

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."

Phase Dates: Focus:	Week #
Conditioning	
OTHER	
VT	
UB	
ВВ	
FX	

FLEX

Phase Dates: Focus:	Week #
Warm up	
Conditioning	
OTHER	
VT	
UB	
ВВ	
FX	

FLEX

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Phase	Week #	
Dates:		
Focus:		
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Warm up		
Conditioning		
Conditioning		
OTHER		
OTHER		
VT		
VT		
LID		
UB		
DD		
BB		
ΓV		
FX		

FLEX

Phase Dates: Focus:	Week #
Warm up	
Conditioning	
OTHER	
VT	
UB	
BB	
FX	
FLEX Phase	Week #

	Weekly Focuses	
Dates:		
Focus:		
M/s and a second		
Warm up		
Conditioning		
OTHER		
VT		
LID		
UB		
BB		
טט		
FX		
FLEX		