Annual Coaching Programme

Name:	May	June	July	August	September	October	November	December	January	February	March	April
Week Commencing												
Competitions (1-2 -3)												
Training Camps												
Testing / evaluation												
Macrocycle												
Period												
Phase												
Mesocycle												
Microcycle	18 19 20 21 22	23 24 25 26	27 28 29 30	31 32 33 34 35	36 37 38 39	40 41 42 43	44 45 46 47 48	49 50 51 52	1 2 3 4 5	6 7 8 9	1 11 12 13	14 15 16 17
Technical												
Tactical												
Strength												
Speed												
Endurance												
Flexibility												
Psychology / Lifestyle												
Training Volume												
Training intensity												
Performance level												
Week No.	18 19 20 21 22	23 24 25 26	27 28 29 30	31 32 33 34 35	36 37 38 39	40 41 42 43	44 45 46 47 48	49 50 51 52	1 2 3 4 5	6 7 8 9	1 11 12 13	14 15 16 17

NB: ***Use a Scale of 1 – 10 for Volume, Intensity and Performance where: 1 to 4 = low; 5 to 7 = medium and 8 to 10 = high***