

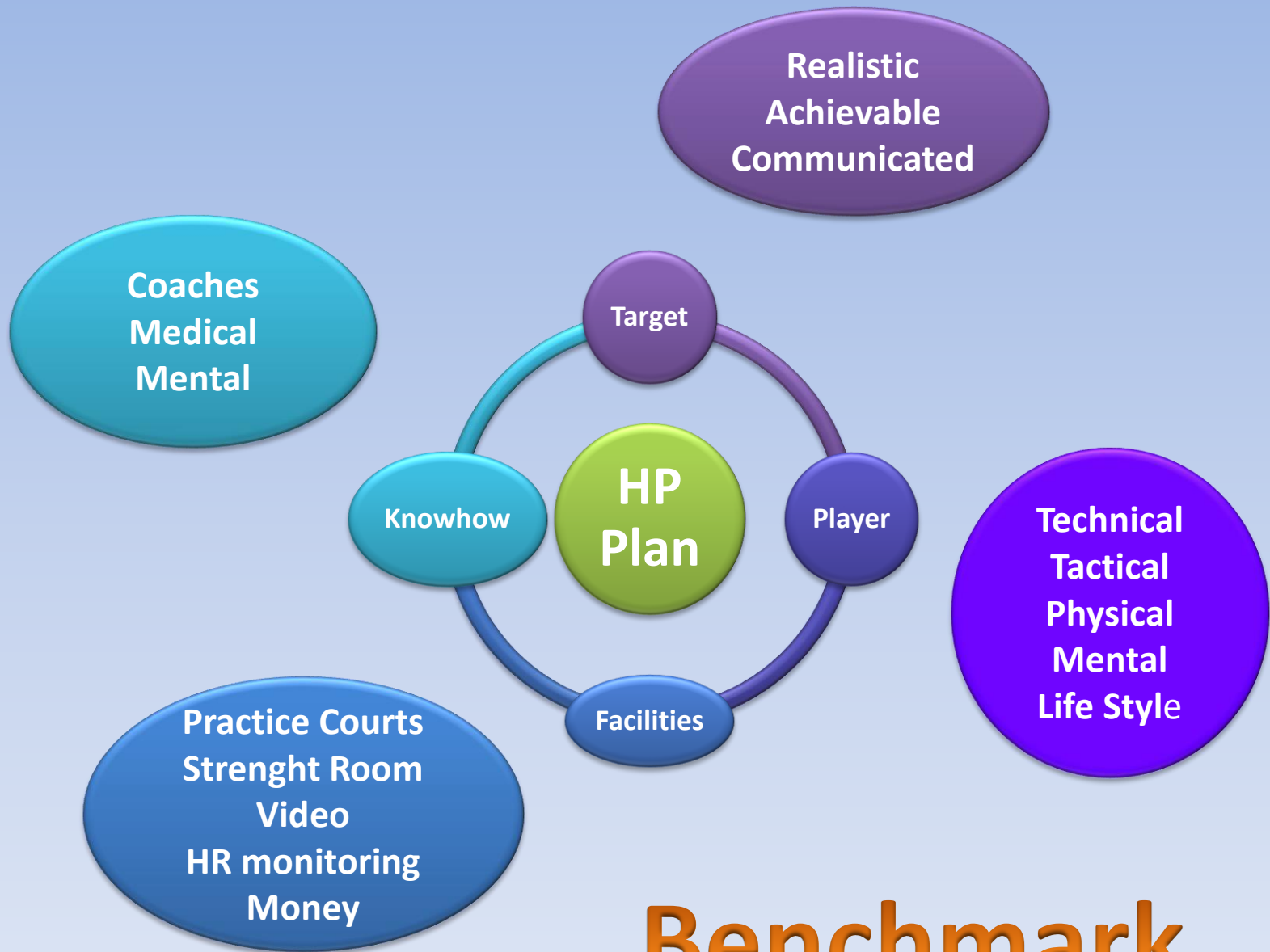
HIGH PERFORMANCE

Plan for Success



How to Set Up a Year Plan





Benchmark

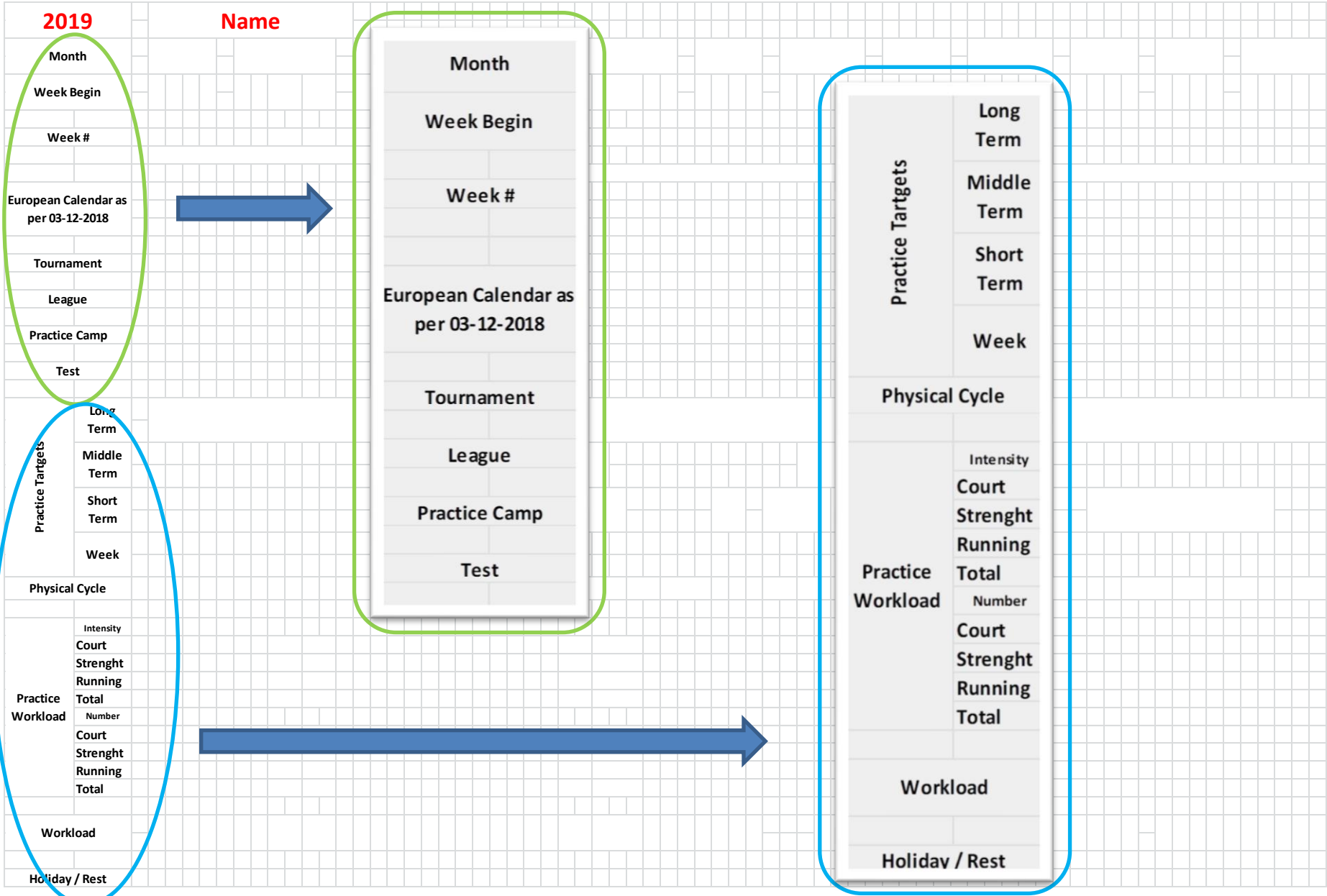
Example Player 2019

Target - Product	Target - Process
• Qualify European games 2019 • Qualify Olympics 2020 • Mens Singles	• Consistency • Mid Court Defence (Flat) • Variation from the Back • Changes in Rhythm
Facilities	
• 2x per Day on Court • Strength & Conditioning • Running	• HR Monitoring Polar H10 • Video Analysing poor
Know How	Test
• Never worked with Planning (Player & Coaches)	• VO2 max • Results: Low Aerobic Capacity

Step 1: Blanc EXCEL Sheet

2019		Name	
Month			
Week Begin			
Week #			
European Calendar as per 03-12-2018			
Tournament			
League			
Practice Camp			
Test			
Practice Targets	Long Term		
	Middle Term		
	Short Term		
	Week		
Physical Cycle			
Practice Workload	Intensity		
	Court		
	Strenght		
	Running		
	Total		
	Number		
Practice Workload	Court		
	Strenght		
	Running		
	Total		
Workload			
Holiday / Rest			

Step 1: Blanc EXCEL Sheet



Step 2: Dates & Week Numbers

[illegible]

Step 2: Dates & Week Numbers

2019

Month	January	February	March	April	May	June	July	August	September	October	November	December
Week Begin	7 14 21 28	4 11 18 25	4 11 18 25	1 8 15 22 29	6 13 20 27	3 10 17 24	1 8 15 22 29	5 12 19 26	2 9 16 23 30	7 14 21 28	4 11 18 25	2 9 16 23 30
Week #	2 3 4 5	6 7 8 9	10 11 12 13	14 15 16 17 18	19 20 21 22	23 24 25 26	27 28 29 30 31	32 33 34 35	36 37 38 39 40	41 42 43 44	45 46 47 48	49 50 51 52 1

European Calendar as per 03-12-2018

Tournament

League

Practice Camp

Test

Practice Tartgets

Long Term

Middle Term

Short Term

Week

January				February				March			
7	14	21	28	4	11	18	25	4	11	18	25
2	3	4	5	6	7	8	9	10	11	12	13

Physical Cycle

Intensity

Court

Strenght

Running

Total

Number

Court

Strenght

Running

Total

Workload

Holiday / Rest

Step 3: Targets – Product & Process

2019																																																									
Month	January				February				March				April				May				June				July				August				September				October				November				December												
Week Begin	7	14	21	28	4	11	18	25	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30					
Week #	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	1					
	European Games Qual Period												Olympic Qualifying Period																																												
European Calendar as per 03-12-2018																																																									
Tournament																																																									
League																																																									
Practice Camp																																																									
Test																																																									
Practice Targtets	Long Term	1. Consistency 2. Mid Court Flat / Defence 3. Variation from Back of Court 4. Variation in Drop Shots																																																							
	Middle Term																	Change Rythm + Patience																				Change Rythm + Patience																			
	Short Term																	Defence				Net Strokes				Def.				Strokes from back				Net				Defence + Strokes from back				To be decided based on last 6 months															
	Week																																																								
Physical Cycle																																																									
Practice Workload	Intensity																																																								
	Court Strenght																																																								
	Running																																																								
	Total																																																								
	Number																																																								
	Court Strenght																																																								
	Running																																																								
	Total																																																								
Workload																																																									
Holiday / Rest																																																									

Step 3: Targets – Product & Process

2019																																																						
Month	January				February				March				April				May				June				July				August				September				October				November				December									
Week Begin	7	14	21	28	4	11	18	25	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30		
Week #	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	1		
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	Total																																																					
Workload	Number																																																					
	Court																																																					
	Strenght																																																					
	Running																																																					
Holiday / Rest																																																						

Step 4: Calendar

[illegible]

Step 4: Calendar

2019

Month	January	February	March	April	May	June	July	August	September	October	November	December
Week Begin	7 14 21 28	4 11 18 25	4 11 18 25	1 8 15 22 29	6 13 20 27	3 10 17 24	1 8 15 22 29	5 12 19 26	2 9 16 23 30	7 14 21 28	4 11 18 25	2 9 16 23 30
Week #	2 3 4 5	6 7 8 9	10 11 12 13	14 15 16 17 18	19 20 21 22	23 24 25 26	27 28 29 30 31	32 33 34 35	36 37 38 39 40	41 42 43 44	45 46 47 48	49 50 51 52 1
	European Games Qual Period										Olympic Qualifying Period	
European Calendar as per 03-12-2018	Estonia Sweden Iceland Nat. Champ. NED	Eur Team Champ Austria Spain Masters Slovak Germany	All England Portugal Swiss Orleans Poland	Finland Dutch Int Croatia Hellas	Denmark Slovenia German Int Sud Cup Latvia	Lithuania Spain	Eur Games White Nights	Hellas Open Bulgaria World Champ Belarus	Ukraine Poland Int Czech Bulgaria	Dutch Open Denmark Open French Opn Hungary	Norway Scottish Wales	Italy
Tournament												
League												
Practice Camp												
Test												
Practice Targets	Long Term											
	Middle Term											
	Short Term											
	Week											
Physical Cycle												
Practice Workload	Intensity Court Strenght Running Total Number											
	Court Strenght Running Total											
Workload												
Holiday / Rest												

1. Consistency 2. Mid Court

Defence

All England	Portugal	Swiss	Orleans	Poland	Finland	Dutch Int	Croatia	Hellas	Denmark	Slovenia	German Int	Sud Cup
\$1000	IS	\$300	\$100	IC	IC	IS	Future	Future	IC	IS	Future	

Step 5: What to Play

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Step 6: Events Program & Physical Cycle

2019																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
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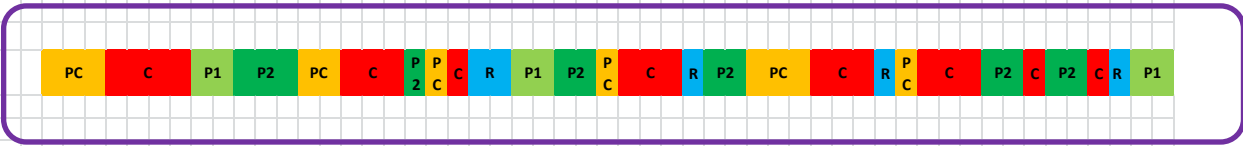
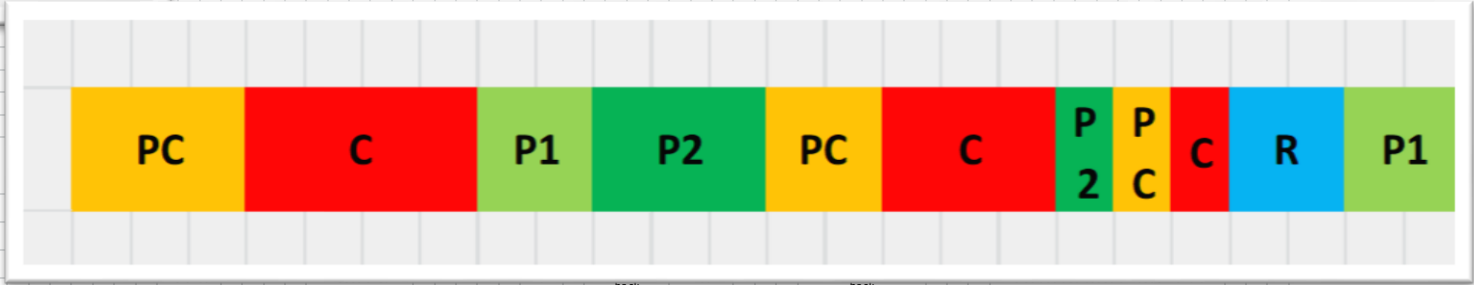
Step 6: Events Program & Physical Cycle

2019																																																													
Month		January					February					March					April					May					June					July					August					September					October					November					December				
P1	Preparation 1																																																												
P2	Preparation 2																																																												
PC	Pre-Competition																																																												
C	Competition																																																												
R	Recovery																																																												
Practice Camp																																																													
Test																																																													
Practice Tartgets	Long Term																																																												
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Workload																																																													
Holiday / Rest																																																													

1	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30																				
14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	1																				
Olympic Qualifying Period																																																											
IC	IS	Future	Future	IC	IS	Future	Future	Future	IC				IC					IS	IS	IS	IC	IS	Future	Future	S100	S750	S750	S750	IC	IS	S100				IC																								
Finland	Dutch Int	Croatia	Hellas	Denmark	Slovenia	German Int	Sud Cup	Latvia	Lithuania	Spain	Eur Games	White Nights						Hellas Open	Bulgaria	World Champ	Belarus	Ukraine	Poland Int	Czech	Bulgaria	Dutch Open	Denmark Open	French Opn	Hungaria	Norway	Scottish	Wales	Italy																										
	X	X	X					X	X		X							X	X	X			X	X		X		X		X		X		X																									

PC	C	P1	P2	PC	C	P2	P1	PC	C	P2	PC	C	R	P1	P2	P1	C	R	P2	PC	C	R	P1	C	P2	C	P2	C	R	P1
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PC	C	P1	P2	PC	C	P2	P1	PC	C	P2	PC	C	R	P1	P2	P1	C	R	P2	PC	C	R	P1	C	P2	C	P2	C	R	P1
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Integration of Physical Training in Long Term Planning

	P1	P2	PC	C	R
	Early Training Phase	Late Training Phase	Pre Competitive Phase	Competitive Phase	Rest & Relaxation Phase
Aerobic System	Major Emphasis	Important	Important	Maintenance	Important
Anaerobic Lactic System	Maintenance	Important	Major Emphasis	Important	Maintenance
Anaerobic Alactic System	Maintenance	Maintenance	Important	Major Emphasis	Not Required
Strenght	Major Emphasis	Major Emphasis	Important	Maintenance	Not Required
Power & Speed	Not Required	Important	Major Emphasis	Maintenance	Not Required
Flexibility	Major Emphasis	Major Emphasis	Major Emphasis	Major Emphasis	Major Emphasis
Agility	Maintenance	Important	Major Emphasis	Important	Not Required
Body Weight	Maintenance	Important	Major Emphasis	Major Emphasis	Not Required
Fitness Testing	Major Emphasis	Maintenance	Major Emphasis	Not Required	Major Emphasis

Major Emphasis	
Important	
Maintenance	
Not Required	

Volume (per Week!)

Weekly Practice Hours				
U 15		12 – 18 hours / week – 1 restday 4 – 6 international events national events		
U17		18 hours / week – 1 restday 8 international events national events – seniors		
U19		18 – 22 hours / week – 1 restday 10 international events jun + sen national events seniors		Badminton priority
Seniors		22 -24 hours / week – 1 restday 15 international events national events		Badminton priority

Intensity in Practice – on Court & Running

VO2max Test						
	Recovery	Low Aer	Hig Aer	Aer-AnAer	Anaerobic	HR max
HR	< 145	150-165	165-180	180-190	190-195	198
Intensity	1	2	3	4	5	
Stages in Exercises						
Max	Full Power					
Intensity	Learning to deal with high levels of Lactic Acid					
Aerobic - Anaerobic	Keep going, feeling Lactic Acid					
High Aerobic	Use of Carbohydrates					
Low Aerobic	Improve Basic Stamina - burning fat					
Recovery	Recover from Heavy Exercises					

Intensity in Practice – Strenght & Conditioning

	Body Weight - Core	Strenght	Speed	Power	Strenght-Endurance	Hypertrophy
Resistance -% of 1RM		80-100%	< 30%	60-80%	30-60%	60-80%
Repetitions per Set		1-4	3-7	2-5	13-20	8-12
Number of Sets		3-5	4-8	3-6	2-4	2-4
Rest between Sets - min		2-3	2-4	3-5	0,5-1,5	1-3
Intensity	1	2	3	4	5	

Step 7: Intensity & Volume

2019

Month

January

February

March

Week Begin

7 1

Week #

2

Euro

European Calendar as per 03-12-2018

Tournament

League

Practice Camp

Test

Practice Targets

Long Term

Middle Term

Short Term

Week

Physical Cycle

Practice Workload

Intensity

Court

Strenght

Running

Total

Number

Court

Strenght

Running

Total

Workload

Workload

April

May

June

July

August

September

October

November

December

23 30

7 14 21 28

4 11 18 25

2 9 16 23 30

39 40

41 42 43 44

45 46 47 48

49 50 51 52 1

Future

Future

S100

S750

S750

IC

IS

S100

IC

Czech

Bulgaria

Dutch Open

Denmark Open

French Opn

Hungaria

Norway

Scottish

Wales

Italy

x

x

x

x

x

x

in Drop Shots

+

om

To be decided based on last 6 months

Practice Workload

Intensity

Court

Strenght

Running

Total

Number

Court

Strenght

Running

Total

Workload

Workload

Physical Cycle

Practice Workload

Intensity

Court

Strenght

Running

Total

Number

Court

Strenght

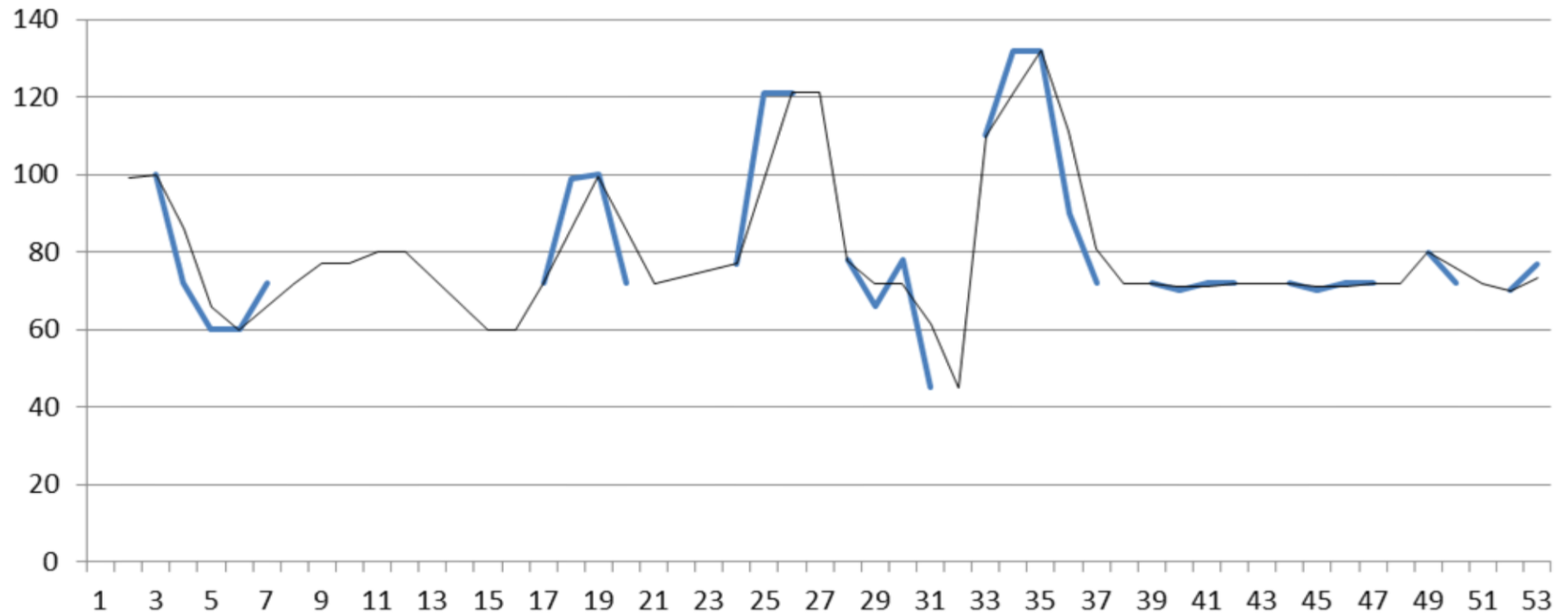
Running

Total

Workload

Workload

Workload



Final Result

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