

Weekly Focuses



The purpose of these worksheets is to create a general overview of each week's training content. Use your **Annual Timeline** for reference. Print additional copies to cover each week of each training phase.

Ex:

FX:
Endurance Routines and Tumbling Up. Peak mid-week.

Specific assignments per day will be recorded in "Daily Training Plans."

Weekly Focuses

Phase _____ Week # _____

Dates: _____

Focus: _____

Warm up

Conditioning

OTHER

VT

UB

BB

FX

FLEX

Weekly Focuses

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