



Annual Training and Competition Plan

Date : _____

Athletes Name : _____

Goals for the season: _____

Level : _____

Weapon : _____

Dates	Month																																																				
	Week																																																				
Competitions and training camps	Importance *(1, 3, 5)																																																				
	Event																																																				
Training	Periods																																																				
	Phases																																																				
	Mesocycles																																																				
	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
Physical Preparation																																																					
Technical Preparation																																																					
Tactical Preparation																																																					
Mental Preparation																																																					
Load Modulation	Volume *(1, 3, 5)																																																				
	Intensity *(1, 3, 5)																																																				
Relative importance (in% or % of time allotted)	Physical																																																				
	Technical																																																				
	Tactical																																																				
	Mental																																																				
Training hours (total/week)																																																					

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