

Writing a Training Plan

- Write your specific goals for the training plan.
- Select a time frame based on number of weeks.
- Some activities are Stabilizing activities meaning that they help you maintain your current level of dance.
- Other activities are Developing activities, meaning that they help you develop further. Shade any Developing activities with a light grey highlight or *with a leading asterisk.
- Activities to Include (examples)
 - Belly dance classes
 - Suhaila Online Classes
 - Personal practices (running choreographies, etc.)
 - Other dance classes (ballet, jazz, Flamenco, etc.)
 - Drill Breaks
 - Suhaila Twitter Drills
 - Drill Breaks
- Activities to Exclude (These are valuable activities that you are encouraged to pursue in addition to your dance training. But the purpose of this training plan exercise is to focus on dance technique to make the most of those specific activities.)
 - Rehearsals
 - Performance
 - Yoga, pilates, etc.
 - Walking, aerobics, weight training, etc.
- Format
 - Use the table format as shown in the example (one week per row).
Study the example carefully.
 - Templates are provided in the landscape and portrait page orientations. Columns and rows can be added, deleted and resized.
- For Submitted Training Plans
 - Use the assigned templates (or identical version).
 - Keep the formatting simple; do not overcomplicate.
 - Plan on black & white without color.
 - Use a *leading asterisk or light gray highlight for Developing activities.
 - Be concise.