

Periodization references

1. ACSM. Position Stand: progression models in resistance training for healthy adults. *Med Sci Sports Exercise* 2002; 34: 364-380.
2. Adams D et al. Current concepts for anterior cruciate ligament reconstruction: A criterion-based rehabilitation progression. *Journal of Orthopaedic and Sports Physical Therapy* 2012; 42(7): 601-614.
3. Boggenpoel BY, Nel S, Hanekom S. The use of periodized exercise prescription in rehabilitation: a systematic scoping review of literature. *Clinical Rehabilitation* 2018; 32(9): 1235-1248.
4. Bompa TO, Buzzichelli CA. *Periodization Theory and Methodology of Training 6th Ed.* Champaign, IL: Human Kinetics; 2019
5. Buford TM et al. A comparison of periodization models during nine weeks with equated volume and intensity for strength. *Journal of Strength and Conditioning Research* 2007; 21(4): 1245-1250.
6. Gabbett TJ. The training-injury prevention paradox: should athletes be training smarter and harder? *British Journal of Sports Medicine* 2016; 50: 273-280.
7. Harries SK, Lubans DR, Callister R. Systematic review and meta-analysis of linear and undulating periodized resistance training programs on muscular strength. *Journal of Strength and Conditioning Research* 2015; 29(4): 1113-1125.
8. Hoover DL, VanWye WR, Judge LW. Periodization and physical therapy: bridging the gap between training and rehabilitation. *Physical Therapy in Sport* 2016; 18: 1-20
9. House S, Johnston S, Jornet K. *Training for the Uphill Athlete: A Manual for Mountain Runners and Ski Mountaineers.* Patagonia; 2019.
10. Lorenz DS, Reiman MP, Walker JC. Periodization: current review and suggested implementation for athletic rehabilitation. *Sports Health* 2010; 2(6): 509-518.
11. Lorenz DS, Morrison S. Current concepts in periodization of strength and conditioning for the sports physical therapist. *International Journal of Sports Physical Therapy* 2015; 10(6): 734-747.
12. Mann JB et al. The effect of autoregulatory progressive resistance exercise vs. linear periodization on strength improvement in college athletes. *Journal of Strength and Conditioning Research.* 2010; 24(7): 1718-1723.
13. Miranda F et al. Effects of linear vs. daily undulatory periodized resistance training on maximal and submaximal strength gains. *Journal of Strength and Conditioning Research* 2011; 25(7): 1824-1830.
14. Myer GD et al. Neurmuscular training techniques to target deficits before return to sport after anterior cruciate ligament reconstruction. *Journal of Strength and Conditioning Research* 2008; 22(39): 987-1008.
15. Reiman MP, Lorenz DS. Integration of strength and conditioning principles into a rehabilitation program. *Int J Sports Phys Ther* 2011; 6(3): 241-253.
16. Wilson JM et al. Concurrent training: a meta-analysis examining interference of aerobic and resistance exercises. *Journal of Strength and Conditioning Research* 2012; 26(8): 2293-2307.