

Little Athletics Yearly Plan/Cycle 2009-2010

by the Knox Coaches - with Summer T&F emphasis



Understanding the annual T&F cycle is vital in regards to planning your training program.

- Apr** Rest for 2-4 weeks (after Summer T&F Season)
- May** Easy running and base aerobic capacity, basic conditioning, little skill work
- Jun** Easy running, Fartlek and base aerobic capacity, circuit training, more skill work
- Jul** Harder running, intervals, sprints, harder conditioning, moderate skill work
- Aug** Continued skill & conditioning carrying on from July
- Sep** 2 week break and then the T&F season starts
- Oct** Relay training
- Nov** Region relays & All Schools
- Dec** State relays
- Jan** 2 active rest after Xmas, State Multi (end of month)
- Feb** Region T&F
- Mar** State T&F

And then go again with a bit more intensity & duration as you get a year older ...

This is for the all around athlete as much as the specialist! Junior athletes are best progressed by doing a wide range of activities for maintaining interest, variety of training, skill development, conditioning development and hopefully a long and injury free sporting career. Plenty of time to specialise after finishing Little Athletics.

Training throughout the year with breaks for rest and playing other sports

Training once a week to maintain conditioning

Training twice a week to get better, stronger & faster

3 active rest breaks through the year of at least 2 weeks

Winter / Cross Country

Major corrections to track & field technique (if required)

Upgrade to more advanced techniques (ie : standing throws to spin in discus)

Refine & improve existing techniques

Learn new skills & events (block starts, javelin, hammer, etc.)

Base aerobic conditioning followed by intervals & sprints

Base strength & conditioning followed by circuit work & then gym (age dependent)

Agility, co-ordination & balance drills in the mix somewhere

Cross country competition is great to build base aerobic capacity

Summer / Track & Field

Refine & improve skills

Maintain & improve conditioning

Taper training before State T&F (shorter sessions but intense)

Competition

Major technique modifications immediately prior to season end State T&F is generally not a good idea – get this sorted in the pre season or very early in the season. This is especially important for more technical events like hurdles, jumps & throws. Once an incorrect technique is learnt & ingrained then it gets much harder to fix.