

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

**Huangqi Zhang**

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

## **Periodization Training Template:**

## Embracing the Beat of Appearance: An Mental Symphony within **Periodization Training Template**

In a global taken by screens and the ceaseless chatter of instant conversation, the melodic elegance and emotional symphony created by the written term usually diminish into the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. Nevertheless, located within the pages of **Periodization Training Template** a charming fictional prize filled with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that fascinating masterpiece conducts visitors on a mental journey, skillfully unraveling the concealed songs and profound affect resonating within each cautiously crafted phrase. Within the depths of this moving analysis, we can explore the book is key harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

<https://crm.avenza.com/book/book-search/default.aspx/Parts%20List%202002%20Chevy%20Blazer.pdf>

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