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periodization. periodization. i apply the program design variables to create a periodized training program. as it applies to a strength and conditioning program.

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as a youth player raymond verheijen (1971) was part of the famous dutch academy structure. unfortunately, the dream of a professional career ended as a chronic injury ...

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raymond verheijen; personal information; date of birth 23 november 1971 (age 45) raymond verheijen (born 23 november 1971) is a dutch professional football coach.

RAYMOND VERHEIJEN - PERIODIZATION IN FOOTBALL

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raymond verheijen is recognized as the global leader in football conditioning and has successfully introduced his unique football-specific approach all over the world.

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this page will be dedicated to periodization in soccer fitness ... i was immersed in the 6 week periodization model for football fitness as taught by raymond verheijen.

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-RAYMOND VERHEIJEN- - WORLD FOOTBALL ACADEMY

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raymond verheijen: it was 1997 and i was 26 at that time, and finally doing what i had dreamed of – working at the highest level in top football. because i

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