

Name		Weight	Height
Start		DOB	BMI



fitness courses

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Year	2011																																																		
Month	January				February				March				April				May				June				July				August				September				October				November				December						
Week	1	2	3	4	5	6	7	8	9	10	11		1	1	1	1	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
Period	General Preparation Phase 1								Specific Preparation Phase 1								Pre-competition								Competition								Transition																		
Weekly Intensity	VH																																																		
	H																																																		
	M																																																		
	L																																																		
	R																																																		
Weekly Volume	VH																																																		
	H																																																		
	M																																																		
	L																																																		
	R																																																		
Strength and Power	Con																																																		
	St End																																																		
	Str																																																		
	Str-Sp																																																		
	Sp-Str																																																		
	Plyo																																																		
Speed	Liner																																																		
	Lat																																																		
	Multi																																																		
Endurance	Aero																																																		
	Anaer																																																		