BLOCK PERIODIZATION MACROCYCLE 2024 / 2025 TEAM NL

2024 / 25.									
Kanosprint NL	MACROCYCLE 2024 / 25								
MESOCYCLE	WEEK	MICRO	START	END	PLACE	OBSERVATION	BLOOD TEST	KAYAK TEST	OBSERVATION
GENERAL PERIOD I			MONTH / DAY	MONTH / DAY					
MESOCYCLE 1		7 WEEKS	10.14.	12.01.					
MICROCYCLE A	1 / 3.	A1 / A3	10.14.	11.03.	ROTTERDAM	ARRAS / F 10.15 - 10.21			
MICROCYCLE B	4 R	B1 / REST	11.04.	11.10.	ROTTERDAM				
MICROCYCLE C	5 / 6.	C1 / C2	11.11.	11.24.	ROTTERDAM		11.25 MONDAY		
MICROCYCLE D	7 R	D1 / REST	11.25.	12.01.	ROTTERDAM				
MESOCYCLE 2		6 WEEKS	12.02.	01.05.					
MICROCYCLE A	8 / 9.	A1 / A3	12.02.	12.18.	PORTUGAL	Tr.camp 12.02 - 12.18	12.16 MONDAY		
MICROCYCLE B	10 R	B1 / REST	12.19.	12.22.	ROTTERDAM				
MICROCYCLE C	11 / 01.	C1 / C2	12.23.	01.05.	ROTTERDAM	NEW YEAR 24 / 25			
GENERAL PERIOD II									
MESOCYCLE 3		3 WEEKS	01.06.	02.02.					
MICROCYCLE A	2 / 3.	A1 / A2	01.06.	01.19.	ZAKOPANE / PL	Tr.camp 01.06 -01.19			
MICROCYCLE B	4 / 5 R	B1/B2 R	01.20.	02.02.	ROTTERDAM				
ESPECIFIC PERIOD I									
MESOCYCLE 4		10 WEEKS	02.03.	04.13.					
MICROCYCLE A	6 / 8.	A1 / A3	02.03.	02.19.	PORTUGAL	Tr.camp 02.03 - 02.19	02.17 MONDAY		
MICROCYCLE B	9 R	B1 / REST	02.20.	03.02.	ROTTERDAM				
MICROCYCLE C	10 / 12.	C1 / C2	03.03.	03.19.	PORTUGAL	Tr.camp 03.03 - 03.19	03.17 MONDAY		
MICROCYCLE D	13 R	D1 / REST	03.20.	03.30.	ROTTERDAM				
MICROCYCLE E	14.	E1	03.31.	04.06.	MILANO / I	INTER. 04.04 - 04.06			
MICROCYCLE F	15 R	F1 / REST	04.07.	04.13.	ROTTERDAM				
ESPECIFIC PERIOD II									
MESOCYCLE 5		7 WEEKS	04.14.	06.01.					
MICROCYCLE A	16 / 17.	A1 / A2	04.14.	04.27.	ROTTERDAM				
MICROCYCLE B	18 R	B1 / REST	04.28.	05.04.	ROTTERDAM		04.28 MONDAY		
MICROCYCLE C	19	C1	05.05	05.11	ROTTERDAM				
MICROCYCLE D	20	D1	05.12	05.18	SZEGED	05. 15-18 I WORLD CUP			
MICROCYCLE E	21	E1	05.19	05.25	POZNAN	05. 12-25 II WORLD CUP			
MICROCYCLE F	22 R	F1 / REST	05.26.	06.01.	ROTTERDAM				
MESOCYCLE 6		6 WEEKS	06.02.	06.04.					
MICROCYCLE A	23 / 24	A1 / A2	06.02.	06.15.	ROTTERDAM				
MICROCYCLE B	25	B1	06.16	06.22	RACICE	EUROP. CHAMP. SEN.	06.16 MONDAY		
MICROCYCLE C	26 / 27.	C1 / C2	06.23	07.06	ROTTERDAM				
MESOCYCLE 7		4 WEEKS	07.07.	08.03.					
MICROCYCLE A	28 / 30	A1 / A3	07.07.	07.27.	ROTTERDAM		07.21 MONDAY		
MICROCYCLE B	31 R	B1 / REST	07.28.	08.03.	ROTTERDAM				
COMPETITIVE PERIOD									
MESOCYCLE 8		3 WEEKS	08.04.	08.24.					
MICROCYCLE A	32 / 33.	A1 / A2	08.04	08.17	BYDGOSZCZ	Tr.camp 08.04 - 08.19	08.15 FRIDAY		
MICROCYCLE B	34	B1	08.17	08.24	MILANO / I	WORLD CHAMP. SEN.			
MICROCYCLE C		C / REST	08.25.		ROTTERDAM				
RECONSTRUC. PERIOD									
ACTIVE REST									HP Head Coach Z.SZUBSKI