Season Planning Template														
	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
Week 1	Workout	Intensity												
Week 2	Workout	Intensity												
Week 3	Workout	Intensity												
Week 4	Workout	Intensity												
Week 5	Workout	Intensity												
Week 6	Workout	Intensity												
Week 7	Workout	Intensity												
Week 8	Workout	Intensity												
Week 9	Workout	Intensity												
Week 10	Workout	Intensity												
Week 11	Workout	Intensity												
Week 12	Workout	Intensity												
Week 13	Workout	Intensity												

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 10	VVOIROUT	Interiorty	VVOIROUT	Interiority	VVOIROUT	Interiority	VVOIROUT	Interiorty	VVOIROUT	Interisity	VVOIROUT	Interiorty	Workout	Interiorty
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
WCCK 17	VVOIROUT	Interiorty	VVOIROUT	Interiory	Workout	Interiory	VVOIROUT	Interiory	Workout	Interiory	Workout	interiorty	Workout	Interiorty
Week 18	Workout	Intensity	Workout	Intensity	Workout	Intensity	Workout	Intensity	Workout	Intensity	Workout	Intensity	Workout	Intensity
	Season Plan	ners Steps:					Workout Vai	riations	Intensity	Notes:				
1	Write in all your competitions for the season						Max Velocity		High					
2	Write in your school vacations/breaks/days off						Intensive Ply	os	High					
3	3 Highlight the important/target meets						Intensive Ten	npo	Med-High					
4	Write in recovery from/prep for meets						Extensive Te	mpo	Med-High					
	What's left are your training opportunities						Extensive Ply	yos	Low-Med					
5	5 Prioritize which types of workouts are most important						Mobility		Low					
6	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	8 With the remaining days attend to supportive workouts						Recovery/Regeneration		Low					
9	9 Add weight/strength training days						Aerobic Deve	elopment	Low-Med					
10	10 Be prepared to delete it all and start over from the top								-					

No season ever goes exactly as planned