

2016 Season Plan

Month	Week	Training Phase	Training Focus	Primary training session		
January	Week 1	Technical Adaptation	Body Position	Low mileage / Low Intensity		
	Week 2					
	Week 3		Catch & Pull			
	Week 4					
	Week 5		Mixed as required			
February	Week 6	General Preparation	Aerobic capacity	En-1 Basic Endurance		
	Week 7			En-2 Threshold Endurance		
	Week 8			En-1 Basic Endurance		
March	Week 9			En-2 Threshold Endurance		
	Week 10			En-1 Basic Endurance		
	Week 11			En-2 Threshold Endurance		
April	Week 12			En-1 Basic Endurance		
	Week 13			En-2 Threshold Endurance		
	Week 14			En-1 Basic Endurance		
	Week 15			En-2 Threshold Endurance		
May	Week 16			Overload	Anaerobic Threshold	En-1 Basic Endurance
	Week 17					En-2 Threshold Endurance
	Week 18					En-3 Overload Endurance
June	Week 19			Recovery	Aerobic Maintenance	En-2 Threshold Endurance
	Week 20	En-1 Basic Endurance				
July	Week 21	In Season Maintenance	Mesocycle 1	En-3 Overload Endurance		
	August			Week 22	En-1 Basic Endurance	
				Week 23	En-2 Threshold Endurance	
				Week 24	En-1 Basic Endurance	
September	Week 25		En-3 Overload Endurance			
	Week 26		En-1 Basic Endurance			
	Week 27		En-2 Threshold Endurance			
October	Week 28		Mesocycle 2	En-1 Basic Endurance		
	Week 29			En-2 Threshold Endurance		
	Week 30			En-1 Basic Endurance		
	Week 31			En-3 Overload Endurance		
November	Week 32		Mesocycle 3	En-1 Basic Endurance		
	Week 33			En-2 Threshold Endurance		
	Week 34			En-1 Basic Endurance		
December	Week 35		Mesocycle 4	En-3 Overload Endurance		
	Week 36			En-1 Basic Endurance		
	Week 37	En-2 Threshold Endurance				
	Week 38	En-1 Basic Endurance				
January	Week 39	Mesocycle 4	En-3 Overload Endurance			
	Week 40		En-1 Basic Endurance			
	Week 41		En-2 Threshold Endurance			
February	Week 42	Mesocycle 4	En-1 Basic Endurance			
	Week 43		En-3 Overload Endurance			
	Week 44		En-1 Basic Endurance			
	Week 45		En-2 Threshold Endurance			