NAME (THROWER)
2007-08 Annual Calendar

Month:	SEPTEMBER				OCTOBER				NOVEMBER				DECEMBER					JANUARY				FEBRAURY				MARCH					APRIL				MAY					JUNE				JULY				AUGUST					SEPTEMBER			
Week Begining SATURDAY:	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	28	2	9	16	23	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27
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	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	52	53	54	55	56
Competitions & Camps														NATIONAL THROWS SQUAD																	LEAGUE	LEAGUE	LEAGUE	LEAGUE	LEAGUE	BUSA	DISTRICTS	LEAGUE	LEAGUE	LEAGUE	LEAGUE	AAA	LEAGUE	LEAGUE	LEAGUE	LEAGUE	LEAGUE	LEAGUE	NATIONALS	LEAGUE	LEAGUE	LEAGUE					
Priority/Level A																																				1					3							2							
B																																																							
C																																																							
D																																																							
E																																																							
Periods / Phases:	PREPARATION																					COMPETITION																													TRANSITION			
MESO: TECHNICAL EMPHASIS	GPP1				GPP2								SPP1									COMPETITION PREPARATION									COMPETITION - REALISATION																			TRANSITION			
Monday																																																						
Tuesday	Weights				Weights + Rotational Drills								Zone Throwing + Weights																																												
Wednesday					Hockey																																																	
Thursday	Weights				Weights								Technique Throwing + Weights																																										
Friday	Weights				Weights																																																
Saturday																																																					
Sunday	Weights + throw				Weights + Heavy Throw								Heavy Throw + weights																																										
Weights Load Graph Performance	100%																																																				
Volume	90%																																																				
Intensity	80%																																																			
	70%																																																			
	60%																																																			
	50%																																																			
	40%																																																			
WEIGHTS:	CONDITIONING				STRENGTH								STRENGTH - SPEED									STRENGTH					STRENGTH - SPEED					SP - ST			T	SP		ST - SP				SP		STRENGTH		ST-SP		SPEED			ACTIVE RECOVERY
Indicative Intensity					70%	50%	60%	70%	75%	50%	60%	70%	85%	70%	75%	80%	86%	70%	75%	80%	85%	75%	70%	75%	60%	70%	70%	78%	75%	92%	83%	80%	85%	90%	105%	100%	100%	87%	83%	74%	105%	100%	75%	70%	74%	83%	83%	105%	100%	
Indicative micro sets	80	80	72	60	60	80	72	60	48	80	72	60	36	60	56	48	36	60	56	48	36	48	60	48	60	48	60	48	56	36	48	32	40	40	32	32	32	36	48	32	20	40	48	60	48	48	32	20	
Indicative micro Reps	800	800	720	600	600	800	720	600	240	400	360	300	180	300	280	240	108	300	280	240	108	240	300	480	600	480	300	240	280	108	144	2E+06	1E+06	2E+06	2E+06	96	96	160	180	144	96	60	400	480	300	240	144	96	60	
Indicative Session Volume (sets)	20	20	18	15	15	20	18	15	12	20	18	15	9	15	14	12	9	15	14	12	9	12	15	12	15	12	15	12	14	9	12	12	8	10	10	8	8	8	9	12	8	5	10	12	15	12	12	8	5	
Indicative Set Reps	10	10	10	10	10	10	10	10	5	5	5	5	5	5	5	5	3	5	5	5	3	5	5	10	10	10	5	5	5	3	3	2-3	2-3	2-3	2-3	3	3	5	5	3	3	3	10	10	5	5	3	3	3	
Indicative Methods	COMBINATION LIFT				COMBINATION (EXPLOSIVE) LIFTS								CONTRAST METHODS / CLUSTER SETS									COMB. (EXPLOSIVE) LIFTS					CONTRAST / CLUSTER SETS					REACTIVE			C	BALLISTIC		CONTRAST & CLUSTER			BALLISTIC		CLUSTER SETS		CONTRAST		REACTIVE / BALLISTIC			UNRELATED PHYSICAL ACTIVITY
Indicative Exercises	Weight circuits Supersets				Squats Pulls from floor / thigh Partial lift combinations								Squats Full & partial olympic lifts Overhead									Squats Pulls Partial Lift Combos					Explosive 1/4 squats Full Olympic lifts Pulls & Presses					Jump Squats Full Olympic Lifts Exercises from Hang			SQ OL Lifts Jerks	J Sqs CL / SN Jerks		1/2 & 1/4 Squats Hang & Full Lifts Presses & Jerks			J Sqs CL / SN Jerks		Squats Pulls Combos		SQ OL Lifts Jerks		Jump Squats Full Olympic Lifts Exercises from Hang			SWIMMING VOLLEYBALL GOLF
Indicative LOAD (SETS X REPS X MASS)	M	H	H	VH	M	VH	H	MH	M	VH	H	MH	M	VH	H	MH	M	VH	H	MH	M	H	VH	M	H	MH	VH	MH	H	M	MH	VH	M	H	L	VL	VL	L	M	VH	L	VL	M	MH	VH	MH	MH	L	VL	
Indicative density	1-2 M between sets				2-4 mins between sets								3-5 mins between sets									3-5 mins between sets					3-5 mins between sets					5m between sets			3-5	5m / sets		3-5 mins between sets			5m / sets		3-5 m / sets		5m / set		5m / set			
PLYOMETRICS	CONDITIONING				STRENGTH								EXPLOSIVE STRENGTH									STRENGTH					EXPLOSIVE STRENGTH					SP - ST			T	SP		ST - SP				SP		STRENGTH		ST-SP		SPEED			ACTIVE RECOVERY
Weekly Sessions													2 SESSIONS PER WEEK									3 SESSIONS / WEEK					3 SESSIONS / WEEK					2 SESSIONS / WEEK			1	1		2 SESSIONS / WEEK			1		1		1		2			
Indicative micro sets													24	20	24	28	32	20	24	32	20	28	24	24	28	32	30	42	36	48	30	30	48	36	16	12	12	0	0	0	12	8	0	0	24	30	16	12	8	
Indicative micro Reps													16	16	16	16	16	16	16	16	16	24	24	24	24	24	18	18	18	18	18	8	8	8	12	8	8	12	12	12	8	8	8	8	8	8	8	8	8	
Indicative Session Volume (sets)													12	10	12	14	16	10	12	16	10	14	12	12	14	16	10	14	12	16	10	10	12	8	6	6					6	4			12	15	8	6	4	
Indicative set Reps													8	8	8	8	8	8	8	8	8	8	8	8	8	8	6	6	6	6	6	4	4	4	6	4	4	6	6	6	4	4	4	4	4	4	4	4	4	
Indicative Methods													COMPLEX - CONTRAST									CONTRAST					COMPLEX					H. Intensity - Reactive			COM	H. INT		COMPLEX			H.INTEN		CONTRAST		COM		HIGH INTENSITY			
Indicative Exercises													Split snatch jumps Medicine ball (vert & Hor) Upper body									Vertical jumps onto boxes Med ball press-ups Rotational throws					Jumos / hops combinations Horizontal - vertical transfer Throws (rot / upper / total body)					Bounds Upper & Lower shock				Bounds shocks		Shock Combos Hor - Vert transfer Rotational throws			Bounds shocks		Jumps Hops Med ball		Sh combo H-V Throws		Bounds Shocks			
Indicative LOAD (SETS X REPS X INTENSITY)													MH	M	MH	H	VH	M	MH	VH	M	MH	M	M	MH	H	M	H	MH	VH	M	M	VH	MH	MH	VL	VL	M	VH	MH	L	VL	MH	MH	M	VH	MH	L	VL	