

<b>Player Name</b>		Michał Kopania																								<b>Start / finish dates</b>				02/10.2021-04/06.2022																												
<b>Month</b>		Październik					Listopad				Grudzień				Styczeń				Luty				Marzec				Kwiecień				Maj				Czerwiec																							
<b>Week commencing</b>		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																				
<b>Week number</b>		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																				
<b>Competition (A,B,C)</b>							C		B						B		B				A	A																A			A+																	
<b>Training camps</b>																																																										
<b>Test/review</b>																																																										
<b>Training cycles</b>	<b>Long term</b>	LONG TERM 1														LONG TERM 2																																										
	<b>Medium term</b>	PREPARATION 1										COMPETITION 1					PREPARATION 2								COMPETITION 2																																	
	<b>Short term</b>	GENERAL PREPARATION 1					GENERAL PREPARATION 1.2				SPECYFIC PREPARATION 1			COMPETITION DEVELOPMENT 1		PRIORITY COMPETITION 1		TRANSITION	GENERAL PREPARATION 2					SPECYFIC PREPARATION 2			COMPETITION DEVELOPMENT 2		PRIORITY COMPETITION 2																													
	<b>Weekly</b>	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																				
<b>Training volume</b>		7	7																																																							
<b>Training intensity average</b>		4	4,5																																																							
<b>Training load</b>		28	31																																																							

**Annual Plan Template**