Month	October		Novem	ber			Decem	ber				January				February				
Week Begins	10/20/2025	10/27/2025	11/3/2025	11/10/2025	11/17/2025	11/24/2025	12/1/2025	12/8/2025	12/15/2025	12/22/2025	12/29/2025	1/5/2026	1/12/2026	1/19/2026	1/26/2026	2/2/2026	2/9/2026	2/16/2026	2/23/2026	
Trainging Phase	Team Meeting	Foundation			Aerobic Base				Maintain Aerobic and Add Race Pace				d Speed Work and Lighter Aerobic				Taper			
Season Phase		Buildin	g the ba	se		Meets	Meets & Training		Training 2 Me			eets 2 and Taining 3				Championship Szn				
Test Sets			Kick& 4x100	8x50			Kick		200 (100 8x50	8x50	200		Kick							
Saturday Series		~	✓	~	/					~	~	✓		✓		~				
Meets						Alum	3	2	1		1	1	2	2	OCC	Sr/JV	Sec.	Dist.	States	
Volume	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
65																				
60																				
55																				
50																				
45																				
40																				
35																				
30																				
25																				
20																				
15																				
10																				