

FSIPS — Mesocycle & Deload Strategy

Version 0.1

This document outlines how FSIPS extends daily session generation into **longer-term periodization**, borrowing explicitly from strength-training mesocycles.

1. Rationale

Unbounded daily progression leads to: - tendon overuse - CNS fatigue - skill plateaus

FSIPS therefore supports explicit mesocycle structure.

2. Mesocycle Phases

Accumulation

- Volume increases
- Overload applied primarily via duration and density
- F1 dominant, limited F2

Intensification

- Volume stabilizes or decreases
- Overload applied via tempo, complexity, or constraints
- Selective F2 exposure

Deload

- Volume reduced
 - F2 eliminated
 - Focus on precision and recovery
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3. Typical Mesocycle Length

- 3–5 weeks accumulation
- 1–2 weeks intensification
- 1 week deload

Lengths are adjustable.

4. Generator Interaction

Session type input influences: - fatigue caps - overload ceilings - exercise selection bias

Deload sessions: - cap fatigue at F1 - bias toward F0 exercises - suppress progression

5. Transition Criteria

Mesocycle transitions may be triggered by: - calendar duration - rising failure rates - user request

Transitions are explicit, not implicit.

Status

Mesocycle and deload strategy frozen at v0.1