FITNESS TRAINING PLAN

1st – brief description (TRI) – Specific to your age level

SPORT:

LEVEL:

DATES(YR) / WEEKS(#)			
PRE-SEASON	**IN-SEASON (EARLY)**	**IN-SEASON (PEAK)**	**POST-SEASON**
FIT GOALS			
CORE FIT ACTIVITIES			
FREQUENCY			
INTENSITY			
WARM UP			
COOL DOWN			
NOTES			