

Bobsled Annual Plan

Remote Strength Coach

Month:		March			April			May			June			July			August			September			October			November			December			January			February			March																						
Week Beging Monday:		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	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	2	9							
Training 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	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							
Competitions & Camps																																																												
Priority		1 2 3																																																										
Month:		March			April			May			June			July			August			September			October			November			December			January			February			March																						
Week Beging Monday:		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	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	2	9							
Phases:		Trans.		General Preparation																				Specific Preparation						Competition														Trans.																
				HYP/END			HYP/END			Strength			Strength			Strength			Power			Power			Main.			Main.						Main.			Taper																							
Training 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	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							
Lifting Emphasis	POWER- HIGH FORCE																																																											
	POWER- HIGH VELOCITY																																																											
	STRENGTH																																																											
	HYPERTROPHY																																																											
	WORK CAPACITY																																																											
	ACTIVE RECOVERY																																																											
	RECOVERY																																																											
	DOWN WEEK																																																											
	PET MEETING																																																											
Training Days per Week:		2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2											
Month:		March			April			May			June			July			August			September			October			November			December			January			February			March																						
Week Beging Monday:		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	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	2	9							
Phases:		Trans.		General Preparation																				Specific Preparation						Competition														Trans.																
				Tempo			Sp. End			Accel.			Accel.			Accel.			Max Velocity			Max. Velocity			Main.			Main.						Main.			Taper																							
Training 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	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							
Running Emphasis	MAX VELOCITY																																																											
	SPECIAL ENDURANCE																																																											
	TEMPO																																																											
	ACCELERATION																																																											
	ACTIVE RECOVERY																																																											
	DOWN WEEK																																																											
	PET MEETING																																																											
Training Days per Week:		2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2											