	
	risk taking				X X	X X X	X X X	X X X	X	X X	X X X	X	X X X	
	target variety		X	X X	X X	X X X	X X X	X X X	X	X X	X X X	X	X X X	
	control of distance and mobility		X	X	X X	X X X	X X	X X	X	X X	X X	X	X X	
Mental Preparation	relaxation		INITIATION		X	X	X X	X X	X X	X	X X	X X	X X	
	activation			X		X	X	X	X	X	X	X	X	
	visualization				X	X	X	X X	X X	X X	X X X	X X	X X X	
	concentration/event preparation			X		X X	X X	X X X	X	X X	X X X	X	X X X	
Load Modulation	Volume *(1, 3, 5)													
	Intensity *(1, 3, 5)													
Relative importance (in%) or % of time alloted	Physical	90	70	30	10	20	10	10	30	30	10	20	10	100
	Technical	10	20	50	60	30	30	30	30	30	10	30	10	0
	Tactical	0	0	10	20	30	40	40	20	30	40	30	40	0
	Mental	0	10	10	10	20	20	20	20	10	40	20	40	0
Training hours (total/week)		15h	20h	15h	15h	12h	10h	10h	12h	15h	10h	12h	10h	6h

Annual training hours: 648h

Legend :

LOAD 3 = moderate 4 = heavy 5 = optimal

TASKS xxx = primary development xx = secondary development x = maintenance or introduction

COMPETITION 1 = preparation 3 = performance 5 = desicive (peak)