

RESISTANCE TRAINING: PROGRAMMING AND PROGRESSIONS

Table 10-6			
Undulating Periodization Model—Six-month Macrocycle			
Mesocycle 1 (3 months)	Monday	Wednesday	Friday
Microcycle 1 (2 weeks)	140 lb (64 kg) x 12 repetitions	160 lb (73 kg) x 8 repetitions	180 lb (82 kg) x 4 repetitions
Microcycle 2 (2 weeks)	140 lb (64 kg) x 12 repetitions	160 lb (73 kg) x 8 repetitions	180 lb (82 kg) x 4 repetitions
Microcycle 3 (2 weeks)	140 lb (64 kg) x 12 repetitions	160 lb (73 kg) x 8 repetitions	180 lb (82 kg) x 4 repetitions
Microcycle 4 (2 weeks)	155 lb (70 kg) x 12 repetitions	175 lb (79 kg) x 8 repetitions	195 lb (89 kg) x 4 repetitions
Microcycle 5 (2 weeks)	155 lb (70 kg) x 12 repetitions	175 lb (79 kg) x 8 repetitions	195 lb (89 kg) x 4 repetitions
Microcycle 6 (2 weeks)	155 lb (70 kg) x 12 repetitions	175 lb (79 kg) x 8 repetitions	195 lb (89 kg) x 4 repetitions
Interim Week	230 lb (104 kg) x 1 repetition (goal assessment)	Rest	Rest
Mesocycle 2 (3 months)	Monday	Wednesday	Friday
Microcycle 1 (2 weeks)	170 lb (77 kg) x 12 repetitions	190 lb (86 kg) x 8 repetitions	210 lb (95 kg) x 4 repetitions
Microcycle 2 (2 weeks)	170 lb (77 kg) x 12 repetitions	190 lb (86 kg) x 8 repetitions	210 lb (95 kg) x 4 repetitions
Microcycle 3 (2 weeks)	170 lb (77 kg) x 12 repetitions	190 lb (86 kg) x 8 repetitions	210 lb (95 kg) x 4 repetitions
Microcycle 4 (2 weeks)	180 lb (82 kg) x 12 repetitions	200 lb (91 kg) x 8 repetitions	220 lb (100 kg) x 4 repetitions
Microcycle 5 (2 weeks)	180 lb (82 kg) x 12 repetitions	200 lb (91 kg) x 8 repetitions	220 lb (100 kg) x 4 repetitions
Microcycle 6 (2 weeks)	180 lb (82 kg) x 12 repetitions	200 lb (91 kg) x 8 repetitions	220 lb (100 kg) x 4 repetitions
Interim Week	250 lb (114 kg) x 1 repetition (goal assessment)	Rest	Rest