

Seasonal Planning with FIT

Macro Cycle	Fall (Short Course)													Winter / Spring (Short Course)						Spring / Summer (Long Course)																																
Meso Cycle	Base				Build		Peak		Taper		Taper Meet	Transition	Base		Build		Peak		Taper		Taper Meet	Transition	Base				Build			Peak			Taper		Taper Meet	Transition																
FIT Cycle	Observe				Adjust		Observe		Adjust		Improve	Observe	Discover		Adjust		Improve		Observe		Observe				Discover			Adjust			Observe		Improve		Observe																	
Micro Cycle	Sep wk 1	Sep wk 2	Sep wk 3	Sep wk 4	Oct wk 1	Oct wk 2	Oct wk 3	Oct wk 4	Nov wk 1	Nov wk 2	Nov wk 3	Nov wk 4	Dec wk 1	Dec wk 2	Dec wk 3	Dec wk 4	Dec wk 5	Jan wk 1	Jan wk 2	Jan wk 3	Jan wk 4	Feb wk 1	Feb wk 2	Feb wk 3	Feb wk 4	Mar wk 1	Mar wk 2	Mar wk 3	Mar wk 4	Apr wk 1	Apr wk 2	Apr wk 3	Apr wk 4	Apr wk 5	May wk 1	May wk 2	May wk 3	May wk 4	May wk 5	Jun wk 1	Jun wk 2	Jun wk 3	Jun wk 4	Jul wk 1	Jul wk 2	Jul wk 3	Jul wk 4	Aug wk 1	Aug wk 2	Aug wk 3	Aug wk 4	Aug wk 5
	Observe				Discover		Adjust		Observe		Discover		Adjust		Improve	Observe		Discover		Adjust		Improve		Observe			Observe				Discover			Adjust			Observe		Improve		Observe											