

Training Macro Cycle

Month	September							October							November							December							January							February							March							April							May							June							July							August																																										
Week Beginning	29th	5th	12th	19th	26th	3rd	10th	17th	24th	31st	7th	14th	21st	28th	5th	12th	19th	26th	2nd	9th	16th	23rd	30th	6th	13th	20th	27th	6th	13th	20th	27th	3rd	10th	17th	24th	1st	8th	15th	22nd	29th	5th	12th	19th	26th	3rd	10th	17th	24th	31st	7th	14th	21st																																																																				
Competitions:-																																																																																																																								
Performance Gala's (Squad 4)																																																																																																																								
Development Gala's (squad 2 & 3)																																																																																																																								
Club Galas (Squad 1)																																																																																																																								
Para Comp's																																																																																																																								
Masters Comp's																																																																																																																								
Comp Weekend	4th	11th	18th	25th	2nd	9th	16th	23rd	30th	6th	13th	20th	27th	4th	11th	18th	25th	1st	8th	15th	22nd	29th	5th	12th	19th	26th	5th	12th	19th	26th	2nd	9th	16th	23rd	30th	7th	14th	21st	28th	4th	11th	18th	25th	2nd	9th	16th	23rd	30th	6th	13th	20th	27th																																																																				
Meso cycle	ONE														TWO							THREE							FOUR							PLUS																																																																																				
Phase	Preparation				Competition				Preparation				Competition				Preparation				Competition				Preparation				Competition				Preparation				Competition				Preparation				Competition				Non-Competition Phase																																																																							