

12 WEEK YEAR PLAN

GOAL 4:

TACTICS	WEEKS DUE CIRCLE WKS DUE
1.	1 2 3 4 5 6 7 8 9 10 11 12
2.	1 2 3 4 5 6 7 8 9 10 11 12
3.	1 2 3 4 5 6 7 8 9 10 11 12
4.	1 2 3 4 5 6 7 8 9 10 11 12
5.	1 2 3 4 5 6 7 8 9 10 11 12
6.	1 2 3 4 5 6 7 8 9 10 11 12
7.	1 2 3 4 5 6 7 8 9 10 11 12
8.	1 2 3 4 5 6 7 8 9 10 11 12
9.	1 2 3 4 5 6 7 8 9 10 11 12
10.	1 2 3 4 5 6 7 8 9 10 11 12
11.	1 2 3 4 5 6 7 8 9 10 11 12
12.	1 2 3 4 5 6 7 8 9 10 11 12
13.	1 2 3 4 5 6 7 8 9 10 11 12
14.	1 2 3 4 5 6 7 8 9 10 11 12
15.	1 2 3 4 5 6 7 8 9 10 11 12

12 WEEK YEAR PLAN

GOAL 5:

TACTICS	WEEKS DUE CIRCLE WKS DUE
1.	1 2 3 4 5 6 7 8 9 10 11 12
2.	1 2 3 4 5 6 7 8 9 10 11 12
3.	1 2 3 4 5 6 7 8 9 10 11 12
4.	1 2 3 4 5 6 7 8 9 10 11 12
5.	1 2 3 4 5 6 7 8 9 10 11 12
6.	1 2 3 4 5 6 7 8 9 10 11 12
7.	1 2 3 4 5 6 7 8 9 10 11 12
8.	1 2 3 4 5 6 7 8 9 10 11 12
9.	1 2 3 4 5 6 7 8 9 10 11 12
10.	1 2 3 4 5 6 7 8 9 10 11 12
11.	1 2 3 4 5 6 7 8 9 10 11 12
12.	1 2 3 4 5 6 7 8 9 10 11 12
13.	1 2 3 4 5 6 7 8 9 10 11 12
14.	1 2 3 4 5 6 7 8 9 10 11 12
15.	1 2 3 4 5 6 7 8 9 10 11 12