



# WEEKLY SCHEDULE EXAMPLE

*(13 hours)*

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# Introduction

Having a planned and organised **Weekly Schedule** will boost productivity in training by ensuring time is allocated to priority activities, and by preventing training sessions where important components are missed or neglected through poor time management.

Being able to visually see a detailed **Weekly Schedule** can highlight the lack of time invested in areas which may be deemed important and also highlight key opportunities for recovery in between sessions [or even a lack of recovery time which needs to be addressed!]

This can also be said for managing a gymnast's workload throughout the week.

Putting together a structured **Weekly Schedule** helps coaches to understand their physical / technical training ratio. [We encourage a minimum of 25-35% physical preparation, irrespective of how many hours the gymnast trains.]

Compartmentalising aspects of the training day into categories [for example, Plyometrics, Active Flexibility, Daily Dozen etc.] will help ensure key ingredients of a holistic programme are being incorporated and not missed. We refer to this as 'Divide and Conquer'.

Although a **Weekly Schedule** is a great step forward to purposeful practice and time management, we must differentiate between the allocation of time, and significance of that time. For example, some gymnasts may only perform 3 repetitions within an allocated block of 15 minutes. Others may perform 25. The significance of training time is a far more accurate indicator of progress than the allocation of the time itself.

The attached **Weekly Schedule** is an example Schedule based on Nick's recommendations and guidelines. It is important to note that the creation of a **Weekly Schedule** is highly contextual, with several conditions influencing choices such as training volume, training space, group sizes, experience of the coaching team, performance aspirations and more.

## Here are some quick notes:

- The 'Daily Dozen' is completed every single training day
- 'Core' training is completed every single training day
- 'Passive Flexibility' is completed at the end of training sessions
- 'Active' and 'Dynamic' Flexibility is performed prior to apparatus
- 'Plyometric' training is completed at the start of training
- 'Strength' training [where applicable] is completed at the end of training prior to a rest day

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# Weekly Schedule Example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00						Line Up / Leg Circuit	
9.10						Floor Lines [Fwd]	
9.20						Daily Dozen	
9.30						Artistic Development	
9.40							
9.50							
10.00							
10.10						Vault [30mins]	
10.20							
10.30							
10.40						Bars [40mins]	
10.50							
11.00							
11.10						Floor [30mins]	
11.20							
11.30							
11.40							
11.50						Beam [40mins]	
12.00							
12.10							
12.20						Core + Prehab	
12.30							
12.40						Passive Flexibility / Line Up	
12.50							
16.30	Line Up / Running Drills	Line Up / Leg Circuit		Line Up / Running Drills			
16.40	Plyo	Floor Lines [Bkwd]		Plyo			
16.50	Daily Dozen	Daily Dozen		Daily Dozen			
17.00							
17.10	Dynamic Flex / Leaps	Prehab		Dynamic Flex / Leaps			
17.20		Active Flex					
17.30							
17.40	Floor [30mins]	Beam [30mins]		Bars [30mins]			
17.50							
18.00							
18.10	Bars [30mins]	Vault [30mins]		Beam [30mins]			
18.20							
18.30							
18.40	Beam [30mins]	Bars [30mins]		Floor [30mins]			
18.50							
19.00	Core	Core		Core			
19.10	Passive Flexibility / Line Up	Passive Flexibility / Line Up		Passive Flexibility / Line Up			
19.20							

*Want to see a detailed deep dive into Nick's Scheduling? Check out the 'Supreme Schedules' Course within the Gymnastics Growth Academy*