



# STRENGTH & CONDITIONING EDUCATION

Month																																																				
Week Commencing	01/01/2019	08/01/2019	15/01/2019	22/01/2019	29/01/2019	05/02/2019	12/02/2019	19/02/2019	26/02/2019	05/03/2019	12/03/2019	19/03/2019	26/03/2019	02/04/2019	09/04/2019	16/04/2019	23/04/2019	30/04/2019	07/05/2019	14/05/2019	21/05/2019	28/05/2019	04/06/2019	11/06/2019	18/06/2019	25/06/2019	02/07/2019	09/07/2019	16/07/2019	23/07/2019	30/07/2019	06/08/2019	13/08/2019	20/08/2019	27/08/2019	03/09/2019	10/09/2019	17/09/2019	24/09/2019	01/10/2019	08/10/2019	15/10/2019	22/10/2019	29/10/2019	05/11/2019	12/11/2019	19/11/2019	26/11/2019	03/12/2019	10/12/2019	17/12/2019	24/12/2019
Week Number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Phase	Competitive											Transition					Preparatory											Competitive																								
Mesocycle Number	6			7			8			9			11			12					1			2			3			4			5																			
Assistance Work Emphasis																																																				
Number of Sessions	3	3	3	3	3	2	2	2	2	2	2	2	2	2	3	3	3	2	2	2	3	3	2	2	2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	2	2	2	2	2	3	3	3	3	
Strength Training	Maintenance; Power, Power-Endurance											Recovery/Regeneration					Anatomical Adaptation	Maximal Strength	Explosive Strength	Power Endurance	Maintenance; Power, Power-Endurance																															
Energy System Development	LT, Alactic, O2											Recovery/Regeneration					Aerobic, LT	LT, AL, Ae	LT,CP,Ae	LT, Alactic, Aerobic																																
Methods:	Isometrics, Contrast Training, Power Intervals, LISS											LISS					Circuit training, Tempo Training, MAS 80%, Ext Int	85-90% 1RM, Threshold Training, 90-100% MAS	Olympic Lifts, Cardiac Power, 120% MAS	Contrast Training, RSA, 120-140% MAS	Isometrics, Contrast Training, Power Intervals																															
Testing																																																				

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Disclaimer:

Those participating in exercise programs should check with their doctor prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly. The author assumes no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming.

Adapted from Bompa, Buzzichelli: 2015

