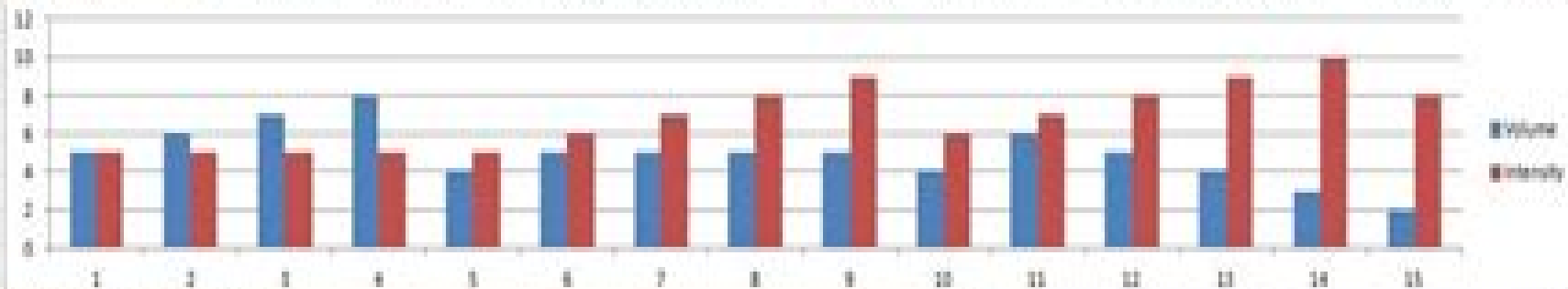


Planning the Mesocycle

| Monday | Week 1 | | | Week 2 | | | Week 3 | | | Week 4 | | | Week 5 | | |
|-----------------------|--------|---------------|------------|--------|---------------|------------|--------|---------------|------------|--------|---------------|------------|--------|---------------|------------|
| Exercise | Sets | Reps/Distance | Load | Sets | Reps/Distance | Load | Sets | Reps/Distance | Load | Sets | Reps/Distance | Load | Sets | Reps/Distance | Load |
| 3 Point Starts | 4 | 10m | | 5 | 10m | | 4 | 15m | | 5 | 15m | | 3 | 20m | |
| Seated Box Jump | 4 | 3 | | 4 | 4 | | 5 | 3 | | 3 | 4 | | 3 | 3 | |
| Back Squat | 3 | 8 | 70% | 3 | 9 | 70% | 4 | 8 | 70% | 4 | 9 | 70% | 2 | 8 | 70% |
| Stiff-Legged Deadlift | | | | | | | | | | | | | | | |
| Hanging Leg Raise | | | | | | | | | | | | | | | |
| Back Extension | | | | | | | | | | | | | | | |
| Wednesday | Week 1 | | | Week 2 | | | Week 3 | | | Week 4 | | | Week 5 | | |
| Exercise | Sets | Reps/Time | Load/Speed | Sets | Reps/Time | Load/Speed | Sets | Reps/Time | Load/Speed | Sets | Reps/Time | Load/Speed | Sets | Reps/Time | Load/Speed |
| Overhead Press | 3 | 8 | 70% | 3 | 9 | 70% | 4 | 8 | 70% | 4 | 9 | 70% | 2 | 8 | 70% |
| Pull Ups | | | | | | | | | | | | | | | |
| Bench Press | | | | | | | | | | | | | | | |
| Seated Row | | | | | | | | | | | | | | | |
| Interval Run | 5 | 20s + 30s | 90% + 50% | 6 | 20s + 30s | 90% + 50% | 7 | 20s + 30s | 90% + 50% | 8 | 20s + 30s | 90% + 50% | 4 | 20s + 30s | 90% + 50% |



Macrocycle Program For Football On Excel

JE Gale



Macrocycle Program For Football On Excel:

Whispering the Strategies of Language: An Emotional Journey through **Macrocycle Program For Football On Excel**

In a digitally-driven world wherever monitors reign great and instant interaction drowns out the subtleties of language, the profound techniques and psychological nuances hidden within phrases frequently move unheard. Yet, nestled within the pages of **Macrocycle Program For Football On Excel** a interesting literary prize blinking with organic thoughts, lies a fantastic journey waiting to be undertaken. Written by a talented wordsmith, this wonderful opus invites readers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the material of every word. Within the psychological depths of this poignant review, we shall embark upon a honest exploration of the book is primary subjects, dissect its interesting writing type, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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