

## Periodization

In beginning of your exercise endeavor, you may notice that you feel noticeable gains in fitness quickly. Eventually, you may begin to hit a plateau state, making it difficult to make even the smallest gains because even the most productive exercises lose their effectiveness over time. This process can sometimes result in overuse syndrome, injury or overtraining.

The key to any successful plan is change. Sometimes less is more allowing the body to adapt to the physical stress of the preceding workout or workout weeks. Specialists recommend sticking with a routine for no more that 4-8 weeks, then changing to another skill set. The change in the number of exercises, number of reps and sets, the amount of weight or resistance used, and frequency of exercise will elicit positive changes over the long haul, and keep you motivated to continue.

This can be achieved by following the rules of periodization.

### Sample Classical Periodization (Macro-cycle)

	General Conditioning	Strength	Power	Maintenance	Active Recovery
Sets	2-3	4-6	3-4	1-2	1
Reps	8-15	6-8	3-7	6-10	10-12
Intensity	moderate	high	high	moderate	low
Volume	high	moderate	low	moderate	moderate

### Sample Periodization (Meso-cycle):

Week or Microcycle (1-10); Percent of One Rep Max

**Week #**  
1 – 60%  
2 – 70%  
3 – 75%  
4 – 65%  
5 – 85%

**Week #**  
6 – 75%  
7 – 80%  
8 – 90%  
9 – 70%  
10 – 90%