

SPORTS AUTHORITY OF INDIA



**ATHLETICS
FEDERATION OF INDIA**

ONLINE SPORTS DEVELOPMENT PROGRAM

TOPIC : PLANNING & PERIODIZATION OF A SEASON

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PLANNING AND PERIODISATION OF A SEASON

Planning the Training Programme

- Long Term plan
- all training should be planned so that it is suitable for the long term development of the athlete's performance



Training Age (years)	1	2	3	4	5	6	7	8	9	10 +
Optimum Biological Age	6-9	8-11	10-13	12-14	13-15	14-16	15-17	16-18	17-19	18-20+

Periodisation

- The training year can be divided into 'periods' of training
- This gives structure, progression and variety to the training
- There are three main periods of training:
 - Preparation
 - Competition
 - Transition
- Periodisation helps in the long term development of the athlete.

Preparation Period

- The first and longest period of training
- Volume of training gradually increases
- The average increase in volume is best done in a series of steps rather than a straight line
 - gives time for the athlete to adapt to the training loads

Competition Period

- Volume gradually reduces
- Specificity (Intensity) increases
- (Build-up) Competition is best training
 - Stabilisation of competition performance
 - Specificity

Transition Period

- “Active rest”
- Reversibility
 - If you don't use it,
You loose it

Line terms of Periodisation



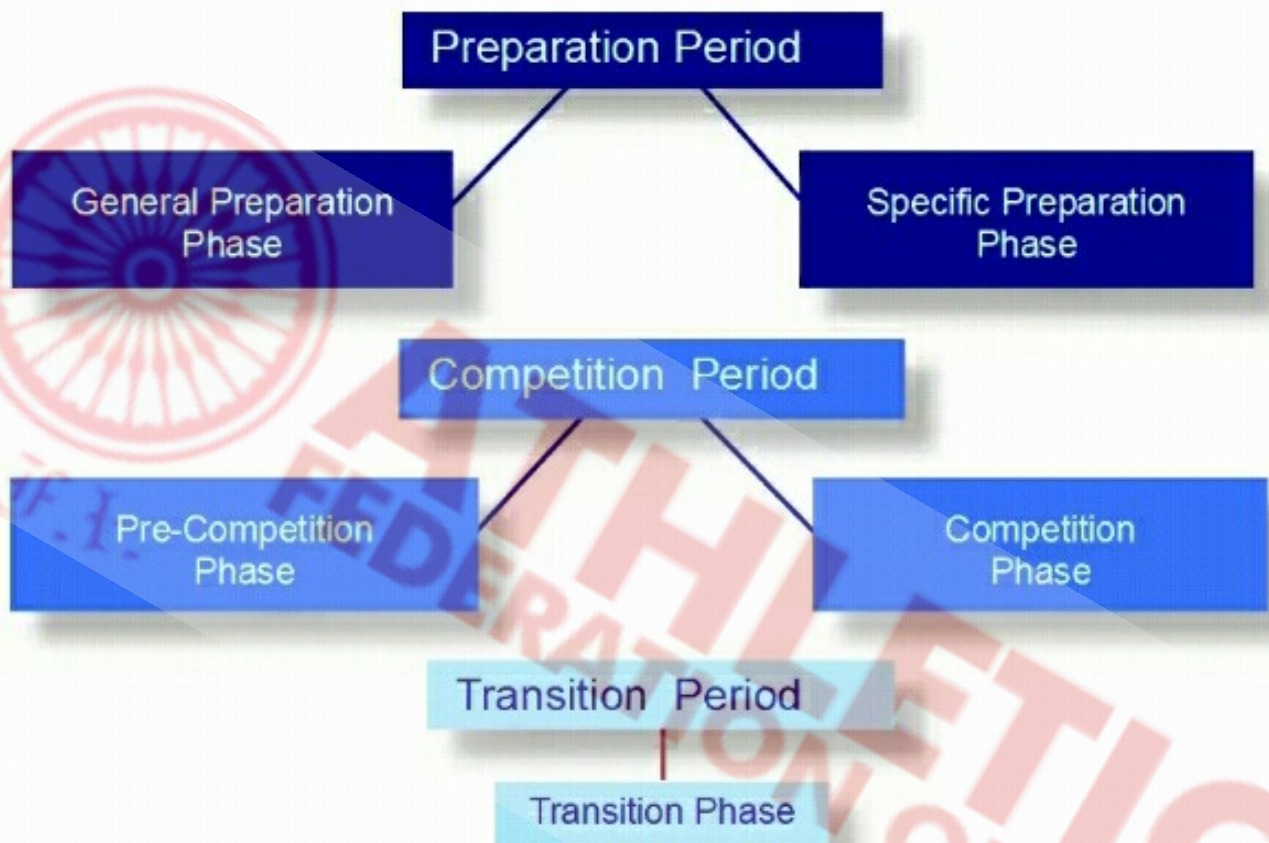
Periodisation - Training Cycles

- **Macrocycle:**
 - Preparation, Competition (and Transition) Periods
 - the time available for preparation up to a major goal or competition
- **Phases:** General Preparation Phase, Specific Preparation Phase, Pre-Competition Phase and Competition Phase
- **Mesocycle:**
 - A series of 3-5 microcycles with a specific objective
- **Microcycle:**
 - shorter training cycle (usually 7 days) sequencing several training sessions

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- **Unit:** a part of a session with a specific objective.

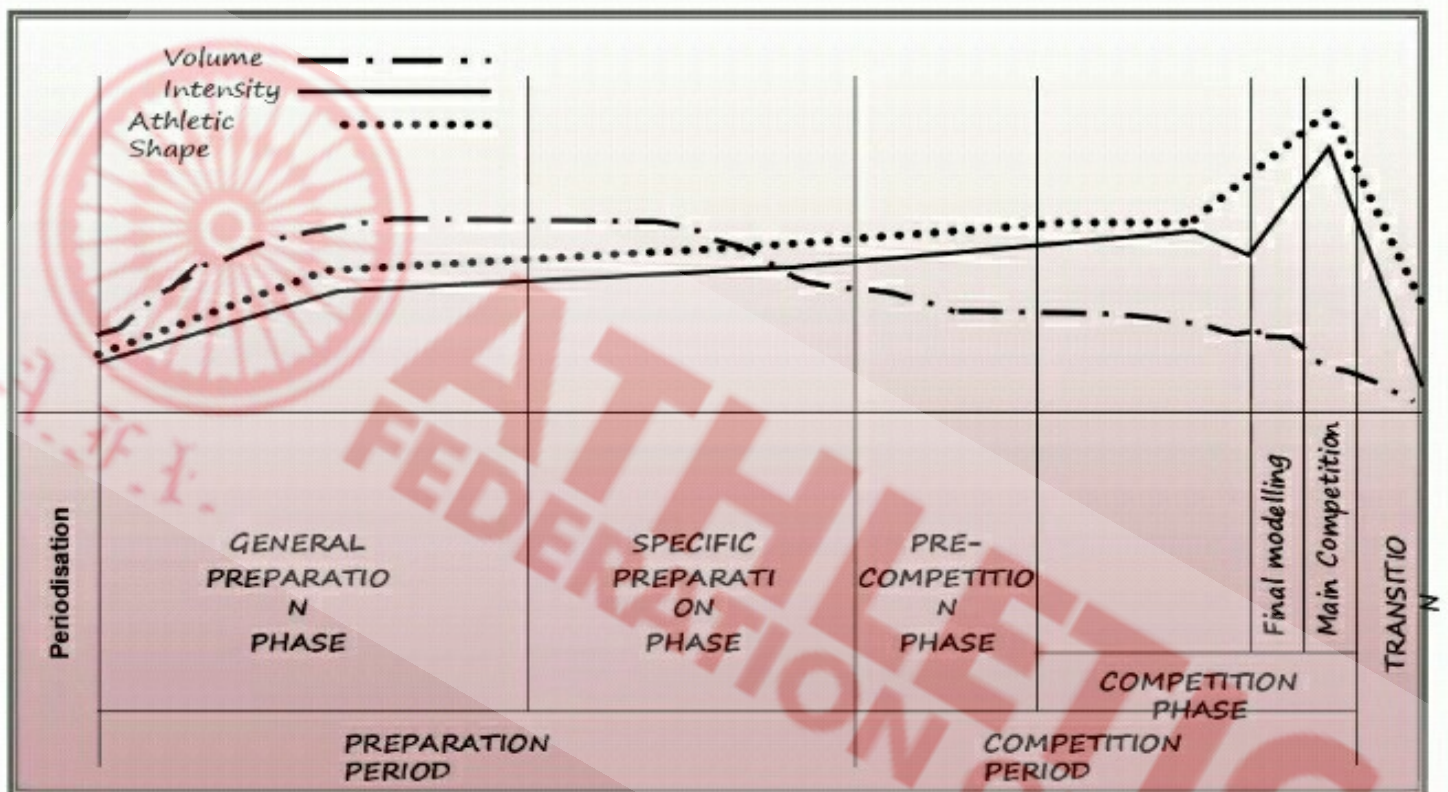
Periods and Phases of the Macrocycle



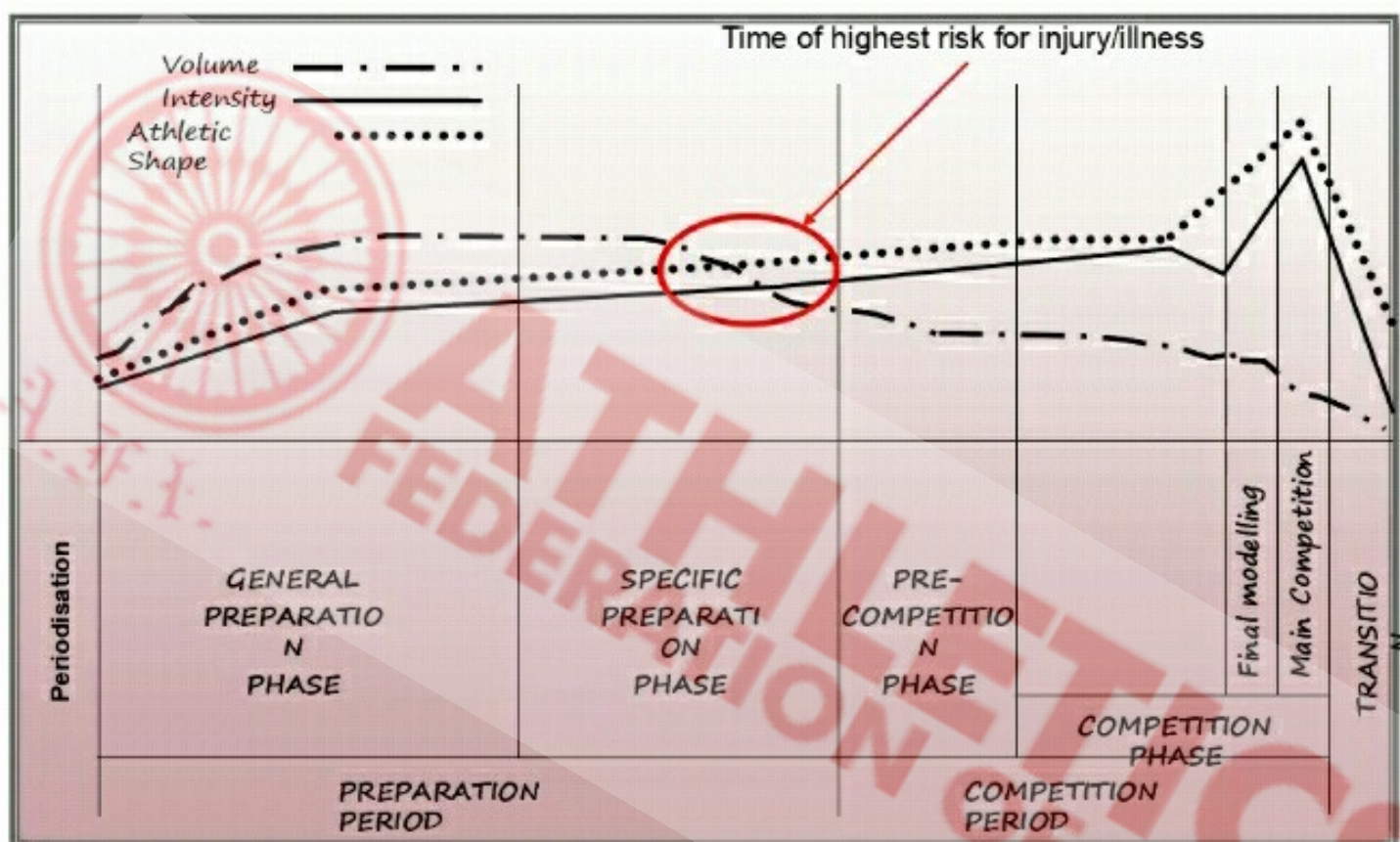
Process of Periodisation

- **Periodisation:**
the division of the overall training programme into durations of time which accomplish different, cumulative, goals
- **Peaking:**
the manipulation of training variables to maximise potential for competition performance, at the right time.

The Macrocycle



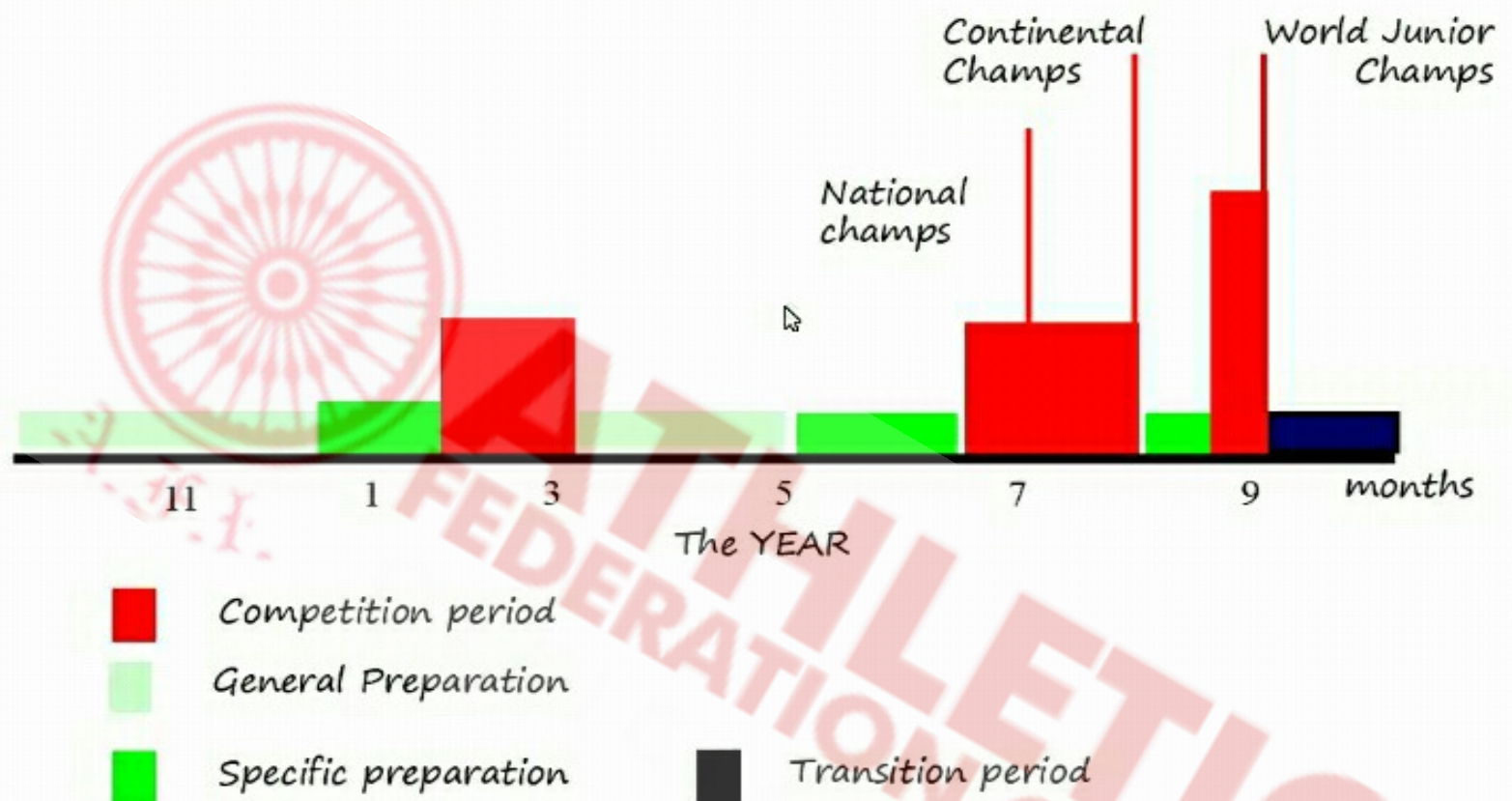
The Macrocycle



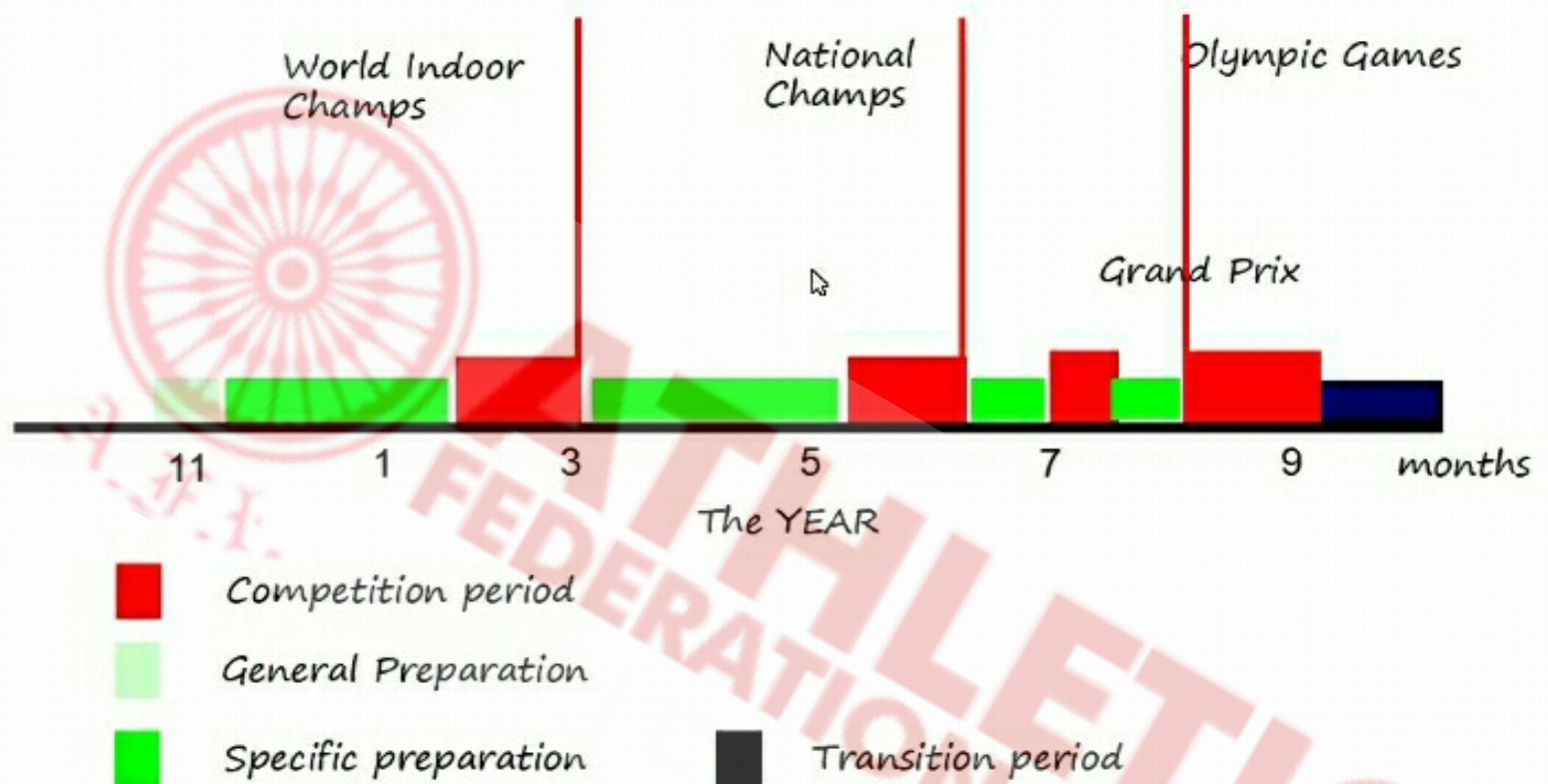
This is how you work

- Structuring the year is the first major step before you start planning of training
- Identify the major competitions
- Decide on the periodisation model (single vs double)

Example I (Junior)



Example II (Top Athlete)



Double Periodization

Northern Hemisphere

	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP
	MACROCYCLE 1					MACROCYCLE 2						
Period:	PREPARATION 1			COMP. 1		PREPARATION 2			COMPETITION 2			TRANS.
Phase:	GPP1		SPP1	PC1	C1	GPP2		SPP2	PC2		C2	
	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY

Southern Hemisphere

*Example of a Double Periodised Year
in either Hemisphere.*

Block periodization

Why block periodization

- Dramatic increase in number of competition.
- Reduction in total volume of training load.
- Multi peaking.

Single vs. Double Periodisation

Single Periodisation

Advantages

- **significantly more time to develop basic performance capacities**
- **plenty of time available for training and recovery**

Disadvantages

- **boredom through lack of variety**
- **potential lack of competitions.**

Single vs. Double Periodisation

Double Periodisation

Advantages

- **provides increases in performance – provided foundation is solid**
- **two opportunities to 'peak' in the year**
- **higher specific training load**
- **more intensive technique training possible**

Disadvantages

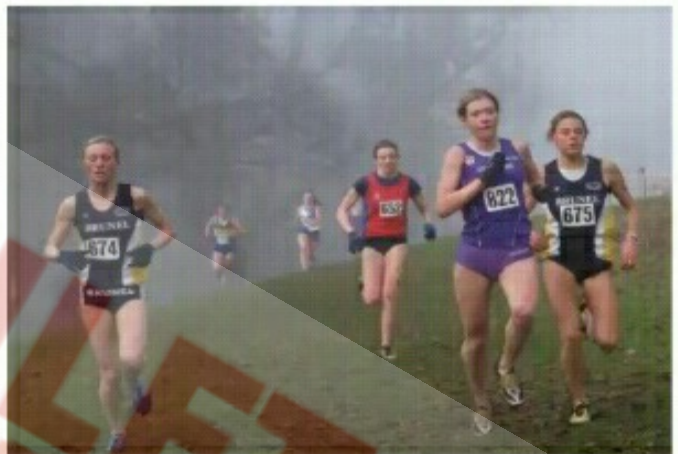
- **there is limited time to acquire basic abilities and performance capacities**
- **the second preparation period is often subject to time pressures**
- **there may be less time for recovery.**

This is how you work

- Determine the number of weeks per phase
- Break it down to mesocycles
- Define the objective per cycle

Decide the objectives and duration of the Periods and Phases

- The objectives and duration of the Periods and Phases will be determined by the stage of Athlete Development
- For an athlete in the Specialisation or Performance stages the objectives will be more event-related and driven by the needs for competition preparation. c



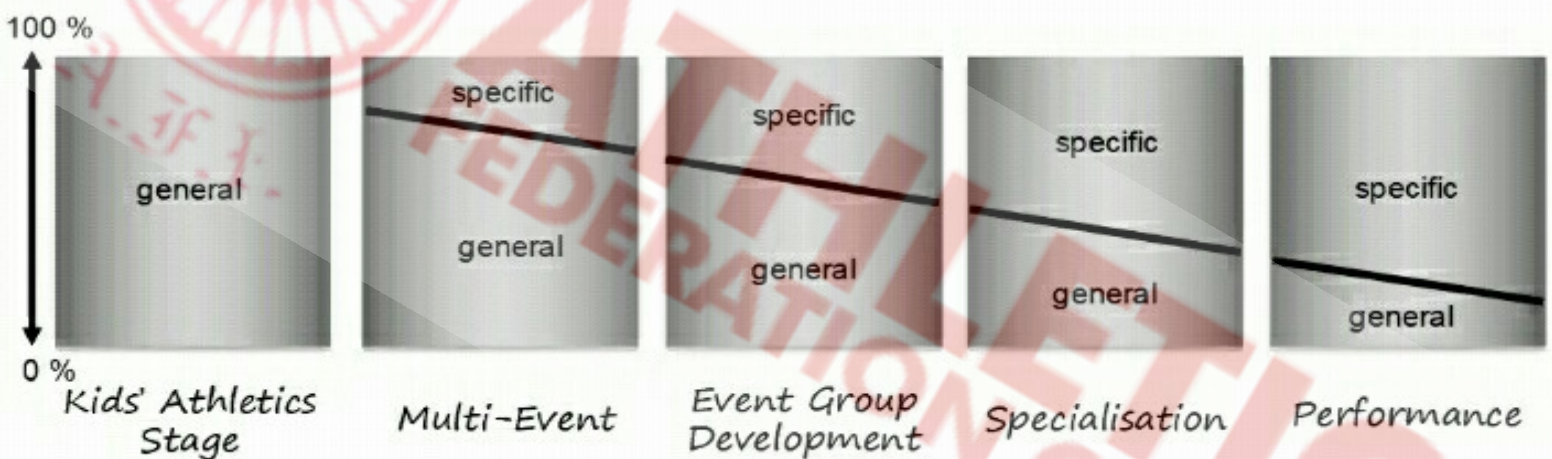
Decide the Duration of Periods and Phases

Relative percentages OF General and Specific Preparation Phases

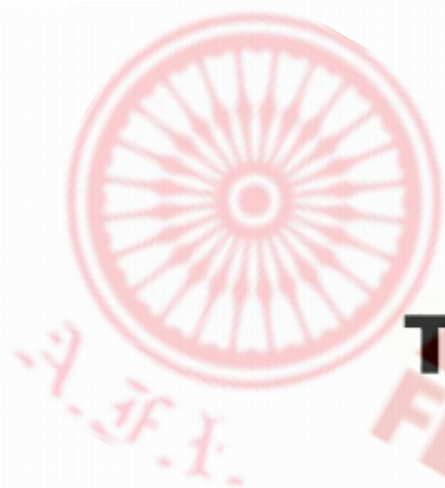
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Decide the Duration of Periods and Phases

Relative percentages OF General and Specific Preparation Phases



THANK YOU



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