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web each macrocycle might last between 3 and 6 weeks for the sake of ease we'll assume that each cycle lasts for a calendar month the training objectives and methods vary within each cycle and there's an important reason for this

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web a macrocycle refers to your season as a whole a mesocycle refers to a particular training block within that season e.g. the endurance phase a microcycle refers to the smallest unit within a mesocycle e.g. usually a week of training

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web apr 14 2020 football microcycle with 2 official competitions separated for 6 days this video describes six fundamental aspects of the training microcycle organizati

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web program goals increase intensity
and power output through mutli joint

explosive training increase strength
and neuromuscular stimulation by
using a five week periodized program

increase lean muscle tissue learn
olympic lifts and explosive movements
prepare muscles and connective tissue
for more specialized phases