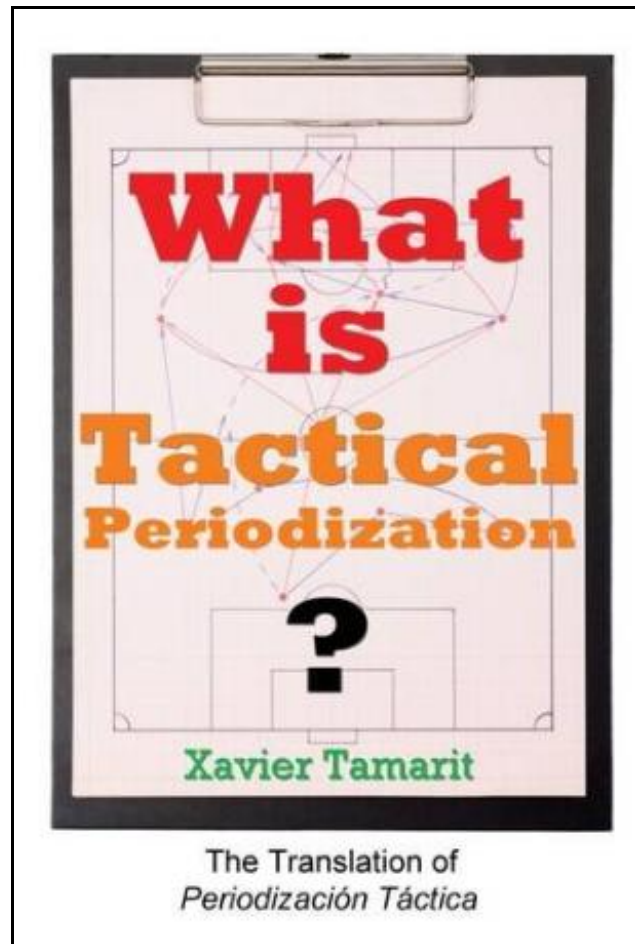


## What Is Tactical Periodization?



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## WHAT IS TACTICAL PERIODIZATION?



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