

2009/2010 Annual Training Plan for

MONTH	April				May				June				July				August				September				October				November				December				January				February				March						
W/Ending	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	1	8	15	22	1	8	15	22
2 Training Phase																																																			
3 Comps / Events																																																			
4 School / Uni Terms																																																			
5 General																																																			
6 Physical Skills																																																			
7 Aerobic																																																			
8 Anaerobic																																																			
9 Strength																																																			
10 Endurance																																																			
11 Power																																																			
12 Flexibility																																																			
13 Nutrition																																																			
14 Psychological																																																			
15																																																			
16 On Ice Skills																																																			
17 Skill - Jumps																																																			
18 Skill - Spins																																																			
19 Skill - Other																																																			
20 Components																																																			
21 Short Program																																																			
22 Free Skate																																																			
23 Other																																																			
24 Recovery																																																			
25 Evaluation																																																			

Annual Training Plan Assistance Guide

Line No	Title	Description	
Line 1	Months and Dates	Starting Mondays of each week	
Line 2	Training Phase	Colour in and indicate each phase of training Examples of phases include: <ul style="list-style-type: none"> ◆ Transition Phase ◆ Preparation Phase ◆ Pre Competition Phase ◆ Minor Competition Phase ◆ Major Competition Phase ◆ Tapering Phase Ask for assistance if phase classifications or what to include within each phase is unknown	
Line 3	Competition / Event Dates	Write names of competitions or events	
Line 4	School / Uni Terms	Colour in school or university terms	
Line 5	General	Colour in and name camps, school/uni exams, seminars, meetings, holidays, any other important aspects to the skater	
Line 6	Physical Skills		
Line 7	Aerobic	Option A: Rank the importance or volume for each of the components from 1-8 (1-9 if another component is added to Line 15) for each week or block of time within the year. Assume: Intensity and volume have a linear relationship (i.e.. If volume is high, intensity is lower) Option B: Colour in the volume and intensity during the year for each skill as follows: <ul style="list-style-type: none"> ◆ Low ◆ Medium ◆ High ◆ Maintain 	
Line 8	Anaerobic		
Line 9	Strength		
Line 10	Endurance		
Line 11	Power		
Line 12	Flexibility		
Line 13	Nutrition		
Line 14	Psychological		
Line 15	Blank		Can add in any other component utilised (e.g.. Dance, Drama)
Line 16	On Ice Skills		
Line 17	Skill - Jumps	<u>Jumps</u> Colour in phases of jump development. Add description of main focus and attention within each one.	
Line 18	Skill - Spins	<u>Spins</u> Colour in phases of spin development. Add description of main focus and attention within each one.	
Line 19	Skill - Other	<u>Footwork / Spirals</u> Colour in phases of footwork and spiral development. Add description of main focus and attention within each one.	
Line 20	Components	<u>Program Components</u> Colour in phases of program component development. Add description of main focus and attention within each one.	
Line 21	Short Program	Colour in important phases. Add description of main focus and attention within each one.	
Line 22	Free Skate	Include: new music; choreography/blocking; partial run-throughs/sections; Full run-throughs etc.	
Line 23	Other		
Line 24	Recovery	Use different colours in weeks of a planned lower intensity/volume (recovery) week; massage or other recovery that will occur	
Line 25	Evaluation	Colour in weeks where any evaluation (coaches, video, judges) will take place	