	Months	May				Jun				Jul				Aug			Sep				Oct				Nov				Dec				Jan			
	Week Date	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!
Events	Traveling																																		
	Location																																		
																	Sept Superleague	HSD Vancouver	Brockville, ON	Oslo Cup	Sept Superleague	London Spiel	Moncton			PEI	Mayflower Mols	Canadian Mixed			Qualifiers???				NSSTOH				Canadian STOH
Camps																																			
Mesocycle		Base training 1								Base training 2							Specific 1			Specific 2				Pre competition				Camp/Pre-comp 2			recover	Competition			
	Hours per microcycle	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	5.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0

Periodized Hours per Microcycle

Periodized Considerations																																			
	Psychology session																																		
	Nutrition session																																		
	Strength and Conditioning session																																		
	Fitness testing																																		
On Ice Work																																			
	Technical: Throw																3	4	4	4					2	3				2	4	3	1	2	4	2	3	4
	Technical: Sweep																		3	4	4	3	4	4						2	4	4	1	2	4	2	3	4
	Strategy/tactics																		2	3	4							4	4		4	4	4	1	3	4	2	4	4
Off Ice work	Recovery																																					
	Aerobic Threshold	2	3	4	4	2	4	4	2	3	4	4	3	2	4	2	2	3	4	4		4		4	4	4				4			4	2		4	2		2
	Anaerobic Threshold	2	3	3	3	4	3	2	2	3	4	2	3	2		3	3				2				4	2				4			4	2		4	2		2
	Fartlek						4	4	3	4		3	4	4	2	4	4			4	4	2				2	4			4				2	4		2	4	2
	Speed								4					4	2	4	4		3	4	4	3	4				2	4				4			2	4		2	4	2
2	Moderate intensity training																																					