

VII PROFESSIONAL MASTER on TACTICAL PERIODISATION & INTERNSHIPS

January 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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21	22	23	24	25	26	27
28	29	30				

July 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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5	6	7	8	9	10	11
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19	20	21	22	23	24	25
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August 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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16	17	18	19	20	22	22
23	24	25	26	27	28	29
30	31					

September 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30			

October 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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15	16	17	18	19	20	21
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29	30					

December 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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20	21	22	23	24	25	26
27	28	29	30	31		

Data	Program
	Course Kick off - Intro class (9 P.M.)
	E-learning academy
	Synchronous virtual classes (2h)
	Evaluation
	Presential classes
	Internships & presential classes
	Final Project (FP)
	Evaluation meetings

Note 1: The dates on this calendar are subject to possible changes.



INSTITUTO PORTUGUÊS
DO DESPORTO
E JUVENTUDE, I. P.

M1 Vítor Frade's Tactical Periodisation®. An autonomously built knowledge.

M2 Systemic Analysis of the Game of Football.

M2 C Internship - study case 1

M3 Training as an acquisition process, a systemic modeling.

M4 The fundamentation of the Morfociclo Padrão (Pattern Morphocycle) through integrative physiology.

M5 Morfociclo Padrão (Pattern Morphocycle). Study cases and practical applications.

M6 Methodological Principles understood as an "only" principle. Allowing "Articulation of Sense".

M7 Super-principle of Specificity. A categorical imperative.

M8 Tactical Periodisation and Neurosciences meeting the necessity of a PHENOMENOLOGIC conception of the Football Conscience.

M8 C Internship - study case 2

M9 Final Project