Annual Training and Competition Plan

Date : ________________

Athletes Name : ________________________________

Level : Senior

Weapon : Epee

Goals for the season:

a medal at the 2002 World Championships

Win a World Cup

Two World Cup Finals

Dates	Month	9	9	9	9	9	10	10	10	10	11	11	11	11	12	12	12	12	12	1	1	1	1	2	2	2	2	3	3	3	3	3	4	4	4	4	5	5	5	5	6	6	6	6	6	7	7	7	7	8	8	8	8
	Week	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24
Competitions and training camps	Importance *(1, 3, 5)			2						5	5				1	X						1			2	2					4	?		2		X		4	3		3			?			2				5	5	
	Event		camp - Budapes	Bratislava WC			CEC#1			2001 Worlds	2001 Worlds				CEC#2	NAC#1						**NAC#2**			**Barcelona ***	**Fr.Cr.-Strasb.**					**Montreal ***	Bogota		**Berne**		NAC#3		**Legnano ***	**Innsbruck**		Ch. Can.			Havana			Sydney *				2002 Worlds	2002 Worlds	
Training	Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52

		Microcycles 1–3	4–7	8–10	11–13	14–17	18–21	22–25	26–29	30–31	32–36	37–38	39–40	41–44	45–48	49–52
Training	Periods	specific preperation		Competition	active rest	general preperation		specific preparation 1		Comp.	specific preparation 2	Comp.	Rest	specific preparation 3		Competition
	Phases					base conditioning	foncier	specific base	pre- competition	maint.	specific prep.	maint.		specific prep.	pre- competition	
	Mesocycles				1	2	3	4	5	6	7	8	9	10	11	12
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	X
	S.A.L. (intervals)	X X X	X X				X X X	X X X	X X X / X		X X X / X			X X X	X X	
	Musc. power (plyo)	X	X X X					X	X X		XX / X X X			X	X X X	
	P.A.A. (vitesse - sprint)	X	X X X	X X				X X	X X / X X X	X	XX / X X X	X		X	X X X	X X
	strength (weights)	X X	X			X X X	X X 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	X X	X X	X	X X	X X	X X
Technical Preparation	fundamentals	X X X	X		EVALUATION	X X	X X X	X X X	X X	X	X X	X	RE-EVALUATION	X X X	X	
	repetitons of actions	X X X	X			X X	X X X	X X	X X		X X			X X X	X	
	change of speed	X X	X X X	X X			X X	X X X	X X X	X	X X	X X		X X	X X X	X X
	technical perfectionc	X	X X X	X X X				X	X X X	X	X X X	X		X	X X X	X X X
	new actions	X X					X X	X X X	X		X X			X X		
	dynamic footwork	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 Preparation	control of distance/bluff	X X	X XX	X	EVALUATION		X	X X	X X	X	X X	X	RE-EVALUATION	X X	X XX	X
	variation 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
	surprise elements	X	X X	X				X X	X X	X	X X	X		X	X X	X
	stripo control	X	X X	X X X			X	X X	X X X	X X X	X X	X X X		X	X X	X X X
	theme bouts	X X	X X X	X X X				X	X X X	X X X	X X	X X X		X X	X X X	X X X
	match plans	X	X X	X X X				X	X X X	X X X	X X	X X X		X	X X	X X X
Mental Preparation	concentration/focus	X X	X X	X X X	EVALUATION		X	X X	X X	X		X	RE-EVALUATION	X X	X X	X X X
	relaxation/activation	X X	X X X	X X X			X	X X	X X X	X	X	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	X	X		X X	X X X	X X X
	preperation for major events	X X	X X X	X X X		X	X	X	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	30	20	10	100	60	40	30	20	10	40	10	90	30	20	10
	Technical	40	20	10	0	30	40	40	20	10	25	10	0	40	20	10
	Tactical	20	30	40	0	0	10	10	30	40	25	40	0	20	30	40
	Mental	10	30	40	0	10	10	10	30	40	10	40	10	10	30	40
Training hours (total/week)		30h	25h	8h	8h	15h	20h	20h	20h	8h	25h	8h	8h	30h	25h	8h

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)

Annual training hours	950h