PERFORMANCE FOCUS

DURING PERIODIZATION



PRE-SEASON (12 weeks)

- Maximum Strength
- Maximum Aerobic
 Function

PRE-COMPETITIVE (12-16 weeks)

1-2% better than Pre-Season

- Maximum Strength
- Maximum Aeroobic
 Function
- Speed Work

COMPETITIVE P1 (8-10 weeks)

1-2% better than Pre-Competitive

Strength
 Training
 for Muscle
 Maintenance

COMPETITIVE P2 (8-10 weeks)

1-2% better than Competitive P1

Strength
 Training
 for Muscle
 Maintenance