

Guest Seminar

Periodization 週期性訓練

With:

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Founder of SPORTlight



Date: 10 April, 2025

Time: 2:30pm - 4:30pm

Location: SMC701

Medium of Instruction: Cantonese with English

- What is Periodization?
什麼是週期性訓練?
- Different Models of Periodization
不同模式的週期性訓練
- How to monitor our training goal?
如何監控訓練目標?



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HKBU - BA(Hons) in PERM
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HKBU-SCE - CPT
Former HKG Handball team*



Register Now!

Plan Smart, Train Hard, Perform Better. Master the Art of Periodization!