

Example 4-Week Periodized Training Block for Beginning Muscular Endurance

Muscle Group	Total Working Sets Per Week	Repetition Range	Intensity As a Function of Maximum Repetitions
Chest	10	15 - 30	10 - 30
Upper back	10	15 - 30	10 - 30
Anterior Thigh	8	15 - 30	10 - 30
Posterior Thigh/Glutes	6	15 - 30	10 - 30
Calves	6	15 - 30	10 - 30
Arms	12	15 - 30	10 - 30
Core/Abs	10	15 - 30	10 - 30

Training volume should increase weekly, either by increases in load, sets, or repetitions. However, overall training volume must remain within the endurance range. Note that exercise order can vary from one mesocycle to the next, but maintaining the same exercises is optimal for beginners to maximize technique mastery.

Deload for 1 Week

Sports Periodization Program To Use Exl

RJ Shavelson



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