

Phases of Periodization

Periods	General prep	specific prep	1 st transition	Competition	2 nd transition
Season	Off season Priority: Sport = low Resistance = high	Pre-season Priority: Sport = medium Resistance = medium		In-season priority: sport = high resistance = low	Post-season Priority: Sport = variable Resistance = variable 4 weeks
Variable	Hypertrophy Endurance Increase LBM and endurance	Basic Strength Increase essential strength	Strength Power Shift strength to power (high load/low volume) endurance depending on sport	Peaking Maintenance	
Intensity	50-70% of 1 RM	80-95% 1 RM	non-power core exercises 87-95% 1 RM Power exercises 30-95% of 1 RM	50- > 93% of 1 RM 85-93% of 1 RM	
Volume (not including warm up sets that target core exercises and recovery days)	3-6 sets 8-20 reps	2-6 sets 2-6 reps	2-5 sets 2-5 reps	1-3 sets 1-3 reps	2-5 sets 3-6 reps

Periodization Blocks

Period	Duration	Description
Multiyear plan	2-4 years	A 4-year training plan is termed quadrennial plan
Annual-training plan	1 year	• Overall training plan can contain single or multiple macrocycles • Subdivided into various periods of training including preparatory, competitive, and transition periods
Macrocycle	Several months to a year	Annual plan, divided into preparatory, competitive, and transition periods of training
Mesocycle	2-6 weeks	• Medium sized training cycle • Sometimes referred to as a block of training • Most common duration is 4 weeks (consists of microcycles that are linked together)
Microcycle	Several days to 2 weeks	• Small sized training cycle • Can range from several days to 2 weeks • Most common duration is 1 week (composed of multiple workouts)
Training day	1 day	• One training day • Can include multiple training session • Is designed in context of particular microcycle it is in
Training session	Several hours	Consists of several hours of training, workout includes > 30 min of rest between bouts of training, would comprise multiple sessions