

Josh Junior 4 year plan



Week	2008												2009												2010												2011																																					
	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec																										
Base	NZ	NZ	NZ	NZ	NZ	Eur	Eur	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	Eur	Eur	Eur	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	Eur	Eur	Eur	NZ	Eur	NZ	NZ	Aus	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	NZ	Eur	Eur	Eur	NZ	Eur	NZ	NZ	NZ														
Regattas (Nat / Intnl) ? = venue TBC	Nationals NZL	Sail Auck NZL				Keil Week GER	European Champs, BEL						Nationals NZL	Sail Auck NZL				Holland Regatta, NED	Keil Week, GER	European Champs, ?					Nationals NZL	Sail Auck NZL				Holland Regatta, NED	Keil Week, GER	European Champs, ?					Sail for Gold, GBR	World Champs, ?											Sirs, AUS	Nationals NZL	Sail Auck NZL					Holland Regatta, NED	Keil Week, GER	European Champs, ?					Sail for Gold, GBR	World Champs, ?										Sirs, AUS
Priority	3	2				4	1					4	2	3				4	3	2				2	2	3				4	3	2					1	2	3									2	2	3				4	3	2					2	1									2			
Phase	Comp	Pre Comp				Comp	Pre Comp					Comp	Comp	Pre Comp				Comp	Pre Comp	Comp	Pre C			Comp	Pre Comp				Comp	Pre C					Comp	Pre Comp	Comp	Pre C	Comp	Pre Comp	Comp	Pre C	Comp	Pre Comp	Comp	Pre C	Comp	Pre Comp				Comp	Pre C					Comp	Pre Comp	Comp	Pre C	Comp	Pre Comp	Comp	Pre C									
Sailing Targets	Racing skills: Getting off line tidily, Holding position for first five minutes, Building to front of fleet by finish												Achieving selection to Olympic Squad: Consistently performing in top ten at pinnacle events												Maintaining Olympic Squad selection: Consistently podiuming at pinnacle events												Making it to the top 3: Performing consistently in all ranking regattas in order to be ranked in ISAF top 3																																					
Strength & Conditioning	Follow fitness plan in order to build upper body strength by 10%, and increase flexibility by 5%.												Follow fitness plan to build upper body strength by 5% and maintain flexibility, and achieve target weight of 83Kgs.												Follow fitness plan to achieve hiking endurance test results of 15 minutes at max effort in 15-18 kts. Maintain strength, flexibility and weight.												Follow fitness plan to build speed by 10% and reduce reaction time by 10%. Maintain endurance, strength, flexibility and weight.																																					
Fitness		Test				Test						Test		Test									Test		Test																					Test		Test											Test															
Biomech		Test				Test						Test		Test										Test		Test																							Test		Test											Test												
Goals		Review										Review		Review										Review		Review																							Review		Review											Review												
Nutrition						Diary						Diary												Diary																								Diary													Diary													
ACE					Review							Plan												Review																								Plan													Review													
Study				BSc Semester 1				BSc Semester 2									BSc Semester 1				BSc Semester 2				Study plan to be reviewed in light of performance →																																																	
Two Week Break																																																																										
Work	← 5 hours per week →												← 5 hours per week →												Work plan to be reviewed in light of performance →																																																	
Other	Throughout the four years Josh will participate in seminars on topics such as visualisation, sport medicine, media skills, website development, keeping healthy while campaigning, cooking, sponsorship & promotion, tactics, strategy, rules, etc. He will also actively fulfill sponsor promotion activities and provide mentoring and coaching support for upcoming sailors in the region. In the first two years of the four year period Josh will compete in the AUS/NZ youth match racing circuit with a decision about further involvement made in 2010.																																																																									