

The Periodization Model

Phase	Endurance	Hypertrophy	Basic Strength	Strength	Power	Maintenance
# Weeks						
# Sets						
#Reps						
Days/Week						
Times/Day						
Rest Period						
%Intensity						

Cycles= Macro – 4 years, Meso – 1 year or 4 phases, Micro – 9-12 weeks or 1 phase

Exercises:

Primary Movers (Choose 3 Exercises)

1. a. b. c.
2. a. b. c.
3. a. b. c.
4. a. b. c.
- 5.

Secondary Movers (Choose 2 Exercises)

1. a. b.
2. a. b.
3. a. b.
4. a. b.
- 5.

a.

b.

c.

a.

b.