Player Name	Krzysztof Teresiński																														Start / finish dates				02/10.2021-04/06.2022		
Month	Październik					Listopad				Grudzień				Styczeń					Luty				Marzec				Kwiecień					Maj				Czerwiec	
Week commencing	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	5	12	19	26	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11
Week number	40	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Competition (A,B,C)				C		C		B							B					A	A					C					B			A		A+	
Training camps																																					
Test/review																																					
Training cycles – Long term	LONG TERM 1																						LONG TERM 2														
Training cycles – Medium term	PREPARATION 1																COMPETITION 1						PREPARATION 2										COMPETITION 2				
Training cycles – Short term	GENERAL PREPARATION 1						GENERAL PREPARATION 1.2					SPECYFIC PREPARATION 1				COMPETITION DEVELOPMENT 1			PRIORITY COMPETITION 1			TRANISITION	GENERAL PREPARATION 2						SPECYFIC PREPARATION 2				COMPETITION DEVELOPMENT 2		PRIORITY COMPETITION 2		
Training cycles – Weekly	40	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Training volume	8	8																																			
Training intensity average	4	4,3																																			
Training load	32	34																																			

Annual Plan Template