

Yearly Calendar									
-	Macrocycle #1 (17 Weeks)		M	Tu	W	Th	F	Sa	Su
	Mesocycle #1 - Hypertrophy								
	<i>Build Muscle and New Technique Volume High Average Intensity ~65% Wide Range of Exercise Selection Beginning Progressions of Exercises</i>								
	Week 1	Minicycle #1	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Week 2	Minicycle #2	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Week 3	Minicycle #3	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Deload/Transition Week								
	Week 4	Minicycle #1	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Mesocycle #2 - Hypertrophy								
	<i>Build Muscle and Progress Technique Volume High Average Intensity ~65% Wide Range of Exercise Selection Progression of Exercises</i>								
	Week 5	Minicycle #1	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Week 6	Minicycle #2	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Week 7	Minicycle #3	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Deload/Transition Week								
	Week 8	Minicycle #1	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Mesocycle #3 - Strength								
	<i>Strengthen Muscle and Progress Technique Volume Medium Average Intensity ~75% Exercise Selection Starts to Narrow Towards Specific Goals Progression of Exercises</i>								
	Week 9	Minicycle #1	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Week 10	Minicycle #2	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Week 11	Minicycle #3	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Deload/Transition Week								
	Week 12	Minicycle #1	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Mesocycle #4 - Peaking								
	<i>Challenge and Develop Specific Technique and Fitness Volume Low High Average Intensity High ~90%+ for Weight-lifting Peaks OR Specific to Athlete's Goals Exercise Selection Specific to Event, Competition, or Goals Full, Specific Exercises</i>								
	Week 13	Minicycle #1	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Week 14	Minicycle #2	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Week 15	Minicycle #3	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Mesocycle #5 - Peaking and Taper								
	Week 16	Minicycle #1	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
	Mesocycle #4 - Event/Transition								
	Week 17	Minicycle #1	WOD #1	WOD #2	WOD #3	WOD #4	WOD #5	WOD #6	WOD #7
+	Macrocycle #2 (17 Weeks)								
+	Macrocycle #3 (17 Weeks)								