

Periodization Training

Sample Macrocycle					
	General Conditioning	Strength	Power	Maintenance	Active Recovery
Sets	2-3	2-3	3-4	1-2	1
Reps	8-12	6-8	3-5	6-10	10-12
Intensity	moderate	high	high	moderate	low
Volume	high	moderate	low	moderate	moderate

Sample Mesocycle:

Week or Microcycle (1-10); Percent of One Rep Max

70%	75%	80%	65%	85%
1	2	3	4	5
75%	80%	85%	70%	90%
6	7	8	9	10

Also see studies:

Rhea MR, Ball SD, Phillips WT, Burkett LN., A comparison of linear and daily undulating periodized programs with equated volume and intensity for strength. *J Strength Cond Res.* 2002 May;16(2):250-5.