Week	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
Week Ending (Sunday)	22/03/2009	29/03/2009	05/04/2009	12/04/2009	19/04/2009	26/04/2009	03/05/2009	10/05/2009	17/05/2009	24/05/2009	31/05/2009	07/06/2009	14/06/2009	21/06/2009	28/06/2009	05/07/2009	12/07/2009	19/07/2009	26/07/2009	02/08/2009	09/08/2009	16/08/2009	23/08/2009	30/08/2009	06/09/2009	13/09/2009	20/09/2009	27/09/2009	04/10/2009	11/10/2009	18/10/2009	25/10/2009	01/11/2009	08/11/2009	15/11/2009	22/11/2009	29/11/2009	06/12/2009	13/12/2009	20/12/2009	27/12/2009	03/01/2010	10/01/2010	17/01/2010	24/01/2010	31/01/2010	07/02/2010	14/02/2010	21/02/2010	28/02/2010	07/03/2010	14/03/2010
Importance						3	3	2	3		3			3	3		3	3			3				5																	2										
Competition Detail						Avon League	YAL	County Champs	YAL		YAL			YAL	Avon League		Avon League	YAL			Avon League				Club Champs???																	County XC Champs										
Monitoring																																																				
Macrocycles	2009 / 2010																																																			
Periods	Transistion		Competition																										Transition	Preperation																						
Phases			Pre-Competition					Competition																						General Preperation										Specific Preperation											
Mesocycles			1					2						3				4							5					1					2					3					4					5		
Movement Skills			Coordination					Coordination + Balance						Agility				Maintain Coordination, Balance + Agility																																		
Technical			Analyses Running Model					Correct Running Model						Maintain Running Model																																						
Psyco - behavioural			Race Preperation					Focus & Concentration						Introduce Tactics																																						
Speed			Sprint Starts					Introduce Paced Running						Maintain Pace Judgement																																						
Strength			Core Stability					Speed Strength																																												
Endurance			Establish Aerobic Base					Maintain Aerobic Base																																												
Microcycles	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

Monitoring/Tests

- Time Trial
- Fitness Test
- Bleep Test

Competitions

- Minor Competitions 5,4,3
- Major Competitions 2,1