Cluster of Mesocycles

Mesocycle Rate of Change

Determine the average by sum of each meso divided by number of microcycles

Window of Change:

- Mesocycle to Mesocycle change of intensity: 8-15%

Example:

- Accumulation 1 (ME) Avg%: 65
- Intensification 1 (FH) Avg%: 75 (+10%)
- Accumulation 2 (H) Avg%: 70 (-5, +5 from Accumulation 1)
- Intensification 2 (RS) Avg%: 80% (+10, +5 from Intensification 1)

Macrocycle Rate of Change

Determine the average by sum of each meso divided by number of mesocycles

Window of Change:

- Macro to Macro change of intensity 2-8%
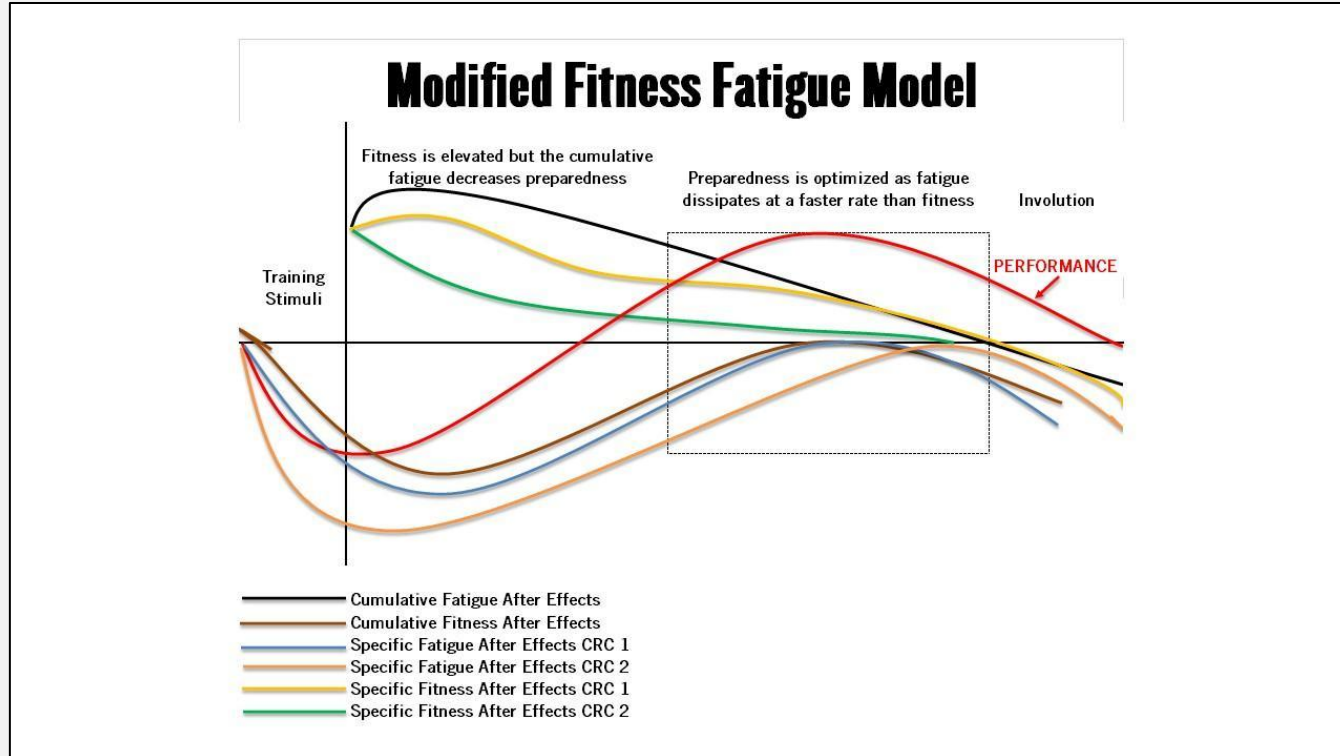
Should be increasing year to year

Sequence of Blocks

- Accumulation Blocks
    - Bioenergetics - Lactic Power to Aerobic Power
    - Connective Tissue Resilience
    - Increase CSA
- Intensification
    - Bioenergetics - Alactic Power
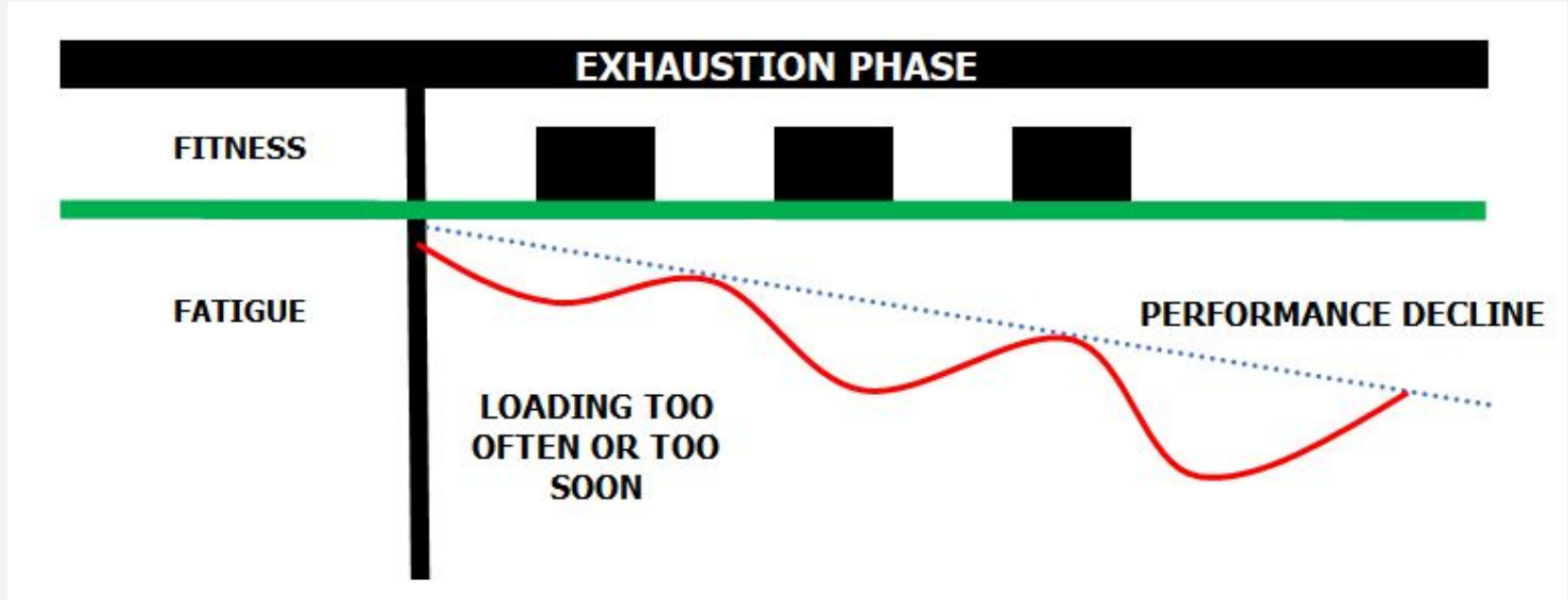   - Increase Reflex-SSC
    - Increase NMJ

Sequence of Blocks

- Accumulation Blocks
    - Rest CNS
    - Increase Anabolic Processes - Sarcoplasmic
    - Increase Catabolic Processes - Lipolysis
- Intensification
    - Decrease Acidity
    - Increase Anabolic Processes - Myofibril

Fitness Fatigue

Modified Fitness Fatigue Model

Fitness is elevated but the cumulative fatigue decreases preparedness

Preparedness is optimized as fatigue dissipates at a faster rate than fitness

Involution

Training Stimuli

PERFORMANCE

— Cumulative Fatigue After Effects
— Cumulative Fitness After Effects
— Specific Fatigue After Effects CRC 1
— Specific Fatigue After Effects CRC 2
— Specific Fitness After Effects CRC 1
— Specific Fitness After Effects CRC 2

Manage Fatigue

Annual Plan

STRENGTH DEFICIT ANNUAL PERIODIZATION

Baseline

STRENGTH DEFICIT

	LARGE
ORIENTATION	ECCENTRIC
BODY TYPE	NARROW/ECTOMORPH
TESTING	RSI - SSC
SPRINTING	MAX VELOCITY
EXERCISES	YIELDING
FIBER TYPE	PARALLEL
MOVEMENT	FLEXION

Increasing the Deficit - Inputs

Eccentric Focus

- Yielding Exercises
    - Get good at lengthening
- SSC - Increase Reactivity
    - Whatever produces higher RSI
- Max Velocity
    - Short Ground Contact Times
- Speed Cutting
    - COD w/o Slowing Down
- High Anaerobic Alactic Capacity
    - Longer durations

Increasing the Deficit - Schematic
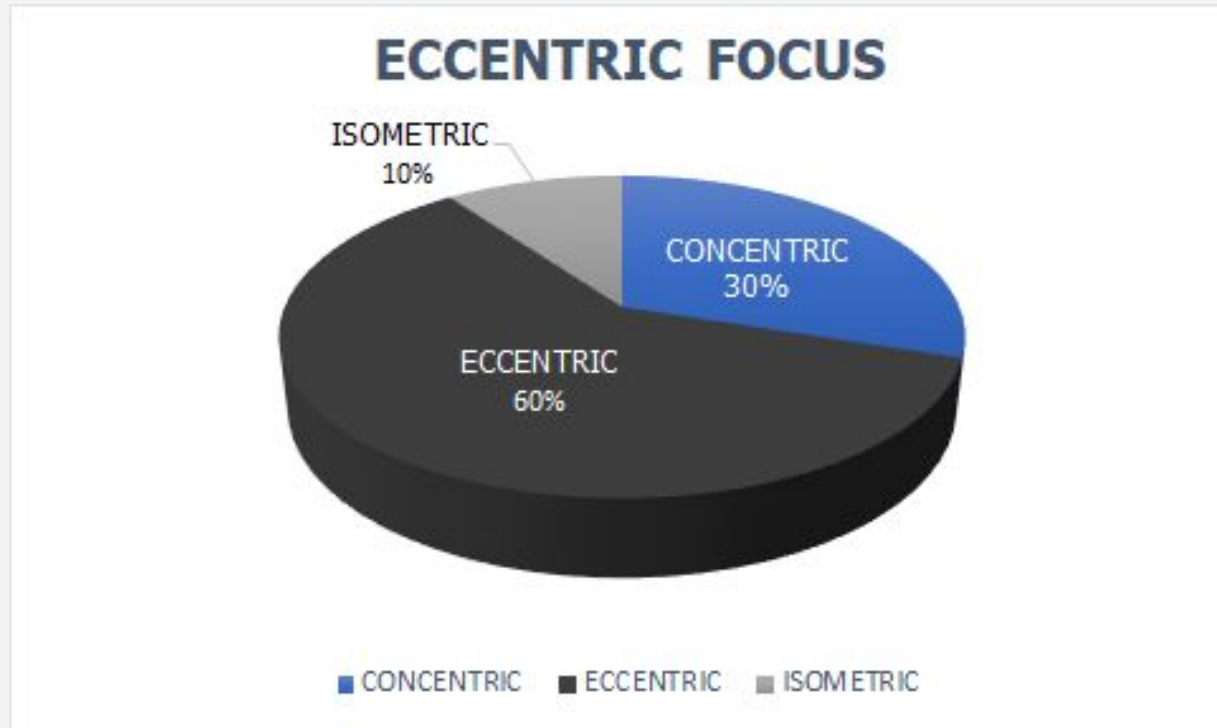
Macrocycle

LINEAR SPEED

GPP	SPP
TEMPO RUNS/DRILL WORK	LONGER DURATION SPRINTS (40-60M)
RESISTED SPRINTS (20-30M)	APPROACH SPRINTS
SHORTER SPRINTS (20-40M)	FLYING 40S

MD SPEED

GPP	SPP
MULTI PLANAR ACCELLERATION	PROGRAMMED SMALLER ANGLED CUTS (<90)
MULTI PLANAR DECELERATION	PROGRAMMED SPEED CUTS (S/U RUNS)
PROGRAMMED LARGER ANGLED CUTS (>90)	REACTIONARY AGILITY

Macrocycle

PLYOMETRIC

GPP	SPP
LOW AMPLITUDE JUMPS/HOPS	DEPTH JUMPS
MULTIPLANAR JUMPS	SAGITAL BOUNDS
MULTIPLANAR HOPS	MULTI PLANAR BOUNDING

WEIGHT TRAINING

GPP	SPP
ECCENTRIC SQUAT/RDL	WEIGHT RELEASE HOOK SQUAT/RDL
YIELDING ISO SQUAT/RDL	OSCILATING BAR SQUAT/RDL
COMPLEXES - SQUAT/RDL + PLYO	FLYWHEEL SQUAT/RDL

WEIGHTLIFTING

GPP	SPP
SNATCH PULL + ECCENTRIC LOWERING	ECCENTRIC ABOVE KNEE SNATCH
YIELDING ISO ABOVE KNEE SNATCH	ECCENTRIC BELOW KNEE SNATCH
YIELDING ISO BELOW KNEE SNATCH	RHYTHM SNATCH