

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	

<u>MICROCYCLES</u> (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

**Duncan N. French, NSCA -National
Strength & Conditioning
Association, Lorena Torres Ronda**

Periodization Training Template:

Whispering the Techniques of Language: An Mental Quest through **Periodization Training Template**

In a digitally-driven world wherever monitors reign great and immediate connection drowns out the subtleties of language, the profound strategies and mental subtleties hidden within phrases often get unheard. However, nestled within the pages of **Periodization Training Template** a charming fictional treasure blinking with natural feelings, lies an extraordinary quest waiting to be undertaken. Published by a talented wordsmith, that charming opus invites viewers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the very cloth of every word. Within the psychological depths with this poignant review, we will embark upon a honest exploration of the book is core styles, dissect their interesting writing design, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

<https://crm.avenza.com/data/detail/Documents/paper%201%20maths%20exampler%202014.pdf>

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