

2025 Knighthawks Track & Field (Middle Distance) Periodization Chart

January		February						March					April				May			
Phase 1		Phase 2			Phase 3			Phase 4					Phase 5				Phase 6			
Preparation								Competition												
Preseason Preparation		General Preparation			Specific Preparation			Regular Season					Championship Season				Post Season			
Build or Develop A Strong Aerobic Base Long, Slow, Distance (LSD)		Continue to Develop Aerobic Base (LSD) Incorporate Tempo and Fartlek Runs (Near Threshold For Short Durations)			Continue to Develop Aerobic Base (LSD) Tempo and Fartlek Runs (Threshold) Aerobic Intervals (VO₂ Max)			Maintain Aerobic & Tempo Base (LSD/Threshold) Aerobic Intervals (VO₂ Max)					Maintain Aerobic & Tempo Base (LSD/Threshold) Aerobic Intervals (VO₂ Max) Anaerobic Intervals (Exceed VO₂ Max)				Rest/Recovery Rebuild Strong Aerobic Base Long, Slow, Distance (LSD)			
1/4	1/11	1/18	1/25	2/1	2/8	2/15	2/22	3/1	3/8	3/15	3/22	3/29	4/5	4/12	4/19	4/26	5/3	5/10	5/17	5/24
							2/19 – PCS Invitational I	3/1 – PCS Invitational II		3/15 – Coastal MS Wildcat Open			4/5 – Forerunner Open	4/12 – Coastal MS Wildcat Classic		4/26 – MSAHA Championship				