

Month		Sample calendar 2x/week		Notes	Sample calendar 3x/week		
		Tuesday	Thursday		Monday	Wednesday	Friday
January	Week 1	PREP	PREP	Seasonal Focus: Cardio, Power, Endurance	PREP	PREP	PREP
	Week 2	PREP	BASE		PREP	PREP	BASE
	Week 3	BASE	BASE		BASE	BASE	BASE
	Week 4	BASE	BUILD		BASE	BASE	BASE
February	Week 5	BASE	BUILD	BASE	BASE	BASE	
	Week 6	BUILD	TRANSITION	BASE	BASE	BASE	
	Week 7	PREP	BASE	BASE	TRANSITION	TRANSITION	
	Week 8	BASE	BASE	BUILD	BUILD	BUILD	
March	Week 9	BUILD	BUILD	BUILD	BUILD	BUILD	
	Week 10	BUILD	TRANSITION	BUILD	BUILD	BUILD	
	Week 11	BUILD	BUILD	BUILD	BUILD	BUILD	
	Week 12	BUILD	TRANSITION	TRANSITION	TRANSITION	TRANSITION	
April	Week 13	PREP	PREP	Seasonal Focus: Skills, Cardio, Endurance			
	Week 14	PREP	BASE				
	Week 15	BASE	BASE				
	Week 16	BASE	BUILD				
	Week 17	BASE	BUILD				
May	Week 18	BUILD	TRANSITION				
	Week 19	PREP	BASE				
	Week 20	BASE	BUILD				
	Week 21	BASE	BUILD				
June	Week 22	BUILD	BUILD				
	Week 23	BUILD	BUILD				
	Week 24	BUILD	TRANSITION	Seasonal Focus: Balance, Breath, Core, Neuromotor			
	Week 25	no class	no class				
	Week 26	no class	no class				
July	Week 27	PREP	PREP				
	Week 28	BASE	BASE				
	Week 29	TRANSITION	TRANSITION				
	Week 30	PREP	PREP				
August	Week 31	BASE	BASE				
	Week 32	TRANSITION	TRANSITION				
	Week 33	PREP	PREP				
	Week 34	BASE	BASE				
	Week 35	TRANSITION	TRANSITION				
September	Week 36	no class	no class				
	Week 37	no class	no class				
	Week 38	no class	no class				
	Week 39	no class	no class				
October	Week 40	PREP	PREP	Seasonal Focus: Skills, Cardio, Endurance, Strength			
	Week 41	PREP	BASE				
	Week 42	BASE	BASE				
	Week 43	BASE	BUILD				
November	Week 44	BASE	BUILD				
	Week 45	BASE	BUILD				
	Week 46	BUILD	TRANSITION				
	Week 47	BUILD	no class				
December	Week 48	BUILD	no class				
	Week 49	BUILD	no class				
	Week 50	BUILD	no class				
	Week 51	BUILD	no class				
	Week 52	BASE	no class				