MONTH	July				Aug					Sept				Oct					Nov				Dec				Jan					Feb				Mar				Apr					May				June			
WEEK BEGINNING (Monday)	3.7.06	10.7.06	17.7.06	24.7.06	31.7.06	7.8.06	14.8.06	21.8.06	28.8.06	4.9.06	11.9.06	18.9.06	25.9.06	2.10.06	9.10.06	16.10.06	23.10.06	30.10.06	6.11.06	13.11.06	20.11.06	27.11.06	4.12.06	11.12.06	18.12.06	25.12.06	1.1.07	8.1.07	15.1.07	22.1.07	29.1.07	5.2.07	12.2.07	19.2.07	26.2.07	5.3.07	12.3.07	19.3.07	26.3.07	2.4.07	9.4.07	16.4.07	23.4.07	30.4.07	7.5.07	14.5.07	21.5.07	28.5.07	4.6.07	11.6.07	18.6.07	25.6.07
COMPETITIONS													Federal Am. TBC																	Lake Mac Am. TBC								Riversdale Cup TBC			Aus. Am. TBC				Mandurah Am. TBC		SAGA Invit. TBC			Keperra Bowl							
Macro Cycles	GP	GP	GP	GP	SP	SP	SP	SP	PC	PC	PC	PC	C	T	T	T	GP	GP	GP	GP	GP	GP	SP	SP	SP	SP	PC	PC	PC	PC	C	T	PC	PC	PC	PC	C		C	T	PC	C	C		C	T	T	R	R	R	R	R
TRAINING PRIORITY		(None)				(Low)					(Medium)				(High)																																					
Golf Skills																																																				
- Testing																																																				
Long Game																																																				
- Block																																																				
- Random																																																				
- On Course Play																																																				
- Competitive Games																																																				
Short Game (inc putts)																																																				
- Block																																																				
- Random																																																				
- Competitive Games																																																				
Psych Skills																																																				
- Testing																																																				
- Development																																																				
- Maintenance																																																				
Physical Conditioning																																																				
- Testing																																																				
- Development																																																				
- Maintenance																																																				
Aerobic																																																				
- Development																																																				
- Maintenance																																																				
Flexibility (inc Balance)																																																				
- Development																																																				
- Maintenance																																																				
Tactical																																																				
- Testing																																																				
- Development																																																				
- Competition Testing																																																				
- Refinement																																																				