

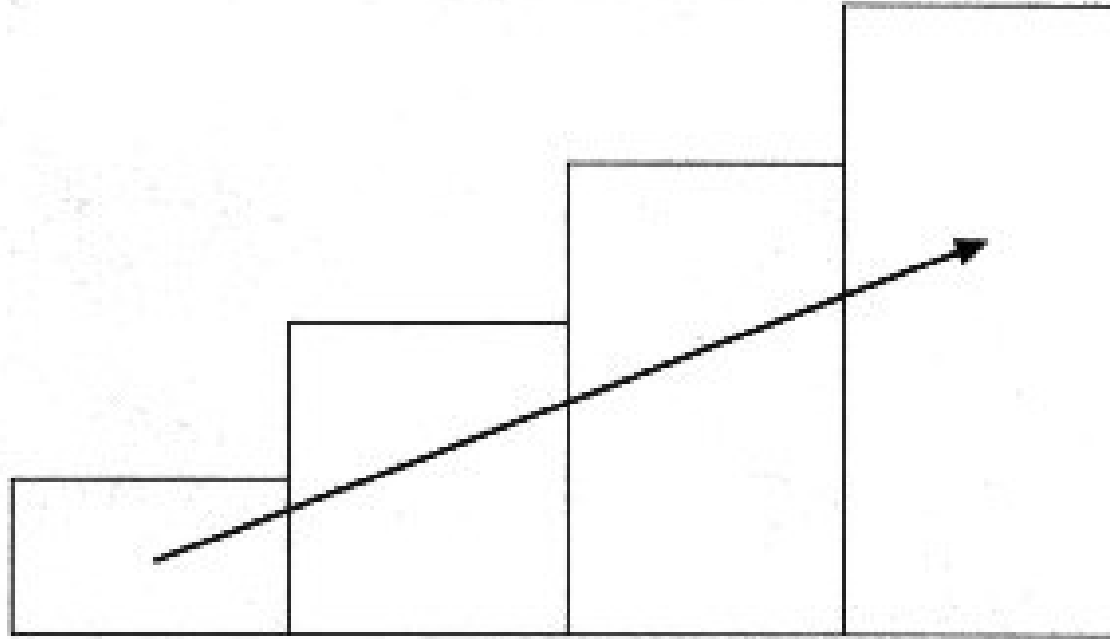
SPOR BİLİMLERİ FAKÜLTESİ

Doç. Dr. Cengiz AKALAN

ANTRENMAN PLANLAMASI

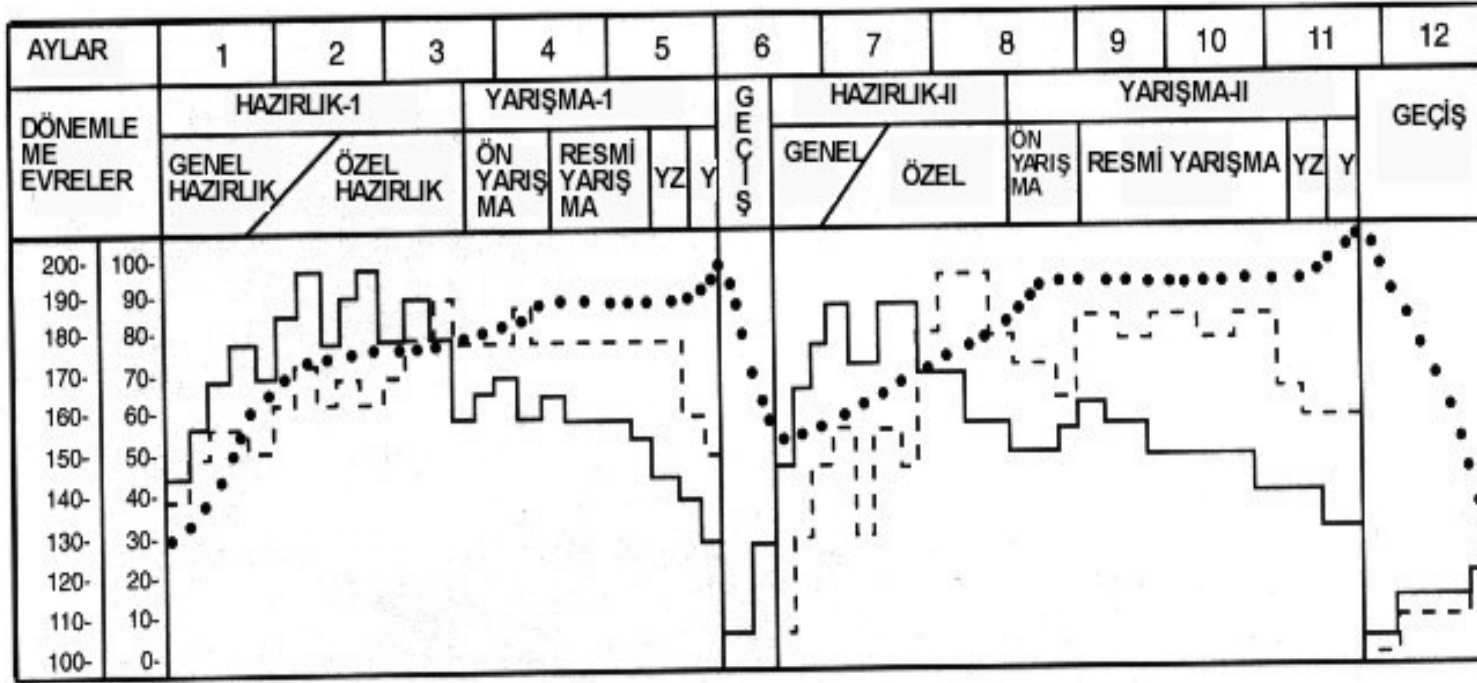


MAKRO VE MİKRO DÖNGÜ



Şekil 9.5: Tek uçlu gelişimin gösterilmesi

MAKRO VE MİKRO DÖNGÜ

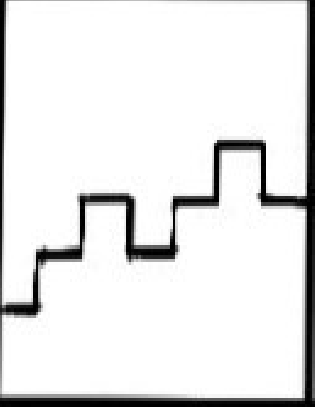
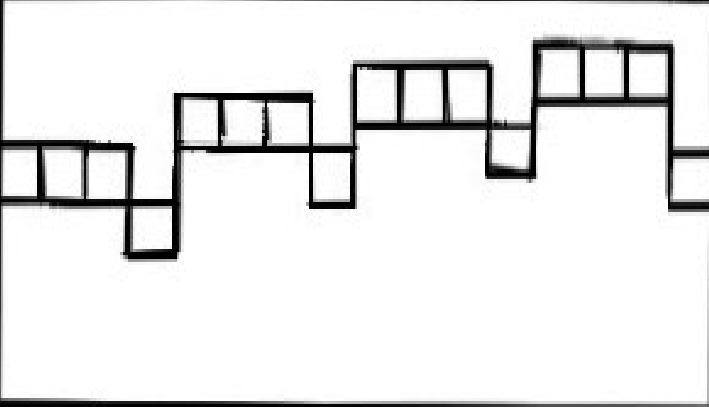
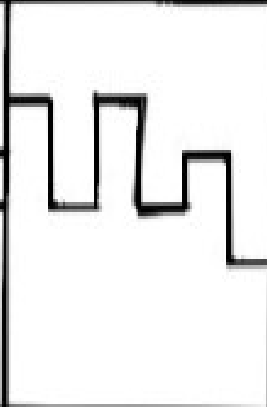


KAPSAM-KM YEĞİNLİK

YZ:YÜKLENMESİZ EVRE
Y: YARIŞMA

— KAPSAM
- - - YEĞİNLİK
••••• DORUKLAMA

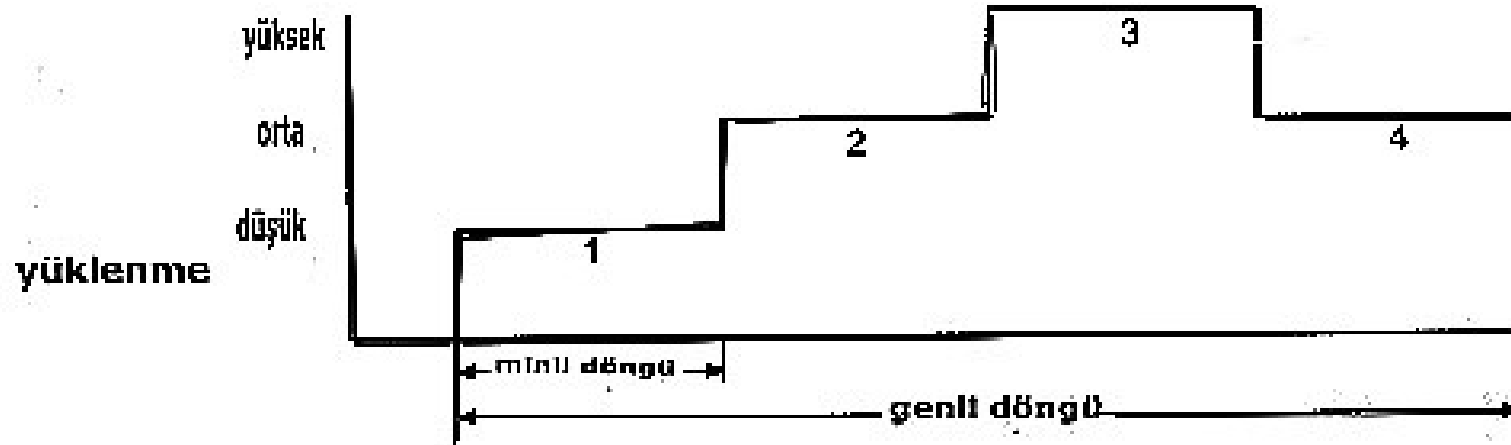
MAKRO VE MİKRO DÖNGÜ

| Evre | Hazırlık | | |
|-----------------|--|---|--|
| Alt Evre | Genel | Özel | Önyarışma |
| Antrenman Amacı | Uyum | Birikim | sağlamlaştırma ve Doruklama |
| Yüklenme Biçimi |  |  |  |

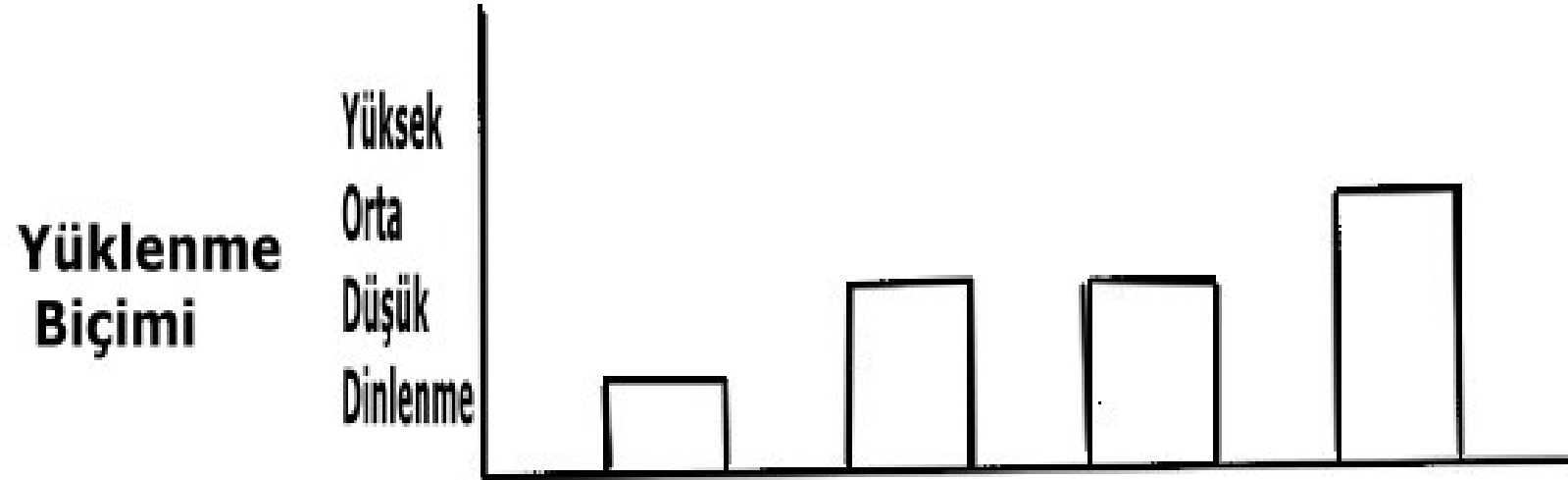
MAKRO VE MİKRO DÖNGÜ

| | Pazartesi | Salı | Çarşamba | Perşembe | Cuma | Cumartesi | Pazar |
|---------------|-----------|-------|----------|----------|------|-----------|-------|
| Öğleden Önce | 5 | 3 | 5 | 4+5 | 3 | 1+5 | / |
| Öğleden Sonra | 4+5 | 4+5+1 | / | 2 | 1 | / | / |
| Fazla Tatılma | | | | | | | |

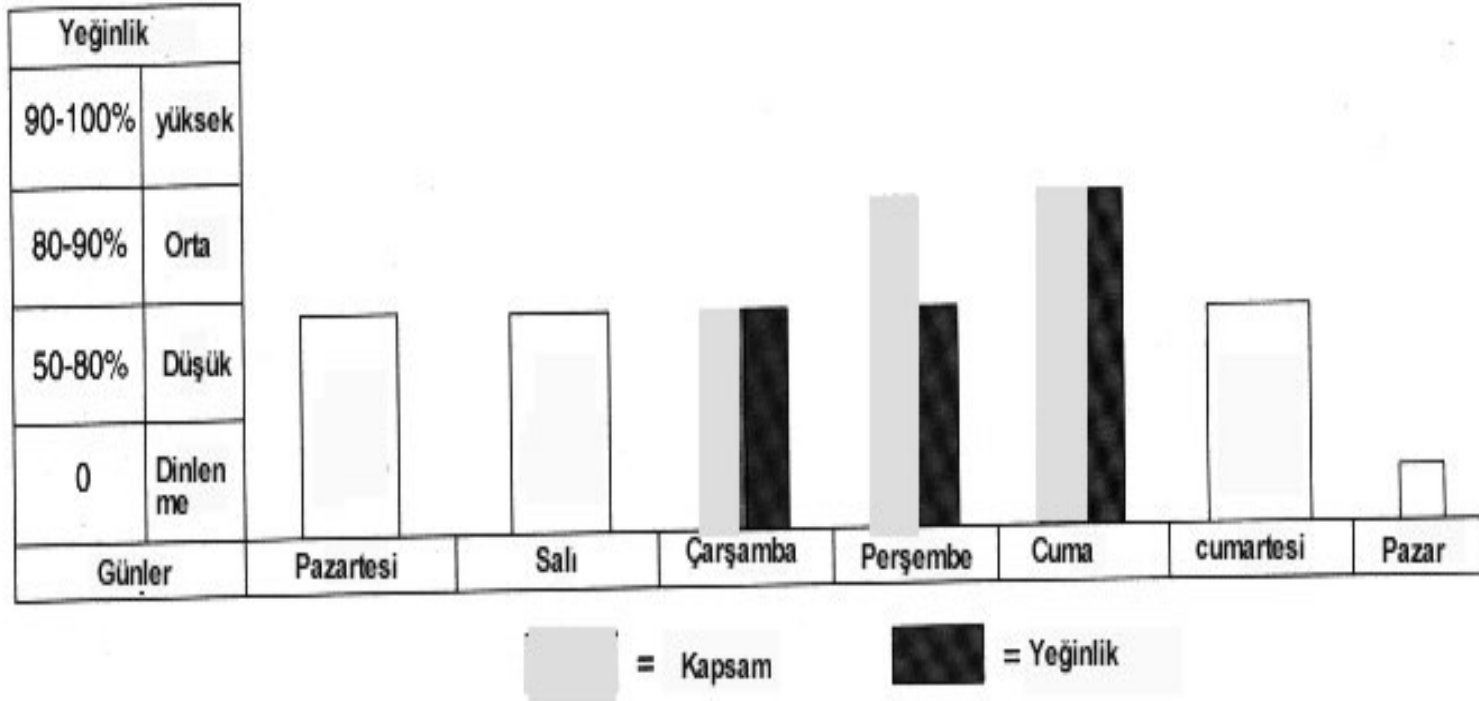
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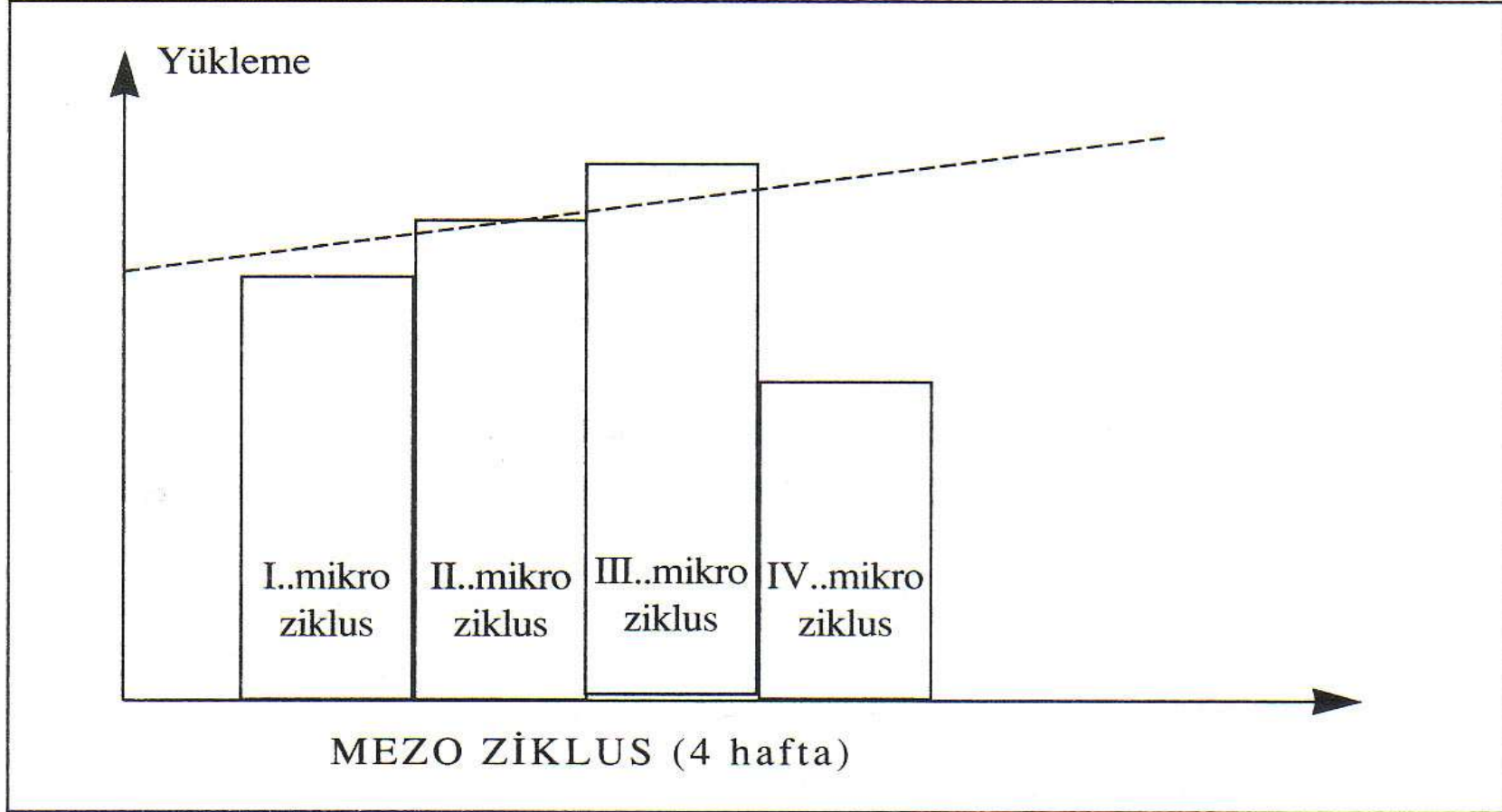
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MAKRO VE MİKRO DÖNGÜ

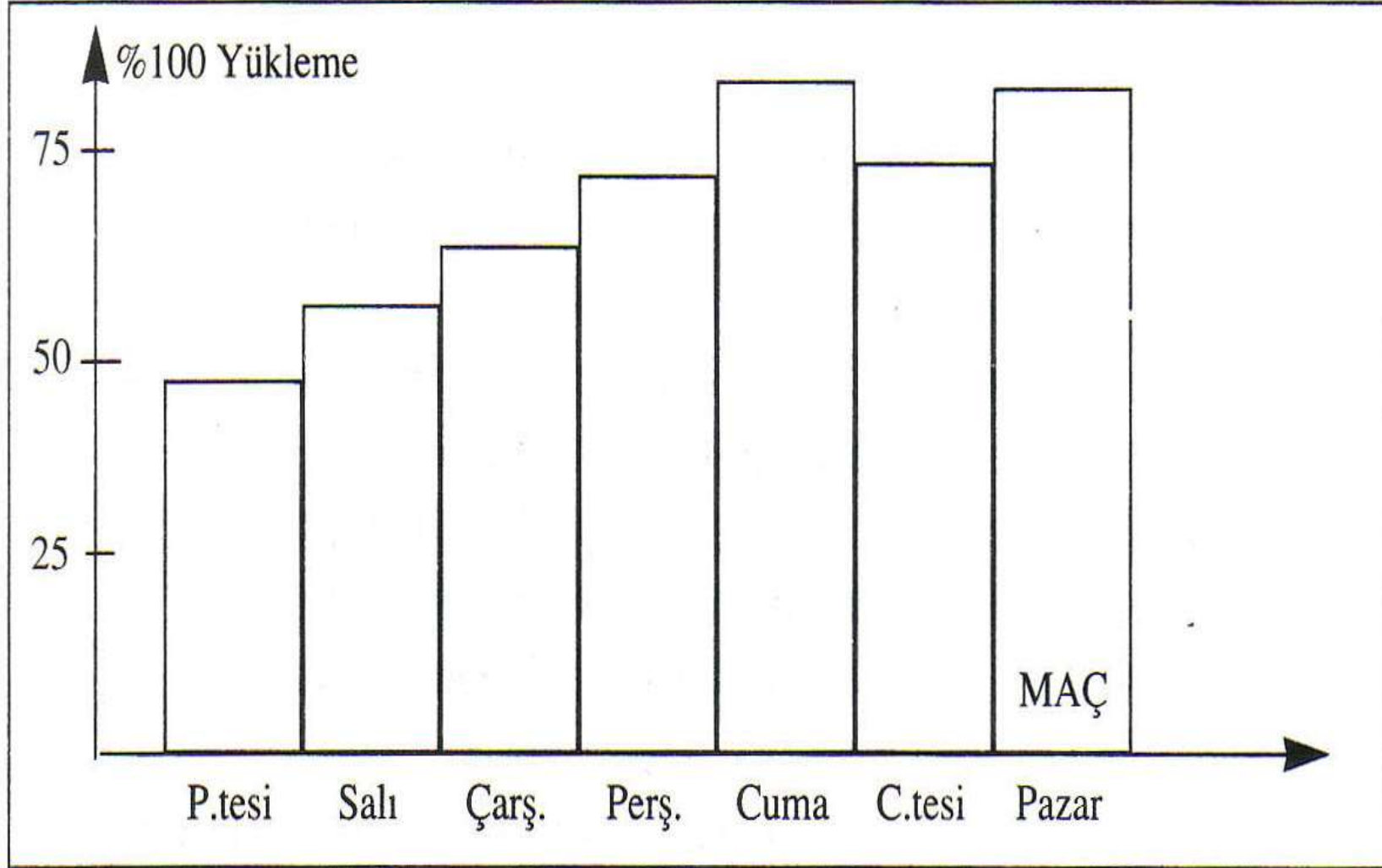


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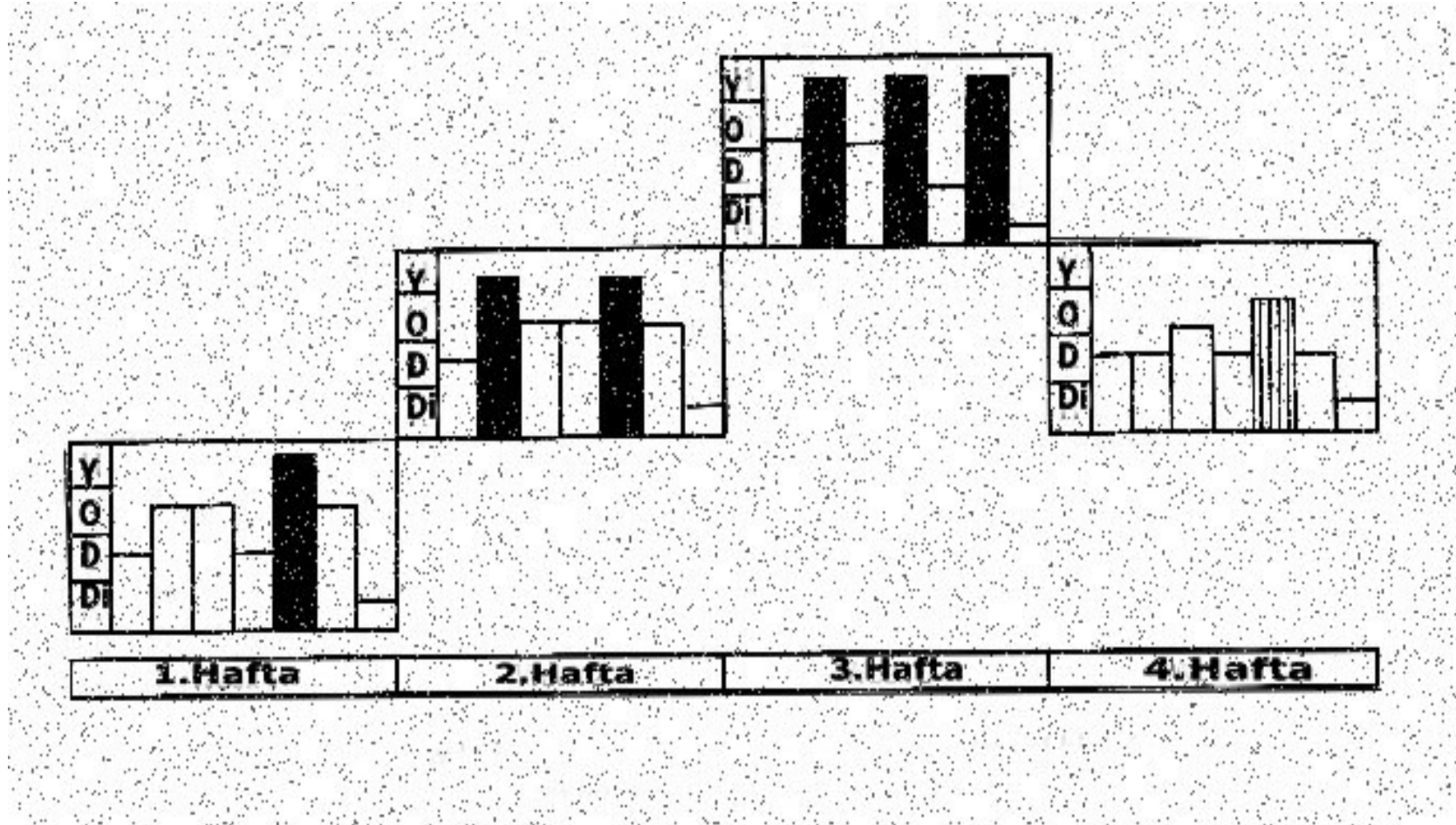


Tab. 13. Mezo ziklusta dalgalanma yöntemi uygulaması - 3 hafta arttırılıp, 1 hafta düşürülen yüklemeler- (Y.YÜCETÜRK, 1993)

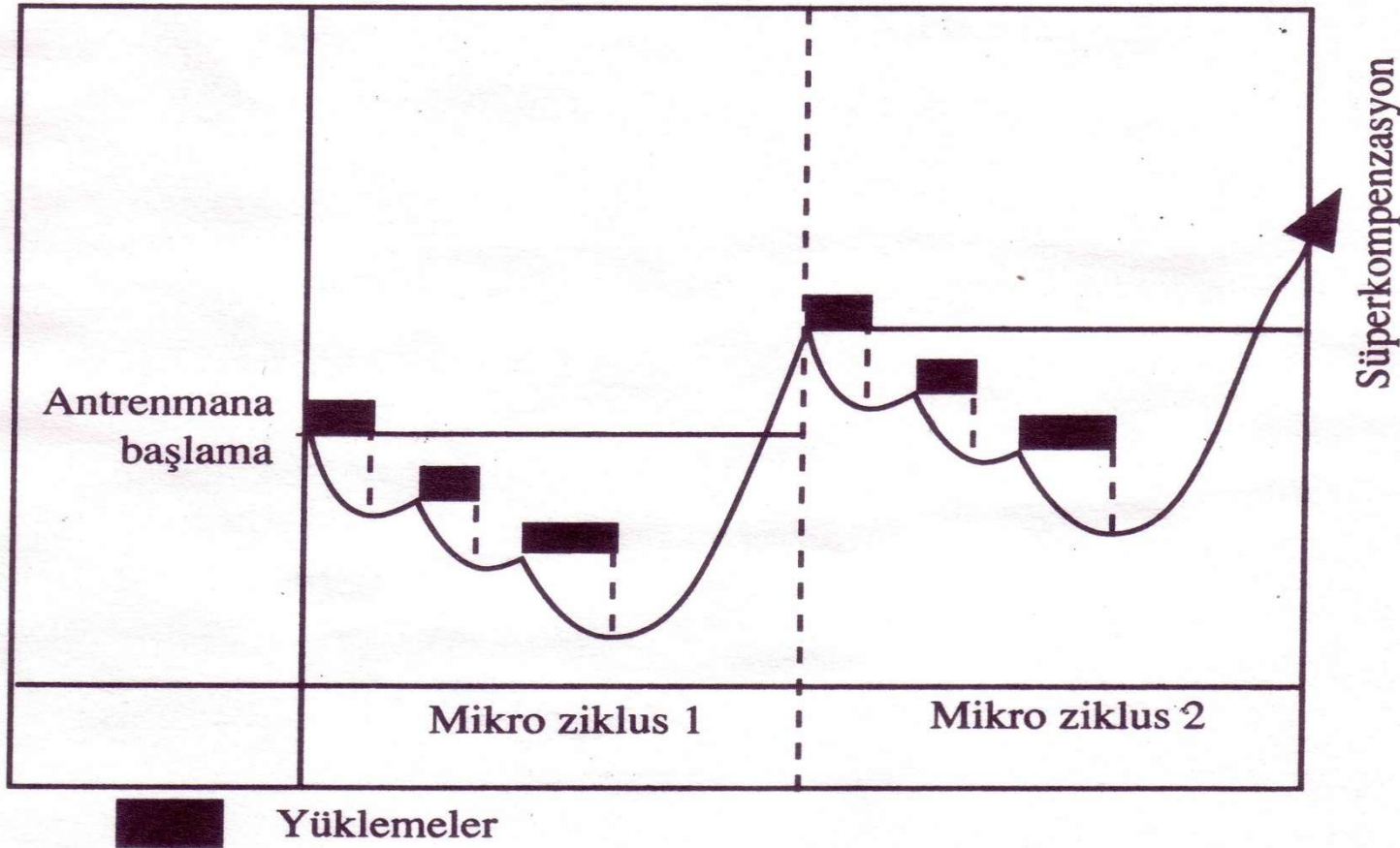
MAKRO VE MİKRO DÖNGÜ



MAKRO VE MİKRO DÖNGÜ



MAKRO VE MİKRO DÖNGÜ



MAKRO VE MİKRO DÖNGÜ

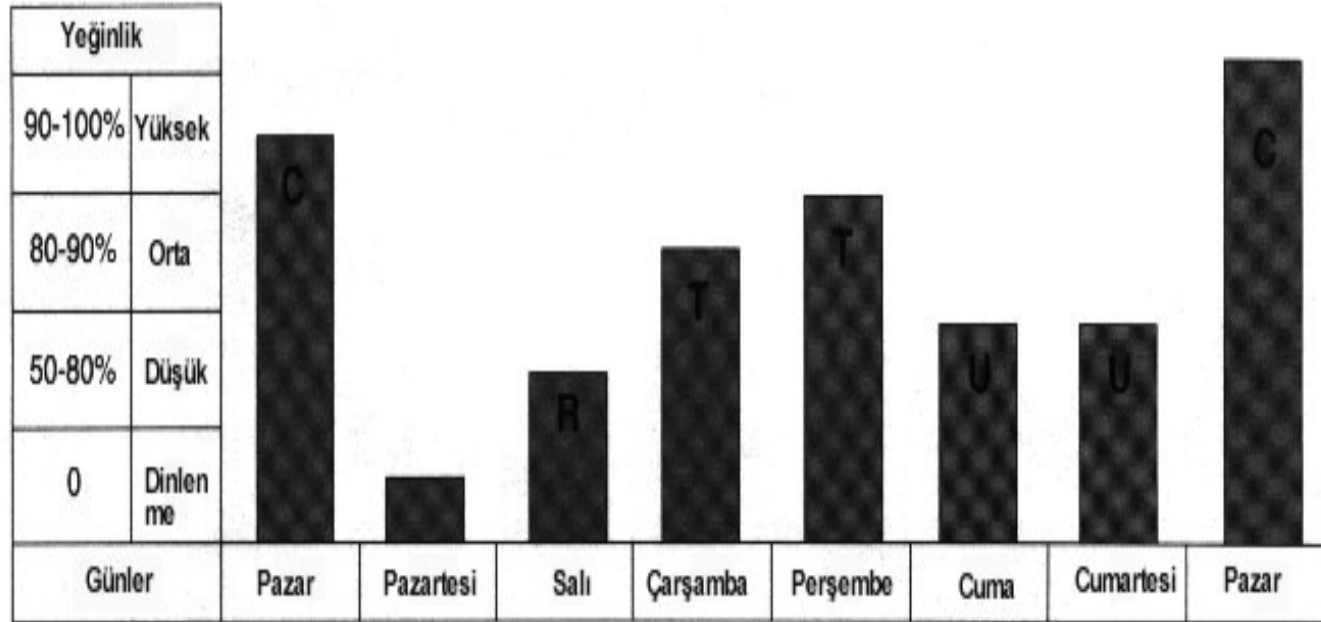


Figure 7.19 Microcycle for weekly competitions

