



2022 YEAR ROUND STRENGTH AND CONDITIONING CALENDAR

CLUB (AGES 13+) VOLLEYBALL

MACRO CYCLE

DEC. '21 – MID JAN. '22	MID JAN. – MID MAY	MID MAY – JULY	JULY – MID AUG.	MID AUG. – MID NOV.
MESO PHASE PRESEASON	MESO PHASE IN SEASON 1	OFF	MESO PHASE PRESEASON 2 (HS SEASON)	MESO PHASE IN SEASON 2
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. 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. Recover 4. PEAK!
OFFERS: 1. Club V.P.I. Testing 2. WR Consult 3. Performance Training	OFFERS: 1. In Season Recovery 2. TAP Online	TAKE OFF: Games/ Teambuilding	OFFERS: 1. Club V.P.I. Testing 2. WR Consult 3. Performance Training	OFFERS: 1. In Season Recovery 2. 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 VOLLEYBALL MICRO PHASE*



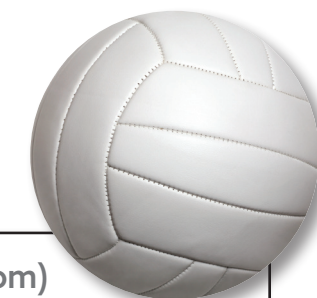
WEEK	PRE 1	IN 1	PRE 2	IN 2
1	E	E	E	E
2	G	E/G	G	S
3	S	G	S	S
4	S	S	S	S
5	MS	S	MS	S
6	MS	S	MS	T
7	-	S	-	S
8	-	T	-	S
9	-	S	-	S
10	-	S	-	PS
11	-	S	-	PS
12	-	T	-	PS
13	-	PS	-	-
14	-	PS	-	-
15	-	PS	-	-

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. PERFORMANCE TRAINING:** email Rob for pricing(rose@trueap.com)
- 4. V.P.I. TESTING* TRAINING:** email Rob for pricing(rose@trueap.com)

*V.P.I. is the AVCA Volleyball Performance Index—the nation's most comprehensive assessment of a volleyball athlete that college coaches are looking for.