1. How would you define periodisation?
2. List some of the benefits of periodisation within a fitness training program.
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7. How does the Classic Strength & Conditioning Periodisation model vary from the non-linear model?
8. What is the main advantage of having extra meso-cycles within a macro-cycle?
9. What advantages does the non-linear periodisation model have compared to the ‘Classic’ model?
10. What factors have led to the increasing popularity of non-linear periodisation?
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15. \_
16. What benefit is there for ‘fast twitch muscle fibres with Flexible Non-linear Periodisation?
17. What is the purpose of having a ‘master plan’?
18. What are the 3 primary goals of a base program?
19. \_
20. \_
21. \_
22. Why is there extra importance placed in performing a ‘Base Program Phase’ prior to a non-linear periodisation program as opposed to a linear program?