

Weekly Focuses



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

Ex:

Step 2 Mantra: "Start Value City"

Conditioning: Plio sequence B* ending with punch front + split jump + punch /12 + BHS

BB: Dance series with additional jump before and after, 10x Additional Acro added to Flight series on Floor Beam.

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

Weekly Focuses

Comp Phase _____, Dates: _____, Preparing for Competition: _____

Mantra: _____

Warm up

Conditioning

OTHER

VT

UB

BB

FX

FLEX

Weekly Focuses

Comp Phase _____, Dates: _____, Preparing for Competition: _____

Mantra: _____

Warm up

Conditioning

OTHER

VT

UB

BB

FX

FLEX

Weekly Focuses

Comp Phase _____, Dates: _____, Preparing for Competition: _____

Mantra: _____

Warm up

Conditioning

OTHER

VT

UB

BB

FX

FLEX

Weekly Focuses

Comp Phase _____, Dates: _____, Preparing for Competition: _____

Mantra: _____

Warm up

Conditioning

OTHER

VT

UB

BB

FX

FLEX

Weekly Focuses

Comp Phase _____, Dates: _____, Preparing for Competition: _____

Mantra: _____

Warm up

Conditioning

OTHER

VT

UB

BB

FX

FLEX