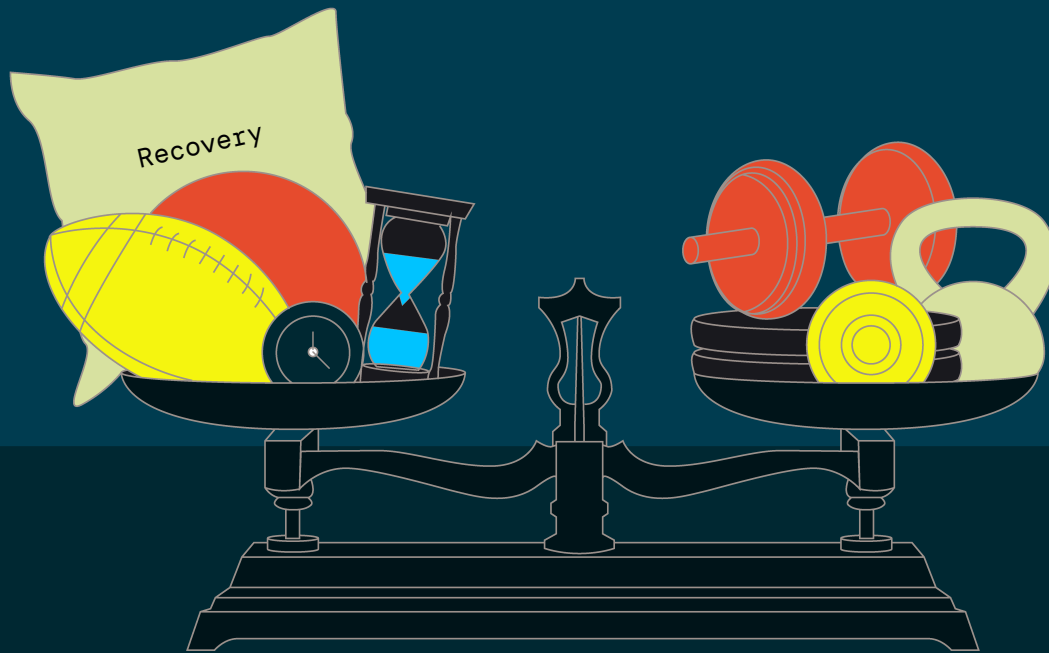




IN-SEASON MICRODOSING TOOLKIT

Adapted from Stephanie Grubbs

[SEE PRESENTATION](#)

Overview

This toolkit breaks down a practical microdosing framework for in-season training, with a detailed weekly structure for a two-game-per-week schedule and principles that scale to one game or daily competition

MICRODOSING CORE PRINCIPLES: DEVELOPING A FRAMEWORK

Microdosing divides total training volume within a microcycle across frequent, short-duration bouts. How that looks in practice depends on competition density.

With one game a week, a traditional strength session can sit alongside smaller microdosing days. With two games a week, every exposure becomes a focused pre-practice session of 15 to 30 minutes.

Across all formats, the principle is the same: keep sessions short, concentrate each day on a single theme, and match intensity to proximity to competition.

Questions you need to ask yourself before you start

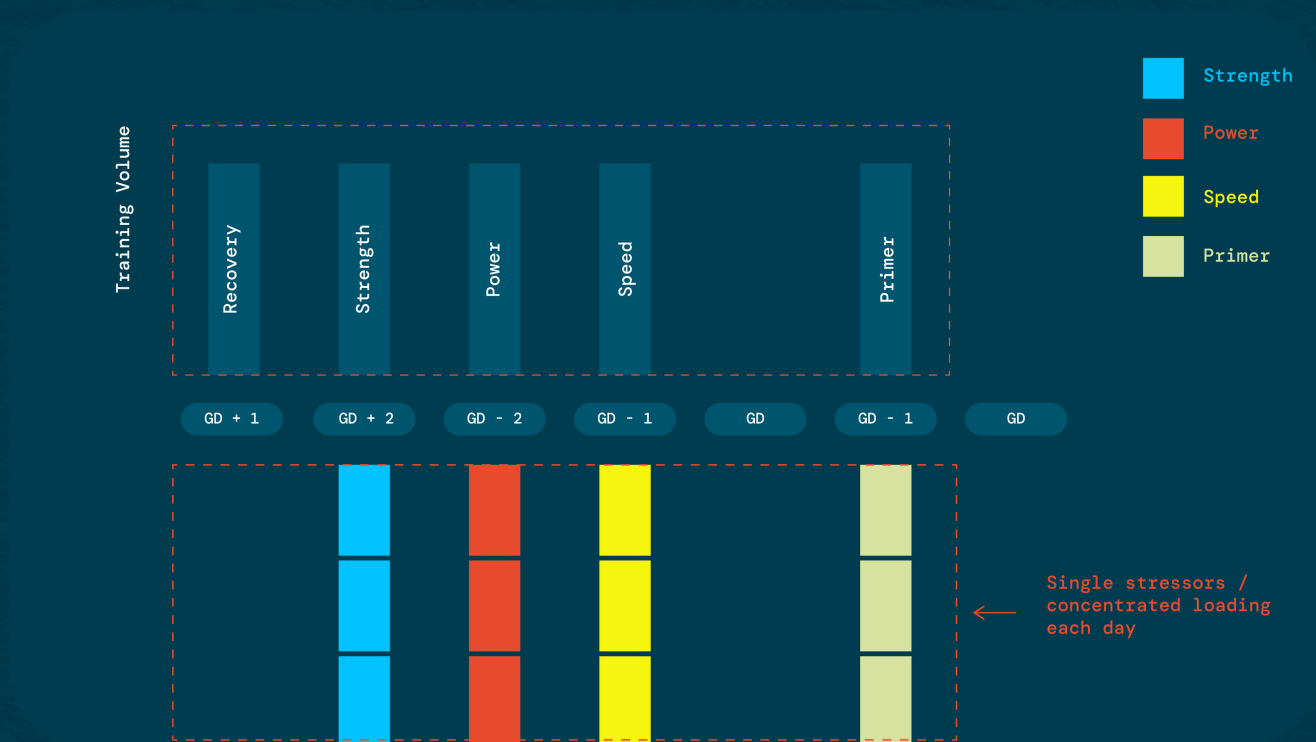
- How much time will the sport coach allocate, and does it sit before or after practice?
 - How many games per week, and how predictable is the pattern?
 - How close is the weight room to the court or field, at home and on the road?
 - Do you have appropriate equipment and staffing?
 - What is the training age of your athletes, and do different roles need different doses?
-

THE WEEKLY FRAMEWORK: 2 GAMES PER WEEK

This model suits any sport with a predictable two-game schedule (e.g. Friday and Sunday). All training exposures happen pre-practice and function as a neural ramp-up combined with a shortened warm-up. Because the schedule is consistent, each day carries a single concentrated stressor rather than trying to cover multiple qualities in one session.

Further from game day, bias towards strength. Closer to game day, bias towards speed and neural priming.

TWO GAME WEEK SESSION STRUCTURE AND GUIDANCE



PROGRAMMING PRINCIPLES

Session duration decreases as game day approaches.

Use VBT to prescribe loads in season. Prescribing off velocity bands rather than fixed percentages allows you to account for normal peaks and valleys in readiness across the week.

Force plate testing can be embedded into the pre-practice window without requiring a separate testing session. This gives you a constant evaluation of readiness rather than a single weekly snapshot.

Stop sets or reduce load if movement quality drops. The intent of microdosing is maximal quality from a minimal dose, not volume accumulation

Day	Emphasis	Example exercises
MON GD+1	Regen and off day. Re-establish psychological, physiological, and emotional baseline.	Active, passive, and proactive recovery methods
TUE GD+2 25–30 min	Furthest from competition. High-force work with heavier loads. This is the biggest loading stimulus of the week.	Clean variation, squat, Nordics
WED GD-2 20–25 min	Concentric-biased and unilateral work. RFD emphasis. Recovery cost drops compared to the strength day.	Trap bar deadlift (concentric bias), unilateral work
THU GD-1 15 min	Jumps and throws to ramp the nervous system. Volume low, intent high.	Loaded jumps, med ball throws and slams
SAT GD-1 10–15 min	Neural recharge. Short, fast, sharp. Fire the CNS without adding meaningful fatigue.	Speed cleans, box jumps, accelerated jumps

*2 game week schedule (Friday & Sunday)

MICRODOSING PROS & CONS

Pros

- Minimal effective dose
- More efficient way to warm-up prior to practice
- Higher exposures = constant evaluation of readiness
- Instilling a culture of training importance
- Less movements per session = higher quality and movement mastery
- Better relationship building
- Player availability increases
- Better hormonal response

Cons

- Facility Location can be limited by travel
- Staffing need to be optimal
- Coaches need to be educated and willing to allocate daily time
- Proximity of weight room needs to be close to practice location for transitions
- Must have large amounts of equipment to get athlete through sessions quickly
- Necessary to have multiple programs for starters, reserves, RTP, etc.

Microdosing offers a practical way to maintain training quality across the in-season period without competing with the demands of practice, travel, and competition.

The frameworks in this toolkit are designed to solve real constraints around scheduling and competition density, whether that means one game a week, two, or nearly every day.

By distributing volume across frequent, short exposures, practitioners can sustain strength, support individualization, and reinforce motor learning throughout the season. It is not a replacement for traditional programming. It is another tool in the toolbox.

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