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| **PERIODIZED PLAN** | | | | | | | | | | | |
| **Macrocycle/ Long-term goal(s)** | | | | | | | | | | | |
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| **Mesocycle 1/ Medium-term goal(s)** | | | | **Mesocycle 2/ Medium-term goal(s)** | | | | **Mesocycle 3/ Medium-term goal(s)** | | | |
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| **Microcycle 1:** | **Microcycle 2:** | **Microcycle 3:** | **Microcycle 4:** | **Microcycle 5:** | **Microcycle 6:** | **Microcycle 7:** | **Microcycle 8:** | **Microcycle 9:** | **Microcycle 10:** | **Microcycle 11:** | **Microcycle 12:** |

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| **SESSION PLAN** | | | | | | | | | | |
| **Client’s Name** | |  | | | | **Phase of Training** | | | |  |
| **Warm-Up - Raise** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Warm-Up DROMEs – Dynamic Range of Motion Exercises** | | | | | | | | | | |
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| **Main Resistance Training** | | | | | | | | | | |
| **Exercise** | | | | **Equipment** | | | **Set/Reps/**  **Intensity** | **Notes** | | |
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| **Equipment/**  **Activity** | **Training System** | | | **Time** | | | **Intensity** | **Notes** | | |
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| **Cool-Down** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Cool-Down Flexibility** | | | | | | | | | | |
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| **SESSION PLAN** | | | | | | | | | | |
| **Client’s Name** | |  | | | | **Phase of Training** | | | |  |
| **Warm-Up - Raise** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Warm-Up DROMEs – Dynamic Range of Motion Exercises** | | | | | | | | | | |
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| **Main Resistance Training** | | | | | | | | | | |
| **Exercise** | | | | **Equipment** | | | **Set/Reps/**  **Intensity** | **Notes** | | |
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| **Equipment/**  **Activity** | **Training System** | | | **Time** | | | **Intensity** | **Notes** | | |
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| **Cool-Down** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Cool-Down Flexibility** | | | | | | | | | | |
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| **Session Plan** | | | | | | | | | | |
| **Client’s Name** | |  | | | | **Phase of Training** | | | |  |
| **Warm-Up - Raise** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Warm-Up DROMEs – Dynamic Range of Motion Exercises** | | | | | | | | | | |
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| **Main Resistance Training** | | | | | | | | | | |
| **Exercise** | | | | **Equipment** | | | **Set/Reps/**  **Intensity** | **Notes** | | |
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| **Equipment/**  **Activity** | **Training System** | | | **Time** | | | **Intensity** | **Notes** | | |
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| **Cool-Down** | | | | | | | | | | |
| **Equipment/**  **Activity** | | | **Time** | | **Intensity** | | | | **Notes** | |
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| **Cool-Down Flexibility** | | | | | | | | | | |
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