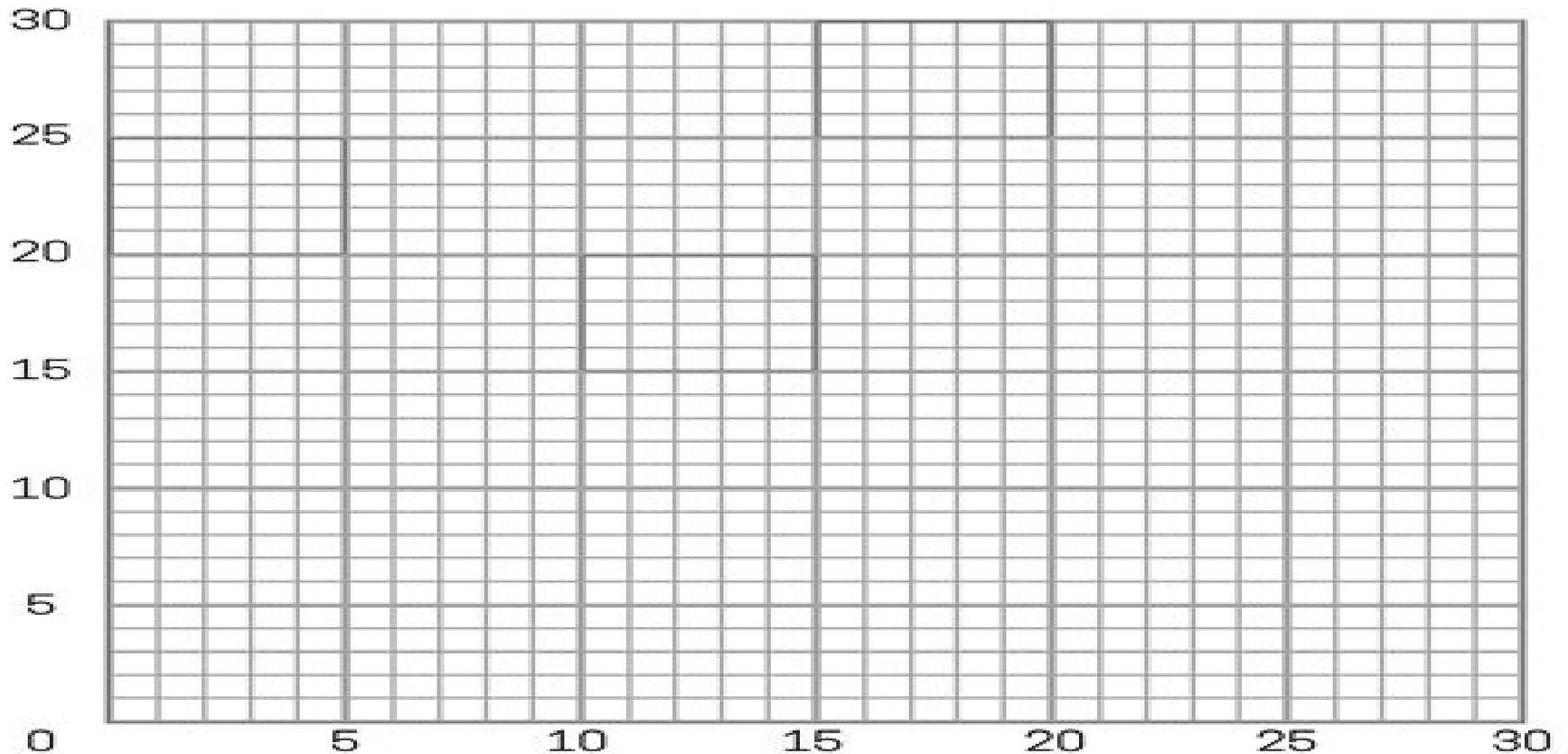


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(15, 2) (11, 5)	(11, 8) (19, 8)	(15, 2) (19, 5)	(29, 5) (27, 11)	(18, 18) (19, 21)	
(11, 5) (11, 8)	(13, 11) (17, 11)	(19, 5) (19, 8)	(27, 11) (18, 18)	(19, 21) (17, 23)	
(11, 8) (7, 5)	(12, 18) (14, 19)	(19, 8) (23, 5)	(18, 18) (16, 19)	(17, 23) (19, 27)	
(7, 5) (3, 3)	(14, 19) (15, 17)	(11, 5) (19, 5)	(16, 19) (15, 17)	(17, 23) (13, 23)	
(3, 3) (1, 5)	(15, 17) (14, 15)	(14, 15) (16, 15)	(15, 17) (16, 15)	(13, 23) (11, 27)	
(1, 5) (3, 11)	(14, 15) (13, 11)	(23, 5) (27, 3)	(16, 15) (17, 11)	(13, 23) (11, 21)	



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web this study aimed to assess changes in the body composition of professional football players during the macrocycle of the spring round of the football championship and to identify the correlation between nutrition knowledge and maintaining body composition the study included 38 football players

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web each macrocycle might last between 3 and 6 weeks for the sake of ease we ll assume that each cycle lasts for a calendar month the training objectives and methods vary within each cycle and there s an important reason for this

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web a macrocycle refers to your season as a whole a mesocycle refers to a particular training block within that season e g the endurance phase a microcycle refers to the smallest unit within a mesocycle e g usually a week of training

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web apr 14 2020 football microcycle with 2 official competitions separated for 6 days this video describes six fundamental aspects of the training microcycle organizati

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web program goals increase intensity and power output through mutli joint explosive training increase strength and neuromuscular stimulation by using a five week periodized program increase lean muscle tissue learn olympic lifts and explosive movements prepare muscles and connective tissue for more specialized phases