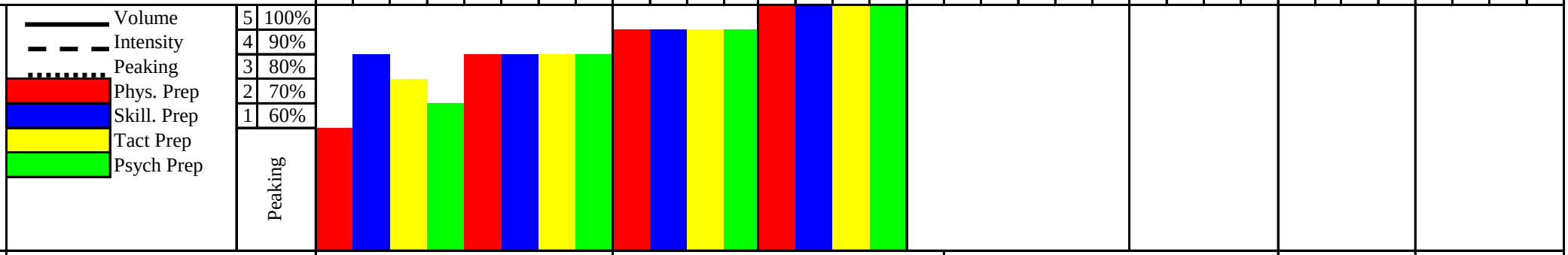
Link back to Girlsfooty

Annual Training Plan for Calander

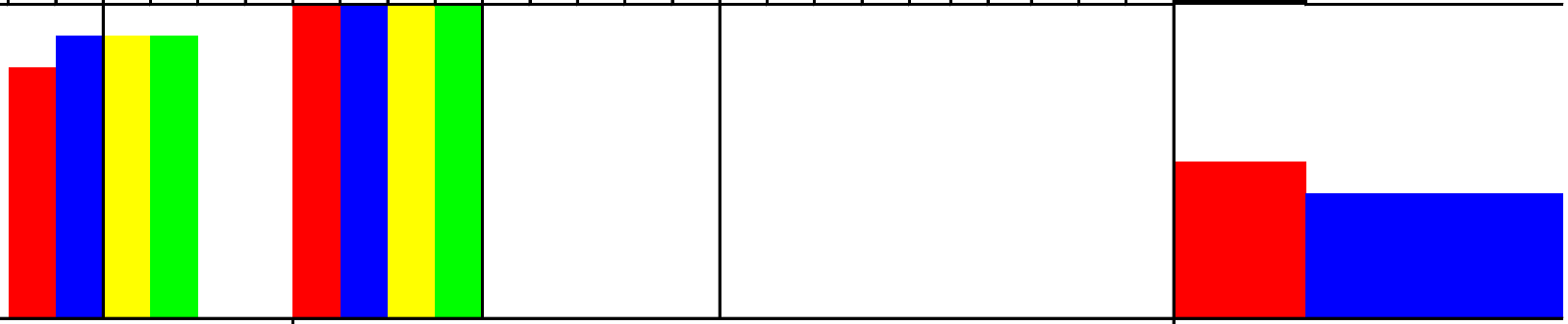
DATES	Months	July			August								Sept				October						Nov						Dec						
	Days	18	24	27	1	4	5	13	17	23	27	30	13	20	24	26	4	15	18	21	25	29	1	6	9	22	27	29	6	13	20	26	28	3	7
CALENDER	Friendlies																																		
	Domestic League																																		
	Europe Cup Matches																																		
	Cup Matches																																		
	Location	h	a	a	a	a	h	a	a	h	h	h	a	h	h	a	h	a	a	a	h	h	h	a	a	h	h	a	h	h	a	a	h	a	h
COMPONENTS	Training Phase	Re development								Competitive															Competitive										
	Strength	Power Dev				Endurance strength									Maintain																			Position S	
	Endurance	Aerobic Endurance HI									Game Specific Endurance																							Game Spe	
	Speed	W:R: 1:3				W:R: 1:2				W:R: 1:1					Maintain																			M	
	Flexibility	Specific flexibility																							Maintain										
	Skill	Advanced skill prep.								Game simulation															Game simulation										
	Psychological	Dev. Comp. strategies									Simulate competition strategies																							Simulate competition strategi	
	Macrocycles	2								3							4												5				6		
	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	#	29	30	31	32	33	34
Peaking Index		3			2			1		2																									
Testing Dates		⊘					⊘																											⊘	
Medical Control Dates																																			



Example Training We						
Monday	Strength Training	Tactile Training TT	Individual Programme	TT	TT
Tuesday	Tactile Training	Maintenance Training MT	Recover and Tactics	MT	MT
Wednesday	Personal Training	High Intense Training HI T	Match	HI T	IP
Thursday	Aerobic/Anaerobic Dev	Individual Programme IP	Light Intensity Work	IP	Tactics
Friday	Recover and Tactics	Recover and Tactics	Recover and Tactics	Tactics	Match
Saturday	Friendly Game	Match	Match	Match	light recovery
Sunday	Rest - light recovery	Light intensity work	Light Intensity Work	Light Int	Match

SPORT: FOOTBALL

Jan				Feb					March						April							May					June
11	19	24	31	7	11	21	26	29	3	11	14	20	25	28	3	8	11	14	18	22		1	6	9	12	15	
a	h	a	a	h	a	h	a	a	h	h	a	h	a	a	h	a	h	h	a	h	h	a	a	h	a	a	Off season
					Competitive																						Maintenance
pecific Strength									General strength																		Maximal Strength
cific Endurance									Aerobic endurance																		Aerobic Endurance LI
laintain									Maintain																		W:R: 1:4
									PNF stretching																		
									Basic technique revision.																		
es									Goal Setting																		Goal Setting
7									8																		1
35	36	37	38	39	40	41	42	41	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	
		2 or 3						1												1							5



Tactile Training	Maintenance Training	Compound Strength Development
Maintenance Training	Recover and Tactics	Aerobic Endurance LI
High Intense Training	Match	Specific Muscle Training
Individual Programme	Light Intensity Work and individual programme	Small Sided Games
Recover and Tactics	Recover and Tactics	Rest
Match	Match	Tactile Games
Light intensity work	Light Intensity Work	Rest