

MACROCYCLE	1 - 36 Week Program								
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MESOCYCLES	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	

MICROCYCLES (4 week cycles)	6		7		8		9		10		11		12		13		14	
	> Body Awareness		> "Functional" Movement		> Muscular Strength/Hyp.		> Muscular Power/Power End.		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)		> Cardio - Low to Moderate Intensity (e.g. LSD, Fartlek)		> Cardio - Moderate to High Intensity (e.g. Fartlek, HIIT)		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)	
	> Core Development		> Muscular Endurance		> Compound Resistance		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)		> Cardio - Low to Moderate Intensity (e.g. LSD, Fartlek)		> Cardio - Moderate to High Intensity (e.g. Fartlek, HIIT)		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)	
	> Balance & Coordination		> Compound Resistance		> Transition from Compound to Specific Resistance		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)		> Cardio - Low to Moderate Intensity (e.g. LSD, Fartlek)		> Cardio - Moderate to High Intensity (e.g. Fartlek, HIIT)		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)	
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