SKATECANADA
EASTERN ONTARIO

Yearly Planning Instrument - Skating

Skater's Goals: **Technical** _____ **Competitive** _____

_____ _____

Months			January					February				March				April				May					June				July				August				September				October					November				December			
Training 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
Phase	Training Phase	1																																																			
	Macro Phase	2																																																		
	Micro Phase	3																																																		
Training		4																																																		
		5																																																		
		6																																																		
		7																																																		
		8																																																		
		9																																																		
	Choreography	10																																																		
	Music	11																																																		
	Costumes	12																																																		
	Equipment	13																																																		
	Program run thru	14																																																		
	Seminars	15																																																		
Goal Setting		16																																																		
Performance	Event Location	17																																																		
	Competitions	18																																																		
	Test Dates	19																																																		
	Simulations	20																																																		
Medical		21																																																		
Training Emphasis and Performance Readiness Index	100%	22																																																	
	90%	23																																																		
	80%	24																																																		
	70%	25																																																		
	60%	26																																																		
	50%	27																																																		
	40%	28																																																		
	30%	29																																																		
	20%	30																																																		
	10%	31																																																		
	0%	32																																																		