## ARETE THROWS NATION- STRENGTH TRAINING FOR THROWERS

	Macro Cycle ANNUAL BLOCK SCHEDULE																			Sea Ope	ison ener	1			Mid Season				league CIF CIF Masters				State	State									
CA High School Elite	september			_	October 3 10 17 24			L 24	Novem			_	-	December 5   12   19   26		January			1 20	February 6 13 20 27			_	march			1 22			april 10 17 24				_	may				une	Lac			
Realization	5	12	19	26	3	10	17	24	31	/	14	21	28	5	12	19	26	2	9	16	23	30	ь	13	20	27	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26
Transmutation																																											
Accumulation	STAGE 1 STAGE 2														STAG	3F 3						5	TAGE	4							STAG	F 5											
		PREPARATION												STAGE 3 STAGE 5  COMPETITION STAGE 5																													