ANNUAL TRAINING PLAN- 2022 SNR Mens Program

MONTHS	JAN					FEB				MAR				APR				May
WEEKS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
WEEK Commencing	3-Jan-22	10-Jan-22	17-Jan-22	24-Jan-22	31-Jan-22	7-Feb-22	14-Feb-22	21-Feb-22	28-Feb-22	7-Mar-22	14-Mar-22	21-Mar-22	28-Mar-22	4-Apr-22	11-Apr-22	18-Apr-22	25-Apr-22	2-May-22
INTERNATIONAL COMPETITIONS						Pro League vs. FRA & SA		Pro League vs. Spain			Pro League vs. ARG		Pro League vs. ENG		Pro League vs. GER			
Camp/ Tours	Camp Bangalore					SA Tour		Camp Bhubaneswar								REST		Camp Bangalore
PERIOD/ PHASE	Preparation					Comp		Comp	Prep	Prep	Comp	Prep	Comp	Prep	Comp			Preparation
MESOCYCLE	1					2			3									4

MONTHS					JUN				JULY				AUG				
WEEKS	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
WEEK Commencing	9-May-22	16-May-22	23-May-22	30-May-22	6-Jun-22	13-Jun-22	20-Jun-22	27-Jun-22	4-Jul-22	11-Jul-22	18-Jul-22	25-Jul-22	1-Aug-22	8-Aug-22	15-Aug-22	22-Aug-22	29-Aug-22
INTERNATIONAL COMPETITIONS				Hockey 5's (Swiss)	Pro League vs. BEL	Pro League vs. NED						Practice Matches?	Commonwealth Games				
Camp/ Tours					Europe Tour		REST	Camp Bangalore				Com Games Prep	UK Tour		Rest		Camp Bangalore
PERIOD/ PHASE					Comp	Comp		Preparation				Comp - Prep	Competition				Preparation
MESOCYCLE					5			6				7					8

MONTHS	SEPT				OCT					NOV				DEC			
WEEKS	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
WEEK Commencing	5-Sep-22	12-Sep-22	19-Sep-22	26-Sep-22	3-Oct-22	10-Oct-22	17-Oct-22	24-Oct-22	31-Oct-22	7-Nov-22	14-Nov-22	21-Nov-22	28-Nov-22	5-Dec-22	12-Dec-22	19-Dec-22	26-Dec-22
INTERNATIONAL COMPETITIONS								Pro League vs. NZ & ESP	Pro League vs. NZ & ESP			Match vs. AUS	Match vs. AUS				
Camp/ Tours				Rest	Camp Bangalore			Camp Roukela		Camp Bangalore		AUS Tour		Rest	Camp - Bhubaneswar/ Roukela		
PERIOD/ PHASE					Preparation			Competition		Preparation		Competition			Preparation		
MESOCYCLE					9			10		11		12			13		

MONTHS	JAN					FEB				MAR				APR			
WEEKS	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69
WEEK Commencing	2-Jan-23	9-Jan-23	16-Jan-23	23-Jan-23	30-Jan-23	6-Feb-23	13-Feb-23	20-Feb-23	27-Feb-23	6-Mar-23	13-Mar-23	20-Mar-23	27-Mar-23	3-Apr-23	10-Apr-23	17-Apr-23	24-Apr-23
INTERNATIONAL COMPETITIONS			World Cup							Pro League vs. AUS & GER					Azlan Shah		
Camp/ Tours					Rest		Camp Bangalore			Camp Bhubaneswar		Camp Bangalore			Tour - Malaysia	Rest	
PERIOD/ PHASE			Competition				Preparation			Competition		Preparation					Prep
MESOCYCLE			14				15			16		17					18

ANNUAL TRAINING PLAN- 2023 - 2024 SNR Mens Program

MONTHS	May					June				July					August			
WEEKS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
WEEK Commencing	1-May-23	8-May-23	15-May-23	22-May-23	29-May-23	5-Jun-23	12-Jun-23	19-Jun-23	26-Jun-23	3-Jul-23	10-Jul-23	17-Jul-23	24-Jul-23	31-Jul-23	7-Aug-23	14-Aug-23	21-Aug-23	28-Aug-23
INTERNATIONAL COMPETITIONS				Pro League vs. GB & Belgium	Pro League vs.NED & ARG	Pro League vs.NED & ARG												
Camp/ Tours	Camp Bangalore			Europe Tour			REST		Camp Bangalore					Europe Tour	Camp Bangalore			
PERIOD/ PHASE	Preparation			Competition					Preparation					Competition	Preparation			
MESOCYCLE	1			2					3					4	5			

MONTHS	September				October					November				December			
WEEKS	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
WEEK Commencing	4-Sep-23	11-Sep-23	18-Sep-23	25-Sep-23	2-Oct-23	9-Oct-23	16-Oct-23	23-Oct-23	30-Oct-23	6-Nov-23	13-Nov-23	20-Nov-23	27-Nov-23	4-Dec-23	11-Dec-23	18-Dec-23	25-Dec-23
INTERNATIONAL COMPETITIONS		Asian Games												PL BLK 2 (No Schedule)			
Camp/ Tours		China Tour		REST		Bangalore Camp					REST	Bangalore Camp		No Details		REST	
PERIOD/ PHASE		Competition				Preparation						Preparation		Competition			
MESOCYCLE		6				7						8		9			

MONTHS	January					February				March				April			
WEEKS	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
WEEK Commencing	1-Jan-24	8-Jan-24	15-Jan-24	22-Jan-24	29-Jan-24	5-Feb-24	12-Feb-24	19-Feb-24	26-Feb-24	4-Mar-24	11-Mar-24	18-Mar-24	25-Mar-24	1-Apr-24	8-Apr-24	15-Apr-24	22-Apr-24
INTERNATIONAL COMPETITIONS			OLY Qualifiers			PL BLK 3 (No Schedule)									PL BLK 4		PL BLK 5
Camp/ Tours		Camp or OLY Qualifiers				No Details			REST		Bangalore Camp				No Detail		Bangalore Camp
PERIOD/ PHASE		Preparation or Competion				Competition					Preparation				Competition		Preparation
MESOCYCLE		Depends on Asian Games Result				Depends on Schedule					Depends on Schedule				Depends on Schedule		Depends on Schedule

MONTHS		May				June				July					August			
WEEKS	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
WEEK Commencing	29-Apr-24	6-May-24	13-May-24	20-May-24	27-May-24	3-Jun-24	10-Jun-24	17-Jun-24	24-Jun-24	1-Jul-24	8-Jul-24	15-Jul-24	22-Jul-24	29-Jul-24	5-Aug-24	12-Aug-24	19-Aug-24	26-Aug-24
INTERNATIONAL COMPETITIONS														Paris 2024	Paris 2024			
Camp/ Tours					No Detail		Rest	Bangalore Camp						Olympic Games		Rest		
PERIOD/ PHASE					Competition			Preparation						Competition				
MESOCYCLE					Depends on Schedule													