Stage of Development:
Key Deficiencies from Athlete Profile:
ABCS:

Technical

Physical prep/ component of Fitness

Goals Weeks/plan 1 16 May ning area Fundament al Running Skills: ABC's Physical Preparation (Strength and conditionin g) Technical Running Drills	Main Technical Skills 2 23 May	Goal: ??? 3 30 May	1				8 4 Jul
	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
	1 session x2	1 session x 2	1 session x 3				
	WUx1	WUx1	WUx1	WUx1	WUx1	WUx1	WUx1
Fitness: Running activities, endurance, speed Other sports	Long run x 1. Interval x1	Long run x1 Interval x1 Tempo x 1	Long run x 1 Interval x 1 Tempo x	-	Long run x1 Interval x1 Tempo x 1	Interval x1 Tempo x 1	Long run x1 Interval x1 Tempo x 1
Loadings: Rest High, Medium or Low	Low	Medium	High	Low	Medium	High	High