

# ANNUAL PERIODISED PLAN

## TRAINING OBJECTIVES

SPORT	AFL	PERFORMANCE	ASSESSMENT	ENDURANCE	STRENGTH	SPEED	DISPOSAL & DECISION MAKING SKILLS																																													
		a) To win the PSA competition b) Continued individual player development.	To monitor progress in :- a) Max strength b) Aerobic endurance c) Anaerobic endurance f) Speed & agility e) Disposal skills f) Decision making skills	Objectives : a) Maximise aerobic capacity. b) Improve anaerobic & muscular endurance to match the position-specific interval-type exertion required in AFL.	Objectives: a) Achieve PB for max strength tests in pre-season & in-season b) Develop Olympic lifting technique	Objectives: a) Set PB for 5m, 20m & 40m sprint times	Objectives: a) Set individual benchmarks for selected players b) Improve performance in skill & decision making																																													
CLUB	GGG																																																			
YEAR	2015																																																			
DATES	MONTHS	Jan-15		Feb-15		Mar-15		Apr-15		May-15		Jun-15		Jul-15		Aug-15		Sep-15		Oct-15		Nov-15		Dec-15																												
	WEEKS	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	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
COMPETITION CALENDER		[Calendar Grid with Match Dates]																																																		
		[Match Details: Rnd 1 - Trinity (H), Rnd 2 - CC (A), Rnd 3 - BYE, Rnd 4 - Hale (H), Rnd 5 - Scotch (A/Thurs), Rnd 6 - AC (H) Indig round, Rnd 7 - Wesley (A), Rnd 8 - Trinity (A), Rnd 9 - CC (H), No Game, Holidays, Rnd 10 - Hale (A), Rnd 11 - Scotch (H), Rnd 12 - AC (A), Rnd 13 - Wesley (H)]																																																		
MACROCYCLES	TRAINING PHASE	GENERAL PREP																SPECIFIC PREP				PRE-COMPETITION		COMPETITION													TRANSITION					GEN PREP		R								
	STRENGTH	[Purple bars]																[Blue bars]				[Blue bars]		[Blue bars]													[Purple bars]					[Purple bars]										
	POWER	[Blue bars]																[Blue bars]				[Blue bars]		[Blue bars]													[Purple bars]					[Purple bars]										
	AEROBIC END	[Green bars]																[Green bars]				[Green bars]		[Green bars]													[Green bars]					[Green bars]										
	ANAEROBIC END	[Grey bars]																[Grey bars]				[Grey bars]		[Grey bars]													[Grey bars]					[Grey bars]										
	SAQ	[Brown bars]																[Brown bars]				[Brown bars]		[Brown bars]													[Brown bars]					[Brown bars]										
	MACRO - CYCLES	Str/Aer & Anaer End																Pow/Anaer End/SAQ				Maintenance (mini-peaks dependant upon form)		Power/SAQ													Taper					Transition		Strength/Aerobic		Pow/SAQ						
PEAKING & TESTING	PEAKING INDEX	[Green bars]																[Green bars]				[Green bars]		[Green bars]													[Green bars]					[Green bars]										
	TESTING	[Red bars]																[Red bars]				[Red bars]		[Red bars]													[Red bars]					[Red bars]										
	CAMP	[Blue bars]																[Blue bars]				[Blue bars]		[Blue bars]													[Blue bars]					[Blue bars]										
MICROCYCLES	VOLUME	[Purple bars]																[Purple bars]				[Purple bars]		[Purple bars]													[Purple bars]					[Purple bars]										
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