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Organism. Mesocycle: • 6 To 8 Microcycles = 6 To 8  
Weeks. • The Amount Of Time Required For  
Cumulative Adaptations By The Physiological Systems  
To Occur. Macrocycle: •A Season Plan. •An  
Accumulation Of Various 12th, 2024Periodization:  
Period Or Question Mark?Reading American Council On  
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Contents Of NSCA And ACE Guidance Documents On  
Performing Exercise). In "Essentials Of Strength  
Training And Conditioning," The Chapter On  
Periodization Is Referenced. Via References In 7th,  
2024Periodization For Sprinters Georgy Dias-  
JohnsonDistinguished In The 100m Sprints. Phase 1 Is  
The Initial Acceleration (0-10 M), Building-up Running  
Speed To A Maximum (10-36 M), And Maintaining  
Maximum Speed In The Second Part Of The Run

(36-100 M). The HV Group Improved Significantly In Total 100 M Time In Comparison With The RUN And PAS Groups. The HR Program Resulted In An Improved Initial 3th, 2024.

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