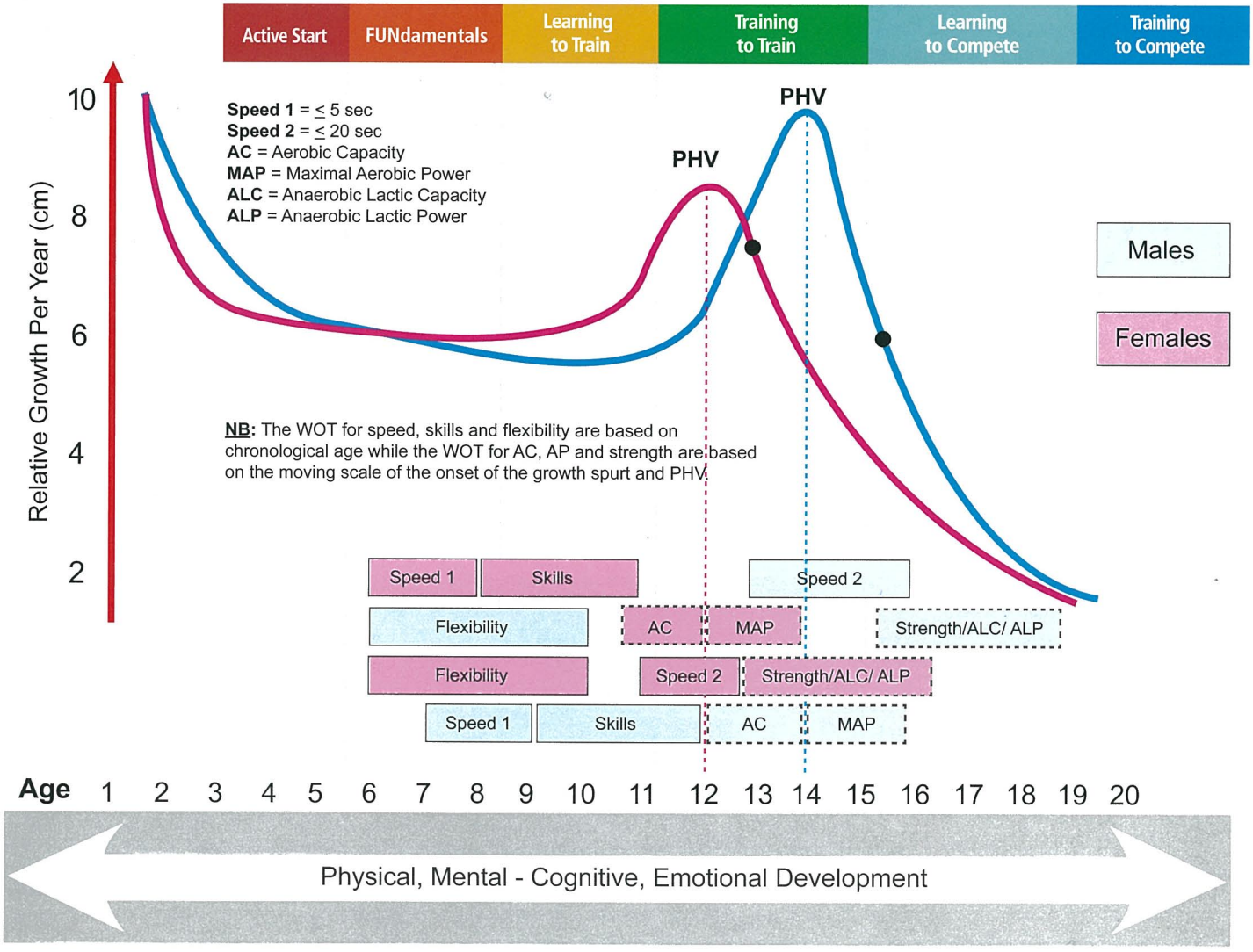
Active Start
FUNdamentals
Learning to Train
Training to Train
Learning to Compete
Training to Compete
Relative Growth Per Year (cm)
10
8
6
4
2
Speed 1 = ≤ 5 sec
Speed 2 = ≤ 20 sec
AC = Aerobic Capacity
MAP = Maximal Aerobic Power
ALC = Anaerobic Lactic Capacity
ALP = Anaerobic Lactic Power
PHV
PHV
Males
Females
NB: The WOT for speed, skills and flexibility are based on chronological age while the WOT for AC, AP and strength are based on the moving scale of the onset of the growth spurt and PHV.
Speed 1
Skills
Speed 2
Flexibility
AC
MAP
Strength/ALC/ ALP
Flexibility
Speed 2
Strength/ALC/ ALP
Speed 1
Skills
AC
MAP
Age
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
Physical, Mental - Cognitive, Emotional Development