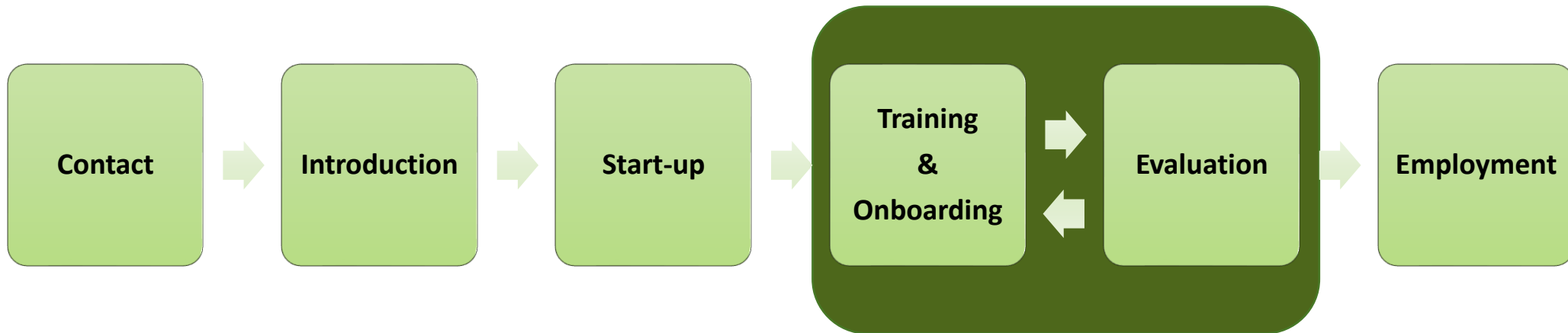


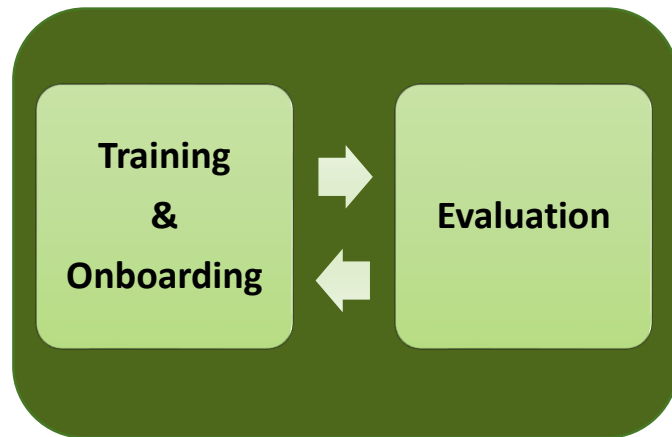
Modular training



Creating a training plan



Modular approach



- Best for short cycles
- Break down training to fit the cycles



Creating modules

General examples



Categorize training

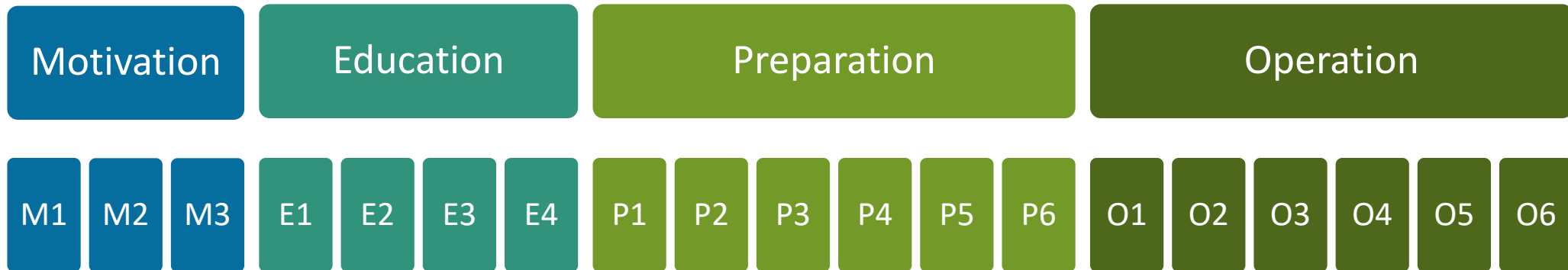
Motivation

Education

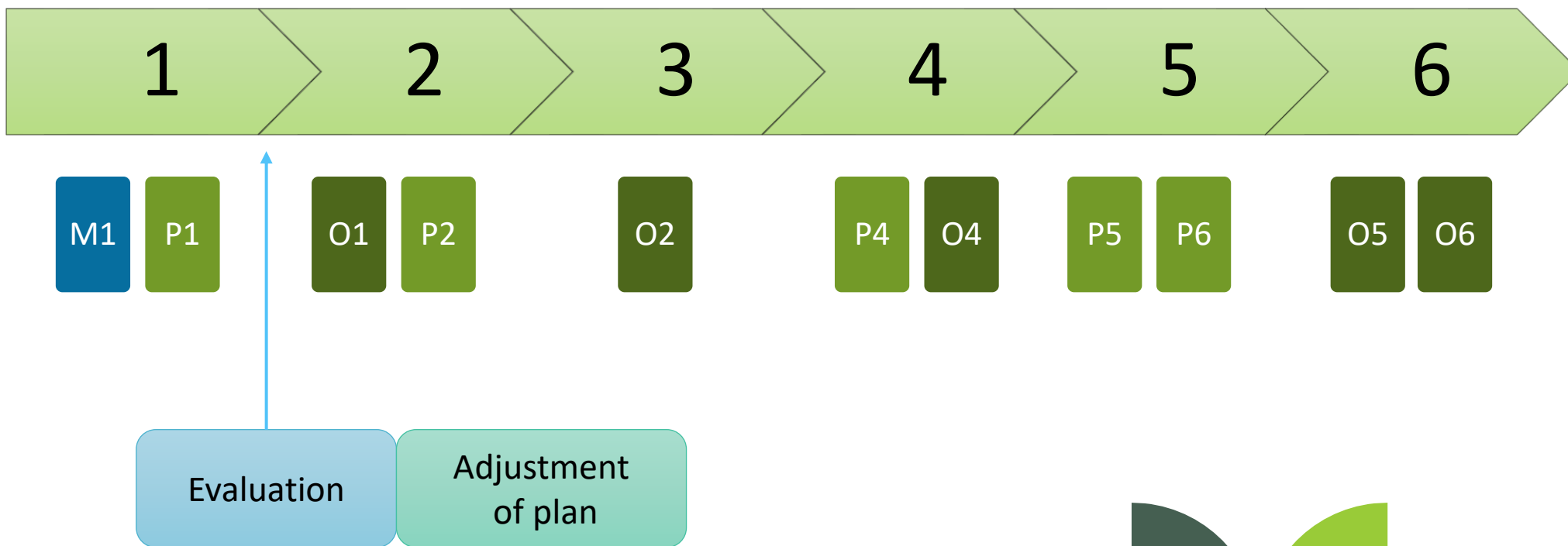
Preparation

Operation

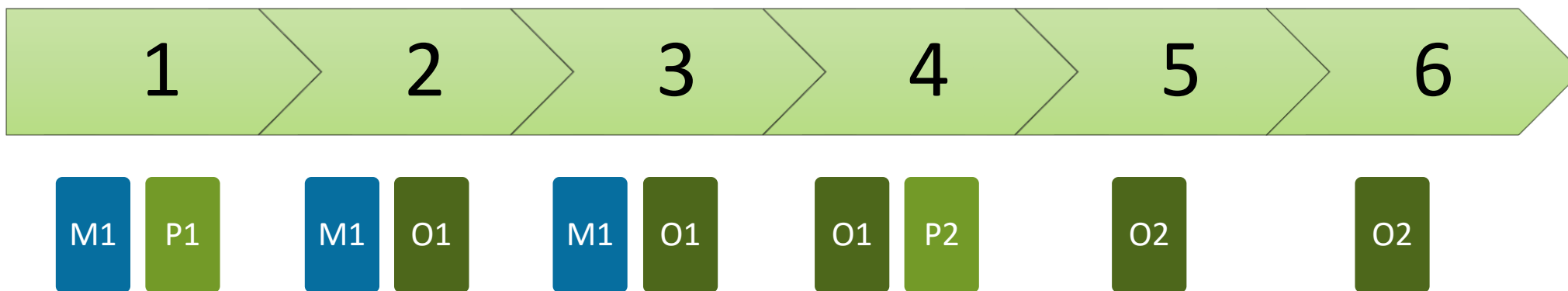
General example of modules



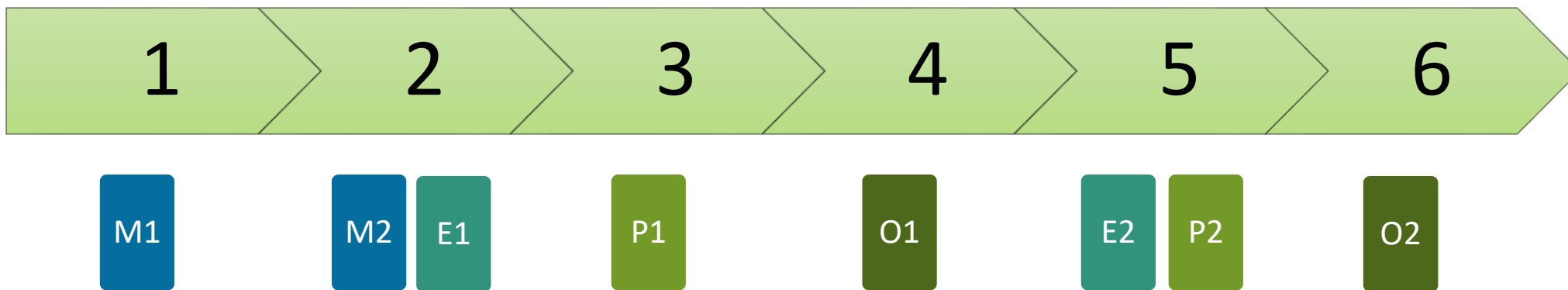
Example of a plan



Example of adjustment



Example 2



Example 3

