



Audi Navigation System plus (PNS-E)

Operating Manual



A6 Audi Navigation Plus Manual

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 mesocycles are fundamental organizational planning elements used throughout periodization the larger period of training is
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 weeks would be to build up muscular endurance for the first 4 weeks you might train 4 times a week doing between 12 15
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 can be a trimester a semester or a whole season if the training is carried out during a complete season it usually consists of
 one two or three macrocycles at the most within the macrocycle three distinct parts can be distinguished

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