



2011-2012 Event Calendar

Month	Apr				May					Jun				Jul				Aug				Sep				
Monday	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	5	12	19	26
Training Week #	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
Weeks Left Until Competition																										
Competitions, Camps, Shows & other Non-Negotiables																										
Event Priority Level	1																									
Phase: Preparatory / Competitive / Transition / etc.																										
Subphase: General / Specific																										
Emphasis & Assessment	Endurance / Base																									
	Prog Develop / Choreo																									
	Body Composition																									
	Strength / Power																									
	Speed																									
	Technique																									
	Recovery																									
	Taper																									
	Rehab																									
	Maintenance																									

Calendar & Fitness Overview



Oct					Nov				Dec				Jan				Feb				Mar				Apr				
3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27	5	12	19	26	2	9	16	23
27	28	29	30	31	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

