



## 12 MONTH TRAINING PROGRAM (PHASES)

Below are examples of how to plan and periodize your fitness training over 12 months, if your months of your season varies slightly than you can just adjust accordingly.

(Page 1 is for northern hemisphere countries and Page 2 is the southern hemisphere)

UK / EUROPE / USA (Northern Hemisphere)							
Month	Part of Season	Phase of fitness	Aerobic (continuous)	Anaerobic (intervals)	Strength	Power	Speed & agility
January	In-season (short break; maintenance)	Phase 5	low	moderate	moderate	maintain	maintain
February	In-season	Phase 5	low	game play	low	maintain	game play
March	In-season	Phase 5	low	game play	low	maintain	game play
April	In-season	Phase 5	low	game play	low	maintain	game play
May	Cross training (recovery)	Anything fun	Mod (light activities, i.e. swim)	low-mod (other sports)	low-mod	low	low
June	Cross training or early pre-season	Phase 1 (prep phase)	high	low	moderate	low	low
July	Early pre-season	Phase 2	moderate	moderate	high	mod	low
August	Mid pre-season	Phase 3	low-mod	mod-high	mod-high	high	mod
September	Late pre-season	Phase 4	low	high	mod	mod	high
October	In-season	Phase 5	low	game play	low	maintain	game play
November	In-season	Phase 5	low	game play	low	maintain	game play
December	In-season (short break; maintenance)	Phase 5	low - mod	moderate	moderate	maintain	maintain



# 12 MONTH TRAINING PROGRAM (PHASES)

<b>AUS / NZ / RSA SEASON (Southern Hemisphere)</b>							
<b>Month</b>	<b>Part of the season</b>	<b>Phase of fitness</b>	<b>Aerobic (continuous)</b>	<b>Anaerobic (intervals)</b>	<b>Strength</b>	<b>Power</b>	<b>Speed &amp; agility</b>
<b>January</b>	Early pre-season	Phase 2	moderate	moderate	high	mod	low
<b>February</b>	Mid pre-season	Phase 3	low-mod	mod-high	mod-high	high	moderate
<b>March</b>	Late pre-season	Phase 4	low	high	mod	mod	high
<b>April</b>	In-season	Phase 5	low	game play	maintain	maintain	game play
<b>May</b>	In-season	Phase 5	low	game play	maintain	maintain	game play
<b>June</b>	In-season	Phase 5	low	game play	maintain	maintain	game play
<b>July</b>	In-season	Phase 5	low	game play	maintain	maintain	game play
<b>August</b>	In-season	Phase 5	low	game play	maintain	maintain	game play
<b>September</b>	In-season	Phase 5	low	game play	maintain	maintain	game play
<b>October</b>	Cross-training (recovery)	Anything fun	Mod (light activities, i.e. swim)	low-mod (other sports)	low-mod	low	low
<b>November</b>	Cross-training (recovery)	Anything fun	Low (light activities, i.e. swim)	low-mod (other sports)	low	low	low
<b>December</b>	Early pre-season	Phase 1	high	low	moderate	low	low