Training Macro Cycle

Month	September					October					November			December				January				February				March				April				May				June				July		
Week Beginning	29th	5th	12th	19th	26th	3rd	10th	17th	24th	31st	7th	14th	21st	28th	5th	12th	19th	26th	2nd	9th	16th	23rd	30th	6th	13th	20th	27th	6th	13th	20th	27th	3rd	10th	17th	24th	1st	8th	15th	22nd	29th	5th	12th	19th	26th	3rd	10th	17th	24th	31st
Competitions:-								closing date for Winter Regionals entry					closing date for Winter Nationals	National Winter		closing date for Devons											Summer National Window opens				closing date for Summer Regionals entry						Window closes (21st)			Date for national invites released							British Summer	English Summer
Performance Gala's (perf. squad)							Exeter Meet L2			SW Winter Regional L2									Devon Champs L1	Devon Champs L1		Devon Champs L1					PL Spring Meet L1						SW Age Group Champs L1	SW Youth Champs L1		SW Age Group Champs L1													
Development Gala's (training squad)					Plymouth Cities L3	Plymouth Cities L3													Devon Relays / Devon Inter Club							Junior Team Gala					Two Counties Meet L3	TSC "Distance" Club Champs	TSC "Distance" Club Champs								Devon Sprints / Devon Developments	Devon Developments						
Club Galas (club memebrs)										DRSA Time Trial	TSC "Sprint" Club Champs		TSC "Sprint" Club Champs			Junior Team Gala							Junior Team Gala												Junior Team Gala									DRSA Summer Sizzler L3			
Extra's; Masters / Supporting Competitions		Devon Masters				South West Masters Open Meet			Masters National Championships					PL Xmas Meet	PL Xmas Meet								Navy Masters Championships																Devon Sprints / Devon Developments	Devon Developments						
Comp Weekend	4th	11th	18th	25th	2nd	9th	16th	23rd	30th	6th	13th	20th	27th	4th	11th	18th	25th	1st	8th	15th	22nd	29th	5th	12th	19th	26th	5th	12th	19th	26th	2nd	9th	16th	23rd	30th	7th	14th	21st	28th	4th	11th	18th	25th	2nd	9th	16th	23rd	30th	6th
Meso cycle	ONE													TWO										THREE																FOUR									
Phase	Preparation				Competition			Preparation		Competition				Preparation				Competition						Preparation			Competition			Preparation			Competition				Preparation		Competition		Preparation		Competition		Transition Phase -		