

MACROCYCLE	<h1>1 - 36 Week Program</h1>								
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<b>MESOCYCLES</b>	<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		
	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		

<b>MICROCYCLES</b> (4 week cycles)	<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>				
	> Body Awareness			> "Functional" Movement			> Muscular Strength/Hyp.			> Muscular Power/Power End.			Tournament, Vacation, Race, etc... (Recovery)								
	> Core Development			> Muscular Endurance			> Transition from Compound to Specific Resistance			> Specific Resistance (e.g. Plyo, Agility, Cleans, 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

**Y Pai**



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