

Annual Plan

Your Campaign

Why?

- Time (water & off water)
- Work
- Travel
- Fitness/nutrition
- more examples...
- How does that bring you to your goal?

Complicated?

- Take a white page

More details

- Goal
- Introduction, acquisition, consolidation, refinement
- General prep, specific prep, regatta (1,2,3 importance), transition
- Volume v.s. intensity
- micro, macro-cycle (for now : weeks and blocs of general, specific, regattas).

Ressources

- Virtual Coach :
 - annual plan
 - Bomba periodization
 - Long Term Athlete Development
- Do it for you not as a homework...
- Understand the why?