



WATER SKI AND WAKEBOARD Canada



2006 YEARLY TRAINING PLAN

NAME: _____

COACH: _____

MONTHS	JANUARY					FEBRUARY				MARCH				APRIL				MAY					JUNE				JULY				AUGUST				September				October				November				DECEMBER						
MONDAYS	1/2	1/9	1/16	1/23	1/30	2/6	2/13	2/20	2/27	3/6	3/13	3/20	3/27	4/3	4/10	4/17	4/24	5/1	5/8	5/15	5/22	5/29	6/5	6/12	6/19	6/26	7/3	7/10	7/17	7/24	7/31	8/7	8/14	8/21	8/28	9/4	9/11	9/18	9/25	10/2	10/9	10/16	10/23	10/30	11/6	11/13	11/20	11/27	12/6	12/13	12/20	12/27	
DOMESTIC																																																					
INTERNATIONAL																																																					
MEETS																																																					
PHASES																																																					
PERCENT																																																					
MAJOR EMPHASIS																																																					
MINOR EMPHASIS																																																					
TESTING																																																					
MAJOR STRENGTH																																																					
MACRO CYCLES																																																					
MICRO'S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	