

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

VM Jensen



Periodization Training Template:

Decoding **Periodization Training Template**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Periodization Training Template**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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