

## Pre-season Training

Using "periodization," pre-season training can be divided into 3, four-week blocks. Each four-week block should be structured starting with an "easy" week, build to a "medium" then to the "hardest" week and culminate with a "recovery" week. The "easy" week in each four-week cycle should include a greater amount of work than the preceding "easy" week.

### First four-week block

Structure	Week 1 – Easy	Week 2 – Medium	Week 3 – Hard	Week 4 - Recovery
Time				
Objectives				
Warm-up cool-down activity				
Practice activity				
Coaching tips				
Comments				

## Second four-week block

Structure	Week 1 – Easy	Week 2 – Medium	Week 3 – Hard	Week 4 - Recovery
Time				
Objectives				
Warm-up cool-down activity				
Practice activity				
Coaching tips				
Comments				

### Third four-week block

Structure	Week 1 – Easy	Week 2 – Medium	Week 3 – Hard	Week 4 - Recovery
Time				
Objectives				
Warm-up cool-down activity				
Practice activity				
Coaching tips				
Comments				