

| | | | | | | | | | | | | | | |
|----------------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|
| Week 14 | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity |
| Week 15 | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity |
| Week 16 | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity |
| Week 17 | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity |
| Week 18 | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity | Workout | Intensity |

| | | | | | | | | | | |
|-------------------------------|---|--|--|--|--|---------------------------|--|--|------------------|---------------|
| Season Planners Steps: | | | | | | Workout Variations | | | Intensity | Notes: |
| 1 | Write in all your competitions for the season | | | | | Max Velocity | | | High | |
| 2 | Write in your school vacations/breaks/days off | | | | | Intensive Plyos | | | High | |
| 3 | Highlight the important/target meets | | | | | Intensive Tempo | | | Med-High | |
| 4 | Write in recovery from/prep for meets | | | | | Extensive Tempo | | | Med-High | |
| | What's left are your training opportunities | | | | | Extensive Plyos | | | Low-Med | |
| 5 | Prioritize which types of workouts are most important | | | | | Mobility | | | Low | |
| 6 | Put those workouts into the calendar with appropriate rest days | | | | | Competition | | | Maximum | |
| 7 | Put in your next set of priorities with appropriate rest days | | | | | Weightlifting | | | Med-High | |
| 8 | With the remaining days attend to supportive workouts | | | | | Recovery/Regeneration | | | Low | |
| 9 | Add weight/strength training days | | | | | Aerobic Development | | | Low-Med | |
| 10 | Be prepared to delete it all and start over from the top | | | | | | | | | |
| | No season ever goes exactly as planned | | | | | | | | | |