

YEAR 6 PERIODES

CYCLES DOUBLE PERIODIZATION: 2 Macrocycles, 12 Mezocycles, 67 Microcycles, 6 Active Rest Cycles

PERIODES MEZOCYCLES:	1	Base # 1	Program 1	4 weeks	28 days	15-oct	to	11-nov	2018
	2	Base # 2 A	Program 2	2 weeks	14 days	12-nov	to	25-nov	2018
	3	Base # 2 B	Program 2>	3 weeks	21 days	03-dec	to	23-dec	2018
	4	Strength # 1	Program 5	<5 weeks	34 days	27-30/12	and	02-31/01	2018-19
	5	Power & Speed # 1	Program 6	4,5 weeks	31 days	01-feb	to	03-mar	2019
	6	Base # 3(1)	Program 8	4 weeks	28 days	11-mar	to	07-apr	2019
	7	Base # 4(2)	Program 9	>3 weeks	23 days	08-apr	to	30-apr	2019
	8	Base # 5	Program 11	4 weeks	28 days	06-may	to	02-jun	2019
	9	Base # 6	Program 12	4 weeks	28 days	03-jun	to	30-jun	2019
	10	Strength # 2(1)	Program 14	4 weeks	28 days	08-jul	to	04-aug	2019
	11	Strength # 3	Program 15	4 weeks	28 days	05-aug	to	01-sep	2019
	12	Power & Speed # 2(1)	Program 16	4> weeks	29 days	02-sep	to	30-sep	2019

SYSTEM MICROCYCLES:	Base # 1-6	Week plan	7 days	24> cycles
	Strength # 1-3	Day plan	3-1, 2-1	<26 cycles
	Power & Speed # 1-2	Day plan	3-1, 2-1	17 cycles

ACTIVE REST:	Program 3	7 days	26 Nov-02 Dec 2018
	Program 4	5 days	24-26 Dec and 31 Dec-01 Jan 2018-2019
	Program 7	7 days	04-10 Mar 2019
	Program 10	5 days	01-05 May 2019
	Program 13	7 days	01-07 Jul 2019
	Program 17	21 days	01-20 Oct 2019

TRAINING CAMPS:	Training camp 1:	11-31 Jan	2019	Potchefstroom, S-Africa or Doha Qatar	Yes
	Training camp 2:	10-30 Apr	2019	San Diego, USA or Gloria Turkey	Yes
	Training camp 3:	16-26 Sep (WC Pre C)	2019	Rome, Italy	Yes

COMPETITIONS: MEETS:	2-3 February	VXO Inomhuskast	Växjö	Sweden	Rank 3
	16-17 February	ISM	Norköping	Sweden	Rank 2
	???	DL/IAAF/EAA Meets	???	???	Rank 1
	???	FGP Meets	???	Sweden	Rank 1
	1-2 June	Halle Werferstage	Halle	Germany	Rank 2
	24-25 August	Finnkampen	Stockholm	Sweden	Rank 1
	31 August-1 Sep	SM	Karlstad	Sweden	Rank 1
	2-3 October	WC	Doha	Qatar	Rank 1

???

Other meets

???

???

Rank 2-3

