

MADABOLIC

2026 52-WEEK SEQUENCE

| CYCLE 1 | WEEK         | MON        | TUES       | WED        | THURS      | FRI        | SAT        | SUN        |
|---------|--------------|------------|------------|------------|------------|------------|------------|------------|
|         | W1 - DEC 29  | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W2 - JAN 5   | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W3 - JAN 12  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W4 - JAN 19  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W5 - JAN 26  | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W6 - FEB 2   | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W7 - FEB 9   | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W8 - FEB 16  | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W9 - FEB 23  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W10 - MAR 2  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W11 - MAR 9  | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W12 - MAR 16 | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W13 - MAR 23 | DELOAD     | DELOAD     | DELOAD     | DELOAD     | DELOAD     | DELOAD     | DELOAD     |

| CYCLE 2 | WEEK         | MON        | TUES       | WED        | THURS      | FRI        | SAT        | SUN        |
|---------|--------------|------------|------------|------------|------------|------------|------------|------------|
|         | W14 - MAR 30 | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W15 - APR 6  | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W16 - APR 13 | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W17 - APR 20 | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W18 - APR 27 | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W19 - MAY 4  | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W20 - MAY 11 | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W21 - MAY 18 | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W22 - MAY 25 | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W23 - JUN 1  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W24 - JUN 8  | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W25 - JUN 15 | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W26 - JUN 22 | DELOAD     | DELOAD     | DELOAD     | DELOAD     | DELOAD     | DELOAD     | DELOAD     |

| CYCLE 3 | WEEK          | MON        | TUES       | WED        | THURS      | FRI        | SAT        | SUN        |
|---------|---------------|------------|------------|------------|------------|------------|------------|------------|
|         | W27 - JUN 29  | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W28 - JUL 6   | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W29 - JUL 13  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W30 - JUL 20  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W31 - JUL 27  | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W32 - AUG 3   | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W33 - AUG 10  | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W34 - AUG 17  | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY |
|         | W35 - AUG 24  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W36 - AUG 31  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   |
|         | W37 - SEPT 7  | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W38 - SEPT 14 | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC  |
|         | W39 - SEPT 21 | DELOAD     | DELOAD     | DELOAD     | DELOAD     | DELOAD     | DELOAD     | DELOAD     |

| CYCLE 4 | WEEK          | MON        | TUES       | WED        | THURS      | FRI           | SAT        | SUN        |
|---------|---------------|------------|------------|------------|------------|---------------|------------|------------|
|         | W40 - SEPT 28 | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM      | ANAEROBIC  | DURABILITY |
|         | W41 - OCT 5   | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM      | ANAEROBIC  | DURABILITY |
|         | W42 - OCT 12  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC     | DURABILITY | MOMENTUM   |
|         | W43 - OCT 19  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC     | DURABILITY | MOMENTUM   |
|         | W44 - OCT 26  | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY    | MOMENTUM   | ANAEROBIC  |
|         | W45 - NOV 2   | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY    | MOMENTUM   | ANAEROBIC  |
|         | W46 - NOV 9   | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM      | ANAEROBIC  | DURABILITY |
|         | W47 - NOV 16  | MOMENTUM   | MOMENTUM   | ANAEROBIC  | DURABILITY | MOMENTUM      | ANAEROBIC  | DURABILITY |
|         | W48 - NOV 23  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC     | DURABILITY | MOMENTUM   |
|         | W49 - NOV 30  | ANAEROBIC  | ANAEROBIC  | DURABILITY | MOMENTUM   | ANAEROBIC     | DURABILITY | MOMENTUM   |
|         | W50 - DEC 7   | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY    | MOMENTUM   | ANAEROBIC  |
|         | W51 - DEC 14  | DURABILITY | DURABILITY | MOMENTUM   | ANAEROBIC  | DURABILITY    | MOMENTUM   | ANAEROBIC  |
|         | W52 - DEC 21  | DELOAD     | DELOAD     | DELOAD     | DELOAD     | CHRISTMAS DAY | DELOAD     | DELOAD     |