

FARRAGUT STRENGTH & CONDITIONING FOOTBALL ANNUAL PLAN 2017

JANUARY

S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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WEEK #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52																																																												
DATE (FRIDAY'S)	DECEMBER				JANUARY				FEBRUARY				MARCH				APRIL				MAY				JUNE				JULY				AUGUST				SEPTEMBER				OCTOBER				NOVEMBER																																																																			
STAGES OF ANNUAL PLAN	ACTIVE RECOVERY												DEVELOPMENTAL												COMPETITION																																																																																							
PROGRAMS	POST SEASON				WINTER TRAINING												APRIL TRAINING				SPRING				SUMMER TRAINING								FALL CAMP				IN-SEASON								PLAYOFFS																																																																			
PERIODIZATION	TEACH TECHNIQUE																TESTING				SCRRIMMAGE												TESTING				SCRRIMMAGE				SCRRIMMAGE				@ BRADLEY CENTRAL @ McMINN CO.				MORRISTOWN WEST				OAK RIDGE				@ JEFF CO.				KNOX WEST				SCIENCE HILL				@ DOBYNS-BENNETT				BEARDEN				OPEN				@ HARDIN VALLEY				1ST RD PLAYOFFS				2ND RD PLAYOFFS				QUARTERS				SEMIS				STATE CHAMP											
	TRAINING FREQ. LIET/RUN				3:0				4:0												4:2				1				3:4				4:4								4:5				4:5				3:2								2:2																																																							
	RUNNING EMPHASIS				ATHLETE CONTROLLED PROGRAM				NO CONDITIONING												LATERAL FOOTWORK				GEN. AGILITIES				FOOTBALL PRACTICE				LINEAR SPEED								SKILLS & DRILLS				7-ON-7				FOOTBALL PRACTICE				RECOVERY RUNS- TEMPO RUNS- 1/2 GASSERS								POSITION CONDITIONING																																																			
	SQUATS & PRESSES				CONTROLLED REPETITION METHOD				65+				70				75				80				85				90				95+				80+				100+				75				75+				80+				85+				90+				SQ-BNH-CLIN- 40- PA				FOOTBALL PRACTICE				LINEAR SPEED								SKILLS & DRILLS				VOLUME CONDITIO				POSITION WORK				COMPETITION				NDITIONI				TEAM CONDITIONIN				CONTROLLED REPETITION METHOD							
	OLYMPIC LIFTS				RE-TEACH TECHNIQUE				65+				70				75				80				85				90				95+				80+				100+				75				75+				80+				70+				75+				80+				85+				90				75+				80				90				SQ-BNH-CLIN-VERT-BROAD				65+				70+				70+				TECHNIQUE MAINTENANCE							
TESTING				X																X								X												X																																																																								
SCHOOL YEAR	WINTER BREAK																SPRING BREAK								TSSAA DEAD PERIOD								SCHOOL BEGINS																																																																															

JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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