

Stage of Development:**Key Deficiencies from Athlete Profile:****ABCS:*****Technical******Physical prep/ component of Fitness***

Goals		Main Technical Skills Goal:		???		Main Component of Fitness Goal:		Lactic	
Weeks/ planning area	1 16 May	2 23 May	3 30 May	4 6 Jun	5 13 Jun	6 20 jun	7 27 Jun	8 4 Jul	
Fundamen tal Running Skills: ABC's		Wams up & cool down x 1	Wams up & cool down x 1	Wams up & cool down x 1	Wams up & cool down x 1	Wams up & cool down x 1	Wams up & cool down x 1	Wams up & cool down x 1	
Physical Preparatio n (Strength and conditioni ng)		1 session x2	1 session x 2	1 session x 3					
Technical Running Drills		WUx1	WUx1	WUx1	WUx1	WUx1	WUx1	WUx1	
Fitness: Running activities, endurance, speed		Long run x 1. Interval x1	Long run x1 Interval x1 Tempo x 1	Long run x 1 Interval x 1 Tempo x1	Long run x 1 Race Park run	Long run x1 Interval x1 Tempo x 1	Long run x1 Interval x1 Tempo x 1	Long run x1 Interval x1 Tempo x 1	
Other sports									
Loadings: High, Medium or	Rest	Low	Medium	High	Low	Medium	High	High	

Low								
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