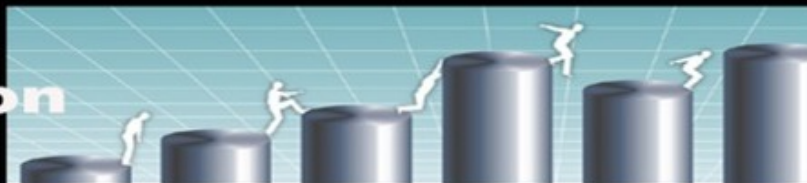


# Flexible Periodization METHOD



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Do you train athletes or clients who can benefit from TRULY individualized training programs?

sequence

MAXIMIZING results

PROVEN 9-Step

*"After reading a few books on the subject and browsing the internet I came across your book, which seemed to collaborate the majority of periodization ideas out there. After reading the first 2 sections I can say the book is truly helpful and full of exceptional ideas. I can see myself using a lot of the strategies in preparation for my own clients."*

Andy Thirlwell, BA Psychology

IKFF, KBI, RKC (Kettlebell specialist)

All American (University of Tennessee, Swimming)

Former International Swimmer (Great Britain)

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## How Do I A Closer Look

How Do I A Closer Look

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## training program for half marathon in 2 months

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### university of oregon strength and conditioning staff

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