

| MACROCYCLE | 1 - 36 Week Program |  |  |  |  |  |  |  |  |
|------------|---------------------|--|--|--|--|--|--|--|--|
|------------|---------------------|--|--|--|--|--|--|--|--|

| <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><br>(4 week cycles) | 6                                                        | 7 | 8                       | 9 | 10                                                         | 11 | 12                                                             | 13 | 14                                                     |
|---------------------------------------|----------------------------------------------------------|---|-------------------------|---|------------------------------------------------------------|----|----------------------------------------------------------------|----|--------------------------------------------------------|
|                                       | > Body Awareness                                         |   | > "Functional" Movement |   | > Muscular Strength/Hyp.                                   |    | > Muscular Power/Pwr End.                                      |    | Tournament,<br>Vacation,<br>Race, etc...<br>(Recovery) |
|                                       | > Core Development                                       |   | > Muscular Endurance    |   | > Transition from Compound<br>to Specific Resistance       |    | > Specific Resistance (e.g.<br>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

**Roman Wölfel**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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