

# 2008 Overall Annual Plan

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

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	1	1	1	2	2	2	2	3	3	3	3	3	4	4	4	4	5	5	5	5	5	6	6	6	6	7	7	7	7	8	8	8	8	8	9	9	9	9	10	10	10	10	11	11	11	11	12	12	12	12	1																																						
Week ending on Saturday	12	19	26	2	9	16	23	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27	3																																					
STAGES of ANNUAL PLAN	DEVELOPMENTAL														COMPETITIVE																																																																										
PROGRAMS	WINTER							SPRING I							REJUVENATION II							SPRING II/SUMMER							PRE SEA							IN SEASON							CHAMPIONSHIPS																																														
Competitions Evaluations Discretionary Periods	PRE Evaluation						Discretionary						Cardinal Evaluation	Major Evaluation	Spring Break				Elite F7 ME #1	Elite F7 ME #2	Discretionary	Discretionary	Discretionary	Discretionary	Discretionary	Discretionary			TIME TRIAL 1		Summer Discretionary	TIME TRIAL 2				TIME TRIAL 3	Acclimatization				8-31 Kentucky	9-6 Tenn Tech	9-17 K-State	9-26 UCONN	10-10 Memphis	10-18 MTSU	10-25 USF	11-8 Syracuse	11-8 PITT	11-14 Cincy	11-22 WU	12-4 Rutgers	Big East Bowls	Big East Bowls	Big East Bowls	BCS																																	
RUNNING EMPHASIS	XX	1/2 Gasser/Modified 110 - minimal Linear Speed							ON Field - Position							Alternative 2 min runs							Long Shuttle Speed Ret							4 QT Speed Ret							4 QT Speed Ret							On Field /1x Day /Scrim							1-D1-Mod 100 D2-Team 60 D3-Team 20							2-D1-Mod 100 D2-Team 60							3-D1-Mod 100 D2-Team 20							Combo Sum2-3			InSea3														
CARDINAL - Block 1	XX	Sub Max Effort Z3 Mod/Maximal Effort 61/67/73/70 79/85/76/91+							Sub Max Effort Z1 72.5/77.5/82.5/72.5/91							Volume Accumulation							MRE Z							SME Z2							SME Z1							Camp Circuit Single Days							SME Z2							SME Z2							SME Z2							SME Z2							SME Z1							Insea2			InSea3
BLACK - Block 2	XX	Sub Max Effort Z3 Maximal Effort 61/67/70/70 79/85/76/91+							Sub Max Effort Z1 72.5/77.5/82.5/72.5/91							Volume Accumulation							MRE Z							SME Z2							SME Z1							Camp Circuit Single Days							Prilipen Low 100%							Prilipen Low 102%							Prilipen Low 103%							Prilipen Low 105%							Prilipen Low 106%							Insea2			InSea3
RED F7 - Block 3	XX	Not Applicable							Not Applicable							Volume Accumulation							SME Z1							SME Z2							SME Z1							Camp Circuit Single Days							DE AR CH SME Z1 Rot							DE AR CH SME Z1 Rot							DE AR CH SME Z1 Rot							DE AR CH SME Z1 Rot							DE AR CH SME Z1 Rot							SPRII /SUM Cycle 2			InSea5
RED OTB - Block 3	XX	Not Applicable							Not Applicable							Volume Accumulation							SME Z1							SME Z2							SME Z1							Camp Circuit Single Days							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							SPRII /SUM Cycle 2			InSea5
ELITE RED F7 - Block 4	XX	Not Applicable							Maximal Effort Rotation [G2 2 Board][SSB to Box]							Volume Accumulation							SME Z1							SME Z2							SME Z1							Camp Circuit Single Days							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							SPRII /SUM Cycle 2			InSea5
ELITE RED OTB - Block 4	XX	Not Applicable							Not Applicable							Volume Accumulation							SME Z1							SME Z2							SME Z1							Camp Circuit Single Days							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							DE AR CH SME Z2 Rot							SPRII /SUM Cycle 2			InSea5
BLOCK 0	NOT ON CAMPUS														PRE-EVAL PREP							EVAL							PZ, Movement Mech., Condo, Relative Str., GPP, Tier Intro							MRE Method SME Method							Modified ME 5-RM							SME → ME Method 3-RM							SME Method																																

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

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