



Track and Field

12-Month Calendar



Rest



Rejuvenation



Training




Competition



Track and Field

July — September

WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE
July	<u>How to Stay Healthy During Competition (elite athletes)*</u>			
Aug.		 Rest!	<u>What is Rest?*</u>	
Sept.		<u>Getting Back in Gear After Rest*</u>		



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October — December

WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE
Oct.	<u>Rejuvenation Activities*</u>			
Nov				
Dec				



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January — March

WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE
Jan				
Feb	<u>Time to Train*</u>			
March	<u>Training Activities*</u>			



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April — June

WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE
April				
May	<u>Competition Begins*</u>			
June	<u>How to Stay Healthy During Competition (recreational athletes)*</u>			