AISL HIGH PERFORMANCE TEAM
GENERAL PERIODISED TRAINING PLAN 2007

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

Months	JANUARY					FEBRUARY				MARCH				APRIL				MAY					JUNE			
Training Phase (Preparation/Competition) Fasa Latihan																										
MESOCYCLES * (GPP, SPP, PC, COMP, T)																										
MACROCYCLES																										
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 10-13							WC (P/R)- Fort Benning 1-8	TRA Nationals 3-10	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										*										*						

Months	JULY					AUGUST				SEPTEMBER				OCTOBER					NOVEMBER				DECEMBER			
Training Phase (Preparation/Competition) Fasa Latihan																										
MESOCYCLES * (GPP, SPP, PC, COMP, T)																										
MACROCYCLES																										
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