

Taekwondo Periodization Training Plan - Goal is to Compete at State WTF Poomsae Tournament

Name:		Goal:	Year: 2018			Intensity (H, M, L)	Volume (H, M, L)		
Macro-cycle Q1 July-Sept - Goal is to Improve Strength & Flexibility	Meso-cycle	Micro-cycle	Training Days: Monday - Saturday		TKD = Technical Workouts	Strength or Endurance = Gym Workouts			
			Mon: TKD	Tue: Gym	Wed: Rest	Thur: Rest	Fri: TKD	Sat: GYM/TKD	
	General Prep Phase	Week 1:							
		Week 2:							
		Week 3:							
		Week 4:							
	Specific Prep Phase	Week 5:							
		Week 6:							
	Competition Phase	Week 7:							
		Week 8:							
Transitional Phase	Week 9:	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active		
Macro-cycle Q2 Sept-Nov - Goal is to Improve Power & Speed	Meso-cycle	Micro-cycle	Training Days: Monday - Saturday						
			Mon: TKD	Tue: Gym	Wed: Rest	Thur: Rest	Fri: TKD	Sat: GYM/TKD	
	General Prep Phase	Week 10:							
		Week 11:							
		Week 12:							
		Week 13:							
	Specific Prep Phase	Week 14:							
		Week 15:							
		Week 16:							
	Competition Phase	Week 17:							
Week 18:		Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active		
Macro-cycle Q3 Nov-Jan - Goal is to Improve Accuracy & Balance	Meso-cycle	Micro-cycle	Training Days: Monday - Saturday						
			Mon: TKD	Tue: Gym	Wed: Rest	Thur: Rest	Fri: TKD	Sat: GYM/TKD	
	General Prep Phase	Week 19:							
		Week 20:							
	Specific Prep Phase	Week 21:							
		Week 22:							
		Week 23:							
	Competition Phase	Week 24:							
		Week 25:							
		Week 26:							
Transitional Phase	Week 27:	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active		
Macro-cycle Q4 Jan-Mar - Goal is to Improve Presentation (Rhyme & Tempo)	Meso-cycle	Micro-cycle	Training Days: Monday - Saturday						
			Mon: TKD	Tue: Gym	Wed: Rest	Thur: Rest	Fri: TKD	Sat: GYM/TKD	
	General Prep Phase	Week 28:							
		Week 29:							
	Specific Prep Phase	Week 30:							
		Week 31:							
	Competition Phase	Week 32:							
		Week 33:							
		Week 34:							
	Transitional Phase	Week 35:	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	Rest/Stay Active	