**AASE Average Weekly Plan**

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| **SPORT** |  |
| **NAME OF PERSON WHO COMPLETED THE INFORMATION BELOW:** |  |

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| Area | Average Number of Hours Per Week |
| Training |  |
| Strength & Conditioning |  |
| Fitness Testing |  |
| Matches/Competition |  |
| Tournaments |  |
| Physiotherapy |  |
| Video and Match Analysis |  |
| Training Diary, Logs, Administration | 30 minutes per week |
| Specialist Support – Nutrition 1:1 + Presentation | 30 minutes per week review |
| Specialist Support – Psychology 1:1 + Presentation | 30 minutes per week review |
| Specialist Support – Coach 1:1  | 30 minutes per week review |
| NVQ Workshops Delivery (Lifestyle, Career, Finance, Media, H&S, Nutrition, Psychology) | 10 minutes per week (1.5 to 3 hours per unit per year) |
| NVQ Workshop Unit Portfolio Completion | 10 minutes per week (1.5 to 3 hours per unit per year) |
| NVQ Workshop Unit Reviews | 30 minutes per week |
| Addition Workshops (*please list)* |  |
| 100% ME Training |  |
| Progress Tutorials | 6 minutes per week (tutorials every 8 weeks for 40 minutes to 60 minutes each review) |
| Meetings with Performance Lifestyle Advisor |  |
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| TOTAL PER WEEK |  |