

PLANNING YOUR SEASON - PERIODISATION

STEP 1. Needs Analysis

Questions that we need to answer before we start training

1. What EXACTLY are we training for?

- Things we can train for:
 - Aerobic fitness – Ability to sustain high work rates >1 min. Ability to perform repeated bouts of sprints with little recovery
 - Anaerobic fitness – improve ability to sustain high work rates for bouts <1 min.
 - Strength – start of sprints, impact sports.
 - Power/speed – the ability to explode, move quickly.
 - Flexibility – injury prevention, increase range of motion
 - Balance – improve body awareness and stability
 - Skills – sport specific stuff
 - Tactical aspects – race, game situations
 - Mental skills – coping strategies, planning, goal setting
- Training potential = *train your weaknesses* = you'll get your biggest gains
 - Ask team members, coach, testing
 - Team goals?
 - Always prioritise

"People will always take the path of least resistance"

- Set **SMART** goals
 - **S**pecific – be precise
 - **M**easurable – so you know your training works
 - **A**chievable – carrot for a donkey
 - **R**elevant – will it improve performance?
 - **T**imebound – set a date for improvements

* (Task)*

- Identify the strengths/weaknesses of your team
- Write 2 SMART goals that are essential to improve the performance of your team this season
- How can you test this?

2. What injuries / medical conditions exist? What injury prevention steps are needed?

- Who has injuries/niggles at the moment?
- What are common injuries in sport? – How can we train to reduce the risk of these injuries?

* (Task) *

- Design an injury tracking system for your players with regular check ins
- Enlist “preferred providers” you can refer your players to

3. What is your training experience?

- Education / supervision of team members
 - Do your athletes have the knowledge to take responsibility for their own training?
 - How can we effectively group members with similar abilities and needs?

* (Task) *

- On a sheet of paper:
 - Rate **your own knowledge** on each of the types of training (1-5)
v. little 1 2 3 4 5 confident

4. What part of the season are we in? How long have we got? What important events are there?

- Identify important dates
- How much time do we have to achieve peak performance?

(Task)

- Write down important dates
- If applicable write down when pre-season can begin

STEP 2. Training Principles

SP OR V

SPECIFICITY

- The *general theme* of training should mimic sport in terms of:
 - Energy systems used
 - Movements of the sport
 - Your training goals/needs
- Ask yourself- Will this improve performance? How does this relate to my sport?

PROGRESSIVE

OVERLOAD

- Milo of Crotona (6 B.C) - 6 x Olympic champ
- The human body will adapt to anything (within reason)
- Implications to overtraining

RECOVERY

- Time to adapt to training
- Tapering for competitions

VARIETY

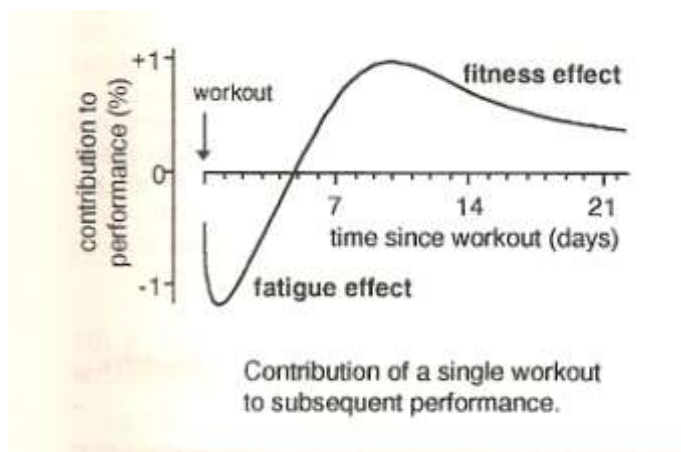
- The spice of life
- The human body adapts
- If you keep training the same way, you will get the same result
- Implications to overtraining / periodisation

STEP 3. Organising peaks, tapers, and stuff like that

We know what we're training for...

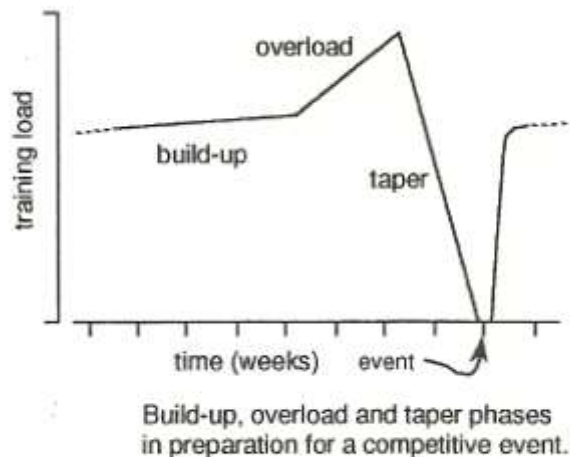
How should training volume be changed throughout the season?

- We train, get fatigued, and then we adapt to be better than before



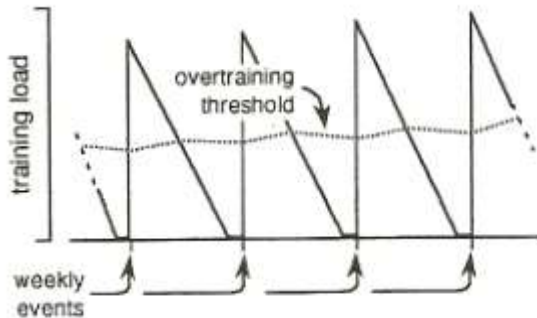
- The harder you train the fitter you get...**but** there's a limit
 - If you go over the limit (over the overtraining threshold) you get moody, tired, can't keep up at training, and your performance gets worse. This is called **overtraining**.
- Watch for loss of confidence, bad moods, depression and unusual tiredness. This happens ~ a week before performance gets worse. Reduce training **volume** if you display these symptoms.
 - Logbooks are valuable here
- Training for an event can be divided up into **four** basic phases:
 1. Build-up (base/preparatory + pre-competitive phases, or pre-season)
 2. Overload (supercompensation phase)
 3. Taper (competition phase)
 4. Event (in-season)
- Build-up phase
 - Slowly increase the training intensity and/or volume as the body adapts (progressive overload)
 - Increase specificity closer to competition
- Overload
 - Short phase of intense training above the overtraining threshold to get "peaking"
 - Probably shouldn't be longer than 2 weeks
 - Directly followed by taper to get benefits

- Taper
 - **Gradually** reduce the **volume** of training up to the event
 - Keep **training intensity high**
 - Should be 10-14 day in length – longer for longer duration sports
 - Incorporating reduced volume periods throughout the season also makes sense
- Event (in-season)
- **Sharpening**
- Maintain conditioning



- Modern training programmes often involve a build-up, overload + taper, followed by competitions
 - All the hard work needs to be done in the build-up phase
 - Once the competitive season begins it's all about maintenance and "sharpening"

- In-season training should be structured so that you are not fatigued for races/games or important trainings
eg. For a Saturday game; Emphasis on fitness earlier in the week and concentrate on skills/tactics at the end of the week.



Training for weekly competitive events with a series of tapers.

- The best planning involving coaches, players and yourself.

(Task)

In the training load box:

- Draw in build-up, overload, taper, and periods of reduced load.

STEP 4. Dividing up your training

We know about peaking and tapering now, but what will we train for and when will we train for it?

- How will we divide our training up?
 - Linear vs multitier periodisation

- Remember that there is more than one way to skin a cat

(Task)

In the training priorities box:

- Ranks your training priorities for your first block

- Add in a focus for each block of time – this will help remind you what you're trying to focus on

(Task)

In the focus box:

- Draw in a focus or foci for the training block you have planned

- When will we test to see if the training plan is working?

If you're not assessing – you're guessing

(Task)

In the testing box:

- Decide on testing dates and draw them in

- Last of all we plan your individual sessions
 - Often you have to do more than one type of training in a session
 - Strength and power, power and speed, speed and anaerobic, anaerobic and aerobic training tend to go well together.
- Check that your weekly training matches your training types and volumes on your plan.

STEP 5. Evaluating your Plan

Remember that Rome wasn't built in a day

- When to evaluate?
 - After testing, races, or season?
- When do you pull the plug on a plan?