



SENIOR PERFORMANCE SQUAD
SEASON PLAN 2008 – 2009
CYCLE 1 (15th September – 8th February)

OVERVIEW:

| WEEK | MESOCYCLE | EMPHASIS | TESTS | MEETS |
|------|-----------|-------------|----------|-----------------|
| 1 | 1 | Preparation | Sw 100's | |
| 2 | 1 | Preparation | Sw 100's | |
| 3 | 1 | Preparation | K 100 | |
| 4 | 2 | Specifics | | |
| 5 | 2 | Specifics | | |
| 6 | 2 | Specifics | | |
| 7 | 3 | Specifics | | |
| 8 | 3 | Specifics | | |
| 9 | 3 | Specifics | | Ridings Champs |
| 10 | 4 | Specifics | | |
| 11 | 4 | Specifics | | |
| 12 | 4 | Specifics | | |
| 13 | 5 | Specifics | | |
| 14 | 5 | Specifics | | X-mas Cracker |
| 15 | 5 | Specifics | | |
| 16 | 6 | Specifics | | |
| 17 | 6 | Specifics | | |
| 18 | 6 | Specifics | | |
| 19 | 7 | Taper | | Club Champs |
| 20 | 7 | Taper | | Club Champs |
| 21 | 7 | Taper | | Yorkshires (LC) |

BREAKDOWN:

| Meso. | Monday | Wednesday | Thursday | Saturday | Sunday |
|-------|------------|------------|------------|------------|------------|
| 1 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/2/3 |
| 2 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/2/3 |
| 3 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/2/3 |
| 4 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/2/3 |
| 5 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/2/3 |
| 6 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/2/3 |
| 7 | Mixed | Mixed | Mixed | Mixed | Mixed |



SENIOR PERFORMANCE SQUAD
SEASON PLAN 2008 – 2009
CYCLE 2 (9th February – 3rd May)

OVERVIEW:

| WEEK | MESOCYCLE | EMPHASIS | TESTS | MEETS |
|-------------|------------------|-----------------|--------------|----------------|
| 1 | 1 | Preparation | | |
| 2 | 1 | Preparation | | |
| 3 | 1 | Preparation | | |
| 4 | 2 | Specifics | | |
| 5 | 2 | Specifics | K 100 | |
| 6 | 2 | Specifics | Sw 100's | |
| 7 | 3 | Specifics | Sw 100's | |
| 8 | 3 | Specifics | | British Champs |
| 9 | 3 | Specifics | | |
| 10 | 4 | Specifics | | |
| 11 | 4 | Specifics | | |
| 12 | 4 | Specifics | | NER's (LC) |

BREAKDOWN:

| Meso. | Monday | Wednesday | Thursday | Saturday | Sunday |
|--------------|---------------|------------------|-----------------|-----------------|---------------|
| 1 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/2/3 |
| 2 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/2/3 |
| 3 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/2/3 |
| 4 | Mixed | Mixed | Mixed | Mixed | Mixed |



SENIOR PERFORMANCE SQUAD
SEASON PLAN 2008 – 2009
CYCLE 3A (4th May – 12th July)

OVERVIEW:

| WEEK | MESOCYCLE | EMPHASIS | TESTS | MEETS |
|-------------|------------------|-----------------|--------------|------------------|
| 1 | 1 | Preparation | | |
| 2 | 1 | Preparation | | |
| 3 | 2 | Specifics | | |
| 4 | 2 | Specifics | | Derventio Excel |
| 5 | 2 | Specifics | | |
| 6 | 3 | Specifics | | |
| 7 | 3 | Specifics | | |
| 8 | 3 | Specifics | Sw 50/100's | |
| 9 | 4 | Taper | | |
| 10 | 4 | Taper | | |
| 11 | 4 | Taper | | Senior Nationals |

BREAKDOWN:

| Meso. | Monday | Wednesday | Thursday | Saturday | Sunday |
|--------------|---------------|------------------|-----------------|-----------------|---------------|
| 1 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/2/3 |
| 2 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/2/3 |
| 3 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/2/3 |
| 4 | Mixed | Mixed | Mixed | Mixed | Mixed |



SENIOR PERFORMANCE SQUAD
SEASON PLAN 2008 – 2009
CYCLE 3B (4th May – 12th July)

OVERVIEW:

| WEEK | MESOCYCLE | EMPHASIS | TESTS | MEETS |
|------|-----------|-------------|-------------|-----------------|
| 1 | 1 | Preparation | | |
| 2 | 1 | Preparation | | |
| 3 | 2 | Specifics | | |
| 4 | 2 | Specifics | | Derventio Excel |
| 5 | 2 | Specifics | | |
| 6 | 3 | Specifics | | |
| 7 | 3 | Specifics | | |
| 8 | 3 | Specifics | | |
| 9 | 4 | Specifics | | |
| 10 | 4 | Specifics | Sw 50/100's | |
| 11 | 4 | Specifics | | |
| 12 | 5 | Taper | | |
| 13 | 5 | Taper | | Youth Nationals |

BREAKDOWN:

| Meso. | Monday | Wednesday | Thursday | Saturday | Sunday |
|-------|------------|------------|------------|------------|------------|
| 1 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/2/3 |
| 2 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/2/3 |
| 3 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/2/3 |
| 4 | Zone 1/2/3 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/4/5 | Zone 1/2/3 |
| 5 | Mixed | Mixed | Mixed | Mixed | Mixed |



TRAINING ZONES 'WHAT TO EXPECT'

ZONE 1 - Aerobic

The Aerobic Zone represents low intensity, below the anaerobic threshold.

Zone 1 can be further split into three types:

- A1 – Recovery Work
- A2 – Aerobic Maintenance
- A3 – Aerobic Development

ZONE 2 - Anaerobic Threshold

The Anaerobic Threshold is the point at which lactate accumulation begins to rise sharply.

ZONE 3 - High Performance Endurance

The high performance endurance zone contains the following:

- Critical Speed – sometimes referred to as heart rate training.
- Lactate Removal
- MVO₂.

ZONE 4 - Race Pace Training (Anaerobic)

Lactate Production, Lactate Tolerance and Peak Lactate are all included in this zone.

ZONE 5 - Sprint

Sometimes referred to as HVO (high velocity overload). This is the 'short maximum-speed' training, with long rests.