



1% is greater than 99%

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Less is more

The notion that simplicity and clarity lead to a good back to basics design with more balance where enough really is enough

Speed skill

GAQ-General agility and quickness

SAQ- Speed and quickness

Reaction & 1st step quickness

Sprint phase mechanics

Speed phases

Maximum velocity

Acceleration

Speed maintenance

Starts

Finish & Coasting

Strength & Conditioning - AA

FMS- Sprint movement task based

Overhead Squat

In line Lunge

Shoulder mobility

Prehab

Dynamic Flexibility

Dynamic Mobility

Strength & Power

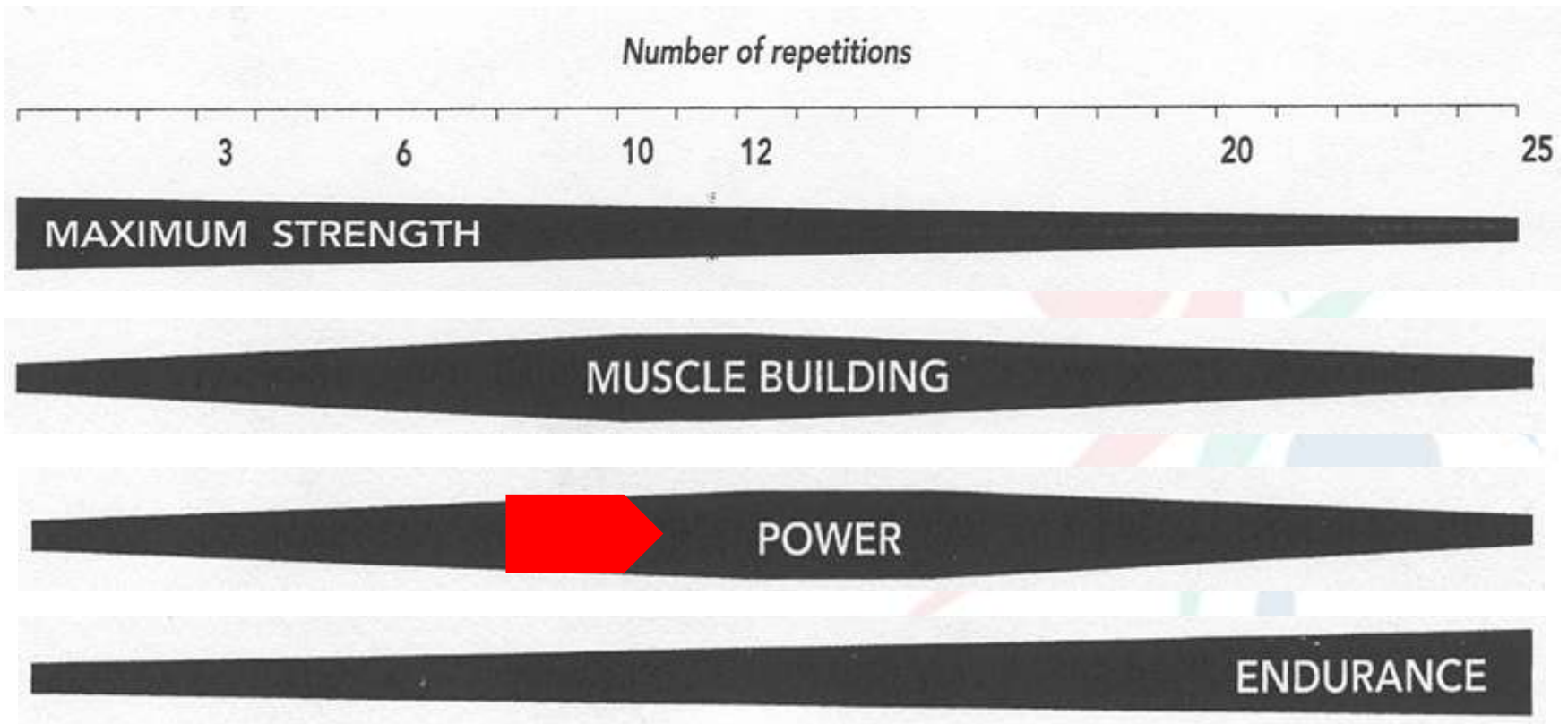
Hypertrophy

Strength speed

Speed strength

Muscular endurance

Load Modulation in Resistance Training



Periodisation: Planned distribution in training means (content) and methods (load) on a cyclic basis.

WHAT

Convergence of training effects,

Management of fatigue

Prevention of stagnation

HOW

develop and maintain specific biomotor abilities,

develop and to maintain technical excellence.

prehab for performance and recovery

WHY

To prepare for maximal performance at specific times and competitions

Phasic & Block models

Phasic-simultaneous development of biomotor abilities through the season phases

Block- different biomotor abilities developed over blocks of time across the season

Review a sample Block periodised plan

