

MADABOLIC 2025

CYCLE 1	WEEKS	MON	TUES	WED	THURS	FRI	SAT	SUN
	W1 - DEC 30	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W2 - JAN 6	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W3 - JAN 13	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W4 - JAN 20	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W5 - JAN 27	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W6 - FEB 3	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W7 - FEB 10	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W8 - FEB 17	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W9 - FEB 24	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W10 - MAR 3	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W11 - MAR 10	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W12 - MAR 17	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
W13 - MAR 24	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	

CYCLE 2	WEEKS	MON	TUES	WED	THURS	FRI	SAT	SUN
	W14 - MAR 31	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W15 - APR 7	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W16 - APR 14	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W17 - APR 21	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W18 - APR 28	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W19 - MAY 5	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W20 - MAY 12	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W21 - MAY 19	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W22 - MAY 26	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W23 - JUN 2	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W24 - JUN 9	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W25 - JUN 16	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
W26 - JUN 23	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	

CYCLE 3	WEEKS	MON	TUES	WED	THURS	FRI	SAT	SUN
	W27 - JUN 30	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W28 - JUL 7	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W29 - JUL 14	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W30 - JUL 21	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W31 - JUL 28	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W32 - AUG 4	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W33 - AUG 11	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W34 - AUG 18	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W35 - AUG 25	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W36 - SEPT 1	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W37 - SEPT 8	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W38 - SEPT 15	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
W39 - SEPT 22	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	

CYCLE 4	WEEKS	MON	TUES	WED	THURS	FRI	SAT	SUN
	W40 - SEPT 29	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W41 - OCT 6	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W42 - OCT 13	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W43 - OCT 20	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W44 - OCT 27	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W45 - NOV 3	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W46 - NOV 10	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W47 - NOV 17	DURABILITY	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM
	W48 - NOV 24	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W49 - DEC 1	ANAEROBIC	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY
	W50 - DEC 8	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
	W51 - DEC 15	MOMENTUM	MOMENTUM	DURABILITY	ANAEROBIC	MOMENTUM	DURABILITY	ANAEROBIC
W52 - DEC 22	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	CHRISTMAS DAY	DELOAD WEEK	DELOAD WEEK	DELOAD WEEK	

52 WEEK SEQUENCE