

## ***Programming Structures for the High School Performance Program***

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*This presentation will discuss various programming methodologies utilized in the high school setting along with the background information & benefits behind each method, which includes:*

- Linear Periodization*

- 1x20*

- APRE*

- Triphasic*

- Clusters*

- Undulating*

*This presentation will also discuss how each of these methodologies can be implemented into your performance program.*