

PERIODOSATION

M.P.Ed Unit- IV

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Periodization

- Strategy to promote long-term training and performance improvements with preplanned, systematic variations in training specificity, intensity, and volume organized in periods or cycles within an overall

Periodization

- Periodization involves shifting training priorities *from* non-sport-specific activities of high volume and low intensity *to* sport-specific activities of low volume and high intensity over a period of many weeks to prevent overtraining and optimize performance

Periodizing Your Training Plan

- Dividing up your long-term training program into discreet blocks of time and varying both training intensity and skill set from one block to the next
- Working at different levels of intensity over time improves your overall fitness, teaches you to cope with fatigue both physically and mentally, makes training more enjoyable, lowers your risk of injury and helps you to avoid the dangers of overtraining.

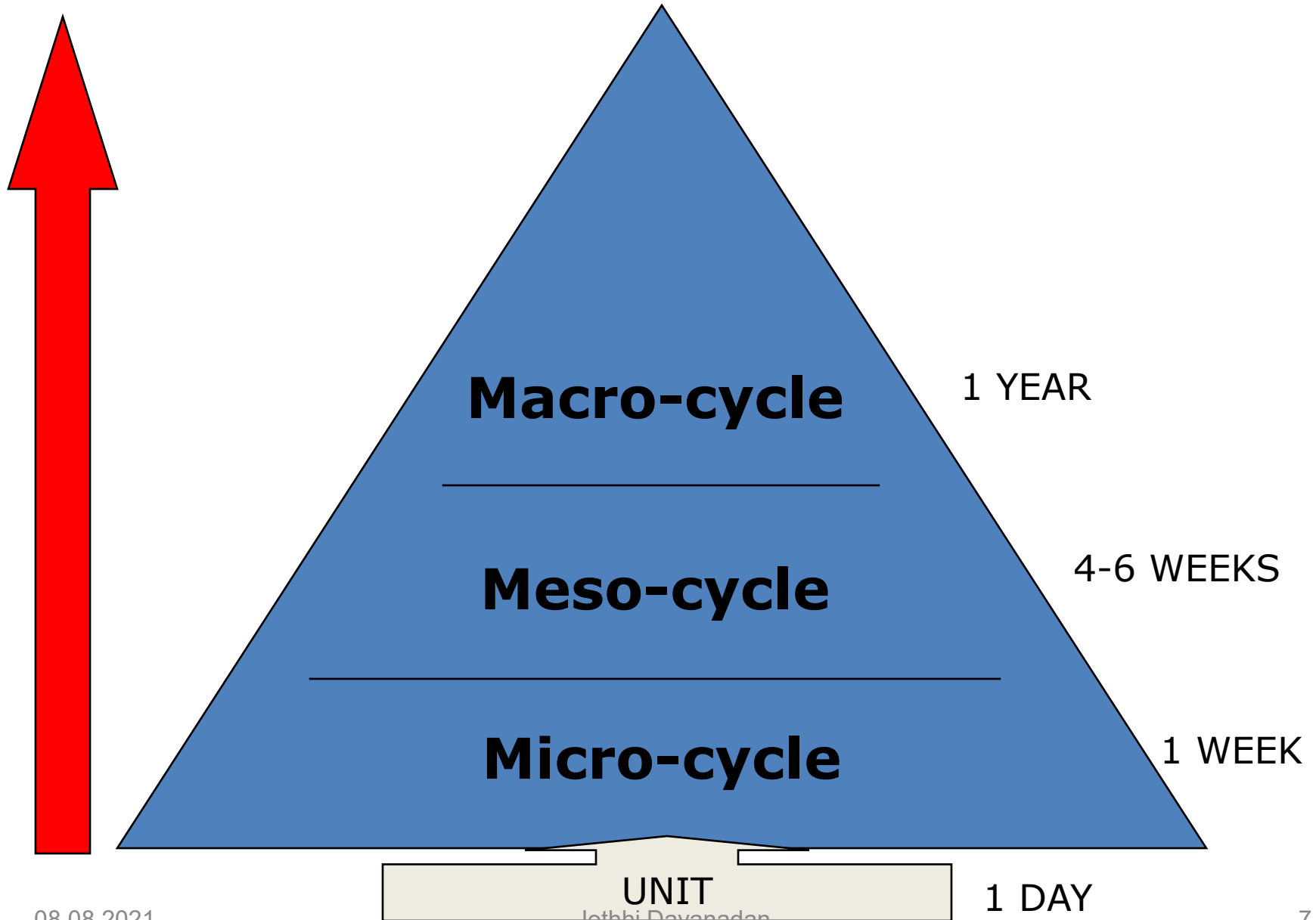
Periodizing Your Training Plan

- Periodization introduces structure and efficiency to your training plan, allowing you to make the most of each workout session
- There's no wasting time on sessions that don't help you to reach your goal, which translates to better performance on event day

Periodizing Your Training Plan

- Periodizing your training plan involves two concepts:
 - Figuring out a workable timetable that fits you and your schedule
 - Selecting the appropriate workouts for each time period that will help you achieve your fitness goals

PERIODISATION



Periodization Cycles

- Three time divisions of a periodized training plan:
 - Macrocycle
 - Mesocycle
 - Microcycle

Macrocycle

- Macro = large
- Typically an entire training year but may also be a period of many months up to four years (for Olympic athletes).

Mesocycle

- Meso = middle
- It is the intermediate increment of time between the largest and the smallest
- There are several mesocycles in a macrocycle
- Each mesocycle lasts anywhere from several weeks to several months

Microcycle

- Micro = small
- The smallest increment of time in the training plan, usually lasting from seven to 14 days (could last as long as four weeks)
- Two or more microcycles make up a mesocycle

Training Period	Typical Length of Time	Characteristics
Macrocycle	One training year	General plan Overall goals
Mesocycle	6-8 weeks	Detailed plan Specific goals
Training Phases	1-3 weeks	Endurance, Hypertrophy, Strength, Power
Microcycles	Daily	Fine adjustments for maintaining goals

Periodization Cycles

- Think of a workout session as the basic building block of the training plan; several workout sessions occur in each microcycle
- Mapping out a periodized training plan involves:
 - Put your goal or event on the calendar and work backward
 - Determine your macrocycle
 - Divide your macrocycle into mesocycles
 - Divide your mesocycles into microcycles
 - Plug workout details into your microcycles

Training Phases Within Cycles

- Preparatory Period
- Transitional Phase
- Hypertrophy/Endurance Phase
- Basic Strength Phase
- Strength/Power Phase
- Competition or Peaking Phase
- Active Rest Phase

Preparatory Period

- Longest phase (up to four months)
- Occurs when there are no competitions
- Emphasis of this period is to establish a base level of conditioning to increase the individuals tolerance for more intense training
- Conditioning activities begin at low intensities and high volumes; **long slow distance running, low-intensity plyometrics, and high-repetition resistance training with moderate loads**

PERIODISATION OF TRAINING

Phases 1 & 2 – PREPARATION

- Phase 1 – General Preparation
 - General fitness work
 - This phase is usually known as “training to train”
- Phase 2 – Specific Preparation
 - Specific fitness, ex. Speed, strength, skills and techniques
 - Intensity of training increases significantly
 - “training to compete”

PERIODISATION OF TRAINING

Phases 3, 4 & 5 - COMPETITION

- Phase 3 (pre-competition/ comp)
 - Beginning of competition season
 - Lots of fine tuning
 - Low level competitions
 - General training is reduced
 - Training is competition specific
- Phase 4 – Competition
 - Competitions will occur every week
 - Leagues are in full flow, races, galas, etc
- Phase 5 – Peak
 - The championship final (nationals, olympics,etc.)

What do you need to think about?

- Establish current year and long term priorities for athlete preparation.
- Consider
 - Physical preparation
 - Technical preparation
 - Tactical preparation
 - Mental preparation
 - Competitions
 - Other

Transitional Phase

- This phase is typically the first week of a mesocycle and is characterized by low-intensity and low-volume training
- It is common to place these weeks following mesocycles that end with high-intensity strength or power phases
- During this week assessments to measure progress should be performed to measure progress and identify adaptations achieved in the previous mesocycle

Preseason

- Leads up to the first event
- Later stages of the preparatory period and first transition period

Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	
Pre-season			In-season								Off-season or Transition	
08.08.2021			Jothi Dayanadan								20	

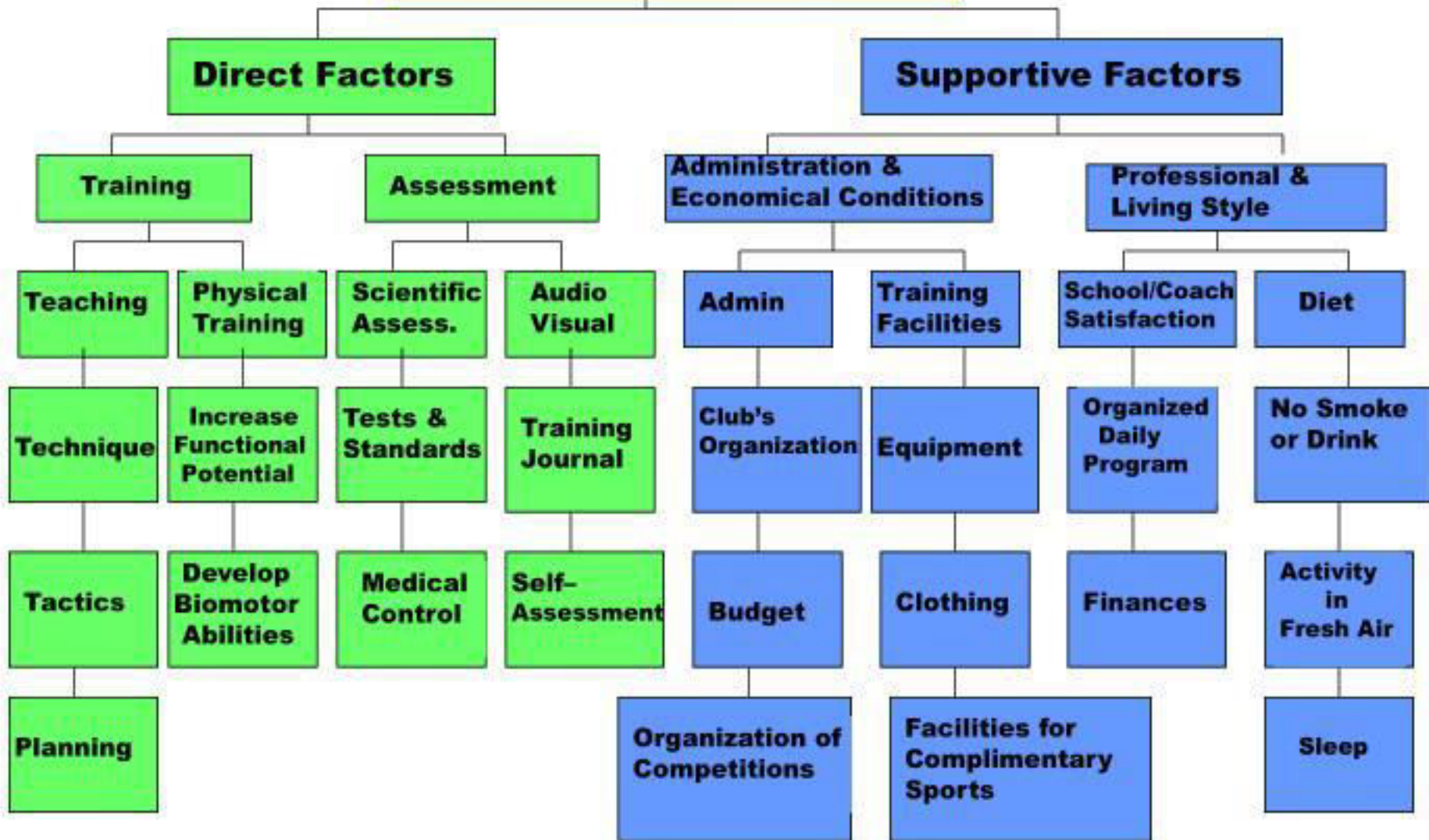
Off-Season

Period between the last event and six weeks (varies) prior to the first event of next year's season

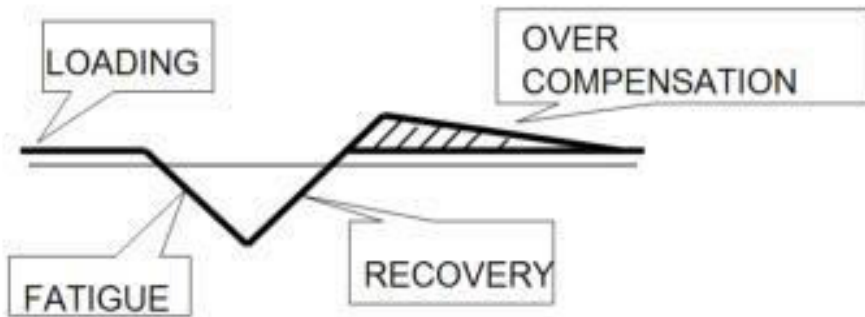
Includes most of the preparatory period

Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Pre-season			In-season								Off-season or Transition
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Factors in Training

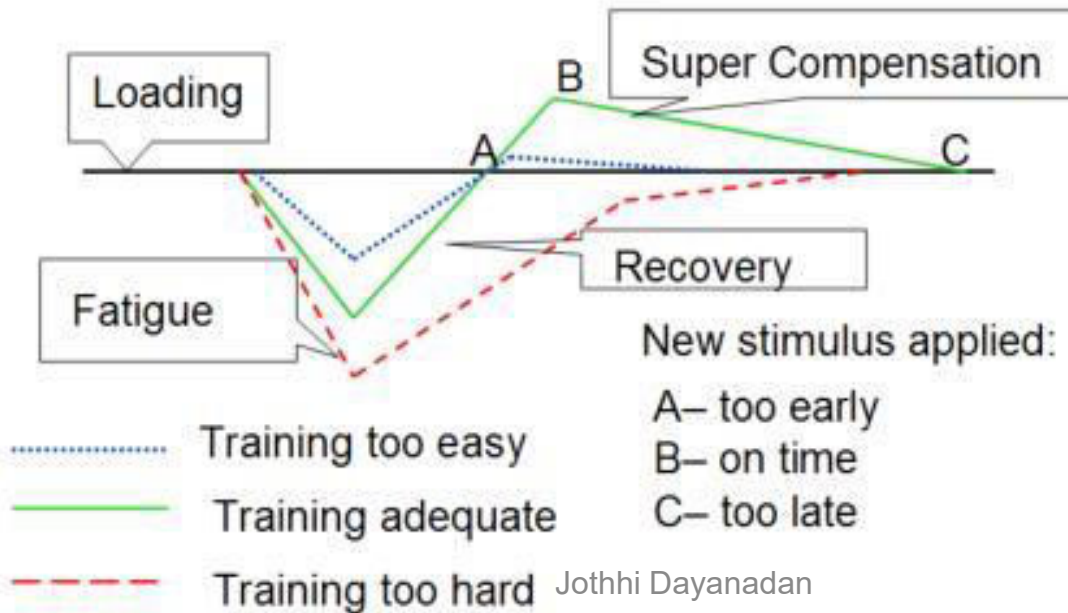


Basic Concepts

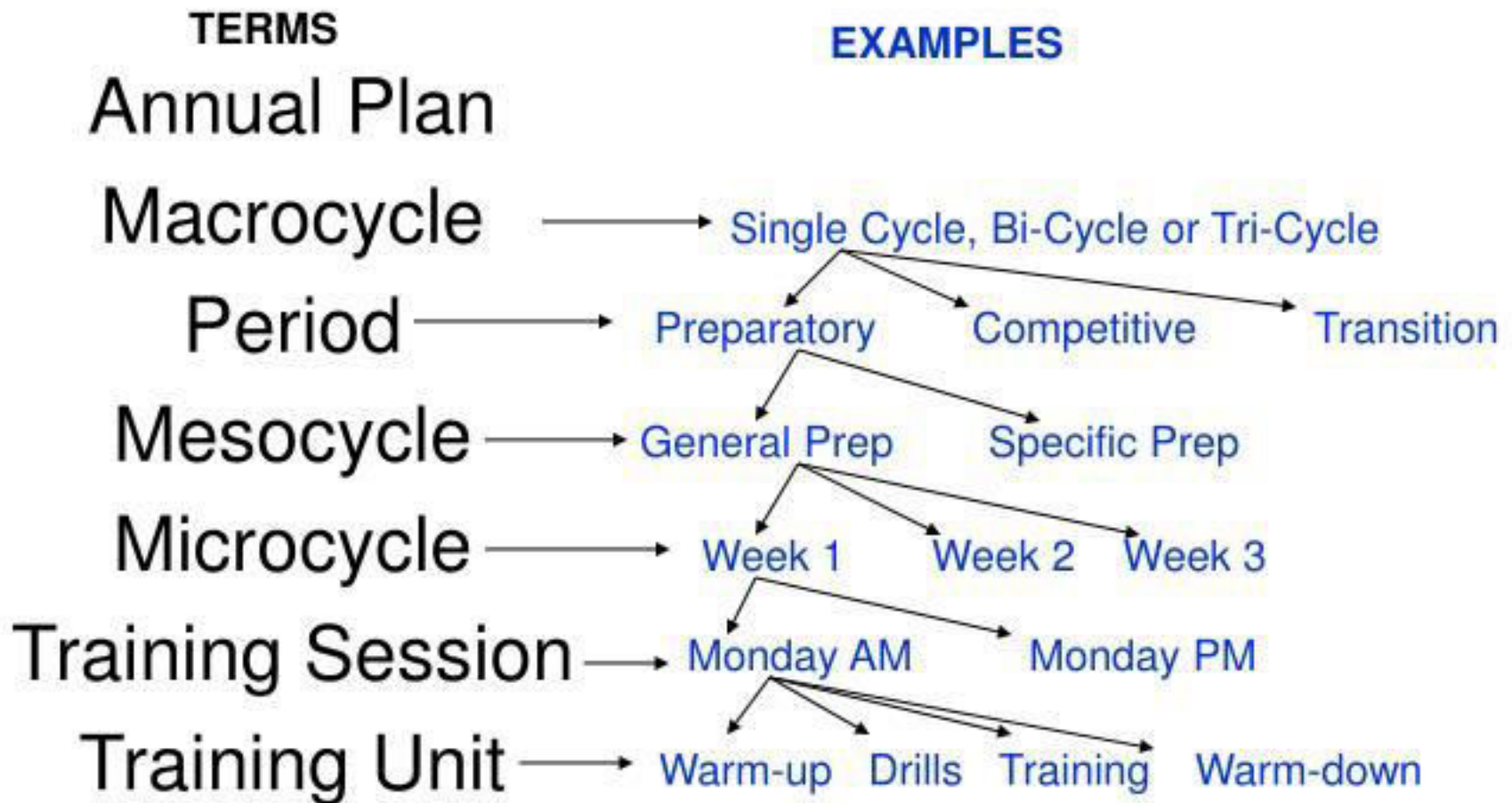


Over-Compensation is what training is all about-

- The athlete loads and recovers and you can take training to a higher level due to improved fitness.



Periodization Flow



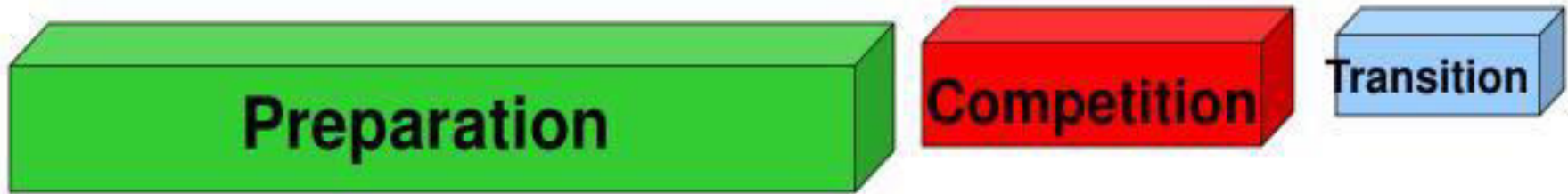
Single Cycle, Bi- Cycle or Tri- Cycles?

Month	Oct	Nov	Dec	Jan	Feb	March	April	May	June	July	Aug	Sept
Period	← Preparation →						← Competition →				Transition	
Meso	General Prep			Specific Prep-		Pre-Comp	Comp	Re-cov	Major Comp	Active Rest		

Oct	Nov	Dec	Jan	Feb	March	April	May	June	July	Aug	Sept	
← Preparation 1 →			← Competition 1 →			T ₁	← Preparation 2 →			← Comp. 2 →		Transition
General Prep	Specific Prep	PC	Competition		U	M	GP	Specific Prep	PC	Comp	U	Active Rest

Oct	Nov	Dec	Jan	Feb	March	April	May	June	July	Aug	Sept
Prep 1	Competitive 1		T1	Prep 2	Competitive 2		T2	Prep 3	Competitive 3		Tran 3
GP	Spec Prep			GP	Spec Prep			GP	Spec Prep		

PERIODS



1) PREPARATION

(Adaptation--- Training to train)

2) COMPETITION

(Application--- Training to win)

3) TRANSITION

(Regeneration/Recovery)

GENERAL PREPARATION

- Dominates the schedule
- General- 50%: related-30%: specific-20%
- VOLUME HIGH ↑ INTENSITY LOW ↓
- Fitness before skills
- Improving weaknesses
- Develop max strength and endurance
- Major changes in technique or using new equipment
- Weight loss
- NO Competitions

SPECIFIC PREPARATION

- General: Related: Specific
- VOLUME HIGH ↑ INTENSITY INCREASING ➔
- Hardest working mesocycle
- Technique must be schooled and stabilized as athlete has become stronger & quicker.
- 2 a days might begin here
- Testing occurs before, during and after mesocycle.

PRE-COMPETITION

- VOLUME DECREASES ↓ INTENSITY INCREASES ↑
- Develop and stabilize competition performance
- Maintain strength & fitness levels
- Avoid imprecise patterns due to fatigue
- Mimic time schedule & nutrition plan for major comp

COMPETITION

- VOLUME LOW ↓ INTENSITY HIGH ↑
- General-20%: Related-30%: Specific-50%
- All physical capabilities should be at their highest levels
- Unloading occurs before competition
- Avoid panic and changing loads or intensities- sudden shifts are harmful to athlete.



TRANSITION

- Gentle reduction of all loading
- Must be active— you do not want to lose all previous work
- Lots of cross-training
- Gets the athlete prepared for General Prep phase.

Single Cycle, Bi- Cycle or Tri- Cycles?

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Prep 1	Competitive 1		T1	Prep 2	Competitive 2		T2	Prep 3	Competitive 3		Tran 3
GP	Spec Prep			GP	Spec Prep			GP	Spec Prep		

THANK YOU