



## Periodization Models

Model	Primary Focus	Best For
<b>Linear Periodization (Traditional)</b>	Gradual intensity ↑ with volume ↓; typically hypertrophy → strength → power → peak → recovery	Beginners, off-season prep, general development
<b>Reverse Linear Periodization</b>	High intensity/low volume → gradually ↑ volume while ↓ intensity	Endurance athletes, peaking for longer events
<b>Undulating Periodization (Nonlinear)</b>	Frequent (daily/weekly) variation in intensity and volume to train multiple qualities simultaneously	Intermediate/advanced lifters, avoid plateaus
<b>Block Periodization</b>	Focused 2–6 wk blocks: Accumulation (volume) → Transmutation (intensity/skill) → Realization (peaking)	Elite athletes, powerlifting
<b>Conjugate Periodization</b>	Concurrent max-effort, dynamic-effort, and repetition-effort days to develop strength, power, hypertrophy	Westside powerlifting, tactical strength programs
<b>Concurrent Training</b>	Simultaneous endurance & strength work	CrossFit, military, MMA, sport-specific prep
<b>Daily Undulating Periodization (DUP)</b>	Day-to-day variation in rep ranges/loads (e.g., M: 3×10 hypertrophy; W: 5×5 strength; F: 6×2 power)	Intermediate/advanced lifters, fatigue management
<b>Tactical Periodization</b>	Integrated technical, tactical, physical & mental components in context-specific training	Team sports (soccer, basketball, rugby)
<b>Flexible / Autoregulatory Periodization</b>	Adjusts volume/intensity per readiness (RPE, RIR, HRV, mood)	Advanced lifters, rehab, fatigue-sensitive
<b>Wave Periodization</b>	Waves of load within cycle (e.g., 70–75–80% then deload)	Olympic lifting, advanced strength templates
<b>Seasonal / Macrocycle Periodization</b>	Year-long plan aligned with competitive calendar (off-season → pre-season → in-season → post-season)	Seasonal athletes in organized sports
<b>Hybrid Periodization</b>	Combines multiple models (e.g., block + DUP, linear + autoregulated)	Coaches, CrossFit athletes, generalists
<b>Step Loading / Staircase Periodization</b>	Workload ↑ over several weeks, then deload (e.g., 3 wk up → 1 wk down)	Fatigue management, consolidating gains
<b>Flat Loading</b>	Constant volume/intensity for weeks before a sudden jump	Technical skill mastery, technique refinement
<b>Undershoot / Tapering Models</b>	Load ↓ to peak for competition via linear, step, or exponential taper	Competition peak preparation
<b>Cluster Periodization</b>	Multiple short cycles (“mini-peaks”) throughout the year to maintain readiness	Athletes with frequent competitions
<b>Rehabilitation Periodization</b>	Phased post-injury reintroduction: restore ROM → stability → load capacity → power	Injury rehab, motor control & tissue adaptation
<b>Energy System Periodization (Metabolic)</b>	Targeted development of aerobic, anaerobic, and phosphagen systems	Conditioning sports (boxing, CrossFit, combat)
<b>Mental/Emotional Periodization</b>	Aligns load with psychological stress & focus, integrating mindfulness, visualization, or cognitive training	Elite athletes emphasizing mental performance