



Skill/objective: _____

Start date: _____

Start max speed: _____

4wk max speed: _____

Week 1 practice

Week 5 practice

70% speed: _____

70% speed: _____

Week 2 practice

Week 6 practice

80% speed: _____

80% speed: _____

Week 3 practice

Week 7 practice

90% speed: _____

90% speed: _____

Week 4 practice

Week 8 practice

100% speed: _____

Max speed: _____

Final max speed: _____

Notes: _____

End date _____
