

## **1 Macrocycle Format**

# **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

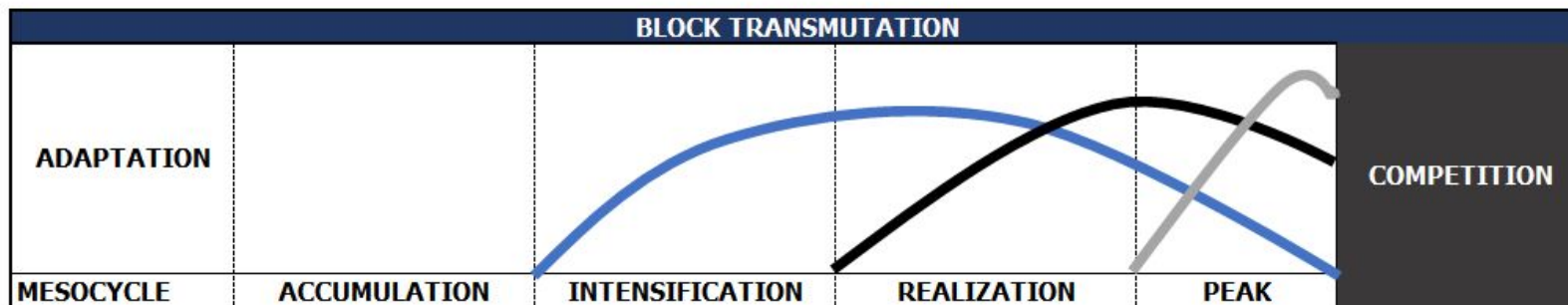
# Sequence of Blocks

- 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





# Baseline

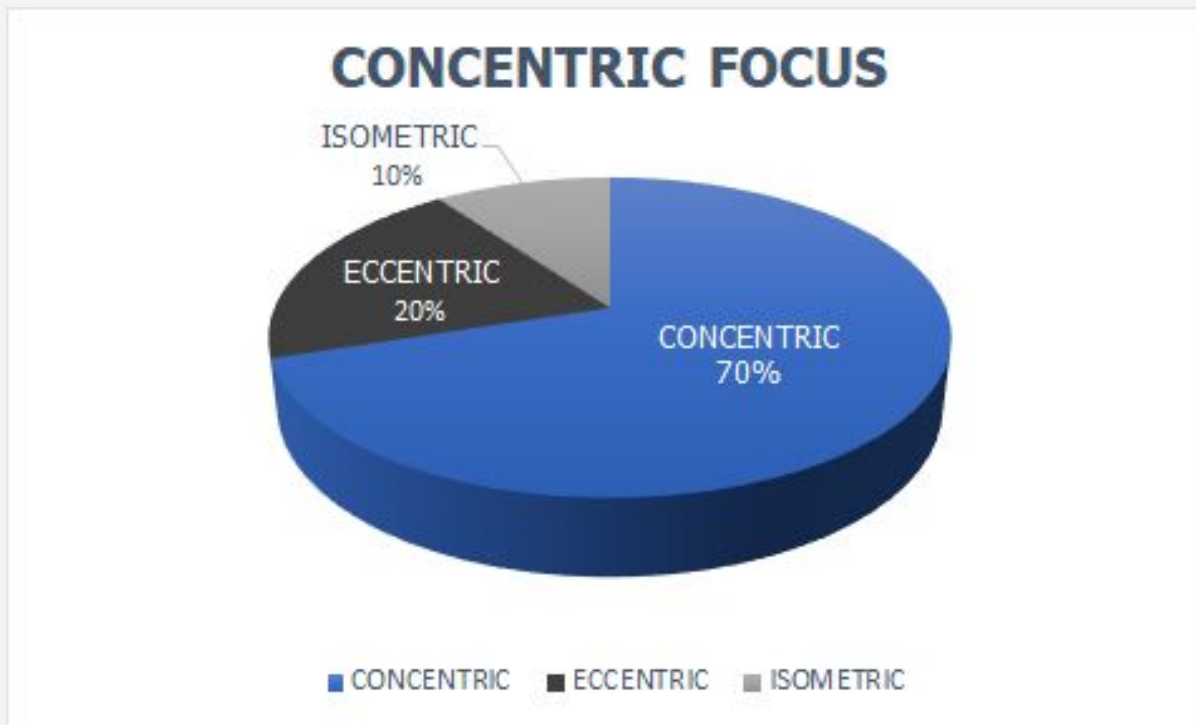
<b>STRENGTH DEFICIT</b>	
	<b>SMALL</b>
<b>ORIENTATION</b>	<b>CONCENTRIC</b>
<b>BODY TYPE</b>	<b>WIDE/MESOMORPH</b>
<b>TESTING</b>	<b>IMPULSE - FORCE</b>
<b>SPRINTING</b>	<b>ACCELERATION</b>
<b>EXERCISES</b>	<b>OVERCOMING</b>
<b>FIBER TYPE</b>	<b>PENNATE</b>
<b>MOVEMENT</b>	<b>EXTENSION</b>

# Decreasing the Deficit - Inputs

## Concentric Distribution

- Overcoming Exercises
  - Get good at shortening
- Force - Increase Relative Strength
  - Whatever produces higher Impulse
- Acceleration
  - Longer Ground Contact Times
- Power Cutting
  - COD coming to zero velocity
- High Anaerobic Alactic Power
  - Shorter durations

# Decreasing the Deficit - Schematic



# Macrocycle

## LINEAR SPEED

**GPP**  
SLED MARCH (10-20M)  
RESISTED SPRINTS (10-20Y)  
POSITIONAL STARTS (KNEELING/PRONE)

**SPP**  
MULTI POSITIONAL STARTS (LATERAL)  
COMPETITIVE RESISTED SPRINTS (5-10M)  
COMPETITIVE SPRINTS (10-20M)

## MD SPEED

**GPP**  
MULTI PLANAR ACCELERATION  
MULTI PLANAR DECELERATION  
PROGRAMMED LARGER ANGLED CUTS (HALF CIRCLE)

**SPP**  
LARGER ANGLED CUTS (>90)  
COMPETITIVE SPEED CUTTING (HOOPS)  
COMPETITIVE REACTIONARY CUTTING (MIRROR)

## PLYOMETRIC

**GPP**  
LOW AMPLITUDE JUMPS/HOPS  
RAPID RESPONSE THROWS/TOSSES

**SPP**  
MULTIPLANAR JUMPS  
MAXIMAL THROWS/TOSSES

# Macrocycle

## PLYOMETRIC

**GPP**  
LOW AMPLITUDE JUMPS/HOPS  
RAPID RESPONSE THROWS/TOSSES

**SPP**  
MULTIPLANAR JUMPS  
MAXIMAL THROWS/TOSSES

## STRONG MAN

**GPP**  
SLED DRAGS  
FARMERS CARRIES

**SPP**  
MB/TIRE CLEANS  
AWKWARD CARRIES (SUITCASE/ZERCHER)

## WEIGHTLIFTING

**GPP**  
HIGH BLOCK (ABOVE KNEE) POWER CLEAN  
MID BLOCK (BELOW KNEE) POWER CLEAN  
PULLS

**SPP**  
POWER CLEAN  
OVERCOMING ISO (KNEE) POWER CLEAN  
OVERLOADED PULLS + POWER CLEAN