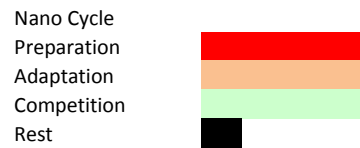
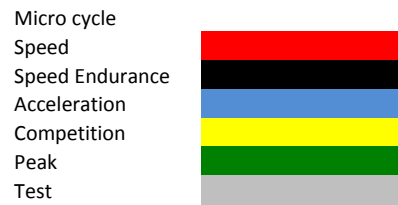
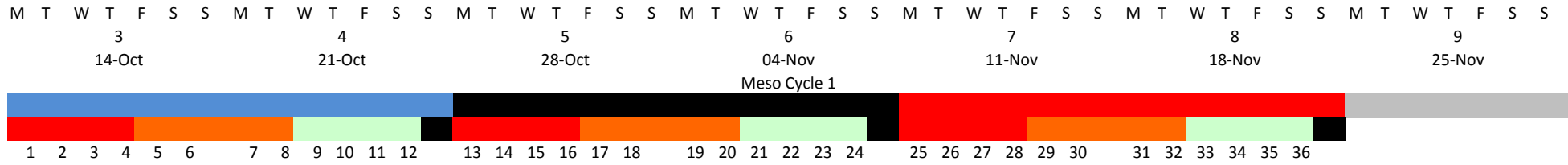


	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Week Number				1							2			
Week Commencing				30-Sep							07-Oct			
Meso Cycle														
Micro Cycle														
Nano cycle														
Session														





- Session
- 1 Weights
 - 2 Start variations
 - 3 Weights
 - 4 Start set ups
 - 5 Flexibility
 - 6 Hills
 - 6b Weights
 - S1 Swimming
 - 7 Weights
 - 8 [2x10, 2x20, 2x30 @100%](#)
 - 9 Weights
 - 10 [3x40m Timed full rec](#)
 - 11 Flexibility
 - 12a [3x50m Timed full rec](#)
 - 12b Weights

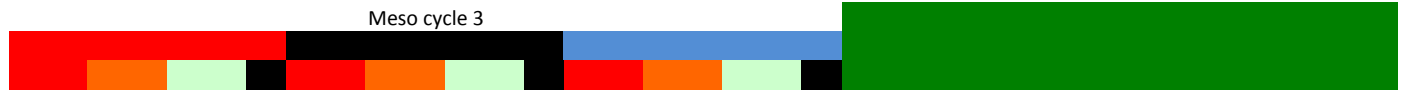
- Session
- 13 Weights
 - 14 [Running drills/hurdle workouts](#)
 - 15 Weights
 - 16 Hurdle running
 - 17 Flexibility
 - 18 Split 600s (7)
 - 18b Weights
 - S2 Swimming
 - 19 Weights
 - 20 10x200@30/34
 - 21 Weights
 - 22 Kosmin 2x60s 3' recovery
 - 23 Flexibility
 - 24a 2x600@100% timed full rec
 - 24b Weights

- Session
- 25 Weights
 - 26 Running drills/hurdle drills
 - 27 Weights
 - 28 Form sprints
 - 29 Flexibility
 - 30 Fly 10's
 - 30b Weights
 - 31 Weights
 - 32 Speedmakers
 - 33 Weights
 - 34 Fly 30 timed
 - 35 Flexibility
 - 36a 3x100m races timed full rec
 - 36b Weights

- Active Recovery/Testing
- Weights
 - 1RM tests Mon/Sat
 - Tues
 - RAST/Serjeant
 - Thurs
 - Quadrathlon/Sprint Bound
 - Sat
 - 400m Control

- Home sessions
- A
 - B
 - C

M T W T F S S M T W T F S S M T W T F S S M T W T F S S
17 18 19 20 21
20-Jan 27-Jan 03-Feb 10-Feb 17-Feb



I

M T W T F S S M T W T F S S M T W T F S S M T W T F S S M T W T F S S M T W T F S S
22 23 24 25 26 27 28
24-Feb 03-Mar 10-Mar 17-Mar 24-Mar 31-Mar 07-Apr

M T W T F S S M T W T F S S M T W T F S S M T W T F S S M T W T F S S
29 30 31 32 33 34
14-Apr 21-Apr 28-Apr 05-May 12-May 19-May

Session		Date		22-Oct		
Mesocycle		1 Microcycle		Acceleration	Nanocycle	Adaptation
Session objective		Embed acceleration preparation and build into transition				
Group	Senior Sprint Group	Sprint Group		Rehab		Hurdle
Time	Acceleration	06:30	Acceleration	0		Acceleration
06:20	Joint Mobility		Joint Mobility			
	Ankle Circles		Ankle Circles			
	Knee Circles		Knee Circles			
	Hip Circles		Hip Circles			
	Trunk Rotations		Trunk Rotations			
	4 Way Neck Stretch		4 Way Neck Stretch			
	Wrist Circles		Wrist Circles	0		
	Movement Exercises and 30m Down & Back		Movement Exercises and 30m Down & Back			
	FWD Lunge X 10 - Skip FWD w/ Arm Circles		FWD Lunge X 10 - Skip FWD w/ Arm Circles			
	BKW Lunge X 10 - Skip BWD using Arms		BKW Lunge X 10 - Skip BWD using Arms			
	Drop Lunge- FWD X 10 - Side Slide		Drop Lunge- FWD X 10 - Side Slide			
	Speed Skaters X 10 - Backward Run		Speed Skaters X 10 - Backward Run			
	Single Leg Squat (L) X 10 - Karioka Step Over		Single Leg Squat (L) X 10 - Karioka Step Over			
	Single Leg Squat (R) X 10 - A Skips		Single Leg Squat (R) X 10 - A Skips	0		
	Dynamic Mobility		Dynamic Mobility			
	Fire Hydrants		Fire Hydrants			
	Iron Cross		Iron Cross			
	Scorpions		Scorpions			
	Scissors & Splits		Scissors & Splits			
	Hurdle Seat Rollover		Hurdle Seat Rollover			
	Lateral & Linear Leg Swings		Lateral & Linear Leg Swings	0		
	Acceleration Drills (both leg starts)		Acceleration Drills (both leg starts)			
	2 Pushes: 2 pt		2 Pushes: 2 pt			
	2 Pushes: Falling Start & Bow-Touch-Go (skate)		2 Pushes: Falling Start & Bow-Touch-Go (skate)			
	2 pushes: Hop-Hop-Split (skate)		2 pushes: Hop-Hop-Split (skate)			
	2 Pushes: 3-pt and 4-pt		2 Pushes: 3-pt and 4-pt			
06:50	2x10m					06:50
07:00	10' rec	07:00	2x10m		07:00	07:00
07:10	2x20m	07:10	2x10m		07:10	07:10
07:20	10'rec	07:20	2x10m		07:20	07:20
07:30	2x30m	07:30	Stretch		07:30	07:30
07:40	Stretch	07:40	End		07:40	07:40
07:50	End	07:50			07:50	07:50
08:00		08:00			08:00	08:00
Notes						
1 SSG start on 110m line						
2 Blocks to be out before session start						
3 SG Start on first finish marker (dashes at 90m) facing back down track						
4 Cones to be placed for SG finish at 10m						
5						

Session		Date		24-Oct			
Mesocycle		1 Microcycle		Acceleration	Nanocycle	Competition	
Session objective		Further embed acceleration and attack at full race pace.					
Group	Senior Sprint Group	Sprint Group		Rehab		Hurdle	
Time							
06:20	Joint Mobility Ankle Circles Knee Circles Hip Circles Trunk Rotations 4 Way Neck Stretch Wrist Circles Movement Exercises and 30m Down & Back FWD Lunge X 10 - Skip FWD w/ Arm Circles BKW Lunge X 10 - Skip BWD using Arms Drop Lunge- FWD X 10 - Side Slide Speed Skaters X 10 - Backward Run Single Leg Squat (L) X 10 - Karioka Step Over Single Leg Squat (R) X 10 - A Skips Dynamic Mobility Fire Hydrants Iron Cross Scorpions Scissors & Splits Hurdle Seat Rollover Lateral & Linear Leg Swings Acceleration Drills (both leg starts) 2 Pushes: 2 pt 2 Pushes: Falling Start & Bow-Touch-Go (skate) 2 pushes: Hop-Hop-Split (skate) 2 Pushes: 3-pt and 4-pt	06:30	Joint Mobility Ankle Circles Knee Circles Hip Circles Trunk Rotations 4 Way Neck Stretch Wrist Circles Movement Exercises and 30m Down & Back FWD Lunge X 10 - Skip FWD w/ Arm Circles BKW Lunge X 10 - Skip BWD using Arms Drop Lunge- FWD X 10 - Side Slide Speed Skaters X 10 - Backward Run Single Leg Squat (L) X 10 - Karioka Step Over Single Leg Squat (R) X 10 - A Skips Dynamic Mobility Fire Hydrants Iron Cross Scorpions Scissors & Splits Hurdle Seat Rollover Lateral & Linear Leg Swings Acceleration Drills (both leg starts) 2 Pushes: 2 pt 2 Pushes: Falling Start & Bow-Touch-Go (skate) 2 pushes: Hop-Hop-Split (skate) 2 Pushes: 3-pt and 4-pt	0	Joint Mobility Ankle Circles Knee Circles Hip Circles Trunk Rotations 4 Way Neck Stretch Wrist Circles Movement Exercises and 30m Down & Back FWD Lunge X 10 - Skip FWD w/ Arm Circles BKW Lunge X 10 - Skip BWD using Arms Drop Lunge- FWD X 10 - Side Slide Speed Skaters X 10 - Backward Run Single Leg Squat (L) X 10 - Karioka Step Over Single Leg Squat (R) X 10 - A Skips Dynamic Mobility Fire Hydrants Iron Cross Scorpions Scissors & Splits Hurdle Seat Rollover Lateral & Linear Leg Swings Acceleration Drills (both leg starts) 2 Pushes: 2 pt 2 Pushes: Falling Start & Bow-Touch-Go (skate) 2 pushes: Hop-Hop-Split (skate) 2 Pushes: 3-pt and 4-pt	0	0
06:50	1x40m					06:50	
07:00	Recovery	07:00	1x40m	07:00	End	07:00	
07:10	1x40m	07:10	Recovery	07:10		07:10	
07:20	Recovery	07:20	1x40m	07:20		07:20	
07:30	1x40m	07:30	Recovery	07:30		07:30	
07:40	Stretch	07:40	1x40m	07:40		07:40	
07:50	End	07:50	Stretch/End	07:50		07:50	
08:00		08:00		08:00		08:00	
Notes							
1							
2							
3							
4							
5							

Session		Date		26-Oct		Acceleration Nanocycle		Competition	
Mesocycle		1 Microcycle							
Session objective		Full acceleration and transition at race pace to complete this microcycle.							
Group	Senior Sprint Group	Sprint Group		Rehab		Hurdle			
Time				0					0
10:30	Joint Mobility Ankle Circles Knee Circles Hip Circles Trunk Rotations 4 Way Neck Stretch Wrist Circles Movement Exercises and 30m Down & Back FWD Lunge X 10 - Skip FWD w/ Arm Circles BKW Lunge X 10 - Skip BWD using Arms Drop Lunge- FWD X 10 - Side Slide Speed Skaters X 10 - Backward Run Single Leg Squat (L) X 10 - Karioka Step Over Single Leg Squat (R) X 10 - A Skips Dynamic Mobility Fire Hydrants Iron Cross Scorpions Scissors & Splits Hurdle Seat Rollover Lateral & Linear Leg Swings Acceleration Drills (both leg starts) 2 Pushes: 2 pt 2 Pushes: Falling Start & Bow-Touch-Go (skate) 2 pushes: Hop-Hop-Split (skate) 2 Pushes: 3-pt and 4-pt	10:30			10:30			10:30	
11:00	1x50m		11:00			11:00			11:00
11:10	recovery		11:10			11:10			11:10
11:20	1x50m		11:20			11:20			11:20
11:30	recovery		11:30			11:30			11:30
11:40	1x50m		11:40			11:40			11:40
11:50	stretch		11:50			11:50			11:50
12:00	Weights		12:00			12:00			12:00
13:30			13:30			13:30			13:30
Notes									
1 Blocks to be out before starting session 2 Alternate timekeeper, work in pairs 3 A/B/C/D Where A runs, B rec from run, C Times, D starts. Rotate so D then runs, A rec, B Times, C starts and so on. 4 2 x stop watches required. 5									

Session		Date		29-Oct			
Mesocycle		1 Microcycle		Speed Endur: Nanocycle		Preparation	
Session objective		Running form. Seniors to be briefed on backside mechanics					
Group	Senior Sprint Group	Sprint Group		Rehab		Hurdle	
Time				0			0
06:20	Briefing	06:30					
	Warm up (Accel 50/walk 50)		Warm up (Accel 50/walk 50)				
06:30	Prisoner Squats		Prisoner Squats				
	Highland Fling		Highland Fling				
	Front Lunges		Front Lunges				
	Speed Skaters		Speed Skaters				
	Side Lunges		Side Lunges				
	Hang down stretch		Hang down stretch				
	Trunk Rotations		Trunk Rotations				
	Fire Hydrants		Fire Hydrants				
	Leg Cycles forward		Leg Cycles forward				
	Leg Cycles backward		Leg Cycles backward				
	FORM DRILLS		FORM DRILLS				
06:50	Ankling		Ankling				
	Ankling with Arms		Ankling with Arms				
	Butt kicks		Butt kicks				
	Butt kick skips		Butt kick skips				
	Butt kicks and step overs		Butt kicks and step overs				
07:00	Lying cycling		Lying cycling				
	Penguin		Penguin				
07:10	Straight leg bounds		Straight leg bounds				
	Fast Legs		Fast Legs				
07:20	Bilateral Fast Legs		Bilateral Fast Legs				
	Complex fast legs		Complex fast legs				
	Straight leg bounds and Fast Legs		Straight leg bounds and Fast Legs				
07:30	3 step staccato		3 step staccato				
	5 step staccato		5 step staccato				
	Reco-ordination runs 30m/60m/90m		Reco-ordination runs 30m/60m/90m				
07:40	Stretch	07:40	Stretch			06:50	
07:50	End	07:50	End			07:00	
08:00		08:00		08:00		08:00	
Notes							
1 1st stage 50/50 run from 50m mark SSG and SG in opposite directions							
2 SSG and SG to drill in groups of 3							
3 SSG lanes 8/6/4, SG lanes 7/5/3							
4 SG 5m behind SSG to copy							
5							