Training planning (developed on the concept of the 4 periods):

LBF U15/U17 National Team

Very important	Strenght / Flexibility	Anaerobic Lactic system / Power/Speed/Agility/Quickness	Anaerobic Alactic system / Flexibility	Aerobic system / Flexibility	Aerobic system / Strenght / Flexibility
Important	Aerobic & Anaerobic Lactic System / Power / Speed / Agility	Aerobic & Anaerobic Alactic system / Strenght / Flexibility	Anaerobic Lactic system / Agility	Anaerobic Lactic system / Agility	Anaerobic Lactic & Alactid system / Agility
Keeping stable	Anaerobic Alactid system		Aerobic system / Strenght / Power / Speed / Quickness	Anaerobic Alactic system / Strenght / Power / Speed / Quickness	Power / Speed / Quickness
Not necessary					

Periodization method developed by Prof. Yuri Verkhoshansky

PRELIMINARY/PREPARATORY
Basic training period
Dedicated to the basic general improvement of all motor skills essential for competitive performance like: strength, endurance, speed, speed, joint mobility, coordination, etc. Technically, we need to lay the foundation for the execution of the highest quality strokes and exercises for the corect execution with movements into the court. First basical notions for the next tactical level.

PRE-COMPETITIVE
Pre-competitive training period
The training is directed towards more specialized targets, that they concern more closely to the game situations during performance. The intensity will tend to grow, exceeding the volume towards the end of the period. At the technical-tactical level its is necessary to distribute the kind exercises and the load in order to enter into the "Competitive" period in more specific and realistic possible way.

COMPETITIVE
Competitiveness training period
It's the stage where all the preparation takes pace. The intensity is high at the expense of volume. The drills are of a special character of a game (tender gesture or fraction thereof). The tactical elements (in all its facets) have a very important role in this period. Greater attention to the relationship between: Intensity - Duration/Time - Density and Volume

REST / TRANSITION
Active recovery period
Aimed at the athlete's active psycho- physical recovery, through rest, recreational activities or short training sessions. Active rest is really effective if in recovery move those muscles and nervous units that had been little engaged during the previous period.

It allows to start with the next Macrocycle with psycho-physical freshness.

Symbol legend:

L	Light	Light	Light / Before Peak
M	Medium hard	Medium hard	Medium hard
H	Hard	Hard	Hard

Week n° (of the YEAR)	Date/Start of the Weeks	Tournaments	Priority tournaments (classification: 1-2)	Camps
1	2-1-25			
2	6-1-25			X
3	13-1-25			
4	20-1-25			
5	27-1-25			
6	3-2-25	Nationals U17	2	
7	10-2-25			X
8	17-2-25			
9	24-2-25			
10	3-3-25			X
11	10-3-25	Poland International U17 Suwałki	3	
12	17-3-25			
13	24-3-25			
14	31-3-25			
15	7-4-25			X
16	14-4-25			
17	21-4-25			
18	28-4-25			
19	5-5-25	Nationals U19	2	
20	12-5-25			X
21	19-5-25			
22	26-5-25	Poland Master U17	1	
23	2-6-25			
24	9-6-25			
25	16-6-25			
26	23-6-25	Victor Lepaya Beach U17	2	
27	30-6-25			
28	7-7-25			X
29	14-7-25			X
30	21-7-25			
31	28-7-25			
32	4-8-25			
33	11-8-25			
34	18-8-25	Danish Junior Cup U17	2	
35	25-8-25			X
36	1-9-25			X
37	8-9-25	RSL Lithuania International	3	
38	15-9-25			
39	22-9-25	LBF Cup 3	3	
40	29-9-25			
41	6-10-25			
42	13-10-25			X
43	20-10-25	Estonia U17 International	2	
44	27-10-25	Lithuania U17 International	1	
45	3-11-25			
46	10-11-25			
47	17-11-25			X
48	24-11-25			
49	1-12-25	Europeans U17	1	
50	8-12-25			X
51	15-12-25			
52	22-12-25			X

Week n°	Physical Cycle	Test
1	P2	
2	P2	
3	P2	
4	P2	
5	C	
6	P2	X
7	P2	
8	P2	
9	P2	
10	P2	
11	C	
12	R	
13	P1	
14	P1	
15	P1	
16	P2	
17	P2	
18	P2	
19	P2	
20	P2	
21	P2	
22	C	
23	P2	
24	PC 2	
25	PC 2	
26	C	
27	R	
28	P1	
29	P1	
30	P1	
31	P1	
32	P1	
33	P1	
34	P2	
35	P2	
36	P2	
37	P2	
38	R	
39	PC 2	
40	PC 2	
41	PC 2	
42	PC 2	
43	C	
44	C	
45	P2	
46	PC 2	
47	PC 2	
48	PC 2	
49	C	
50	R	
51	R	
52	P1	

Practice Targets

Week n°	Long Term	Middle Term	Short Term
1	1) STANDARD SITUATIONS, 2) BACK COURT VARIATIONS	Standard situations & Accuracy	Service Situation
2			
3			
4			
5			Accuracy to side lines
6			
7			
8			
9			Attach &Defence situation
10			
11			
12			
13		Standard Situations	Use fingers
14			
15			Service sit. responsibities
16			
17			Racket position during the rally, when not hitting
18			
19			Attack&Defence sit. Responsibilities
20			
21			
22		Back court variations	Short backswing in strokes
23			
24			Accuracy
25			
26			
27			
28		Standard Situations	Long rallies with average pace
29			
30			Racket position during the rally, when not hitting
31			
32			Use fingers
33			
34			Accuracy
35			
36		Back court variations	Own/Partner position
37			
38			
39			Opponent(s) position
40			
41			Consistency
42			
43		Standard situations	Attach &Defence situation (Responsibilities and patterns)
44			
45			
46			Service Situation (Responsibilities and patterns)
47			
48			
49			
50			
51			
52			

Practice Workload

Week n°	Volume (hours) Court hours	Strenght hours	Running hours	Total	Intensity Court	Strenght	Running	Total	Workload
1	10	2	2	14	2	2	2	6	84
2	14	2	0	16	3	2	3	8	128
3	12	3	2	17	3	2	3	8	136
4	14	2	2	18	4	4	2	10	180
5	13	3	1	16	5	3	2	10	160
6	10	4	1	12	4	3	5	12	144
7	12	3	2	17	3	2	3	8	136
8	13	3	2	18	4	2	4	10	180
9	13	3	2	18	4	4	4	12	216
10	14	2	1	17	4	3	3	10	170
11	10	1	1	12	4	3	5	12	144
12	4		2	6	2		1	3	18 R
13	8	3	3	14	2	3	3	8	84
14	10	3	3	16	3	2	3	8	128
15	16	1	1	18	3	2	3	9	162
16	12	2	2	16	4	4	3	10	160
17	14	2	2	18	3	4	3	10	180
18	14	2	2	19	4	4	4	12	228
19	10	1	1	12	5	3	4	12	144
20	15	1	1	18	5	2	3	11	198
21	13	2	1	16	3	3	4	10	160
22	9	1	1	11	4	3	5	12	132
23	12	3	2	17	3	2	3	8	136
24	13	3	2	18	4	2	4	10	180
25	13	2	1	16	5	3	5	10	160
26	10	0	1	11	4	0	5	9	99
27	4		2	6	2		1	3	18 R
28	10	2	2	14	3	4	2	9	140
29	12	2	2	16	4	5	4	13	208
30	8	3	2	13	2	5	2	9	117
31	9	4	2	16	2	5	2	9	144
32	10	4	3	17	3	2	4	9	153
33	12	3	3	18	4	2	4	10	180
34	12	1	1	14	3	3	3	9	126
35	14	3	2	19	4	4	4	12	228
36	14	3	2	19	4	4	4	12	228
37	12	1	1	14	5	2	2	9	126
38	4	2	2	6	2	1	1	3	18 R
39	14	1	2	17	4	3	3	10	170
40	13	3	1	18	4	4	4	12	216
41	14	2	1	17	4	3	3	10	170
42	14	1	1	16	4	5	3	12	192
43	14	2	2	18	3	2	3	8	144
44	10	1	1	12	4	2	4	10	120
45	14	2	1	18	3	3	3	9	162
46	13	2	1	18	4	2	4	10	180
47	13	2	1	18	4	4	4	12	216
48	14	1	1	17	3	3	3	9	170
49	10	1	1	12	4	4	4	12	144
50	0	3	3	3					3 R
51	0	3	3	3					3 R
52									0