AISL HIGH PERFORMANCE TEAM
GENERAL PERIODISED TRAINING PLAN 2007

COACH/COACHES: *SPORT:* ISSF **ATHLETES/POSITION:**

	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
Training Phase (Preparation/Competition) Fasa Latihan																										
MESOCYCLES * (GPP, SPP, PC, COMP, T)																										
MACROCYCLES																										
Months	JANUARY					FEBRUARY				MARCH				APRIL				MAY					JUNE			
MICROCYCLES	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
HARI Mon	1	8	15	22	29	5	12	19	26	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25
Day Sun	7	14	21	28	4	11	18	25	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1
COMPETITION PLACE/DATE NATIONAL/INTERNATIONAL							Aus Cup 1-Brisbane 16-18						PA Nationals 31-9	WC (P/R)- Fort Benning 1-8		Aus Cup 2-Sydney 19-23	WC (P/R)-Sydney 25-3	WC (P/R)- Bangkok 4-11				WC (P/R)- Munich 28-4				
5 STAR COMPETITION RATING Rating (1-5)																										
CONFIRMATION: Yes (Y) / Expect (E)																										
Training Camps Place/Date																										
Holidays (Public) (H)																										
School Holidays (Term)																										
MAJOR TRAINING PERIODS/BLOCK** Tactical/Technical & Conditioning																										
COACHES ASSESSMENTS Test Competition/ Field Assessment						*		*																*	*	
Medical Screening		*																								
Physiology Assessment																										
Nutrition (BC, EA, ED)						*	*	*	*	*									*	*				*	*	
Mental Skills Assessment																										
Biomechanics Assessment																										
Monthly High Performance Team Meeting										*										*						

	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Training Phase (Preparation/Competition) Fasa Latihan																										
MESOCYCLES * (GPP, SPP, PC, COMP, T)																										
MACROCYCLES																										
Months	JULY					AUGUST				SEPTEMBER				OCTOBER					NOVEMBER				DECEMBER			
MICROCYCLES	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
HARI Mon	2	9	16	23	30	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	3	10	17	24
Day Sun	8	15	22	29	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30
COMPETITION PLACE/DATE NATIONAL/INTERNATIONAL									Aus Cup 3- Adelaide 1-4			Aus Cup 4-Melbourne 21-24		WCF-Bangkok 3-8			Oceania-Sydney 27-3				Aus Cup Final-Sydney 22-25					
5 STAR COMPETITION RATING Rating (1-5)																										
CONFIRMATION: Yes (Y) / Expect (E)																										
Training Camps Place/Date																										
Holidays (Public) (H)																										
School Holidays (Term)																										
MAJOR TRAINING PERIODS/BLOCK** Tactical/Technical & Conditioning																										
COACHES ASSESSMENTS Test Competition/ Field Assessment	*	*				*	*									*	*	*			*	*				
Medical Screening						*																				
Physiology Assessment																										
Nutrition (BC, EA, ED)	*	*				*	*			*	*	*	*			*	*	*			*	*				
Mental Skills Assessment																										
Biomechanics Assessment																										
Monthly High Performance Team Meeting		*																				*				

* GPP: GENERAL PREPARATION PHASE
SPP: SPECIFIC PREPARATION PHASE
PC: PRE-COMP
COMP: COMPETITION
T: TRANSITION

** TR: TRAINING
TA: TAPERING PERIODS
R: RECOVERY
CR: COMPLETE REST

*** BC: Body Composition
EA = Energy Assessment
ED = Education