Integrated Model - Annual Cycle



	April					May					June						Jul						Aug			Sep			Oct								Nov				Dec					
	1	2	3	I	4	1	2	3	3 4	1	1	2	3	ŀ	4 5	5	1	2	3	4	1	2	E	3	4	5	1	2	3	4	1	K	2	3	4	5	1	2	2	3	4	1	2	I	3	4
Winter Sports / Pre-		Qualifying Season										RANSITIO		(C1 Season			×		Competitive 1 Season										FINALS	- Constant	Recovery / Transition				,	Winter Sports									
Season														C2 Season				BREA		Competitive 2 Season									FINALS	Re	cov	covery / Transition				ion Winter Sports		-								