



# Southern Lions Season 2013 Periodisation Chart

Month	November				December					January				February				March				April					May				June				July					August					September					
Date (Mo)	5	12	19	26	3	10	17	24	31	7	14	21	28	4	11	18	25	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1	9	16	23	30	1	8	15	22	29	2	9	16	23	30	
Week #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	
Public Holidays								*1&2	*3				*4									*5	*6	*7						*8																		*9		
School Terms	Ends Tues 18 December														Monday 4 Feb- Friday19 Apr										Monday 6 May-Friday 5 July										Mon 22 July-Friday 27 September															
Competition	Pre-season																					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25				
Mesocycle	GP 1		GP 2		TR1		GP3		SP1		SP2		SP3		SP4																																			
Phase	Strength Training																								Periodisation Plan for the in-season period to be developed when the competitive program is finalised.																									
	Hypertrophy 1		Str 1		Str 2		Power 1		Hyp 2		Max Str		Power 2																																					
	Moderate		High		High		Mod-High		Moderate		High		High																																					
	Mod-High		Moderate		Mod		Low		High		Low		Low-Mod																																					
Rep Max	10-12		4-6		4-6		10-12		10-12		1-6		~10																																					
Sets	4-6		3		3		2-4		4-6		3		4																																					
Rest Period	Short		Long		Long		Long		Short		Long		Long																																					
Sess/Week	2		3		1		3		3		3		3																																					
Phase	Cardiorespiratory Endurance Training																																																	
	Intro 1		Intro 1.2		Int 1.3		Intro 2		Accum 1		Int 1		Int 2																																					
	3		2		1		2		3		2		2																																					
	20-30 mins				~30				30-60				Moderate				Low																																	
Intensity	Low				Low-Mod				Moderate				Mod-High				High																																	
Sessions/Week	Alactic speed, power, quickness, agility and speed																																																	
	0		1		0		2		1		2		3																																					
	Lactic Tolerance																																																	
Sessions/Week	0		1		0		2		3		2		1																																					

Periodisation Plan for the in-season period to be developed when the competitive program is finalised.

## **6 November 2012**

Tuesday

**6:00 PM - 7:30 PM**

### **Skills, Hypertrophy, Cardiovascular Endurance**

6:00pm – 6:30pm Warm-up and skills (CN)

6:30pm – 7:05pm Hypertrophy/weight training (SC)

7:05pm – 7:25pm Cardiovascular endurance (MK)

7:25pm – 7:30pm warm-down

## **7 November 2012**

Wednesday

**6:00 PM - 7:30 PM**

### **Skills, Hypertrophy, Cardiovascular Endurance**

6:00pm – 6:30pm Warm-up and skills (MK)

6:30pm – 7:05pm Hypertrophy/weight training (SC)

7:05pm – 7:25pm Cardiovascular endurance (MK)

7:25pm – 7:30pm warm-down

## **11 November 2012**

Sunday

**10:30 AM - 11:30 AM**

### **Cardiovascular Endurance -- South beach**

10:20am Warm-up

10:35am Cardiovascular endurance training (SC/CN)

11:10am Touch rugby/games (CN)

11:25am Warm-down

## **13 November 2012**

Tuesday

**6:00 PM - 7:30 PM**

### **Skills, Hypertrophy, Cardiovascular Endurance**

6:00pm – 6:30pm Warm-up and skills (TE)

6:30pm – 7:05pm Hypertrophy/weight training (SC)

7:05pm – 7:25pm Cardiovascular endurance (CN)

7:25pm – 7:30pm warm-down

## **14 November 2012**

Wednesday

**6:00 PM - 7:30 PM**

### **Skills, Hypertrophy, Cardiovascular Endurance**

6:00pm – 6:30pm Warm-up and skills (CN)

6:30pm – 7:05pm Hypertrophy/weight training (SC)

7:05pm – 7:25pm Cardiovascular endurance (TE)

7:25pm – 7:30pm warm-down

## **18 November 2012**

Sunday

**10:30 AM - 11:30 AM**

### **Cardiovascular Endurance -- Coogee beach (possible venue change to South beach)**

10:20am Warm-up

10:35am Cardiovascular endurance training (MK)

11:10am Touch rugby/games (MK)

11:25am Warm-down

**20 November 2012**

Tuesday

**6:00 PM - 7:30 PM****Skills, Hypertrophy, Cardiovascular Endurance**

6:00pm – 6:30pm Warm-up and skills (CN)

6:30pm – 7:05pm Hypertrophy/weight training (SC)

7:05pm – 7:25pm Cardiovascular endurance (CN)

7:25pm – 7:30pm warm-down

**21 November 2012**

Wednesday

**6:00 PM - 7:30 PM****Skills, Hypertrophy, Cardiovascular Endurance**

6:00pm – 6:30pm Warm-up and skills (CN)

6:30pm – 7:05pm Hypertrophy/weight training (SC)

7:05pm – 7:25pm Cardiovascular endurance (CN)

7:25pm – 7:30pm warm-down

**25 November 2012**

Sunday

**10:30 AM - 11:30 AM****Cardiovascular Endurance -- Coogee beach (possible venue change to South beach)**

10:20am Warm-up

10:35am Cardiovascular endurance training (SC)

11:10am Touch rugby/games(MK)

11:25am Warm-down

**27 November 2012**

Tuesday

**6:00 PM - 7:30 PM****Skills, Hypertrophy, Cardiovascular Endurance**

6:00pm – 6:30pm Warm-up and skills

6:30pm – 7:05pm Hypertrophy/weight training (SC)

7:05pm – 7:25pm Cardiovascular endurance (SC)

7:25pm – 7:30pm warm-down

**28 November 2012**

Wednesday

**6:00 PM - 7:30 PM****Skills, Hypertrophy, Cardiovascular Endurance**

6:00pm – 6:30pm Warm-up and skills

6:30pm – 7:05pm Hypertrophy/weight training (SC)

7:05pm – 7:25pm Cardiovascular endurance (SC)

7:25pm – 7:30pm warm-down

**2 December 2012**

Sunday

**10:30 AM - 11:30 AM****Cardiovascular Endurance -- Coogee beach (possible venue change to South Beach)**

10:20am Warm-up

10:35am Cardiovascular endurance training (SC)

11:10am Touch rugby/games

11:25am Warm-down

**4 December 2012**

Tuesday

**6:00 PM - 7:30 PM****Skills, Strength Training, Cardiovascular Endurance Training**

6:00pm Warm-up and skills

6:30pm Strength Training (SC)

7:05pm CET (SC)

7.25pm Warm-down

**5 December 2012**

Wednesday

**6:00 PM - 7:30 PM****Skills, Alactic Speed, Power, quickness, agility, speed, Cardiovascular Endurance Training**

6:00pm Warm-up and skills

6:30pm Alactic speed/power/quickness/agility/speed (MK)

7:05pm CET (SC)

7:25pm Warm-down

**9 December 2012**

Sunday

**10:30 AM - 11:30 AM****Lactic Tolerance training -- Coogee beach (Possible venue change to South Beach)**

10:20am Warm-up

10:35am Lactic tolerance training (SC)

11:10am Touch rugby/game/swim

11:25am Warm-down

**11 December 2012**

Tuesday

**6:00 PM - 7:30 PM****Skills, Strength Training, Cardiovascular Endurance Training**

6:00pm Warm-up and skills

6:30pm Strength Training (SC)

7:05pm CET (SC)

7.25pm Warm-down

**12 December 2012**

Wednesday

**6:00 PM - 7:30 PM****Skills, Alactic Speed, Power, quickness, agility, speed, Cardiovascular Endurance Training**

6:00pm Warm-up and skills

6:30pm Alactic speed/power/quickness/agility/speed (SC)

7:05pm CET (SC)

7:25pm Warm-down

**16 December 2012**

Sunday

**10:30 AM - 11:30 AM****Lactic Tolerance training -- Coogee beach (possible venue change to South Beach)**

10:20am Warm-up

10:35am Lactic tolerance training (SC)

11:10am Touch rugby/game/swim

11:25am Warm-down

**18 December 2012**

Tuesday

**6:00 PM - 7:30 PM****Skills, Strength Training, Cardiovascular Endurance Training**

6:00pm Warm-up and skills

6:30pm Strength Training (SC)

7:05pm CET (SC)

7:25pm Warm-down

**19 December 2012**

Wednesday

**6:00 PM - 7:30 PM****Skills, Alactic Speed, Power, quickness, agility, speed, Cardiovascular Endurance Training**

6:00pm Warm-up and skills

6:30pm Alactic speed/power/quickness/agility/speed (SC)

7:05pm CET (SC)

7:25pm Warm-down

**23 December 2012**

Sunday

**10:30 AM - 11:30 AM****Lactic Tolerance training -- Coogee beach (Possible venue change to South Beach)**

10:20am Warm-up

10:35am Lactic tolerance training (SC)

11:10am Touch rugby/game/swim

11:25am Warm-down