

**Stage of Development:** Foundation stage

**Key Deficiencies from Athlete Profile:**

**ABCS:** Coordination

**Technical** Low hips

**Physical prep/ component of Fitness** Strength endurance, aerobic

Goals	Main Technical Skills Goal: high hips				Main Component of Fitness Goal: Build strength & Endurance			
Weeks/plan	1 21 mar	2 28 mar	3 4 apr	4 11 apr	5 18 apr	6 25 apr	7 2 may	8 9 may
ning area								
Fundament	Wams up & cool down	WU & CD	WU & CD x1	WU & CD	WU & CD x1	WU & CD	WU & CD x1	WU & CD
al Running	x 1	x1		x1		x1		x1
Skills:								
ABC's								
Physical	1 session x1	1 session	1 session x3	1 session		1 session	1 session x3	
Preparation		x2		x2		x2		
(Strength								
and								
conditionin								
g)								
Technical	Warm up x1	WU x1	WU x 1	WU x 1	WU x 1	WU x 1	WU x 1	WU x 1
Running								
Drills								
Fitness:								
Running	Long run x1	Long run x	Long run x 1.	Long run x	Easy long run x 1.	Long run	Long run x 1.	Easy long
activities,	Interval x1	1. Interval	Interval x1 Hills x1	1. Intervals	HM	x 1.	Intervals x 1 Tempo	run x 1.
endurance,		x 1 Speed		x 1		Intervals	x 1	Race 10k
speed		hills x1				x 1		
Other								
sports								
Loadings:	Low	Medium	High	High	Low	Medium	High	Low
High,								
Medium or								
Low								