



OPTIMAL TRAINING FREQUENCY CHART

	LOW	MEDIUM	HIGH
COMPETITIVE/TRAINING ENVIRONMENT	(TRAINING/GAME PLAY 3 DAYS PER WEEK)	(TRAINING/GAME PLAY 4-5 DAYS PER WEEK)	(TRAINING/GAME PLAY 5-6 DAYS PER WEEK)
OPTIMAL TRAINING FREQUENCY(# OF DAYS TRAINING WITH SPEED TRAINING PER WEEK)	3	2	1