

CR SOCCER BYST - PERIODIZATION

TEAM/MACRO & MESO CYCLES	CR SOCCER BYST - PERIODIZATION																																				
	TRANSITION PHASE								PREPERATION PHASE																	COMPETITION PHASE				TRANSITION PHASE							
	GENERAL PREPERATION								PRE-COMPETITION		MAY															JUNE - OCTOBER				NOVEMBER - DECEMBER							
	JANUARY			FEBRUARY					MARCH		APRIL	MAY															JUNE - OCTOBER				NOVEMBER - DECEMBER						
	3	10	17	24	1	7	14	21	1	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	7	14	21	28							
	RECOVER/TRANSITION PERIOD		RECOVER/TRANSITION PERIOD		INDIVIDUAL PROGRAMS/STRENGTH DEVELOPMENT I - TECHNICAL DEVELOPMENT PERIOD			INDIVIDUAL PROGRAMS/STRENGTH DEVELOPMENT I - TECHNICAL DEVELOPMENT PERIOD					INDIVIDUAL PROGRAMS/STRENGTH DEVELOPMENT I - TECHNICAL DEVELOPMENT PERIOD		INDIVIDUAL PROGRAMS/STRENGTH DEVELOPMENT I - TECHNICAL DEVELOPMENT PERIOD	INDIVIDUAL PROGRAMS/STRENGTH DEVELOPMENT I - TECHNICAL DEVELOPMENT PERIOD															INDIVIDUAL PROGRAMS/STRENGTH DEVELOPMENT I - TECHNICAL DEVELOPMENT PERIOD				RECOVER/TRANSITION PERIOD		
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