|  |  |
| --- | --- |
|  | УТВЕРЖДАЮ  Директор  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  «\_\_\_»\_\_\_\_\_\_\_\_\_\_\_202\_г. |

**ИНДИВИДУАЛЬНЫЙ ПЛАН**

**ПОДГОТОВКИ СПОРТСМЕНА**

**на 202\_год**

Фамилия, имя, отчество \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Физкультурно-спортивная организация \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Вид спорта\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Спортивная квалификация \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Цель, основные задачи**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Наименование соревнований** | **Дата и место проведения** | **Занятое место** | **Вид программы, результаты** | **Выполненный норматив** |
| Лучший результат за 202\_ год |  |  |  |  |  |
| Планируемый результат за 202\_ год |  |  |  |  |  |

**Календарь соревнований**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№** | **Наименование соревнований** | **Дата** | **Место проведения** | **Вид программы** | **План** | | **Выполнение** | |
| место | рез. | место | рез. |
| 1 |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |  |  |

**Календарь тренировочных мероприятий**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **№** | **Наименование** | **Дата** | **Место проведения** | **Организатор** | **Результаты ТМ** |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |
| 7 |  |  |  |  |  |

**Основные показатели тренировочной и соревновательной нагрузки**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Месяц** | **Количество**  **соревнований** | **Количество**  **тренировочных**  **дней** | **Количество**  **тренировочных**  **занятий** | **Медицинское**  **обследование** | **Восстановительные**  **мероприятия** |
| Январь |  |  |  |  |  |
| Февраль |  |  |  |  |  |
| Март |  |  |  |  |  |
| Апрель |  |  |  |  |  |
| Май |  |  |  |  |  |
| Июнь |  |  |  |  |  |
| Июль |  |  |  |  |  |
| Август |  |  |  |  |  |
| Сентябрь |  |  |  |  |  |
| Октябрь |  |  |  |  |  |
| Ноябрь |  |  |  |  |  |
| Декабрь |  |  |  |  |  |

Составил: Тренер \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

подпись (ФИО)

Спортсмен \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

подпись (ФИО)