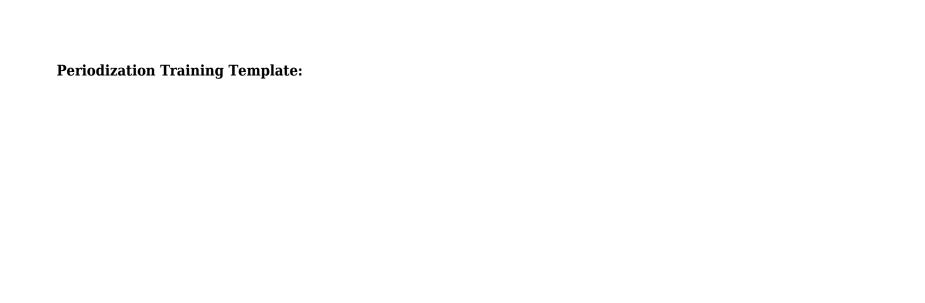
MACROCYCLE	1 - 36 Week Program								
<u>MESO</u> CYCLES	2 Genreral Adaptation		3 Specific Adaptation		General Preparation		5		
							Specific Preparation		GOAL
	Function		Health		Rtness		Performance		Perform
	> Stability/Mobility		>Movement		>Loading		> Functional/Specific		
	> Aerobic Base		> Aerobic 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
	> Core Development		> Muscular Endurance		>Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleans, etc)		
	> Balance & Coordination		> Compound Resistance						
	> Cardio - Low to Moderate Intensity (e.g. LSD, Fartlek)				>Cardio - Moderate to High Intensity (e.g. Fartlek, HIIT)				(Recovery)

Periodization Training Template

Huangqi Zhang



The Enigmatic Realm of **Periodization Training Template**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Periodization Training Template** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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