

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	

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... (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

Tudor O. Bompa, G. Gregory Haff



Periodization Training Template:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Periodization Training Template**

In a world inundated with screens and the cacophony of immediate transmission, the profound energy and emotional resonance of verbal beauty frequently diminish into obscurity, eclipsed by the constant assault of sound and distractions. Yet, set within the musical pages of **Periodization Training Template**, a captivating work of fictional elegance that pulses with raw emotions, lies an unique trip waiting to be embarked upon. Written by a virtuoso wordsmith, this mesmerizing opus manuals readers on a psychological odyssey, delicately exposing the latent potential and profound impact stuck within the intricate internet of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is central themes, dissect its charming writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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