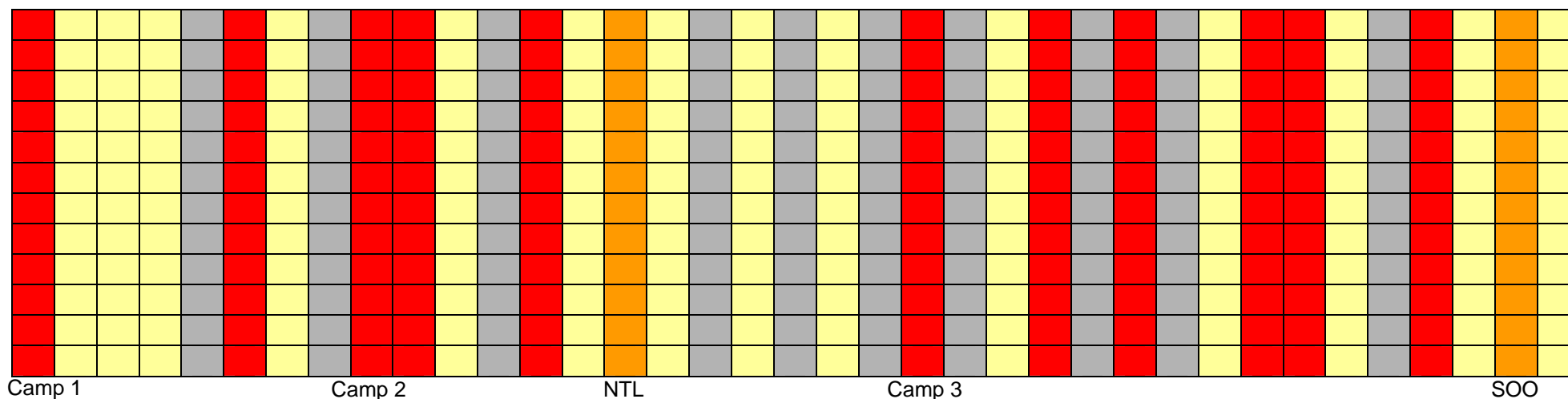




## QLD M30 PERIODISATION PLAN FOR 2008 SOO

### CALENDAR YEAR 2008

DECEMBER 07    JANUARY 08    FEBRUARY 08    MARCH 08    APRIL 08    MAY 08    JUNE 08    JULY 08    AUGUST 08



### August 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			30 July	31 July	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 Game 1	23 Games 2 & 3
24	25	26	27	28	29	30

(Note: Final week details TBA)

### Legend

.	<b>Light:</b> 4-6 sessions per week (1 day-session low intensity, recovery or maintenance)
.	<b>Medium:</b> 5-8 sessions per week (1-2 day-sessions, increasing medium intensity)
.	<b>Heavy:</b> minimum 9 sessions per week (3 day-sessions, higher intensity)
.	<b>Competition:</b> SOO – 22-23 August (Also NTL 11-15 March)

A “day-session” is one session a day of about one-hour duration, varying intensity, includes warm-up, warm-down and specific skill or fitness activities. It may also be a competition game or recovery session.