

Yearly Planning Chart (YPC)

| MONTHS ➤ | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC | JAN |
|---------------------------------|--------------------------------|----------------------------|---|--------------------------|------------|--|------------|---|---------------------------|-------------------|------------|------------------|
| Competitions ➤ | | | Spring/Early Summer Competitions | | | Mid- Late Summer/ Early Fall Competitions | | | Regionals | Sectionals | | Nationals |
| Periodization ➤ | Transition “Off-Season” | | Preparatory | | | Competitive | | | | | | |
| | Transition | General Preparatory | Specific Preparatory | Pre-Competition | | Main Competition | | | | | | |
| Period of Endurance ➤ | General Endurance | | General Endurance | | | Specific Endurance | | | Specific Endurance | | | |
| Period of Strength ➤ | Rest & Recovery | | Anatomical Adaptation | Maximize strength | | Conversion to Power | | Maintenance (maximum strength & power) | | | | |

Adapted from: Bompa, Haff. Periodization: Theory and Methodology of Training, 5th Edition