

# Garage Strength - Parabolic Periodization: Sport Planning and Technical Literacy













You have grown your team. And they LOVE you for all the advice and support you have given them. Now its time to transform your athletes into CHAMPIONS.

One of the most difficult aspects behind developing strength and power athletes is figuring out WHAT will help an athlete to perform and HOW to make positive change. More often than not, coaches are misguided in their programming and technical literacy.

Are you wasting time writing programs for athletes and competitors who perform below expectations at the big event?

In the end you never know what progress, if any, your athletes are making, because you are not in control of the outcome. BUT YOU CAN BE!

## Proof Content

	1. Welcome to the course!			88.1 MB
	2. Part I Theory			1.8 GB
	3. Part II Identifying Athletes			3.4 GB
	4. Additional Resources			2.5 MB