

4 MONTH PROGRAMME

Name: _____

Beginning of September – end of December

17 weeks

Month	SEPTEMBER					OCTOBER				NOVEMBER				DECEMBER				
Week	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Tourn.																		
Match																		
Train.																		
Other																		
Wk bg	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29

Specific Dates

Tournaments	Matches	Training	Other

Training Goals

Physical	Lifestyle	Mental	Technical

Tournament/Competition Goals
