



Road to Paris 2024



HERMANNOVÁ - STOCHLOVA



TIMELINE

HERMANNOVÁ - STOCHLOVA



Paris 2024 – Olympic Qualification

Nov 2021	April 2022	May 2022	Oct 2022	Nov 2022	April 2023	May 2023	Oct 2023	Nov 2023	April 2024	May 2024	July 2024
Macrocycle I		FIVB Season 1		Macrocycle II		FIVB Season 2		Macrocycle III		FIVB S 3	Olympic Games
Development 1		Performance		Development 2		Performance		Adjustment		Performance	
			FIVB Ranking - Olympic Qualification Period								

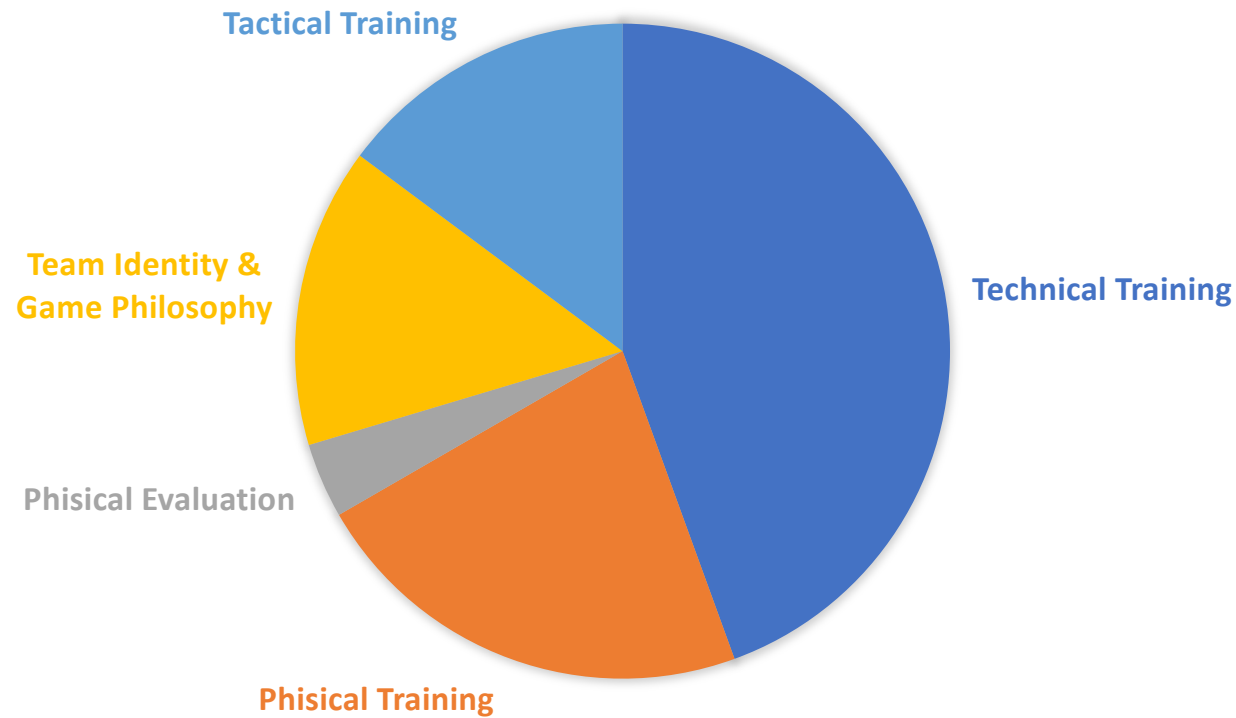
Continental Cup (TBC) – Olympic Qualification Tounament (TBC) – WC (TBC)

Development I

HERMANNOVÁ - STOCHLOVA

Nov 2021 / May 2022

Training Load Distribution





MacroCycle I

HERMANNOVÁ - STOCHLOVA



TRAINING PLAN Nov. 2021 – Apr. 2022

TEAM		HERMANNOVÁ - STOCHLOVA								Category:								World Tour A					
Cycles	MacroCycle									A T R													
	Periods	Development				Development				Development				Development				Development					
	MesoCycle	Acumulation				Acumulation				Acumulation				Transformation				Realization					
	Weeks	01-Nov	08-Nov	15-Nov	22-Nov	29-Nov	06-Dec	13-Dec	20-dec	27-Dec	03-Jan	10-Jan	17-Jan	24-Jan	31-Jan	07-feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	
	MicroCycles	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	
MicroCycle Type		AD	CH	CH	RE	CH	CH	IM	RE	AJ	CH	CH	IM	RE	CH	CH	IM	RE	CH	CH	IM	RE	
MicroCycle Type		Adaptation	Charge	Charge	Recovery	Charge	Charge	Impact	recovery	Adjust	Charge	Charge	Impact	Recovery	Charge	Charge	Impact	recovery	Charge	Charge	Impact	Recovery	
Objetives	EVALUATION TEST:																						
	Resistance	Resist. O2 Base				Resist. O2 Base				Resist. ANAO2				Resist. ANAO2				Compet. Sp. Re					
	Strength	Máx. Str.				Máx. Str.				Explosive Str.				Explosive Str.				Compet. Sp. Str.					
	Velocity	Aceleration				Aceleration				Reaction - Aceleration				Reaction - Aceleration				Compet. Sp. Vel.					
	Coordination	Run Tech				Run Tech				Agility				Agility – Coordination				Compet Sp. Coord.					
Technical-Tactical		Tactical Teaching				Tactical Teaching				Tactical Development				Tactical Development				Compet.Táctic.					



FIVB Season I

HERMANNOVÁ - STOCHLOVA



Following the circular sent by Volleyball World to all National Federations on 21th June 2021

Tournament	Number Of Teams
Elite Level	Minimum Main Draw of 16 Teams
Intermediate Level	Main draw 24 Teams + Qualifier of 32 Teams
Development Level	Main draw 24 Teams + Qualifier of 32 Teams

Season I Objectives

Empower and Develop Individual Skills

Empower and Develop Team Skills

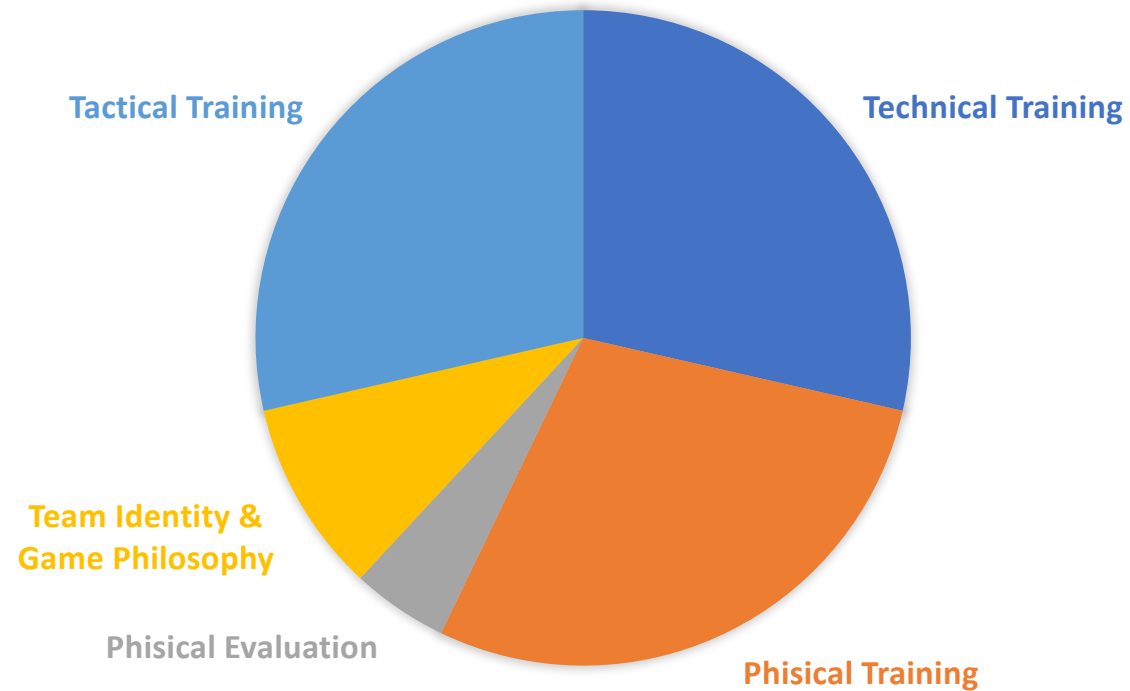
Increase and consolidate position in FIVB World Tour Ranking

Development II

HERMANNOVÁ - STOCHLOVA

Nov 2022 / May 2023

Training Load Distribution





MacroCycle II

HERMANNOVÁ - STOCHLOVA

TRAINING PLAN Nov. 2022 – Apr. 2023



TEAM		HERMANNOVÁ - STOCHLOVA								Category:								World Tour A				
Cycles	MacroCycle									A T R												
	Periods	Development				Development				Development				Development				Development				
	MesoCycle	Acumulation				Acumulation				Acumulation				Transformation				Realization				
	Weeks	31-Oct	07-Nov	14-Nov	21-Nov	28-Nov	05-Dec	12-Dec	19-dec	26-Dec	02-Jan	09-Jan	16-Jan	23-Jan	30-Jan	06-feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar
	MicroCycles	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
MicroCycle Type	AD	CH	CH	RE	CH	CH	IM	RE	AD	CH	CH	IM	RE	CH	CH	IM	RE	CH	CH	IM	RE	
MicroCycle Type	Adaptation	Charge	Charge	Recovery	Charge	Charge	Impact	recovery	Adaptation	Charge	Charge	Impact	Recovery	Charge	Charge	Impact	recovery	Charge	Charge	Impact	Recovery	
Objetives	EVALUATION TEST:																					
	Resistance	Resist. O2 Base				Resist. O2 Base				Resist. ANAO2				Resist. ANAO2				Compet. Sp. Re				
	Strength	Máx. Str.				Máx. Str.				Explosive Str.				Explosive Str.				Compet. Sp. Str.				
	Velocity	Aceleration				Aceleration				Reaction - Aceleration				Reaction - Aceleration				Compet. Sp. Vel.				
	Coordination	Run Tech				Run Tech				Agility				Agility – Coordination				Compet Sp. Coord.				
Technical-Tactical	Tactical Teaching				Tactical Teaching				Tactical Development				Tactical Development				Compet.Táctic.					



FIVB Season II

HERMANNOVÁ - STOCHLOVA



Following the circular sent by Volleyball World to all National Federations on 21th June 2021

Tournament	Number Of Teams
Elite Level	Minimum Main Draw of 16 Teams
Intermediate Level	Main draw 24 Teams + Qualifier of 32 Teams
FIVB W.C.	World Championships

Season II Objectives

Empower and Develop Individual Skills

Empower and Develop Team Skills

Empower and Develop Team Tactic Skills

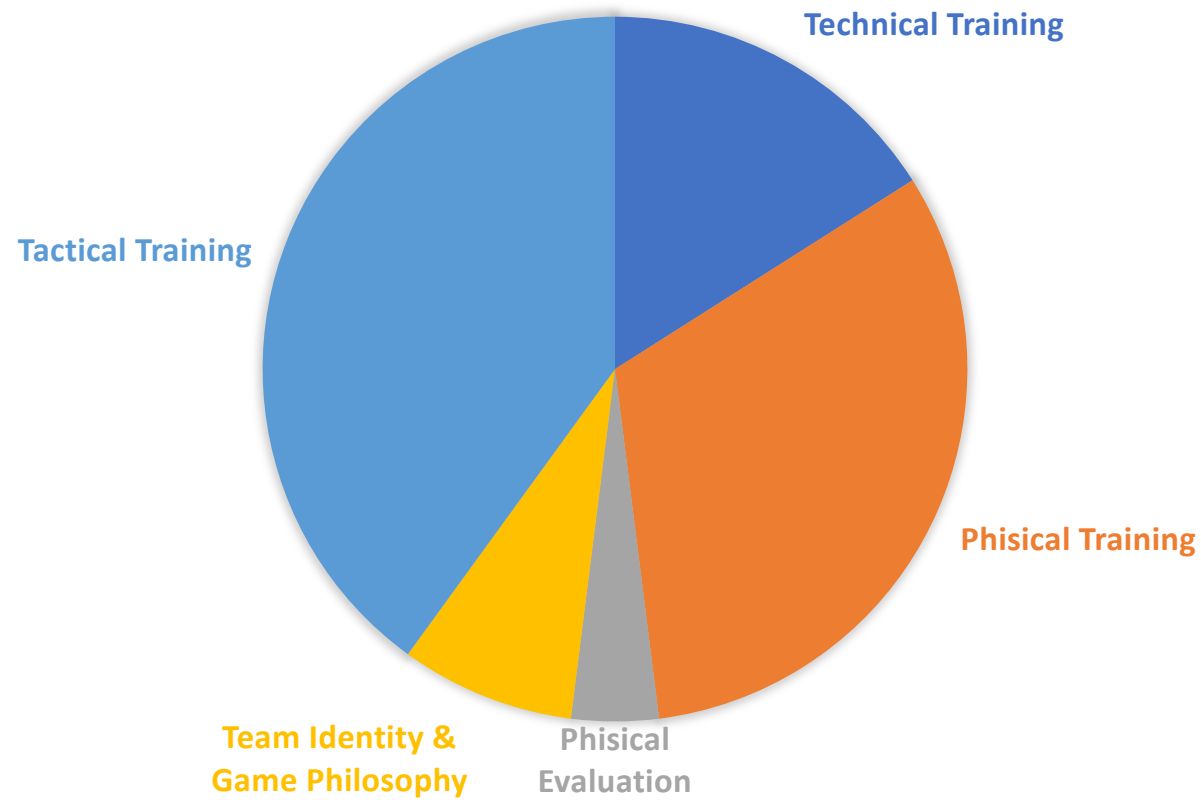
Increase and consolidate position in FIVB Olympic Ranking

Development III

HERMANNOVÁ - STOCHLOVA

Nov 2023 / Apr 2023

Training Load Distribution





MacroCycle III

HERMANNOVÁ - STOCHLOVA

TRAINING PLAN Nov. 2023 – Apr. 2024



TEAM		HERMANNOVÁ - STOCHLOVA								Category:								World Tour A					
Cycles	MacroCycle									A T R													
	Periods	Development				Development				Development				Development				Development					
	MesoCycle	Acumulation				Acumulation				Acumulation				Transformation				Realization					
	Weeks	30-Oct	06-Nov	13-Nov	20-Nov	27-Nov	04-Dec	11-Dec	18-dec	25-Dec	01-Jan	08-Jan	15-Jan	22-Jan	29-Jan	05-feb	12-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	
	MicroCycles	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	
MicroCycle Type	AD	CH	CH	RE	CH	CH	IM	RE	AD	CH	CH	IM	RE	CH	CH	IM	RE	CH	CH	IM	RE		
MicroCycle Type	Adaptation	Charge	Charge	Recovery	Charge	Charge	Impact	recovery	Adaptation	Charge	Charge	Impact	Recovery	Charge	Charge	Impact	recovery	Charge	Charge	Impact	Recovery		
Objetives	EVALUATION TEST:																						
	Resistance	Resist. O2 Base				Resist. O2 Base				Resist. ANAO2				Resist. ANAO2				Compet. Sp. Re					
	Strength	Máx. Str.				Máx. Str.				Explosive Str.				Explosive Str.				Compet. Sp. Str.					
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	Coordination	Run Tech				Run Tech				Agility				Agility – Coordination				Compet Sp. Coord.					
Technical-Tactical	Tactical Teaching				Tactical Teaching				Tactical Development				Tactical Development				Compet.Táctic.						



FIVB Season III

HERMANNOVÁ - STOCHLOVA



Following the circular sent by Volleyball World to all National Federations on 21th June 2021

Tournament	Number Of Teams
Elite Level	Minimum Main Draw of 16 Teams
Intermediate Level	Main draw 24 Teams + Qualifier of 32 Teams
O.Q.T	Olympic Qualification Tournament
Continental Cup	Semi- Final & Final

Season III Objectives

Empower and Develop Team Tactic Skills

Increase and consolidate position in FIVB Olympic Ranking

Qualify JJOO- Paris 2024