

Pete Fraser Fitness - Amateur to Athlete 10 Week Programme

Training Overview											
Month		January/February				February			March		
Week		1	2	3	4	5	6	7	8	9	10
Periodisation Phase		General Physical Preparation Phase				Specific Physical Preparation Phase					
		Movement competency, general strength				Maximum Strength			Explosive Strength		
Gym Work	Prehabilitation	█		█		█					
		█		█		█		█			
	General Strength	█		█		█					
		█		█		█					
Maximum Strength					█		█		█		█
				█		█		█		█	
Functional Explosive Strength									█		█
									█		█
Outdoor Work	Extensive	█		█		█		█			
		█		█		█		█			
	Intensive					█		█		█	
						█		█		█	