

Southern Lions Season 2013 Periodisation Chart

Month	١	November				Dece	mbe	r	January			/ Fe			oruary			March			-	Apri	I		May				June					July				August					i	Septembe			
Date (Mo)	5	12	19	26	3	10 1	7 2	4 31	7	14	21	28	4	11	18	25	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1	9	16	23	30	1	8	15	22	29`	2	9	16	2
Week #	1	2	3	4	5	6	7 8	3 9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	4
Public Holidays							*1	§2 *3				*4								*5	*6		*7							*8											П						Г
School Terms	Ends Tues 18 December														Monday 4 F				Feb- Friday19 Apr								Monday 6 N			/lay-	lay-Friday 5 Ju			у				M	on 2	on 22 July-Friday 27			27	September			
Competition		Pre-season													1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	2								
Mesocycle		GP 1			GP 2 TR			TR1	GP3			SP1			SP2			SP3			SP4																										
		<u> </u>									Strength Training																																				
Phase	Ну	Hypertrophy 1				Str 1			Power 1			Нур 2			Max Str			Power 2																													
Intensity		Moderate			High			High		Mod-High		Moderate		ite	High			High																													
Volume		Mod-High			Moderate			Mod		Low		ı	High		Low			Low-Mod																													
Rep Max		10-12			4-6			4-6		10-12		10-12		2	1-6			~10																													
Sets		4-6			3			3		2-4		4-6			3			4																													
Rest Period		Short			Long			Long		Long		Short			Long			Long																													
Sess/Week	2				3			1		3		3			3			3																													
		Cardiorespiratory Endurance Training														F	er	iod	isa	itio	n F	lar	n fo	or t'	he	in-	sea	aso	n r	eri	od	to '	be	dev	/el	ope	ed '	wh	en	tl							
Phase		Intro 1 Intro 1.2 Int 1.3							Intro 2 Acc			ccum 1			nt 1		Int 2																				is fi										
Sessions/Week		3 2						1	2			3			2			2													'	•		•	`	,											
Volume	20-30 mins								~30 30-60)	Moderate			Low																															
Intensity	Low Low								w-M	od	Mo	Moderate Mod-High			jh	High																															
ŕ	Alactic speed, power, quickness, agility and speed																																														
Sessions/Week		()		1 0			ĺ	2 1			1		2			3																														
				·					La	actic	Tole	erand	e				!_																														
Sessions/Week		()		1			0		2			3		2			1																													

September

9 16 23 30

48 49

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