

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

Periodization Soccer Training Programs

**Lee E. Brown, National Strength &
Conditioning Association (U.S.)**



Periodization Soccer Training Programs:

Unveiling the Magic of Words: A Review of "**Periodization Soccer Training Programs**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Periodization Soccer Training Programs**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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