Triphasic Training Throws Manual																															
NCAA-DII/III Annual Overview																															
	Week in Annual Plan	1 2 3	4 5 6	7	8 9 10	11 12	13	14 15	16	17 18	3 19	20 21	22	23 24 25	26 27	28	29 30	31 3	2 33	34 35	36 37	38	39 4	0 41	42	43	14 45	46 47	48 49	50	51 52
Calendar of Competition	Competition Schedule	Rest	Pre-Season Winter break Regular Season													Regular Season					Conference	- 1	NCAA Champs								
Training Block		Recovery	Oxidativ	e	Glycolytic	ATP-Pcr	D	Eccentri	c D	Isometr	ic D	Reactive	D	Power D	Speed	0	0 G	Read	tive	Power	Speed	Т	H .	ECC	ISO	R	D Pow	er Sp	ed T	Н	H T
Lifting So	Lifting Sessions Per Week		5		5	5	3	5	3	5	3	5	3	5 3	5	5	5 5	3	3	3	3	2	3 :	2 3	3	3	3 3	3	2	3	3 2
	ATP-Pcr Energy System Glycolytic Energy System Oxidative Energy System																														
	Speed (<55%) Power (55-80%)																													\blacksquare	
	Strength (>80%) Supramaximal (>100%)																														

Access the full Triphasic Training Throws Manual Elite Program at the following link:

http://store.xlathlete.com/ProductDetails.asp?ProductCode=TTTM