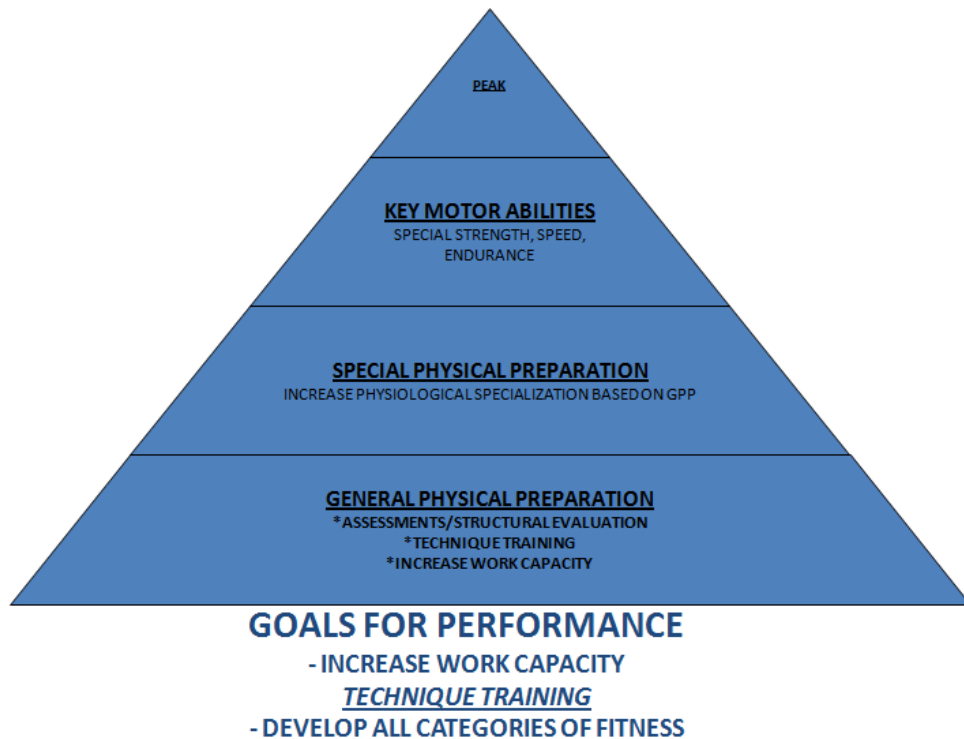


## Appendix 3.1.1

### The Physical Preparedness Pyramid



### **PHYSICAL PREPAREDNESS**

**\*\*PREPAREDNESS IS COMPLETELY BASED ON THE FIRST VARIABLES DUE TO INSTABILITY, I.E., IT CAN ONLY BE A STABLE VARIABLE IF TRAINED PROPERLY**

**\*\*adapted from Periodization: Theory and Methodology of Training, Bompa and Haff, 5<sup>th</sup> edition, 2009**

**Supertraining. Y. Verkhoshansky & M. Siff, 6<sup>th</sup> ed. 2009**

---