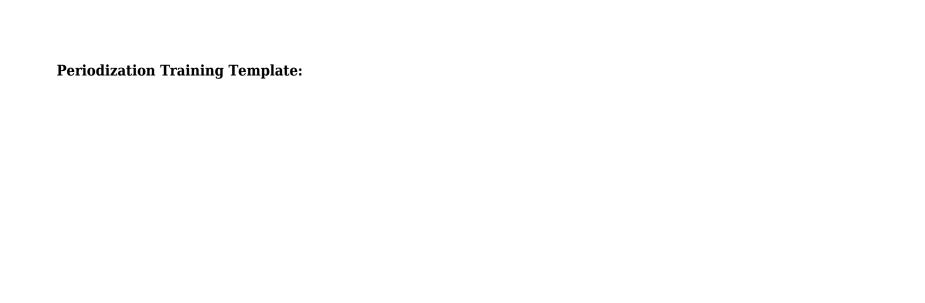
MACROCYCLE	1 - 36 Week Program								
<u>MESO</u> CYCLES	2 Genreral Adaptation		3 Specific Adaptation		General Preparation		5		
							Specific Preparation		GOAL
	Function		Health		Rtness		Performance		Perform
	> Stability/Mobility		>Movement		>Loading		> Functional/Specific		
	> Aerobic Base		> Aerobic Efficiency		>Anaerobic Endurance		> Anaerobic Power		
MICROCYCLES (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
	> Core Development		> Muscular Endurance		>Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, 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)				(Recovery)

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Padhraic Smyth



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