2011-2012 Annual Training Plan for {Name}

	2011																
MONTH	JANUARY					FEBRUARY				MARCH				APRIL			
W/Ending	2	9	16	23	30	6	13	20	27	6	13	20	27	3	10	17	24
Training Phase																	
Comps / Events																	
School/Uni Terms																	
General					AUST DAY 26TH												Easter
Physical Skills																	
Aerobic																	
Anaerobic																	
Strength																	
Endurance																	
Power																	
Flexibility																	
Nutrition																	
Psychological																	
On Ice Skills																	
Skill - Jumps																	
Skill - Spins																	
Skill - Other																	
Components																	
Short Program																	
Free Program																	
Other																	
Recovery																	
Evaluation																	

	2011																	
MONTH	MAY					JUNE				JULY					AUGUST			
W/Ending	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28
Training Phase																		
Comps / Events																		
School/Uni Terms																		
General	ANZAC DAY PH							QUEENS PH										
Physical Skills																		
Aerobic																		
Anaerobic																		
Strength																		
Endurance																		
Power																		
Flexibility																		
Nutrition																		
Psychological																		
On Ice Skills																		
Skill - Jumps																		
Skill - Spins																		
Skill - Other																		
Components																		
Short Program																		
Free Program																		
Other																		
Recovery																		
Evaluation																		

	2011																
MONTH	SEPTEMBER				OCTOBER					NOVEMBER				DECEMBER			
W/Ending	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25
Training Phase																	
Comps / Events																	
School/Uni Terms																	
General																	XMAS DAY 25TH
Physical Skills																	
Aerobic																	
Anaerobic																	
Strength																	
Endurance																	
Power																	
Flexibility																	
Nutrition																	
Psychological																	
On Ice Skills																	
Skill - Jumps																	
Skill - Spins																	
Skill - Other																	
Components																	
Short Program																	
Free Program																	
Other																	
Recovery																	
Evaluation																	

	2012												
MONTH	JANUARY					FEBRUARY				MARCH			
W/Ending	1	8	15	22	29	5	12	19	26	5	12	19	26
Training Phase													
Comps / Events													
School/Uni Terms													
General					AUST DAY 26TH								
Physical Skills													
Aerobic													
Anaerobic													
Strength													
Endurance													
Power													
Flexibility													
Nutrition													
Psychological													
On Ice Skills													
Skill - Jumps													
Skill - Spins													
Skill - Other													
Components													
Short Program													
Free Program													
Other													
Recovery													
Evaluation													

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