

YEARLY TRAINING PLAN

Month	August				September				October				November				December				January				February				March				April				May				June				July				Total					
Week - day	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	8	15	22	29	5	12	19	26	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	50		
Nr.of practices	4	4	4	4	4	4	4	4	4	4	3	4	4	4	4	4	3	3	3	3	3	3	4	4	3	4	3	4	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	190
Nr.of hours	20	20	20	20	20	20	20	20	20	20	15	20	20	20	20	20	20	15	15	15	15	15	15	20	15	20	15	20	15	20	20	20	20	15	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	975
Events					T						T							M1	M2	M3	M4	M5	C1		M7	C2	C3		C4		M8	M9	C5									T								17				
Periods	PREPARATION																												COMPETITION												PREPARATION													
Phases	General								Specific								Pre-competition				Important												Specific																					
Physical Prep																																																						
General	30 min before and 30 min after 'main part' each day																																																					
Specific					15 min before 'main part' and 45 min after each day								10 min before 'main part' and 40 min after each day								10 min before 'main part' and 30 after each day												15 min before 'main part' and 45 min after each day																					
Artistic Prep	10 min on F, S; 30 min on T, Thursday (includes balet bar work, dance class)								10 min each day + 2h per week floor choreography																				30 min per training including floor routines																									
Technical Prep	3,5h each day (includes specific warm-up + coordination dev)				3,5h each day (includes specific warm-up + coordination dev and maintenance)								4h each day (includes specific warm-up; 1/4, 1/2, 1/1 routines)								4h each day (includes specific warm-up; 1/1 routines + eventual corrections)																																	
Mental Prep	10 min each day																15 min each day												20 min each day																									
Lost time	15 min each day (break time)																																																					
Apparatus																																																						
Vault, Uneven Bars, Beam, Floor	Initiation and Acquisition				Learning and Consolidation								Refinement								Evaluation												Learning and Consolidation																					
OBJECTIVES	<p>* During august's trainings the emphasis is on stances and positions of skills that were established to learn in perspective; getting the idea of what the movement are about, including specific physical preparation and progressions; *progressive increase in the quantity of work done during practises. **Mental skills: setting goals (team meeting, set goals, process goals - how do we achieve these goals?); managing focus (develop athlete awareness, assess basic, refine basic skills); managing negative anxiety (refine skills, dev basic skills).</p> <p>* During september - october trainings the emphasis is on progressive development of specific physical condition; *greater proportion of specific exercises for required skills; *improvement of gymnast's weak points; *progressive increase in activity intensity, approaching competition-level intensity toward the end of this phase. **Mental skills: setting goals (monitor, assess, re-evaluate); managing focus (simulation, dev performance skills); managing focus (simulation); managing anxiety (simulation, dev performance skills);</p> <p>*During november-december trainings the emphasis is on preparation of athletes for future competitions creating specific training and practice conditions; *consolidation of already acquired technical abilities, maintenance of recently acquired ones; *validation and confirmation of learning and progress made by athletes during monitoring trainings, simulation of competitions (mock meets). **Mental skills: setting goals (re-evaluate); managing focus (refine and implement routines); managing negative anxiety (refine and implement performance routines);</p>																												<p>During competition period the emphasis is on: *achievement of performance goals in competition; *Stress management and emotional control when outcome; *during practice frequency is maintained and intensity remains high; *exercises and activities intended to refine preparation; *high success rate when performing skills in training (precision and consistency); *high cooperation within the group; *participation in simulation of competitions (mock meets) between official competitions, aim of this being to increase confidence performing routines. **Mental skills: setting goals (team meeting, debrief, re-evaluate), managing focus (debrief), managing negative anxiety (debrief).</p>												<p>During this preparation period the emphasis is on: *acquisition of new technical abilities and skills; *specific development of the primary physical, motor and mental athletic abilities required in gymnastics; *consolidation of already acquired skills, *variety of specific progressions and exercises in order to improve knowledge base; *participation at eventual gymnastics camp for exchange of experience. **Mental skills: setting goals (monitor, assess, re-evaluate); managing focus (simulation, develop performance skills); managing negative anxiety (simulation, develop performance skills);</p>													

VACATION

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*Recovery and regeneration; *Healing of injuries sustained during the competition period; *Decrease in the length, frequency and intensity of sport activities.

Legend:

- T - testing physical abilities
- M - monitoring training
- C - competition