

### MACRO CYCLE

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

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