

# Yearly Planning Chart (YPC)

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

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