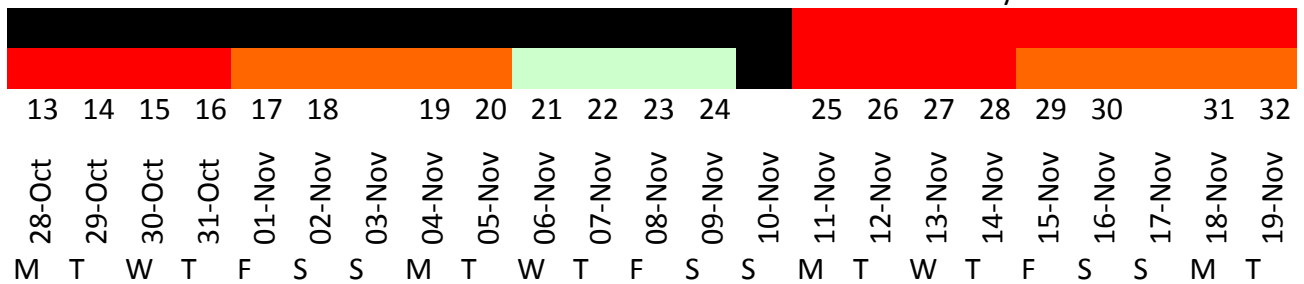


	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Week Number				1							2			
Week Commencing				30-Sep							07-Oct			
Meso Cycle														
Micro Cycle														
Nano cycle														
Session														



M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
			5						6							7						
			28-Oct						04-Nov							11-Nov						
Meso Cycle 1																						



Session

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

Session

- 25 [Weights](#)  
[Home Session A](#)
- 26 [Running drills/hurdle drills](#)
- 27 [Weights](#)  
[Home Session B](#)  
[Home Session C](#)
- 28 [Form sprints](#)
- 29 Flexibility
- 30 [Fly 10's](#)
- 30b [Weights](#)
- S2 [Swimming](#)
- 31 [Weights](#)  
[Home Session A](#)
- 32 [Speedmakers](#)
- 33 [Weights](#)  
[Home Session B](#)  
[Home Session C](#)
- 34 Fly 30 timed
- 35 Flexibility
- 36a 3x100m races timed full rec
- 36b [Weights](#)
- S2 [Swimming](#)

W T F S S M T W T F S S  
 8 9  
 18-Nov 25-Nov



33 34 35 36  
 20-Nov 21-Nov 22-Nov 23-Nov 24-Nov 25-Nov 26-Nov 27-Nov 28-Nov 29-Nov 30-Nov 01-Dec  
 W T F S S M T W T F S S

Active Recovery/Testing

Weights

1RM tests Mon/Sat

Tues

RAST/Serjeant

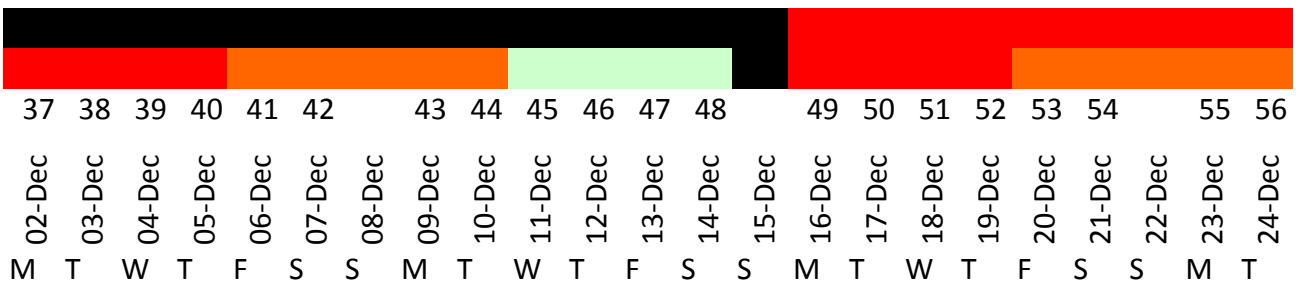
Thurs

Quadrathlon/Sprint Bound

Sat

400m Control

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
				10							11							12				
				02-Dec							09-Dec							16-Dec				



				37 Weights										49 Weights								
				38 Drills/hurdle runs										50 Max speed drills								
				39 Weights										51 Weights								
				40 Form sprints 60/80/100/120										52 Build ups.								
				41 Flexibility										53 Flexibility								
				42 8x200@28/32 1'52 rec										54 2x3x100m @95%								
d				42b Weights										54b Weights								
				43 Weights										56 Fly 20's							22-Dec	
				44 3x2x150m @90%										55 Weights								23-Dec
				45 Weights																		24-Dec
				46 MSFT										57 Weights/Home								25-Dec
				47 Flexibility										58 Flexibility								26-Dec
				48 Metaswitch games										59 2x150m timed races								27-Dec
				48b										60 4x80m races								28-Dec
														60b Weights								

Xmas we

W T F S S M T W T F S S M T W T F S S M T W T  
 13 14 15 16  
 23-Dec 30-Dec 06-Jan 13-Jan

Meso Cycle 2



57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72

25-Dec 26-Dec 27-Dec 28-Dec 29-Dec 30-Dec 31-Dec 01-Jan 02-Jan 03-Jan 04-Jan 05-Jan 06-Jan 07-Jan 08-Jan 09-Jan 10-Jan 11-Jan 12-Jan 13-Jan 14-Jan 15-Jan 16-Jan  
 W T F S S M T W T F S S M T W T F S S M T W T

61 Weights Active Recovery/  
 62 Block work  
 63 Weights Weights  
 64 10/20/30 1RM tests M  
 65 Flexibility Tues  
 66 speedmakers RAST/Serjean  
 66b Weights Thurs  
 67 Weights Quadrathlon  
 68 Hills Sat  
 400m Contrc  
 69 Weights  
 70 3x50m timed race full rec  
 71 Flexibility  
 72 SEAA Champs 400m  
 72b

week

New Year

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

Meso cycle 3



17-Jan 18-Jan 19-Jan 20-Jan 21-Jan 22-Jan 23-Jan 24-Jan 25-Jan 26-Jan 27-Jan 28-Jan 29-Jan 30-Jan 31-Jan 01-Feb 02-Feb 03-Feb 04-Feb 05-Feb 06-Feb 07-Feb 08-Feb  
 F S S M T W T F S S M T W T F S S M T W T F S

Testing

Mon/Sat

nt

i/Sprint Bound

60m/200m

S M T W T F S S M T W T F S S  
20 21  
10-Feb 17-Feb



S 09-Feb  
M 10-Feb  
T 11-Feb  
W 12-Feb  
T 13-Feb  
F 14-Feb  
S 15-Feb  
S 16-Feb  
M 17-Feb  
T 18-Feb  
W 19-Feb  
T 20-Feb  
F 21-Feb  
S 22-Feb  
S 23-Feb

M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
			22							23							24					
			24-Feb							03-Mar							10-Mar					

M	24-Feb	T	25-Feb	W	26-Feb	T	27-Feb	F	28-Feb	S	01-Mar	S	02-Mar	M	03-Mar	T	04-Mar	W	05-Mar	T	06-Mar	F	07-Mar	S	08-Mar	S	09-Mar	M	10-Mar	T	11-Mar	W	12-Mar	T	13-Mar	F	14-Mar	S	15-Mar	S	16-Mar	M	17-Mar	T	18-Mar
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W T F S S M T W T F S S M T W T F S S M T W T  
25 26 27 28  
17-Mar 24-Mar 31-Mar 07-Apr

19-Mar 20-Mar 21-Mar 22-Mar 23-Mar 24-Mar 25-Mar 26-Mar 27-Mar 28-Mar 29-Mar 30-Mar 31-Mar 01-Apr 02-Apr 03-Apr 04-Apr 05-Apr 06-Apr 07-Apr 08-Apr 09-Apr 10-Apr  
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	M	T	W	T	F	S
						29						30							31			
or						14-Apr						21-Apr							28-Apr			

F	11-Apr	S	12-Apr	S	13-Apr	M	14-Apr	T	15-Apr	W	16-Apr	T	17-Apr	F	18-Apr	S	19-Apr	S	20-Apr	M	21-Apr	T	22-Apr	W	23-Apr	T	24-Apr	F	25-Apr	S	26-Apr	S	27-Apr	M	28-Apr	T	29-Apr	W	30-Apr	T	01-May	F	02-May	S	03-May
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S M T W T F S S M T W T F S S M T W T F S S

32 33 34

05-May 12-May 19-May

S 04-May  
M 05-May  
T 06-May  
W 07-May  
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T 15-May  
F 16-May  
S 17-May  
S 18-May  
M 19-May  
T 20-May  
W 21-May  
T 22-May  
F 23-May  
S 24-May  
S 25-May