



Piranha Training Plan 2016

| <u>Block</u> | <u>START DATE</u> | <u>END DATE</u> | <u>DURATION</u> | <u>REMARKS</u> |
|---------------------|--------------------------|--------------------------|-----------------|-----------------|
| BASE I | 11 TH JANUARY | 7 TH FEBRUARY | 4 WEEKS | Rec/Test – Wk 4 |
| BUILD I | 8 TH FEBRUARY | 6 TH MARCH | 4 WEEKS | Recovery – Wk 4 |
| BUILD II | 7 TH MARCH | 3 RD APRIL | 4 WEEKS | Rec/Test – Wk 4 |
| BUILD III | 4 TH APRIL | 1 ST MAY | 4 WEEKS | Recovery – Wk 4 |
| PRE COMP/PEAK | 2 ND MAY | 29 TH MAY | 4 WEEKS | Rec/Test – Wk 4 |
| COMP I | 30 TH MAY | 26 TH JUNE | 4 WEEKS | |
| COMP II | 27 TH JUNE | 24 TH JULY | 4 WEEKS | |
| COMP III | 25 TH JULY | 21 ST AUGUST | 4 WEEKS | |
| COMP IV | 22 ND AUG | 18 TH SEPT | 4 WEEKS | |
| RECOVERY I | 19 TH SEPT | 16 TH OCT | 4 WEEKS | |
| RECOVERY II/BASE | 17 TH OCT | 13 TH NOV | 4 WEEKS | |
| BASE/PREP | 14 TH NOV | 11 TH DEC | 4 WEEKS | |

Note: Last week of each mesocycle (4 week block) is a recovery week