Basketball

Annual Performance Plan

		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
	Month	September					October				November				December					January				February			
	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
	Sunday Date	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10	17	24
Calendar of Competitions	Competition Schedule	Pre-season 1	Pre-season 2	Pre-season 2	Pre-season 2	Pre-season 2	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	Rest	In season	In season	In season	In season	In season	In season	In season	In season
	Stage	Exploration	Stabilization	Introduction	Exploration	Stabilization	Competition																				
Emphasis	ATP/Cr-P Energy System																										
	Glycolytic Energy System																										
	Oxidative Energy System																										
	Speed																										
	Power																										
	Strength																										
	Training Block	GPP	Deload	SPP		Deload	ISO			Deload	ECC 1		Deload	Hybrid		Deload	CON			ECC 2			Deload	Hybrid			Deload
	Training Days Per Week	6	4	6	6	4	5	5	5	4	5	5	4	5	5	4	5	5	Rest	5	5	5	4	5	5	5	4
	Practices Per Week (including individuals)	10	7	10	10	7	7	7	7	6	7	7	6	7	7	6	7	7		7	7	7	6	7	7	7	5
	Intensity (%)	80	50	75	85	50	60	70	80	50	70	75	50	75	80	50	80	85	0	70	80	85	50	75	80	85	50

		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	March					April				May				June					July					August		
	Week	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
	Sunday Date	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	5	12	19	26	4	11	18	25
Calendar of Competitions	Competition Schedule	In season	In season	In season	In season	In season	In season	In season	In season	Rest	In season	In season	In season	In season	Rest	Rest	Off-season Foundation	Off-season 1	Off-season 1	Off-season 1	Off-season 1	Off-season 2	Off-season 2	Off-season 2	Rest	Pre-season 1	Pre-season 1
	Stage	Competition															Introduction	Introduction	Exploration		Stabilization	Introduction	Exploration			Introduction	Exploration
Emphasis	ATP/Cr-P Energy System																										
	Glycolytic Energy System																										
	Oxidative Energy System																										
	Speed																										
	Power																										
	Strength																										
	Training Block	Hybrid		Deload	Hybrid		Deload	Hybrid			CON						GPP		ISO	ECC	Deload	Strength	Power	Speed		GPP	
	Training Days Per Week	4	4	4	5	5	4	5	5	Rest	5	5	4	4	Rest	Rest	5	6	6	6	4	6	6	6	Rest	5	6
	Practices Per Week (including individuals)	5	5	5	7	7	5	6	6		5	5	5	5			8	10	10	10	7	10	10	10		8	10
	Intensity (%)	85	85	50	85	85	50	90	90	0	85	90	95	95	0	0	60	70	70	80	50	75	85	95	0	60	70

%

Basketball
Annual Performance Plan

Month	September					October				November				December				
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Sunday Date	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30
Calendar of Competitions: Competition Schedule	Pre-season 1	Pre-season 2	Pre-season 2	Pre-season 2	Pre-season 2	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	Rest
Stage	EXP	STB	INT	EXP	STB	Competition												
Emphasis: ATP/Cr-P Energy System																		
Emphasis: Glycolytic Energy System																		
Emphasis: Oxidative Energy System																		
Emphasis: Speed																		
Emphasis: Power																		
Emphasis: Strength																		
Training Block	GPP	D	SPP		D	ISO			D	ECC 1		D	Hybrid		D	CON		
Training Days Per Week	6	4	6	6	4	5	5	5	4	5	5	4	5	5	4	5	5	
Practices Per Week (including individuals)	10	7	10	10	7	7	7	7	6	7	7	6	7	7	6	7	7	Rest
Intensity (%)	80	50	75	85	50	60	70	80	50	70	75	50	75	80	50	80	85	0

Month	January				February				March					April			
Week	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Sunday Date	6	13	20	27	3	10	17	24	3	10	17	24	31	7	14	21	28
Calendar of Competitions: Competition Schedule	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	Rest
Stage	Competition																
Emphasis: ATP/Cr-P Energy System																	
Emphasis: Glycolytic Energy System																	
Emphasis: Oxidative Energy System																	
Emphasis: Speed																	
Emphasis: Power																	
Emphasis: Strength																	
Training Block	ECC 2			D	Hybrid			D	Hybrid		D	Hybrid		D	Hybrid		
Training Days Per Week	5	5	5	4	5	5	5	4	4	4	4	5	5	4	5	5	
Practices Per Week (including individuals)	7	7	7	6	7	7	7	5	5	5	5	7	7	5	6	6	Rest
Intensity (%)	70	80	85	50	75	80	85	50	85	85	50	85	85	50	90	90	0

Month	May				June					July				August			
Week	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Sunday Date	5	12	19	26	2	9	16	23	30	5	12	19	26	4	11	18	25
Calendar of Competitions: Competition Schedule	In season	In season	In season	In season	Rest	Rest	Off-season Foundation	Off-season 1	Off-season 1	Off-season 1	Off-season 1	Off-season 2	Off-season 2	Off-season 2	Rest	Pre-season 1	Pre-season 1
Stage	Competition						INT	INT	EXP	EXP	STB	INT	Exploration			INT	EXP
Emphasis: ATP/Cr-P Energy System																	
Emphasis: Glycolytic Energy System																	
Emphasis: Oxidative Energy System																	
Emphasis: Speed																	
Emphasis: Power																	
Emphasis: Strength																	
Training Block	CON						GPP		ISO	ECC	D	STR	PW	SPD		GPP	
Training Days Per Week	5	5	4	4			5	6	6	6	4	6	6	6		5	6
Practices Per Week (including individuals)	5	5	5	5	Rest	Rest	8	10	10	10	7	10	10	10	Rest	8	10
Intensity (%)	85	90	95	95	0	0	60	70	70	80	50	75	85	95	0	60	70

%