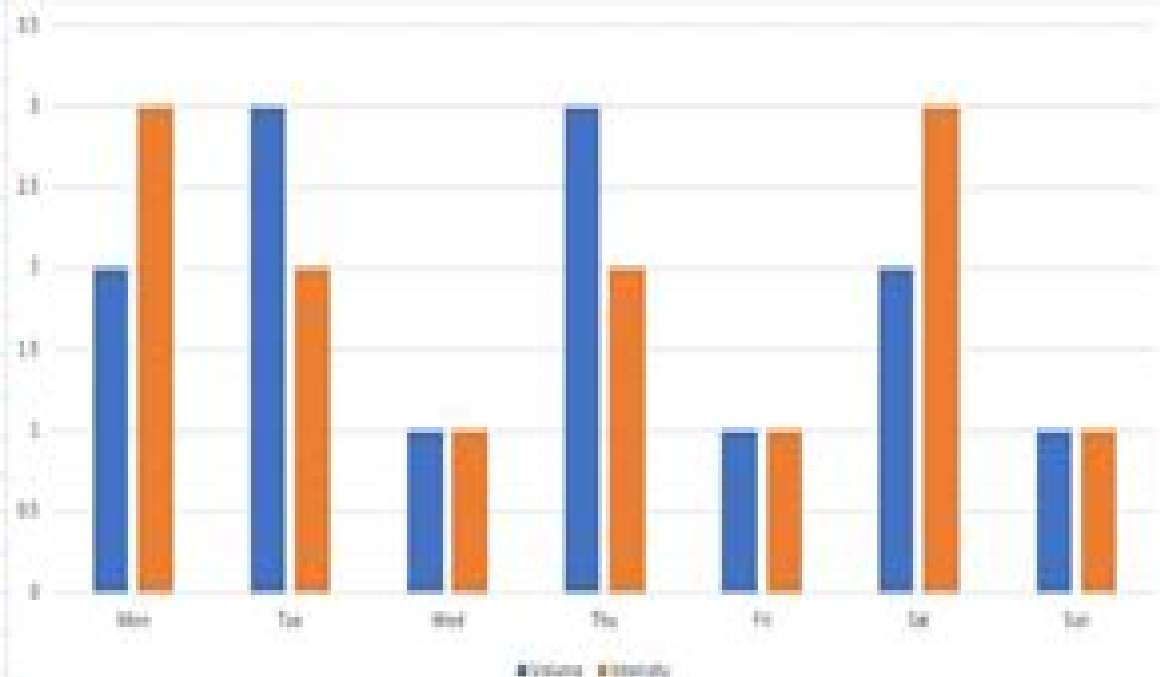


Planning the Microcycle

Monday				
Exercise		Sets	Reps	Load/Distance
Speed	Flying Sprints	3	1	80-100m
Power	Drop Jumps	4	3	
Strength	Back Squat	1	1	M
Tuesday				
Exercise		Sets	Reps	Load/Time
Strength	Barbell Press	3	6	M
Conditioning	Bike Intervals	6	1	40s on/40s off
Wednesday				
Exercise		Sets	Reps	Load/Distance
Speed	Med Pull	3	1	10m
Power	Box Jump	4	3	
Strength	Back Squat	1	6	M
Thursday				
Exercise		Sets	Reps	Load/Distance
Strength	Barbell Press	3	3	M
Conditioning	Interval Run	6	1	10s on/90s off



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Ying Liu



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