Annual Training and Competition Plan

Athletes Name : ________________________________

Level : Junior

Weapon : Women's Sabre

Date : ______________

Goals for the season: Top 8 at the Junior World Championships

one senior NAC Top 8

Top 32 in the Boston World Cup

Dates		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
Dates	Month	7	7	7	7	8	8	8	8	9	9	9	9	9	10	10	10	10	11	11	11	11	12	12	12	12	12
	Week	7	14	21	28	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29
Competitions and training camps	Importance *(1, 3, 5)												1		3					4			3		4		
									camp				Terre des Hommes		CEC#1					Jr. NAC#1			CEC#2		Havana -Jr.		camp
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

Dates		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
Dates	Month	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	
	Week	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	
Competitions and training camps	Importance *(1, 3, 5)	4		4					2						5			2				3	5				
		Budapest Jr.		Jr/Sr NAC#				camp	Dourdan-Jr.						Junior Worl			Sr. NAC #3				Boston WC	Nationals				
Training	Microcycles	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

Training	Periods	general preparation		specific preparation		competitions			specific preparation			Competition		rest
	Phases	base conditioning	general base	specific base	specific prep.	pre-competition	competitons		recuperation	specific prep.	competitiion	recuperation	competition	
	Mesocycles	1	2	3	4	5	6	7	8	9	10	11	12	13
Physical Preparation	anaerobic alactic system			X X	X X X	X	X	X	X X	X X	X	X	X	
	anaerobic lactic system		X X X	X X	X X	X	X	X	X	X X	X	X X	X	
	aerobic system	X 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
	speed			X X	X X X	X X	X X	X X		X X	X			
	strength	X	X X X	X X	X				X X	X		X X		
Technical Preparation	handwork		X X X	X X X	X	X	X	X	X X X	X	X	X	X	
	footwork		X X	X X X	X	X	X	X	X X		X X X	X	X X X	
	change of rhythm	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	
	repetition 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	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 X	X X	X X		X X X		X X	X	
Tactical Preparation	clarify ones choices	WRITTEN PREPARATION	X	X X X	X	X			X X	X		X X	X	
	perception of time and space			X X X	X	X			X	X		X X	X	
	variation of surprise elements		X	X	X X	X X X	X X X	X X X	X X	X X X	X	X X	X	
	repetition of actions			X	X X X	X X X	X X X	X X X		X X X	X		X	
	variationof offensive/defensive actions			X	X X X	X X X	X	X	X	X X X	X X X		X X X	
	specific theme matches			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/observation	READING	X X	X X	X X X	X X X	X X X	X X X	EVALUATION	X X	X X X	RE-EVELUATION	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	
	visualization/creativity		X X	X X	X X X	X X X	X X X	X X X		X X	X X X		X X X	
	confidence		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	90	70	40	20	10	10	10	50	30	10	50	10	
	Technical	10	20	30	30	30	20	20	30	20	10	40	10	
	Tactical	0	0	15	30	40	45	45	20	30	40	10	40	
	Mental	0	10	15	20	20	20	20	0	20	40	0	40	
Training hours (total/week)		15h	15h	18h	20h	15h	15h	15h	15h	20h	8h	15h	12h	

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	735h