

CKC JUNIOR YEARLY TRAINING PLAN 2018-2019

Month	Oct-15				Nov-15				Dec-15				Jan-16				Feb-16				Mar-16				Apr-16				May-16				Jun-16				Jul-16				Aug-16				Sep-16																			
Date	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	5	12	19	26	2	9	16	23	5	12	19	26	2	9	16	23	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10	17	24									
Camp/ Competition	Testing				Provincial camps- Ont. B.C. QUE.				Testing				Testing				Academy Camp Ontario				Testing				Florida training camp PHASE 1								Florida training camp PHASE 2				Trials # 1 Mtl				Jr Trials / Trials #2 Dartmouth				Can.Cup Ott. # 1, June 30-July 1				JUNIOR WORLD TRAINING				JR. Worlds Rom.25-28				CKC Sprint Nationals 27-1				Olympic Hopes 12-15			
E-System Focus	GA1 / GA2 / speedpla				Aerobic Capacity - GA1 / GA2/E1/ intro. Speed endurance								GA1 / GA2				E-1·E-2				GA2 / E1 / E2/Speed end & speed				MAINTAIN ALL SYSTEMS								PEAK																															
PEAK / Major Comp																																	x				x				x				x																			
Physiology					■								■				■				■				■				■				■				■				■				■																			
S&C	■								■				■				■				■				■				■				■				■				■				■																			
On-Water Analysis																																																																
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Psychology	FOCUS/RELAXATION				FOCUS / RELAXATION / AROUSAL CONTROL								FOCUS / RELAXATION / AROUSAL CONTROL								RACE PLAN/RACE DAY PREPARATION																																											
S & C: testing	Run 1500m. Strength endurance 1 min.max.reps. Chin-ups, 2' Bench Pull & Bench Pres:30kg Women -40kg Men																																																															
S & C: testing	Strength Power: Bench Press and Bench Pull Maximum Reps. Women 75% BW - Men 85% BW																																																															
On-water data Collection:	50- 100-250-500-1000																																																															
On-water: Race/Time control analysis:	200-500-1000																																																															
General on water Physiology:	3 x 1000m- 2km- 6km																																																															