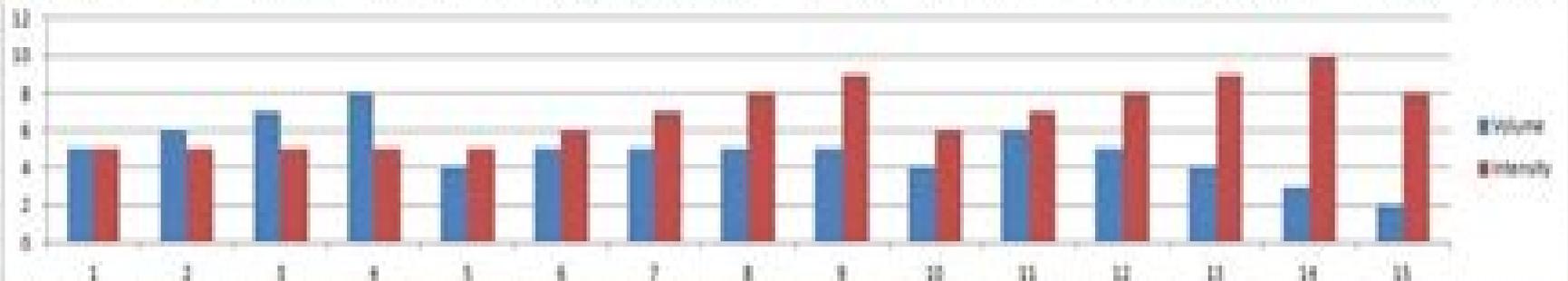


Planning the Mesocycle

Monday	Week 1			Week 2			Week 3			Week 4			Week 5		
Exercise	Sets	Reps/Distance	Load												
3 Point Starts	4	10m		5	10m		4	15m		5	15m		3	20m	
Seated Box Jump	4	3		4	4		5	3		3	4		3	3	
Back Squat	3	8	70%	3	9	70%	4	8	70%	4	9	70%	2	8	70%
Stiff-Legged Deadlift															
Hanging Leg Raise															
Back Extension															
Wednesday	Week 1			Week 2			Week 3			Week 4			Week 5		
Exercise	Sets	Reps/Time	Load/Speed												
Overhead Press	3	8	70%	3	9	70%	4	8	70%	4	9	70%	2	8	70%
Full Up															
Bench Press															
Seated Row															
Interval Run	5	20s + 30s	90% + 50%	6	20s + 30s	90% + 50%	7	20s + 30s	90% + 50%	8	20s + 30s	90% + 50%	4	20s + 30s	90% + 50%



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Xiaolong Qi



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