

CHART 3 – CLASSIFICATIONS: PROGRAM PERIODIZATION: 2007 – 2008

COMPETITION / CAMP SCHEDULE			CALENDAR																																																								
			SEPT.		OCTOBER				NOVEMBER				DECEMBER				JANUARY				FEBRUARY				MARCH				APRIL				MAY				JUNE				JULY				AUGUST				SEPT.										
			17	24	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	4	11	18	25	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	1	8					
CE	SPEED	ACCELERATION WORK	DISTANCE																																																								
			DENSITY																																																								
		MAXIMAL SPEED	DISTANCE																																																								
			DENSITY																																																								
	SPEED ENDURANCE	SPECIAL ENDURANCE	DISTANCE																																																								
			DENSITY																																																								
		SPECIFIC ENDURANCE	DISTANCE																																																								
			DENSITY																																																								
SDE	GENERAL ENDURANCE (TEMPO)	DISTANCE																																																									
		DENSITY																																																									
	SPECIFIC STRENGTH	METHOD																																																									
		DENSITY																																																									
SPE	SPECIAL STRENGTH																																																										
	MAXIMAL STRENGTH																																																										
	MOVEMENT PATTERN																																																										
	EXERCISE COMPLEX																																																										
	DENSITY																																																										
GPE	EXERCISE COMPLEX																																																										
	DENSITY																																																										
PERIODIZATION			PERIOD MICRO	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	1	2	3	1	2	3	1	2	3	4	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
			PERIOD MACRO	ONE				TWO				THREE				FOUR				FIVE				REST PERIOD				ONE				TWO				THREE				FOUR				FIVE				REST PERIOD											
			PERIOD	DEVELOPMENT PERIOD ONE															MAINTENANCE PERIOD				MAINTENANCE PERIOD				REST PERIOD				DEVELOPMENT PERIOD TWO															MAINTENANCE PERIOD				MAINTENANCE PERIOD				REST PERIOD					
			CALENDAR MICRO	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				
			MONTH	SEPT.		OCTOBER				NOVEMBER				DECEMBER				JANUARY				FEBRUARY				MARCH				APRIL				MAY				JUNE				JULY				AUGUST				SEPT.									
			DATE	17	24	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	4	11	18	25	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	1	8				