

MACROCYCLE	1 - 36 Week Program								
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<u>MESOCYCLES</u>	2	3	4	5	
	General Adaptation	Specific Adaptation	General Preparation	Specific Preparation	GOAL
	Function	Health	Fitness	Performance	Perform
	> Stability/Mobility	> Movement	> Loading	> Functional/Specific	
	> Aerobic Base	> Aerobic Efficiency	> Anaerobic Endurance	> Anaerobic Power	

<u>MICROCYCLES</u> (4 week cycles)	6	7	8	9	10	11	12	13	14
	> Body Awareness		> "Functional" Movement		> Muscular Strength/Hyp.		> Muscular Power/Pwr End.		Tournament, Vacation, Race, etc... (Recovery)
	> Core Development		> Muscular Endurance		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)		
	> Balance & Coordination		> Compound Resistance						
	> Cardio - Low to Moderate Intensity (e.g. LSD, Fartlek)				> Cardio - Moderate to High Intensity (e.g. Fartlek, HIIT)				

# Periodization Training Template

**Bret Contreras**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name 'Bret Contreras'.

## **Periodization Training Template:**

## Unveiling the Magic of Words: A Report on "**Periodization Training Template**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Periodization Training Template**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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