Michael East | **2003-04** | **Draft1** | **28th Sept 03**

Month	October				November					December				January		February					March				April				May				June				July				August				
Week No	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
Date	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	1	8	15	22	29	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29
Event				boston	boston											WWT? Tbd							World Indoors		WXC tbc	x	South Africa						10th - 24th May						Euro Cup				Olympic Trials						Holding Camp	OLYMPIC GAMES	20-28th
Phase	intro				basic											pre-comp							comp				basic 2									pre-comp				com1					c omp2			
Mesocycle	1	2	3	4	1	2	3	4	r	L	L	L	L	L	D	L	L	L	D	L	T	T	C		*	x	1	2	3	4	d	L	L	L	D	L	L	D	L	T	T	C	L	L	D	L	T	T	C
										60	70	80	90	100	30	100	90	60	150	100	150	30	X		*		170	180	90	100		80	90	100	30	100	90	60	150	100	150	30	X	90	60	150	100	150	30	X
Str End	x	x	x	x																											L	L	L	D	L	L	L	D	L	T	T	C							
St./Power					x	x	x	x	r	x	x	x	x	x	r	x	x	x													80	90	100	30	100	90	60	150	100	150	30	X							
Power Complex					x	x	x	x	r	x	x	x	x	x	r	x	x	x																														
Speed																			r	x	x	x	r	x	x																							
Mileage - L4							x	x				x	x	x		x		x		x							x	x	x	x		x	x	x														
Mileage - L3					x	x				x	x						x				x										x					x	x		x			x	x		x			
Mileage - L2			x	x					x						x				x			x		x										x					x					x		x		
Mileage - L	x	x																					x		x																				x		C
Intervals		6k				8k..								5k..				3k..								5k..					3k							1500m										
track /road	t				t				t					x		x		x	x	x	x	x																										
Hills		x	x	x		x	x	x		x	x	x			x		x																														
WWT																																																	
SS Test				?	x	f		f		f		f			x	f		f		f		f				tf					f	?		f		f												
Physio	N Black 4-6 wk intervals (Michael) .. Weekly with D Dentry																																															
Screening					x													x													x																		
Blood screen					x						x							x						x							x							x										

Aim: **3-4k shape winter** | **3.34.9 Olympic Qual** | **Finalist Olympics**

Michael: 20 / 22 / 24 Aug