

Week	1	2	3	4	5	6	7	8	9	10
Date	21/11/22 to 27/11/22	28/11/22 to 4/12/22	5/12/22 to 11/12/22	12/12/22 to 18/12/22	19/12/22 to 25/12/22	26/12/22 to 1/1/23	2/1/23 to 8/1/23	9/1/23 to 15/1/23	16/1/23 to 22/1/23	23/1/23 to 29/1/23
Macrocycle (season plan)	Preparation								Taper	Event
Volume Intensity										
Events/ training constraints	Training Begins!				Christmas	New years eve				Scotland Trip
Mesocycle (3 week training block)	Preparation Cycle 1			Preparation Cycle 2			Preparation Cycle 2			Performance Phase
Volume per week	Build week 1	Build week 2	Recovery week	Build Week 3	Build week 4	Recovery week	Build Week 5	Build Week 6	Taper Week	
	Hours	Hours	Hours	Hours	Hours	Hours	Hours	Hours	Hours	
Microcycle (week Plan)	Planned sessions									