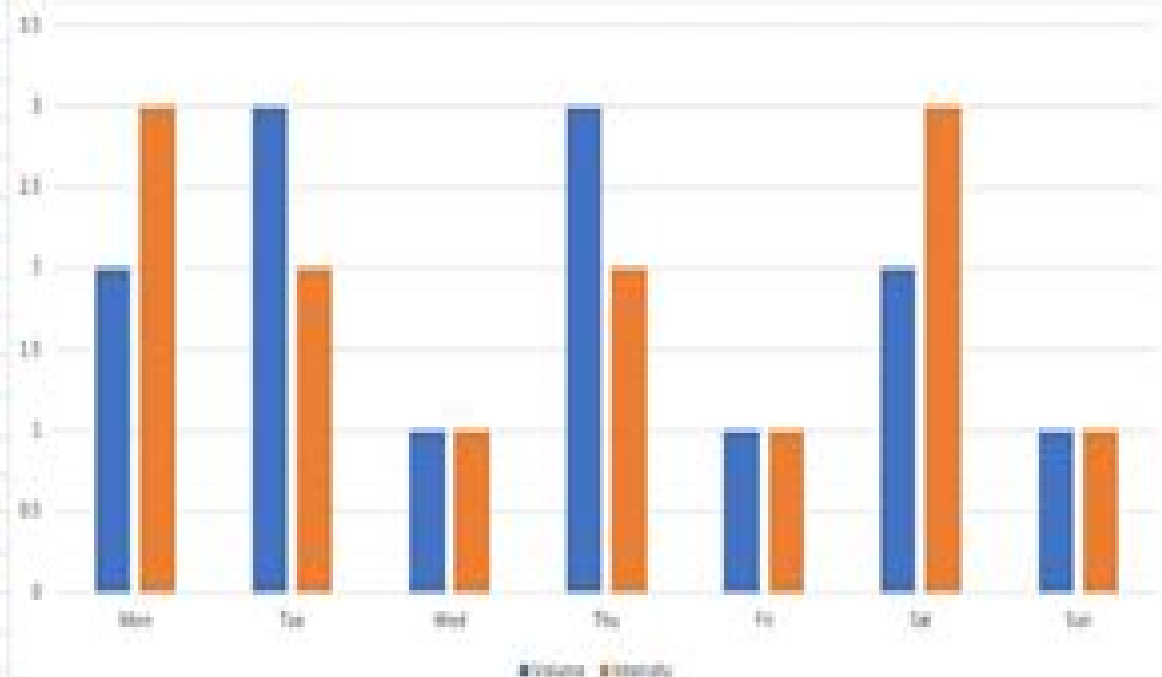


Planning the Microcycle

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



Macrocycle Program For Football On Excel

Mark Steyvers



Macrocycle Program For Football On Excel:

Reviewing **Macrocycle Program For Football On Excel**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Macrocycle Program For Football On Excel**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Macrocycle Program For Football On Excel Introduction

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