

# Gymnastics Season Plan

MONTH	JANUARY				FEBRUARY				MARCH				APRIL				MAY				JUNE					
MONDAY	1	8	15	22	29	5	12	19	26	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25
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
Competitions International																					Australian Champ's 24-27					
National & Regional																Regional Champ's 28-29 April				Senior State 11 - 13 May					State Clubs 23-25 June	
Invitational																										
Intrasquads																										
Training Camps & Clinics																									State Team Camp	
Training Phase																										
Basics																										
Skill Dev't																										
Sequence Dev't																										
Routine Dev't																										
Full Routines																										
Strength/Power					STRENGTH						POWER						SPECIFIC									
Endurance	GENERAL														SPECIFIC				ROUTINE							
Strength Test																										
Skills Test																										
School Holidays	Start School 29 Jan												6-15 April												23	
Pupil Free Days															16											