

## PLANNING / ANNUAL TRAINING PLAN WORKSHOP

It's that time of the year again when a lot of athletes are in the transitional phase of training and coaches are writing their annual training programmes.

Having spoken to several coaches about planning / annual training plans it has been brought to my attention that there is a demand for a workshop to review how they go about designing their upcoming training programmes.

This interactive workshop will focus on:

- Profiling the athlete
- Profiling the event
- Structure of the Year – Macrocycle planning
- Key objectives within – Mesocycle planning
- Testing and Evaluation

**Venue: Surrey Sports Development Unit, Larch Avenue, Guildford**

**Date: Friday 19<sup>th</sup> September**

**Time: 7.00pm – 9.00pm**

**Cost: £10.00**

**Tutor: Andy Neal**

If you are interested in attending the course please complete the reply slip below and return with a **cheque payable to Surrey County Council** to Zoe Mckinnon, Surrey Sports Development Unit, Active Surrey Sports Partnership, Christ's College, Larch Avenue, Guildford, Surrey, GU1 1JY, by **Monday 15<sup>th</sup> September**.

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### Planning / Annual Training Plan Course

I \_\_\_\_\_ would like to attend the planning / annual planning workshop on the 19<sup>th</sup> September at Guildford.

I enclose payment of £10 (cheques made payable to Surrey County Council).

I am currently a level \_\_\_\_ coach in \_\_\_\_\_ (event) and coach at \_\_\_\_\_ club / school.

Contact tel: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Post code \_\_\_\_\_