

Annual Training Plan

Start Date: January 5, 2015

Athlete: JD Blom

Annual Hours: 0.0

Season Goals:

- 1 Prayer a more consistent part of my life
- 2 Saturated by the Word of God
- 3 Show God's love to others

Training Objectives:

- 1 Read through the Bible in a year
- 2 Consistently maintain a prayer journal
- 3 Memorize Romans 8
- 4 Family Bible Study
- 5 Write 120 blog posts
- 6

P	B	M	W	T	F
r	i	e	o	h	e
a	b	m	r	e	l
y	b	e	s	s	l
e	l	r	h	i	o
r	e	e	i	p	w
	S	R	&	R	s
	t	e	R	e	t
	u	a	e	f	u
	d	t	R	l	d
	y	i	e	s	v

Wk #	Monday	Event	Pri	Period	Hours	P	B	M	W	T	F
1	1/5			Base 1		X	X				X
2	1/12			↓		X	X				X
3	1/19			↓		X	X				X
4	1/26	Fast		↓		X			X		
5	2/2			Base 2		X	X	X			X
6	2/9			↓		X	X	X			X
7	2/16			↓		X	X	X			X
8	2/23	Abstain from TV		↓		X				X	
9	3/2			Base 3		X	X	X	X		X
10	3/9			↓		X	X	X	X		X
11	3/16			↓		X	X	X	X		X
12	3/23	Abstain from TV		↓		X				X	
13	3/30			Build 1		X	X	X		X	X
14	4/6			↓		X	X	X		X	X
15	4/13			↓		X	X	X		X	X
16	4/20	Abstain from TV		↓		X				X	
17	4/27			Build 2		X	X	X		X	X
18	5/4			↓		X	X	X		X	X
19	5/11			↓		X	X	X		X	X
20	5/18	Fast		↓		X			X		
21	5/25			Peak		X	X	X			
22	6/1			↓		X	X	X			
23	6/8	PRAYER / SEEKING GOD		↓		X				X	
24	6/15			Base 1		X	X				X
25	6/22			↓		X	X				X
26	6/29			↓		X	X				X
27	7/6	Abstain from TV		↓		X				X	
28	7/13			Base 2		X	X	X			X
29	7/20			↓		X	X	X			X
30	7/27			↓		X	X	X			X
31	8/3	Abstain from TV		↓		X				X	
32	8/10			Base 3		X	X	X	X		X
33	8/17			↓		X	X	X	X		X
34	8/24			↓		X	X	X	X		X
35	8/31	Abstain from TV		↓		X				X	
36	9/7			Build 1		X	X	X		X	X
37	9/14			↓		X	X	X		X	X
38	9/21			↓		X	X	X		X	X
39	9/28	Vacation ?		↓		X				X	X
40	10/5	Vacation?		↓		X				X	X
41	10/12			Build 2		X	X	X		X	X
42	10/19			↓		X	X	X		X	X
43	10/26			↓		X	X	X		X	X
44	11/2	Fast		↓		X				X	
45	11/9			Peak		X	X	X			
46	11/16			↓		X	X	X			
47	11/23	PRAYER / SEEKING GOD		↓		X				X	
48	11/30			Base 1		X	X				X
49	12/7			↓		X	X				X
50	12/14			↓		X	X				X
51	12/21	Christmas		↓		X				X	X
52	12/28			↓		X				X	X