



## Monthly Program Design Plan

Week	1							2							3							4						
Day	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Phase 1: Stabilization Endurance Training																												
Phase 2: Strength Endurance Training																												
Phase 3: Hypertrophy																												
Phase 4: Maximal Strength Training																												
Phase 5: Power Training																												
Cardio																												
Flexibility																												
Re- Assessment																												