



Annual Training Plan (pt. 1 Phases 1-8)

Timeline for Optional Program

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This timeline is in place to ensure competitive preparedness and will be modified based on Consult Results:

Timeline sets out;

- Phase Mission
- Coaches' Focus
- W/U Focus
- Conditioning Focus
- Training Plans by Event
- Verification Requirements

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PHASE 1 Dates: _____ Post-Championship Season (ex. May 1-May 31):

“Back to Basics and Decompress”

- Fall in love with gymnastics again
- Potential Skill (training) Selection occurs via coaches’ discussions, behind the scenes!
 - It is imperative that coaches are noting gymnast’s tendencies, abilities, and weaknesses
- Coaches start creating Choreographed Warm-Ups for next phase
- Lighten up on the “usual routine,” i.e. In-Season Warm-Ups become gymnast-created warm-ups, plio becomes rod floor add-on with bounding skills, contests, variations, etc.
- Conditioning: Muscle group per day, higher physical intensity than in-season but not max intensity (see year/season-flow chart)
- Complexes* are introduced and executed to expose athletes to a variety of root skills and return to basics.
 - These complexes help in the overall gymnastics development and allow coaches to see “what clicks” for each athlete.

NO VERIFICATION

*Inquire about Precision Complexes (Custom and Standard)

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PHASE 2 DATES: _____ (ex June 1-July 3) : **“Vitamins, Strength, and Drills”**

- Start climbing back into highly-structured workouts
- Coaches communicate individual athletes’ skill plans with athletes
- Implement new, daily, Choreographed Warm-Ups with unique focuses:
 - Plio-based
 - Dynamic flex based
 - Across the floor
 - Dance-based
 - Cardio-based
- Heavy conditioning, exhausting a muscle group per day
 - Designate 1 day to intense cardio
 - Implement Injury Prevention Program** 2 days/week
 - 1 day should be heavy cardio paired with injury prevention exercises
- Each week should start off with heavy basics/Complexes*. End of the week eases into heavy drills based on Potential Skill Selection:
 - Mondays: 100% conditioning, basics, and complexes*
 - Tuesdays: 60% conditioning, basics, and complexes, 40% Drills based on Potential Skill Selection
 - Wednesdays: 50/50
 - Thursdays: 40/60
 - Fridays/Saturdays: 20/80
- NOTE: During this phase, Tumbling occurs on Rod and Tumble Tramp (except Complexes* and basics)

**“Don’t forget to take your “vitamins”: gymnasts should hit 2 of each “old skill”
per event, per practice**

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NO VERIFICATION

**Inquire about Precision's Injury Prevention Programs

PHASE 3 Dates: _____ (ex. July 5-August 11): **"Individual Skills and Routine Endurance Focus"**

- Coaches envision Routine Composition
- Continue Choreographed Warm-Ups with unique focuses
- Conditioning Plan maintained from previous phase with slight modifications, i.e. "Change up" specifics, sequences, exercises, etc
- Vault: Power Building, Entries, Air Awareness, and Timers
- Bars: Endurance Routines* to maintain and increase ability to achieve longer and more difficult routines
 - Upon completion of Endurance Routines*, go into drills for new skills
- Beam: Complexes* and new skill drilling:
 - MON: 10 minutes basics w/u, 2 complexes, 80% new dance elements/drills, 10% single acro (ie front ariel, side some etc), 10% dsmts
 - TUE: 5 minutes basics, 1 complex, 80% flight series, 10% dance elements, 10%single acro
 - WED: 10 minutes basics, 70% dismount circuit*, 10% flight series, 10% single acro,10% dance elements
 - THU: 2 complexes, 60% flight series, 20% dismounts, 20% single acro
 - FRI/SAT: 25% flight, 25% single acro, 25% dismounts, 25% dance elements
- Floor: Complexes* on regular floor
- New Skills on Rod and Tumble Tramp
 - MON: 80% back, 20% front
 - TUE: 80% front, 20% back
 - WED: 80% back, 20% front
 - THU: 80% back, 20% front
 - FRI/SAT: "standards" on regular floor: r.o. bhs layouts and 1/1's, fhs + tuck, pike, and layout

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FIRST WEEK OF AUGUST VERIFICATION:

VT: Strong Timer, twist or flip approaching acquisition phase on any surface or with spot.

UB: Ability to “survive” endurance routine. Mastery of drills for new skills for upcoming season. All new skills able to be performed with medium spot. New dismount with spot or onto any surface with or w/o spot.

BB: All new skills performed on LB, support mats, ok with drill on HB. Dismount onto any surface.

FX: All new passes alone on Rod onto any surface. Double backs with spot onto any matted surface.

Ability to execute “old skills”

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PHASE 4 Dates: _____ (ex. *August 12-August 31*): **“Getting our feet wet”**

VT: Vaults flip and/or twist ALONE onto ANY surface and light spot matted landing

UB Half routines. Light spot, max 1 and dismount

BB Individual skills alone on HB. Matted, ok

FX • New Skills on Rod and increase Regular Floor

- MON: 80% back, 20% front
- TUE: 80% front, 20% back
- WED: 50% back, 50% front
- THU: “standards” on regular floor: r.o. bhs layouts and 1/1’s, fhs + tuck, pike, and layout
- FRI/SAT: “standards” on regular floor: r.o. bhs layouts and 1/1’s, fhs + tuck, pike, and layout

THIRD WEEK OF AUGUST VERIFICATION:

VT: Strong Timer, Flip/twist onto any surface alone.

UB: All new skills able to be performed with light spot. New dismount with spot or onto any surface w/o spot.

BB: All new skills performed on LB, no support mats OR high Beam with raised matting (equivalent of LB (not level). Drills/Timers on HB. Dismount onto any matted surface.

FX: All new passes alone on Rod onto any MATTED surface. Backup/B passes, mastered (used as warm up). Timers on floor.

Ability to execute “old skills.”

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PHASE 5 Dates: _____ (ex. *Sept 1-Sept 30*): **“Getting Real”**

- Skill Finalization (should have 80% acquisition with confident potential on remaining 20%)
- Coaches develop “back up plans”
- Continue Choreographed Warm-Ups with unique focuses
- Standardized, High Intensity Conditioning
- Vault: 50% timers and power drills, 50% “flipping” vaults onto padded surface
- Bars: (spotted) Routine Segments and continue skill building
- Beam: Skill Routines (Skills done back-to-back with no choreo)
- Floor: Endurance Routines*
- Floor: Increase tumbling to 3 times/week on regular floor:
- Standards
 - New passes onto 8” or 4” on Regular Floor

END OF SEPTEMBER VERIFICATION: Skill Finalization: Competitive Skills should be at MIN. 80% acquisition (slightly matted landings, ok) with confident potential on remaining 20%)

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PHASE 6 Dates: _____ (ex. Oct. 1-Oct. 31) **“Getting Really Real”**

- Extra skill drilling and repetitions, sequencing of skills
- Create “Meet Warm-Up”
- Tweak and Experiment with New Daily Warm-Ups
- Maintain Standardized, High Intensity Conditioning
- Vault: 50% timers and power drills, 50% “flipping” vaults onto padded surface
- Bars: Half Routines, no spot. Dismounts separated out with 4” max landing
- Beam: Full Drill Routines and Half Routines with full skills
 - Emphasize accurate take-offs and aggressive landings
- Floor: Dance-throughs and tumbling passes on regular floor
 - 4” landing ok
 - Keep 1 day on rod for increased numbers with less run or increased difficulty

END OF PHASE VERIFICATION: Ability to execute above Event Specs.

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*PHASE 7 Dates:*_____ (ex. Nov. 1-Nov. 30): **“I Could Compete Tomorrow”**

- “Meet Warm-Up” done 2x/week and Finalized Daily Warm-Ups Implemented
- Implement “Tactical Meet Selection” and corresponding, week-by-week, "Strategic In-Season Assignments”
- SLIGHT ease up on conditioning intensity/muscle fatigue
- Create 3 part, in-season Conditioning Plan*/sequences (Dec through Jan, Feb-March 1, March- April)

END OF PHASE VERIFICATION: Competition-Ready, full-routines, additional matted landings, ok.

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December-March/April: Competitive Season

- Implement In-season Conditioning Plans
- Ready to create the MOST SUCCESSFUL COMPETITIVE SEASON EVER?? Watch or Read “Best Meet Ever” and use the corresponding worksheets to complete your Annual Training Plan
- See additional packet: “Strategic Meet Selection, Peak Season Success, and Corresponding Assignments”

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