

Annual Training Plan

GUIDE TO COMPLETING THE TEMPLATE

Line No.	Title	Description	
Line 1	Months and Dates	Starting Mondays of each week	
Line 2	Training Phase	<p>Colour in and indicate each phase of training Examples of phases include:</p> <ul style="list-style-type: none"> • Transition Phase • Preparation Phase • Pre Competition Phase • Minor Competition Phase • Major Competition Phase • Tapering Phase <p>Ask for assistance if phase classifications or what to include within each phase is unknown.</p>	
Line 3	Competition / event dates	Write names of competitions or events	
Line 4	School / Uni Terms	Colour in school or university terms	
Line 5	General	Colour in and name camps, seminars, meetings, holidays, any other important aspects to the skater	
Line 6	Physical Skills		
Line 7	Aerobic	<p>Option A: Rank the importance or volume for each of the components from 1-8 (1-9 if another component is added to Line 15) for each week or block of time within the year.</p> <p>Assume: Intensity and volume have a linear relationships (ie. if volume is high, intensity is lower)</p> <p>Option B: Colour in the volume and intensity during the year for each skill as follows:</p> <ul style="list-style-type: none"> • Low • Medium • High • Maintain 	
Line 8	Anaerobic		
Line 9	Strength		
Line 10	Endurance		
Line 11	Power		
Line 12	Flexibility		
Line 13	Nutrition		
Line 14	Psychological		
Line 15	Blank		Can add in any other component utilised (eg. dance, drama)
Line 16	On Ice Skills		
Line 17	Skill – Jumps		<p><u>Jumps</u> Colour in phases of jump development. Add description of main focus and attention within each one</p>
Line 18	Skill – Spins		<p><u>Spins</u> Colour in phases of spin development. Add description of main focus and attention within each one</p>
Line 19	Skill - Other		<p><u>Footwork / Spirals</u> Colour in phases for footwork and spiral</p>

		development. Add description of main focus and attention within each one
Line 20	Components	<u>Program Components</u> Colour in phases of program component development/improvement. Add description of main focus and attention within each one
Line 21	Short Program	Colour in important phases. Add description of main focus and attention within each one Include: new music; choreography/blocking; partial run-throughs/sections; Full run-throughs etc
Line 22	Free Program	
Line 23	Other	
Line 24	Recovery	Use different colours to colour in weeks of a planned lower intensity/volume (recovery) week; massage or other recovery that will occur
Line 25	Evaluation	Colour in weeks where any evaluation (coaches, video, judges) will take place