

Type: V8 Supercar Driver

Pre season GP race
Championship event

☒ Endurance event with Co-Driver

Coach Peter Schafer

Year: 2005

MONTHS		Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Competition													
Periodisation		Recovery Phase Transition	Prep Phase Gen Prep	Prep Phase Specific Prep	Comp Phase Pre Comp	Comp Phase Comp	Comp Phase Comp	Comp Phase Comp	Comp Phase Comp	Comp Phase Comp	Comp Phase Comp	Comp Phase Comp	Comp Phase Comp
Macrocycles		1	2	3	4	5	6	7	8	9	10	11	12
Microcycles		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
Testing													
Endurance		Aerobic Endurance	Aerobic Endurance	Specific Endurance	Specific Endurance	Sport Specific	Sport Specific	Sport Specific	Sport Specific	Sport Specific	Sport Specific	Sport Specific	Sport Specific
Strength		Adaptation	Maximum Strength	Maximum Strength	Conversion	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance
Speed													
Flexibility		General	Specific	Specific	Specific	Specific	Specific	Specific	Specific	Specific	Specific	Specific	Specific
Technique													
Psychology		Goal Set	Competitive Strategies	Competitive Strategies	Competitive Strategies	Competitive Strategies	Competitive Strategies	Competitive Strategies	Competitive Strategies	Competitive Strategies	Competitive Strategies	Competitive Strategies	Competitive Strategies
%Training Time													
Aerobic Conditioning		70	70	65	65	65	60	65	60	65	70	60	60
Muscular Conditioning		20	20	30	25	25	25	25	25	25	20	25	25
Flexibility		10	10	5	10	10	15	10	15	10	10	15	15
Training Load	100%												
	80%												
	60%												
Legend		— Volume --- Intensity Peaking											