



# The Hand In The Well

**J.A. Lopetegi**

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web a macrocycle is simply a period of time maybe 4 6 weeks in which you set a very definite outcome and follow a very specific type of training here s how after a macrocycle of functional strength training i e 4 weeks you might then train for hypertrophy or increased bulk for 4 weeks another macrocycle

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macrocycles and mesocycles are fundamental organizational planning elements used throughout periodization the larger period of training is

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weeks would be to build up muscular endurance for the first 4 weeks you might train 4 times a week doing between 12 15

repetitions of each exercise for 4 sets with 60 120 second breaks in between each set

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can be a trimester a semester or a whole season if the training is carried out during a complete season it usually consists of

one two or three macrocycles at the most within the macrocycle three distinct parts can be distinguished

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web each macrocycle might last between 3 and 6 weeks for the sake of ease we ll assume that each cycle lasts for a calendar month the training objectives and methods vary within each cycle and there s an important reason for this

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