

DISTANCE

Week	Phase for ABC Finals	Primary Function	Secondary Function	Maintenance
		50%	35%	15%
1	Pre-Season	EN1	EN2	SP3
2	Pre-Season	EN1	EN2	SP3
3	Pre-Season	EN1	EN2	SP3
4	Pre-Season	EN1	EN2	SP3
5	Pre-Season	EN1	EN2	SP3
6	Aerobic	EN1/EN2	EN3	SP1/3
7	Aerobic	EN1/EN2	EN3	SP1/3
8	Aerobic	EN1/EN2	EN3	SP1/3
9	Anaerobic	EN3	EN1/2	SP1/3
10	Anaerobic	EN3	EN1/2	SP1/3
11	Anaerobic	EN3	EN1/2	SP1/3
12	Anaerobic	EN3	EN1/2	SP1/3
13	Anaerobic	EN3	EN1/2	SP1/3
14	Race Specific	EN3/SP1	EN1/2	SP3
15	Race Specific	EN3/SP1	EN1/2	SP3
16	Competition (State)	EN3/SP1	SP2	EN1/EN2
17	Competition (Zones)	EN3/SP1	SP2	EN1/EN2

SPRINT

Week	Phase for State Meet	Primary Function	Secondary Function	Maintenance
		50%	35%	15%
1	Pre-Season	EN1	EN2	SP3
2	Pre-Season	EN1	EN2	SP3
3	Pre-Season	EN1	EN2	SP3
4	Pre-Season	EN1	EN2	SP3
5	Pre-Season	EN1	EN2	SP3
6	Aerobic	EN1/EN2	EN3	SP1/3
7	Aerobic	EN1/EN2	EN3	SP1/3
8	Aerobic	EN1/EN2	EN3	SP1/3
9	Anaerobic	EN3/SP1	SP2/3	EN1/EN3
10	Anaerobic	EN3/SP1	SP2/3	EN1/EN3
11	Anaerobic	EN3/SP1	SP2/3	EN1/EN3
12	Anaerobic	EN3/SP1	SP2/3	EN1/EN3
13	Anaerobic	EN3/SP1	SP2/3	EN1/EN3
14	Race Specific	SP1/2	SP3	EN1/EN3
15	Race Specific	SP1/2	SP3	EN1/EN3
16	Competition (State)	SP1/2	SP3	EN1/EN3
17	Competition (Zones)	SP1/2	SP3	EN1/EN3