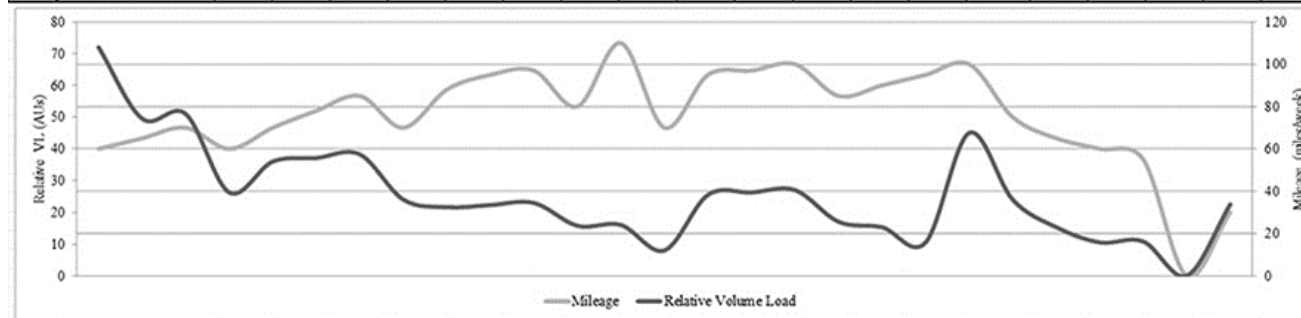




Competition and Annual Plan	Annual Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27												
	Starting Monday Date	3-Jun	10-Jun	17-Jun	24-Jun	1-Jul	8-Jul	15-Jul	22-Jul	29-Jul	5-Aug	12-Aug	19-Aug	26-Aug	2-Sep	9-Sep	16-Sep	23-Sep	30-Sep	7-Oct	14-Oct	21-Oct	28-Oct	4-Nov	11-Nov	18-Nov	25-Nov	2-Dec												
Competitions	Summer Break															8/4 Vanderbilt Invite 5k/8k	8/20 Hobbs Invite 6k/8k @ Va. Tech	10/5 Greater Louisville Classic 5k/8k @ Louisville	10/18 Blue Ridge Open 5k/8k @ App State	11/2 Conference Championship 5k/8k @ Lipscomb		NCAA South Regional 6k/10k @ Alabama	NCAA Championships 6k/10k @ Indiana State																	
Importance																7	6		5		4		3			1	2													
Laboratory Testing	X															X													X											
Running Training	Training Phase	General Preparation										Specific Preparation						Competition						Transition 1																
	Mesocycle	General Endurance/Speed				Aerobic/Anaerobic Support				Aerobic/Anaerobic Support				CL	Active Rest	Direct Endurance/Speed Support			Specific			Taper			Active Rest															
	Sessions	6	6	6	6	7	8	8	8	8	8	9	9	9	9	9	6	8	8	8	8	8	8	9	7	7	6	6	0	4										
	Mileage	60	65	70	60	70	78	85	70	88	95	80	80	110	70	95	97	100	85	90	95	100	75	65	60	55	0	30												
	Workouts	distance runs, long runs, fartlek, ext tempo, strides				distance runs, long distance runs, fartlek, ext tempo, hill accelerations				distance runs, long distance runs, fartlek, ext tempo, hill running, accelerations				distance, long distance, progression, fartlek		distance, long distance, LT, RP intervals, strides			distance, long distance, RP intervals, fast intervals, race modeling			distance, long distance, progression, RP, fast intervals, strides																		
Strength Training	Mesocycle	Strength Endurance				Strength				Strength/Power				Active Rest		Strength			Power		CL	Taper			Active Rest															
	Sessions per week	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	0	2											
	Sets x Reps	3x10	3x10	3x10	2x10	3x5	3x5	3x5	2x5	3x3	3x3	3x3	3x2	2x5	1x5	3x5	3x5	3x5	2x5	3x3	3x2	5x5	3x5	3x3	3x2	3x2			3x5											
	Day 1	Clean tech, BS, WL, OHP				Snatch Tech, BS, SU, PP				PS, HS (BS wu), SU, PJ				FS, OHP, FS, OHP		PS-OHS, BS, OHP			PSK, JS (BS wu), PP		MTSP, BS, OHP		Snatch, BS, PP		PSK, JS, PJ															
	Day 2	Snatch Tech, SP, MTSP, BOR				Clean Tech, CP, MTCP, CU				PC, CPK, CU, HE				MTSP, DBR		PC-FS, SP, PO, HE			PCK, MTSP, SUJ		MTCP, CGSS, CU		Clean CP, CU		PCK, MTCP, CSR		MTCP, CP, DBR													
	Day 3	Clean Tech, FS, MTCP, WPU				Snatch Tech, FS, SS, WPU				PS, OHS, PU (expl)																														
	Avg Weekly Intensity	80.0%	82.5%	85.0%	87.5%	80.0%	82.5%	85.0%	80.0%	80.0%	82.5%	85.0%	87.5%	80.0%	80.0%	85.0%	87.5%	90.0%	85.0%	85.0%	87.5%	90.0%	80.0%	85.0%	87.5%	90.0%	0.0%	75.0%												
Sets	3	2	2	1	3	3	3	2	3	3	3	3	2	1	3	3	3	2	3	3	5	3	3	3	3	0	3													
Reps	10	10	10	10	5	5	5	5	3	3	3	2	5	5	5	5	5	3	2	5	5	3	2	2	2	0	5													
Monitoring	Relative Volume Load	72	49.5	51	26.25	36	37.125	38.25	24	21.6	22.275	22.95	15.75	16	8	25.5	26.25	27	17	15.3	10.5	45	24	15.3	10.5	10.8	0	22.5												
	Mileage	60	65	70	60	70	78	85	70	88	95	80	110	70	95	97	100	85	90	95	100	75	65	60	55	0	30													
	Avg CMJ Height (cm)	31	32	32	33	33	31	30	29	30	28	26	28	28	24	29	25	25	24	28	25	25	23	27	29	31	29	30												



Strength Training Abbreviations			
BOR	Bent over row	OHS	Overhead squat
BS	Back squat	PC	Power clean
CGSS	Clean grip shoulder shrugg	PCK	Power clean from knee
CP	Clean pull	PJ	Power jerk
CPK	Clean pull from knee	PO	Pushover
CSR	chest supported row	PP	Push press
CU	Chin-up	PS	Power snatch
DBR	Dumbbell row	PSK	Power snatch from knee
FS	Front squat	PU	Pull-up
HE	Hyperextension	SP	Snatch pull
HS	Half squat	SS	Split squat
JS	Jump squat	SU	Step-up
MTCP	Mid-thigh clean pull	SUJ	Step-up jump
MTSP	Mid-thigh snatch pull	WL	Walking lunge
OHP	Overhead press	WPU	Weighted push-up