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Inverse Variation & Reciprocal Function Graphing Practice

For problems 1-4, use the transformations described to identify a, h and k and to write the equation of the transformation of the reciprocal function in the form $y = \frac{a}{x-h} + k$ OR

$$y = a \cdot \frac{1}{x-h} + k$$

1. The graph is shifted right 4 units and up 5 units

a =

h =

k =

Equation: $y =$

2. The graph is stretched vertically by 2 units and shifted down 4 units

a =

h =

k =

Equation: $y =$

3. The graph is reflected across the x-axis and shifted down 7 units and left units

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web nov 19 2022 the macrocycle this is the most general of the three organisational units in training planning its duration 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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web aug 2 2021 to start you need to know the basics which is the three cycles of periodization training macrocycle mesocycle and microcycle in this post we are going to explain what periodization is and how the macro meso and micro cycles relate to it

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web dec 2 2013 football macrocycle post season this is the time when athletes recover from their demanding season michael oher exercise nutrition circuit training fun games i.e. flag football sand volleyball indoor soccer golf rest and recovery lift 1 day a week and play recreational games easiest time to gain weight

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web this study aimed to assess changes in the body composition of professional football players during the macrocycle of the spring round of the football championship and to identify the correlation between nutrition knowledge and maintaining body composition the study included 38 football players

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web each macrocycle might last between 3 and 6 weeks for the sake of ease we'll assume that each cycle lasts for a calendar month the training objectives and methods vary within each cycle and there's an important reason for this

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web a macrocycle refers to your season as a whole a mesocycle refers to a particular training block within that season e.g. the endurance phase a microcycle refers to the smallest unit within a mesocycle e.g. usually a week of training

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web apr 14 2020 football microcycle with 2 official competitions separated for 6 days this video describes six fundamental aspects of the training microcycle organization

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web program goals increase intensity and power output through multi-joint explosive training increase strength and neuromuscular stimulation by using a five-week periodized program increase lean muscle tissue learn olympic lifts and explosive movements prepare muscles and connective tissue for more specialized phases

