<table>
<thead>
<tr>
<th>Month</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>28-30</td>
<td>1-10</td>
<td>11-20</td>
<td>21-30</td>
<td>1-10</td>
<td>11-20</td>
<td>21-30</td>
<td>1-10</td>
<td>11-20</td>
<td>1-10</td>
<td>11-20</td>
<td>1-10</td>
</tr>
</tbody>
</table>

**Competitions**

- **Name of competition**
  - USATF Juniors (17/18) 11-13, 14-15, 16-17
  - USATF Juniors (18/19) 11-13, 14-15
  - USATF Juniors (19/20) 11-13, 14-15
  - USATF Juniors (20/21) 11-13, 14-15

- **Training phase**
  - Preparatory phase 1
  - Competitive phase 1
  - Transition phase

- **Training subphase**
  - General preparatory
  - Specific preparatory
  - Precompetitive

**Macrocycle**

- **Macrocycle 1**
  - Preparatory phase 1
  - Competitive phase 1
  - Transition phase
- **Macrocycle 2**
  - Preparatory phase 2
  - Competitive phase 2
  - Transition phase

**Primary emphasis**

- Endurance speed and agility
- Speed and agility
- Speed and power
- Strength and power
- Strength and endurance

**Recovery**

- Basic
- Winter training

**Periodization**

- **Preparatory phase 1**
  - General preparatory
  - Specific preparatory
  - Precompetitive
- **Competitive phase 1**
  - General preparatory
  - Specific preparatory
  - Precompetitive
- **Transition phase**
  - General preparatory
  - Specific preparatory
  - Precompetitive

**Testing dates**

- Week ending 10/9
- Week ending 10/11
- Week ending 10/16
- Week ending 10/18
- Week ending 10/23
- Week ending 10/25
- Week ending 10/30
- Week ending 11/06
- Week ending 11/10
- Week ending 11/17

**Names of competitions**

- USATF Juniors (17/18) 11-13, 14-15, 16-17
- USATF Juniors (18/19) 11-13, 14-15
- USATF Juniors (19/20) 11-13, 14-15
- USATF Juniors (20/21) 11-13, 14-15

**Abbreviations**

- L = low emphasis
- P = precompetitive
- H = high emphasis
- M = moderate emphasis
- U = unloading
- R = recovery week
- T = testing
- U = unloading

**Peaking index**

- 4 = highest level of preparatory
- 2 = high level of preparatory
- 1 = moderate level of preparatory
- 0 = low level of preparatory

From NSCA’s guide to program design (Stumpf, K., Human Kinetics).