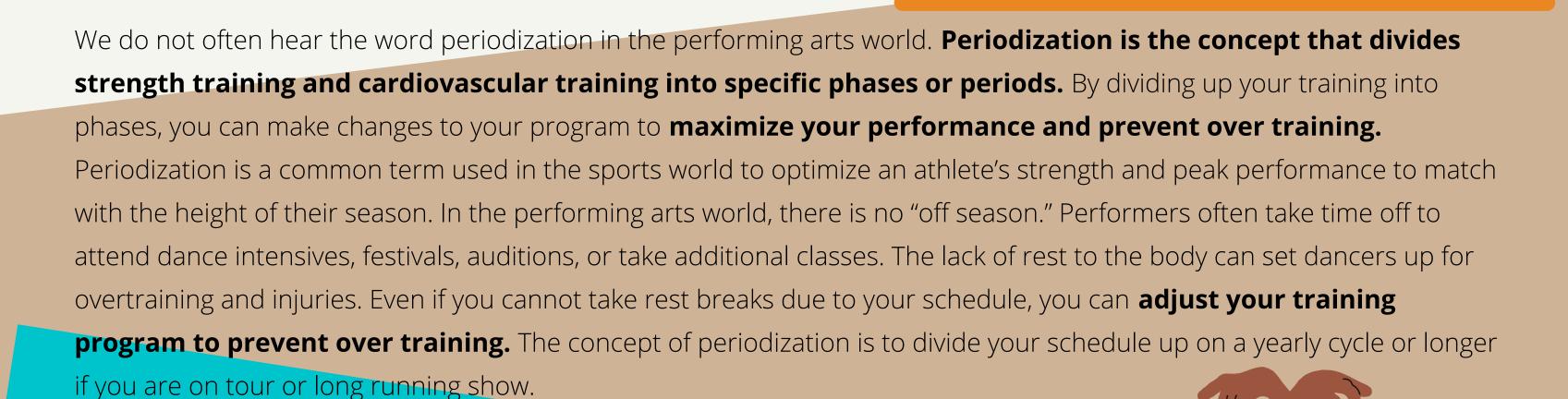
FEEL GOOD FRIDAY WEEK 10

PERIODIZATION

October 23, 2020 Marisa Hentis & Leanna Bremond



PHASES

1. Preparatory Phase: 2-4 weeks

Goal: Tune into the body, improve alignment and mental strength

Time Frame: Prepare to return to classes/rehearsals

2. Build-Up Phase: 3-5 weeks

Goal: Increase the resistance and strength

Time Frame: Either prior to rehearsals or during rehearsals

3. Maintenance: during performance season or semester

Goal: Condition to keep what you have gained **Time Frame**: During performance season

4. Deconditioning / "Rest": 2-3+ weeks 2-3x/year

Goal: Allow the body to rest. You may continue to condition but rest from dance **Time Frame**: Occurs if/when we get a break