Sr. Women's Hockey Team Annual Training Plan- 2022

MONTHS	OCT					NOV				DEC				JAN				FEB				MAR				APR				MAY				JUN				JULY				AUG				SEPT				OCT				NOV				DEC				
WEEKS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	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	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67
WEEKS ENDING ON SATURDAY	1-Oct-21	8-Oct-21	15-Oct-21	22-Oct-21	29-Oct-21	5-Nov-21	12-Nov-21	19-Nov-21	26-Nov-21	3-Dec-21	10-Dec-21	17-Dec-21	24-Dec-21	31-Dec-21	7-Jan-22	14-Jan-22	21-Jan-22	28-Jan-22	4-Feb-22	11-Feb-22	18-Feb-22	25-Feb-22	4-Mar-22	11-Mar-22	18-Mar-22	25-Mar-22	1-Apr-22	8-Apr-22	15-Apr-22	22-Apr-22	29-Apr-22	6-May-22	13-May-22	20-May-22	27-May-22	28-May-22	3-Jun-22	10-Jun-22	17-Jun-22	24-Jun-22	1-Jul-22	8-Jul-22	15-Jul-22	22-Jul-22	29-Jul-22	5-Aug-22	12-Aug-22	19-Aug-22	26-Aug-22	2-Sep-22	9-Sep-22	16-Sep-22	23-Sep-22	30-Sep-22	7-Oct-22	14-Oct-22	21-Oct-22	28-Oct-22	4-Nov-22	11-Nov-22	18-Nov-22	25-Nov-22	2-Dec-22	9-Dec-22	16-Dec-22	23-Dec-22	30-Dec-22
COMPETITIONS											Asian Champions Trophy	Asian Champions Trophy				Asia Cup 2022	Asia Cup 2022	HPL - China		TESTING AND EVALUATION 1			HPL - Spain	HPL - Germany			HPL - England	HPL - Netherlands		TESTING AND EVALUATION 2							HPL - Belgium	HPL - Argentina	HPL - USA	FIH World Cup 2022	FIH World Cup 2023	FIH World Cup 2024	FIH World Cup 2025		CWG 2022	CWG 2023			TESTING AND EVALUATION 3																FIH Nations Cup 2022	FIH Nations Cup 2023			
TRAINING CAMPS	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI					Bangalore, SAI	Oman, Muscat	Oman, Muscat	Oman, Muscat	Bhubaneswar, Odisha	Bhubaneswar, Odisha	Bhubaneswar, Odisha	Bhubaneswar, Odisha	Bhubaneswar, Odisha	Bhubaneswar, Odisha	Bhubaneswar, Odisha	Bhubaneswar, Odisha	Bhubaneswar, Odisha	Bhubaneswar, Odisha	REGEN	REGEN	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	The Netherlands	The Netherlands	The Netherlands	Spain/The Netherlands	Spain/The Netherlands	Spain/The Netherlands	Spain/The Netherlands	Nottingham, UK	Birmingham, UK	Birmingham, UK	REGEN	REGEN	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	REGEN	REGEN	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	REGEN	REGEN
MESOCYCLE	1					2				3					4				5				6				7					8				9				10					11				12				13				14				15				
PERIOD	ACCUMULATION	ACCUMULATION	ACCUMULATION	ACCUMULATION	ACCUMULATION	ACCUMULATION	TRANSMUTATION	TRANSMUTATION	TRANSMUTATION	TRANSMUTATION	REALISATION	REALISATION	TRANSITION	TRANSMUTATION	TRANSMUTATION	REALISATION	REALISATION	REALISATION	TRANSMUTATION	TRANSMUTAION	TRANSMUTAION	TRANSMUTAION	REALISATION	REALISATION	TRANSMUTAION	TRANSMUTAION	REALISATION	REALISATION	DELOAD	DELOAD	ACCUMULATION	ACCUMULATION	ACCUMULATION	ACCUMULATION	ACCUMULATION	TRANSMUTATION	TRANSMUTATION	TRANSMUTAION	TRANSMUTAION	REALISATION	REALISATION	REALISATION	DELOAD	ACCUMULATION	ACCUMULATION	DELOAD	DELOAD	TRANSMUTAION	TRANSMUTAION	TRANSMUTAION	TRANSMUTAION	DELOAD	DELOAD	TRANSMUTAION	TRANSMUTAION	REALISATION	REALISATION	REALISATION	REALISATION	REALISATION	REALISATION	REALISATION	DELOAD	DELOAD
PHASE	GPE				SSP						COMPETITION		SSP			COMPETITION			SSP - PROLONGED COMPETITION PHASE												SSP - PROLONGED COMPETITION PHASE								COMPETITION					COMPETITION				SSP						SSP									COMPETITION			

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MONTHS	JAN					FEB				MAR				APR					MAY				JUN				JUL				AUG				SEPT				OCT					NOV				DEC				
WEEKS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	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
WEEKS ENDING ON SATURDAY	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	1-May-23	8-May-23	15-May-23	22-May-23	29-May-23	5-Jun-23	12-May-23	19-Jun-23	26-Jun-23	3-Jul-23	10-Jul-23	17-Jul-22	24-Jul-22	31-Jul-22	7-Aug-22	14-Aug-22	21-Aug-22	28-Aug-22	4-Sep-22	11-Sep-22	18-Sep-22	25-Sep-22	2-Oct-22	9-Oct-22	16-Oct-22	23-Oct-22	30-Oct-22	6-Nov-22	13-Nov-22	20-Nov-22	27-Nov-22	4-Dec-22	11-Dec-22	18-Dec-22	25-Dec-22
COMPETITIONS			SUMMER SERIES VS SA + NED	SUMMER SERIES VS SA + NED			TESTING AND EVALUATION 1						LOCAL TOUR/SERIES							AUSTRALIA SERIES	AUSTRALIA SERIES			TESTING AND EVALUATION 2							EUROPE SERIES	EUROPE SERIES				TESTING AND EVALUATION 3				ASIAN GAMES 2023	ASIAN GAMES 2024	ASIAN GAMES 2025																								
TRAINING CAMPS	Bangalore, SAI	Bangalore, SAI	South Africa, Cape Town	South Africa, Cape Town	REGEN	REGEN	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	TBC	REGEN	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	AUSTRALIA - TBC	AUSTRALIA - TBC	REGEN	REGEN	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	TBC	TBC	REGEN	REGEN	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	Bangalore, SAI	CHINA - HANGZHOU	CHINA - HANGZHOU	CHINA - HANGZHOU	REGEN	REGEN																				
MESOCYCLE	1					2				3				4					5				6				7					8				9				10					11				12				
PERIOD	TRANSMUTATION	TRANSMUTATION	REALISATION	REALISATION	DELOAD	DELOAD	ACCUMULATION	ACCUMULATION	ACCUMULATION	ACCUMULATION	TRANSMUTATION	TRANSMUTATION	REALISATION	DELOAD	ACCUMULATION	ACCUMULATION	ACCUMULATION	ACCUMULATION	ACCUMULATION	TRANSMUTATION	REALISATION	REALISATION	DELOAD	DELOAD	TRANSMUTAION	TRANSMUTAION	TRANSMUTAION	TRANSMUTAION	REALISATION	REALISATION	REALISATION	REALISATION	DELOAD	DELOAD	SPECIAL PREP	SPECIAL PREP	SPECIAL PREP	SPECIAL PREP	REALISATION	REALISATION	REALISATION	REALISATION	DELOAD	DELOAD																				
PHASE	SSP		COMPETITION			GPE				GPE				SSP							COMPETITION								COMPETITION								COMPETITION																								