

rox-performance 2018

In Season Microcycle								
Play								
Day	-3	-2	-1	Game Day	1	2	3	
Overview	Loading	Tapering		High CNS	Recovery		Loading	
Intensity	80-85%	50%	70-75%		100%	50%	70%	90-100%
Theme	Medium CNS	Recovery & Regeneration	Potentialtion & Preparation		Recovery & Regeneration or OFF	Low CNS	High CNS	
Emphasis	Max	Mobility-Stability	Power		Mobility	Aerobic	Power	
Field	Speed/Plyos		Acceleration/Agility			Tempo	Resisted Acceleration	
Lifting	Z3 eccentric	core	Z1 Upper Body	Z2 Upper Body	core	Z1 Lower Body		

Don't Play							
Day	-3	-2	-1	Game Day	1	2	3
Overview	Loading	Recovery	Tapering	off	Loading	Loading	Recovery
Intensity	80-85%	50%	70-75%		90-100%	80-85%	50%
Theme	Med CNS	R&R	P&P		High CNS	Med CNS	Low CNS
Emphasis	Max	Mob-Stab	Power		Power	Max	Mob/Aerobic
Field	Speed/Plyos		Accel/Agility		Accel (sled)	Speed/Plyos	Tempo
Lifting	Z3 con		Z1 UB	Z1 LB	Z3 ecc	Z2 UB	