

PLANNING THE MESOCYCLE

Exercise	Week 1			Week 2			Week 3			Week 4 (Deload)		
	Sets	Reps	Distance/Load	Sets	Reps	Distance/Load	Sets	Reps	Distance/Load	Sets	Reps	Distance/Load
3-Point Start (Sprint)	3	1	20m	4	1	20m	5	1	20m	2	1	20m
Medicine Ball Throw	3	5	5kg	4	5	5kg	5	5	5kg	2	5	5kg
Back Squat	3	6	100kg	4	6	100kg	5	6	100kg	2	6	100kg
Interval Runs (20s on + 20s off)	6	1	120m	7	1	120m	8	1	120m	5	1	120m

Exercise	Week 1			Week 2			Week 3			Week 4 (Deload)		
	Sets	Reps	Distance/Load	Sets	Reps	Distance/Load	Sets	Reps	Distance/Load	Sets	Reps	Distance/Load
3-Point Start (Sprint)	3	1	30m	3	1	35m	3	1	40m	2	1	40m
Medicine Ball Throw	3	4	6kg	3	4	5kg	3	4	4kg	2	4	4kg
Back Squat	3	5	100kg	3	5	105kg	3	5	110kg	2	5	110kg
Interval Runs (20s on + 20s off)	6	1	120m	6	1	125m	6	1	130m	4	1	130m

Exercise	Week 1			Week 2			Week 3			Week 4 (Taper)		
	Sets	Reps	Distance/Load	Sets	Reps	Distance/Load	Sets	Reps	Distance/Load	Sets	Reps	Distance/Load
3-Point Start (Sprint)	5	1	40m	4	1	45m	3	1	50m	2	1	55m
Medicine Ball Throw	5	3	6kg	4	3	5kg	3	3	4kg	2	3	3kg
Back Squat	4	3	120kg	3	3	125kg	2	3	130kg	1	3	135kg
Interval Runs (20s on + 20s off)	8	1	120m	7	1	125m	6	1	130m	5	1	135m

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