

MACRO CYCLE

SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	
MESO PHASE OFF SEASON 2		MESO PHASE PRE SEASON			MESO PHASE IN SEASON			OFF	MESO PHASE PRE SEASON		MESO PHASE IN SEASON	
FOCUS: 1. Build Mass 2. Aerobic Conditioning 3. Anaerobic Conditioning 4. Rehab Injuries		FOCUS: 1. Build Strength & Power 2. Build Explosive Speed, Power, COD 3. Education on Nutrition Habits			FOCUS: 1. Build Strength 2. NO Aerobic/Anaerobic 3. Off Days		FOCUS: 1. Build Strength 2. NO Aerobic/Anaerobic 3. Recover 4. PEAK!		FOCUS: 1. Rest 2. Fun 3. Rest 4. Fun	FOCUS: 1. Build Strength & Power 2. Build Explosive Speed, Power, COD 3. Education on Nutrition Habits		FOCUS: 1. Build Strength 2. NO Aerobic/Anaerobic 3. Off Days
OFFERS: 1. Speed Pass 2. Combine Training		OFFERS: 1. Team Combine 2. WR Consult 3. Performance Training			OFFERS: 1. In Season WR Consult 2. Post Combine 3. 4-Week Intensive 4. Intensive 5. TAP Online		OFFERS: 1. In Season Recovery 2. TAP Online		TAKE OFF: Games/ Teambuilding	OFFERS: 1. Team Combine 2. WR Consult 3. Performance Training		OFFERS: 1. In Season WR Consult 2. Post Combine 3. 4-Week Intensive 4. Intensive 5. TAP Online

PHASE	SETS	REPS	LOAD	REST	FOCUS
INTRO (I)	1	10	Med	20s	Learn Exercises. Rotate through in stations.
ENDURANCE (E)	2	15	Light	45s-60s	Form & Technique. Learn exercises.
GROWTH (G)	3-5	8-12	Med	60-90s	Build Mass. Keep Eccentric Slow.(3s)
STRENGTH (S)	2-3	6-10	Heavy	90s	Build Strength. All Planes, entire ROM
MAX STRENGTH (MS)	2-4	2-5	Very Heavy	120s-360s	Build Power. Main Core Lifts ONLY!
POWER/SPEED (PS)	3-4	1-5	Light	90s	Speed of Lift
TRANSITION* OR DELOAD (T)	2	10	Very Light	90s	Form, light load. Helps muscles recover

**we recommend no lifting, but to play games and have fun with the team.*

15-WEEK PROPOSED FOOTBALL MICRO PHASE*



WEEK	IN	PRE	OFF 1	OFF 2
1	Test	Test	Test	Test
2	E	E	I	I/E
3	E/G	G	E	E/G
4	G	S	G	G
5	S	S	G	G
6	S	MS	G	PS
7	S	MS	S	G
8	T**	PS	S	G
9	S	PS	T	T
10	S	T	-	-
11	S	-	-	-
12	T	-	-	-
13	PS	-	-	-
14	PS	-	-	-
15	PS	-	-	-

RECOMMENDED PERCENTAGES:

ENDURANCE 50-60
GROWTH 60-75
STRENGTH 80-90
MAX STRENGTH 90+
POWER/SPEED 50-60

** Proposed phases. Should be modified to fit your school/ team schedule.*

***1st Transition should be during your bye week. Modify accordingly.*



HOW TRUEAP CAN HELP:

- 1. STRENGTH/WEIGHT ROOM CONSULTATION** (\$500 or FREE with \$3,000+ contract)
- 2. TAP ONLINE** (\$1,500/year or \$1,000/year with \$3,000+ contract)
- 3. SPEED PASS:** 6 weeks (\$90/athlete w/FREE T-shirt)
- 4. COMBINE TRAINING:** 6 weeks (\$150/athlete w/FREE Roller, Mini-band and t-shirt)