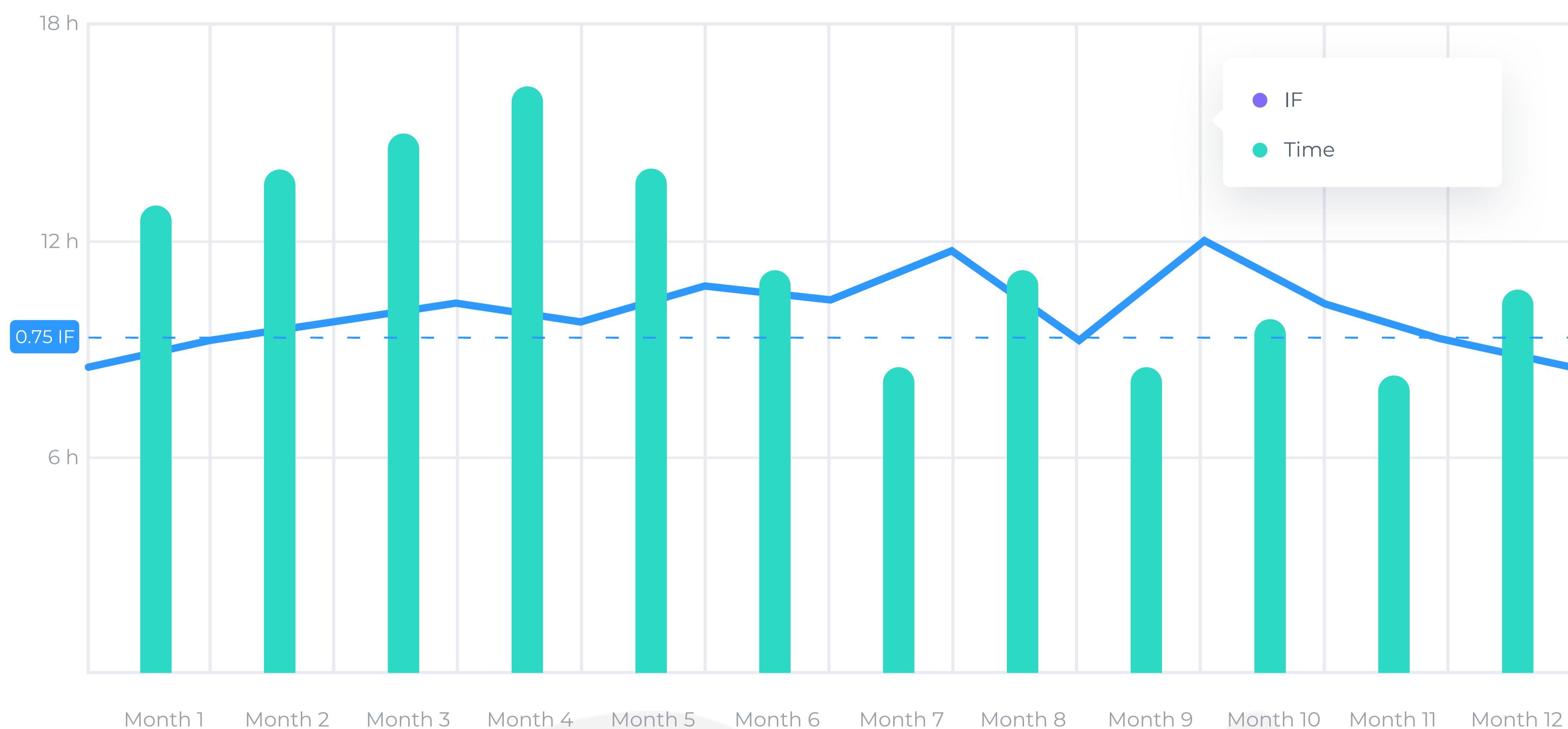
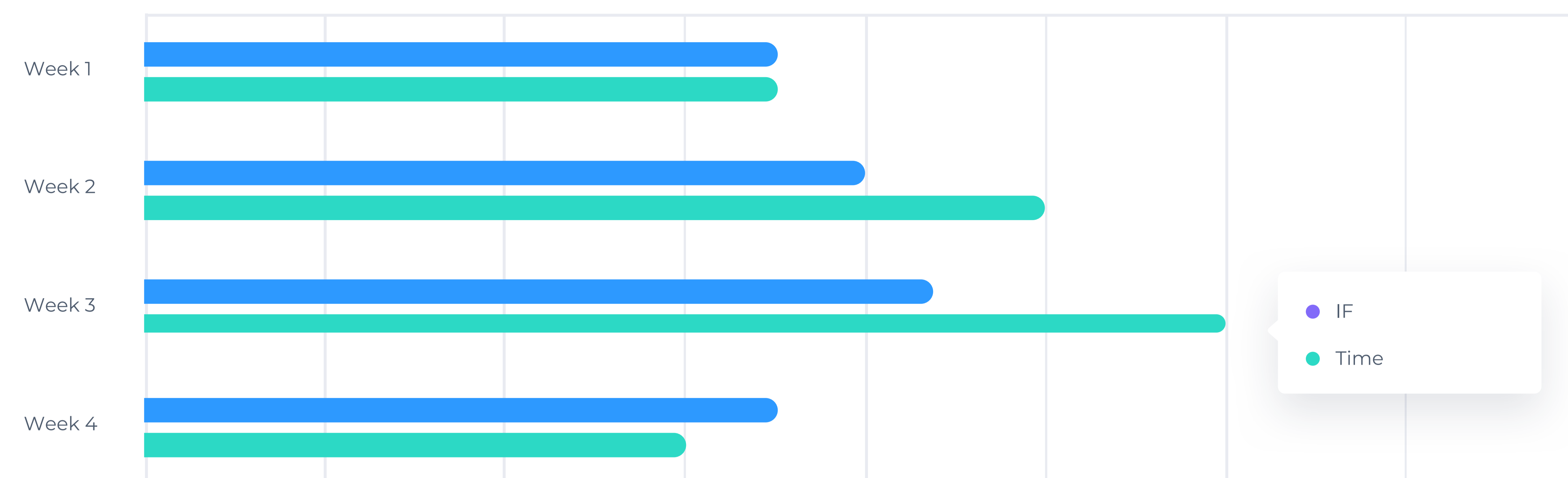


Macrocycle



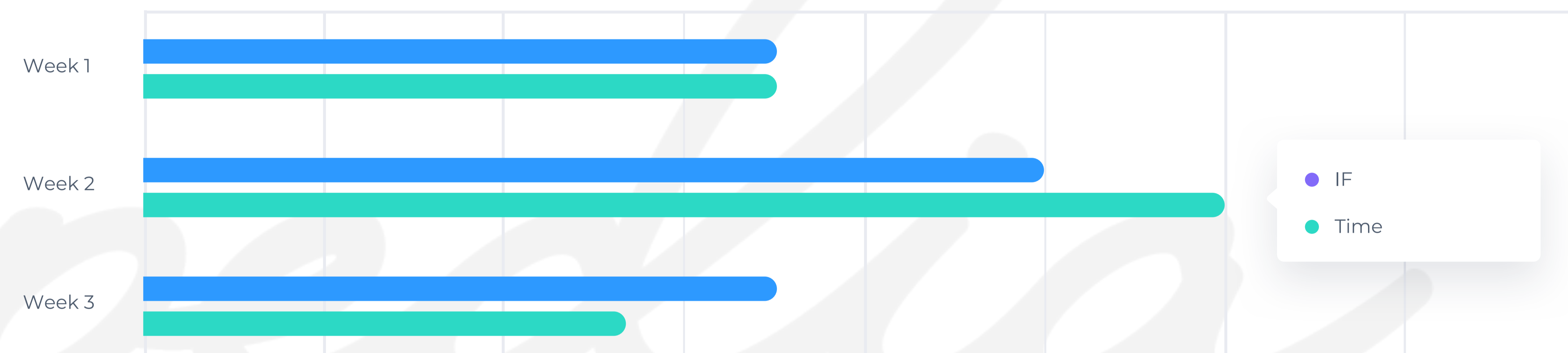
4-Weeks Periodization



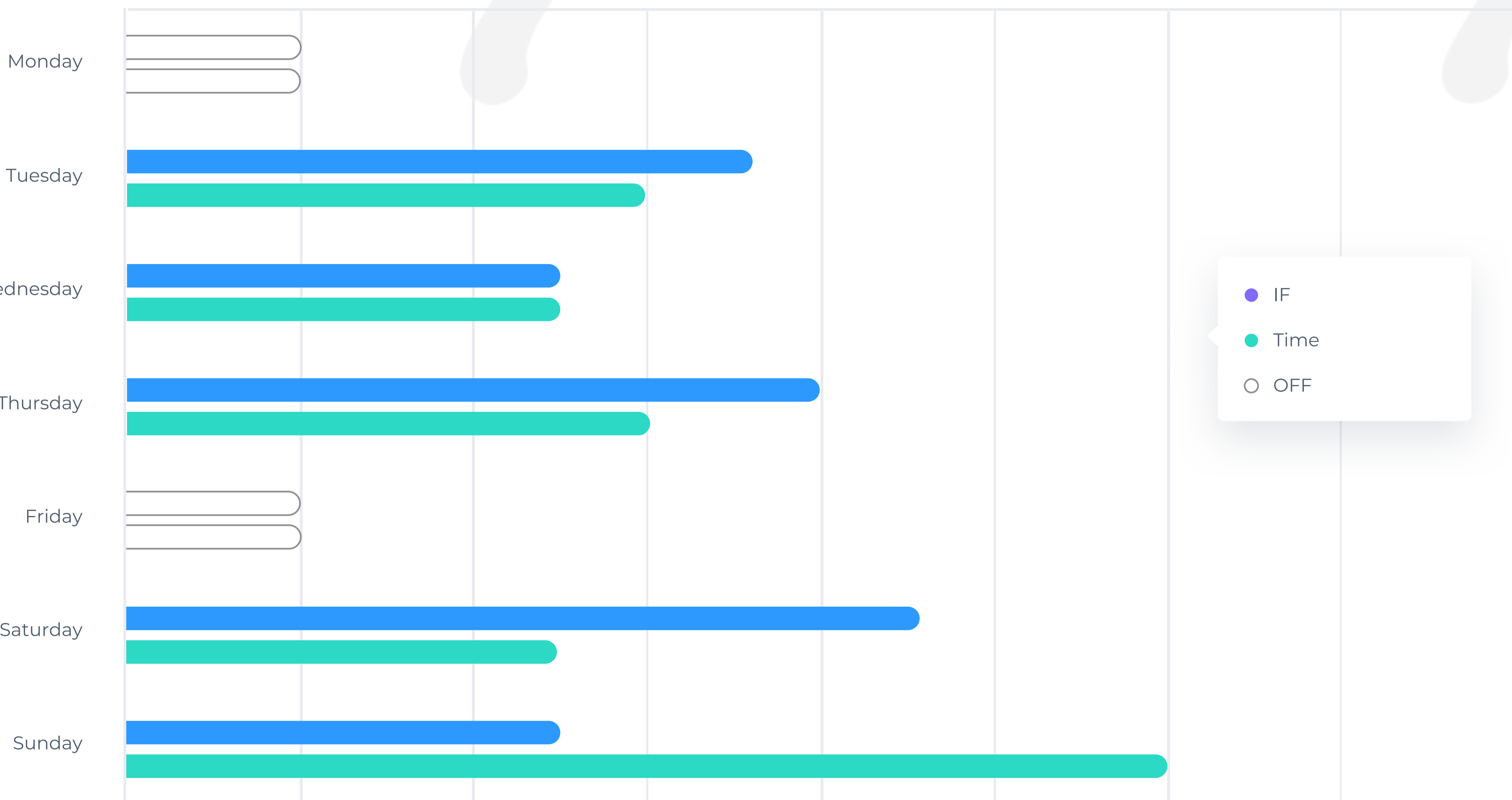
Mesocycle



3-Weeks Periodization



Microcycle



Block Periodization

