

Periodization

Ben Scott

About me

- B.S. Exercise & Sport Science
- Master of Public Health
- Division I Athletics
- SwiftFeet Running

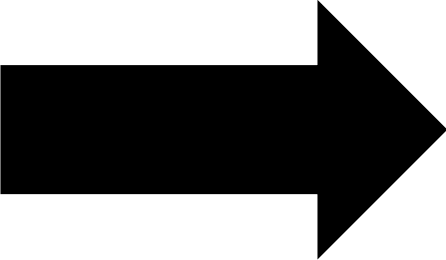


STFR

Why do I love sport science?



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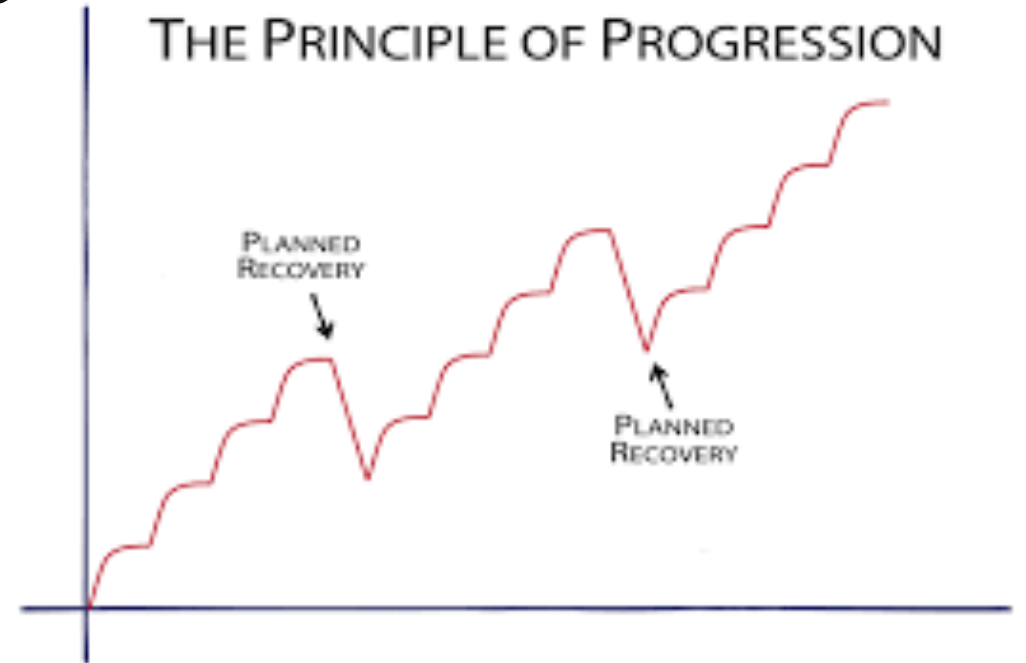


What if...?

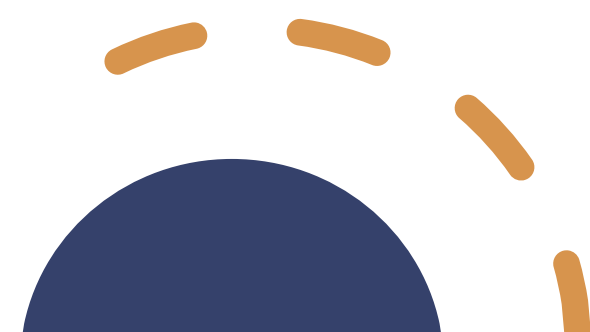


What is Periodization?

A principle by which load can be managed and structured during a sports season to optimize training and recovery

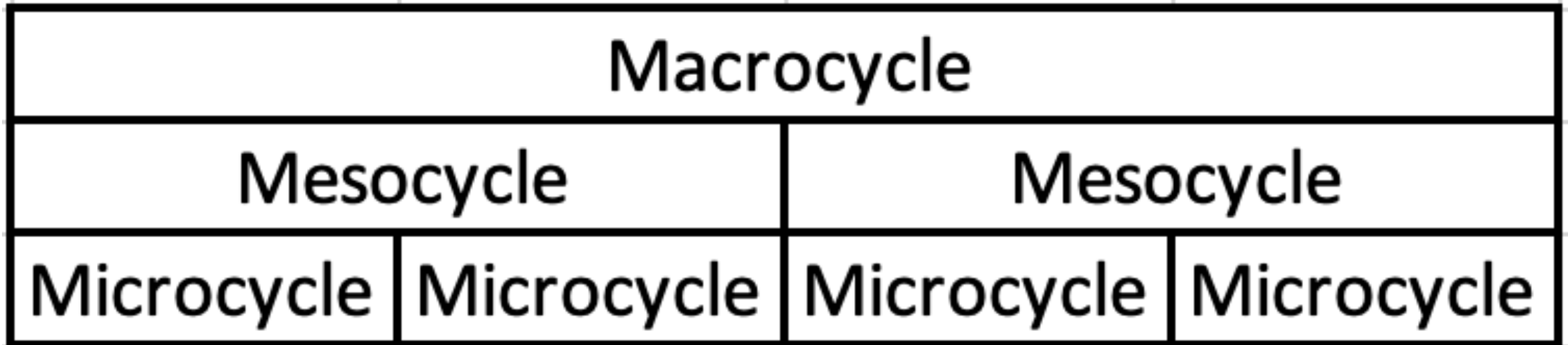


Credit: Strength Running



Components of Periodization

- Macrocycle
- Mesocycle
- Microcycle



Your year/season

Macrocycle



Mesocycle

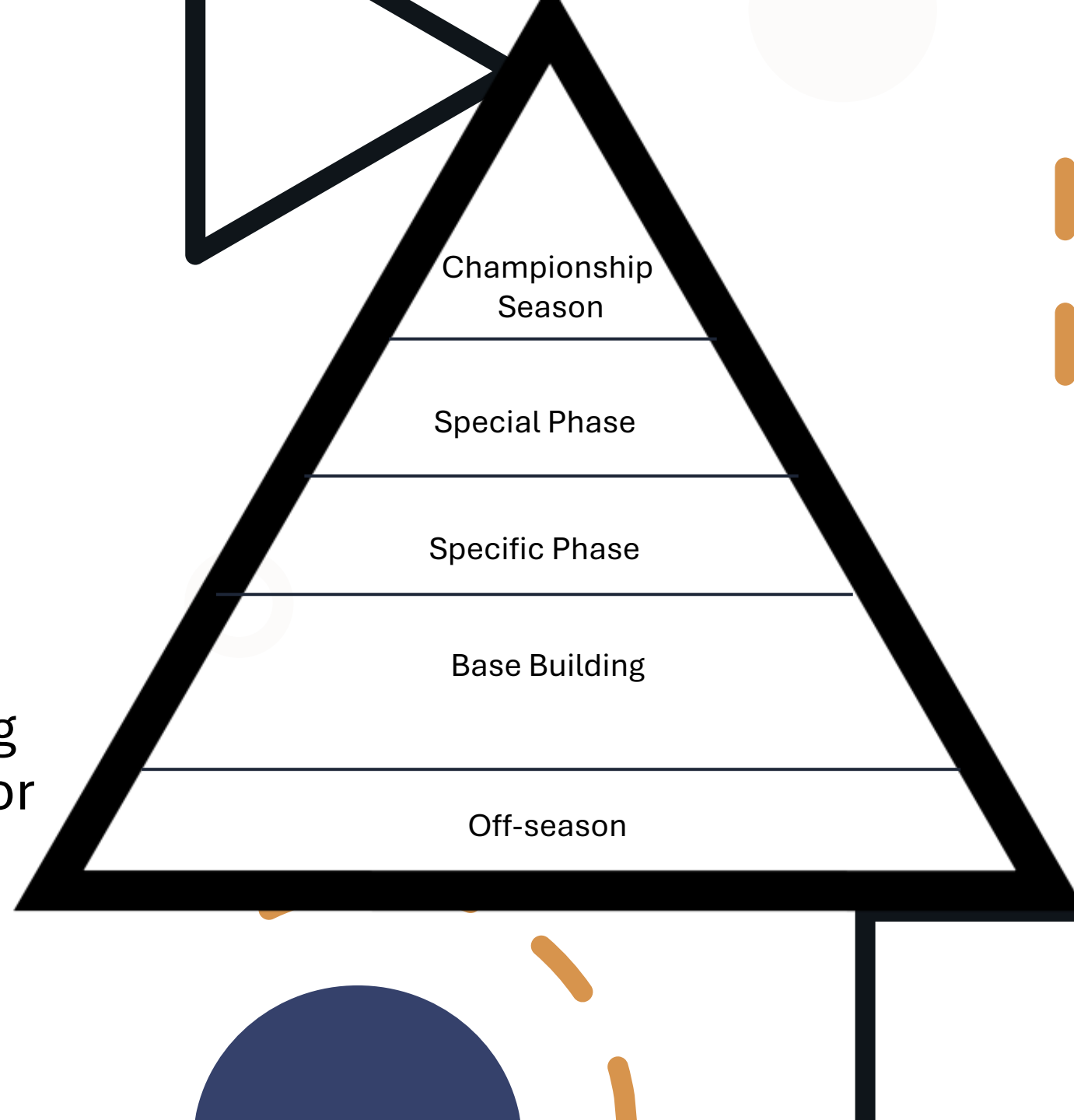
- Training blocks, at least 4 weeks
- Broken into
 - Off-season
 - Base Building
 - Special Phase
 - Specific Phase
 - Championship Season



Off-season/Base Building

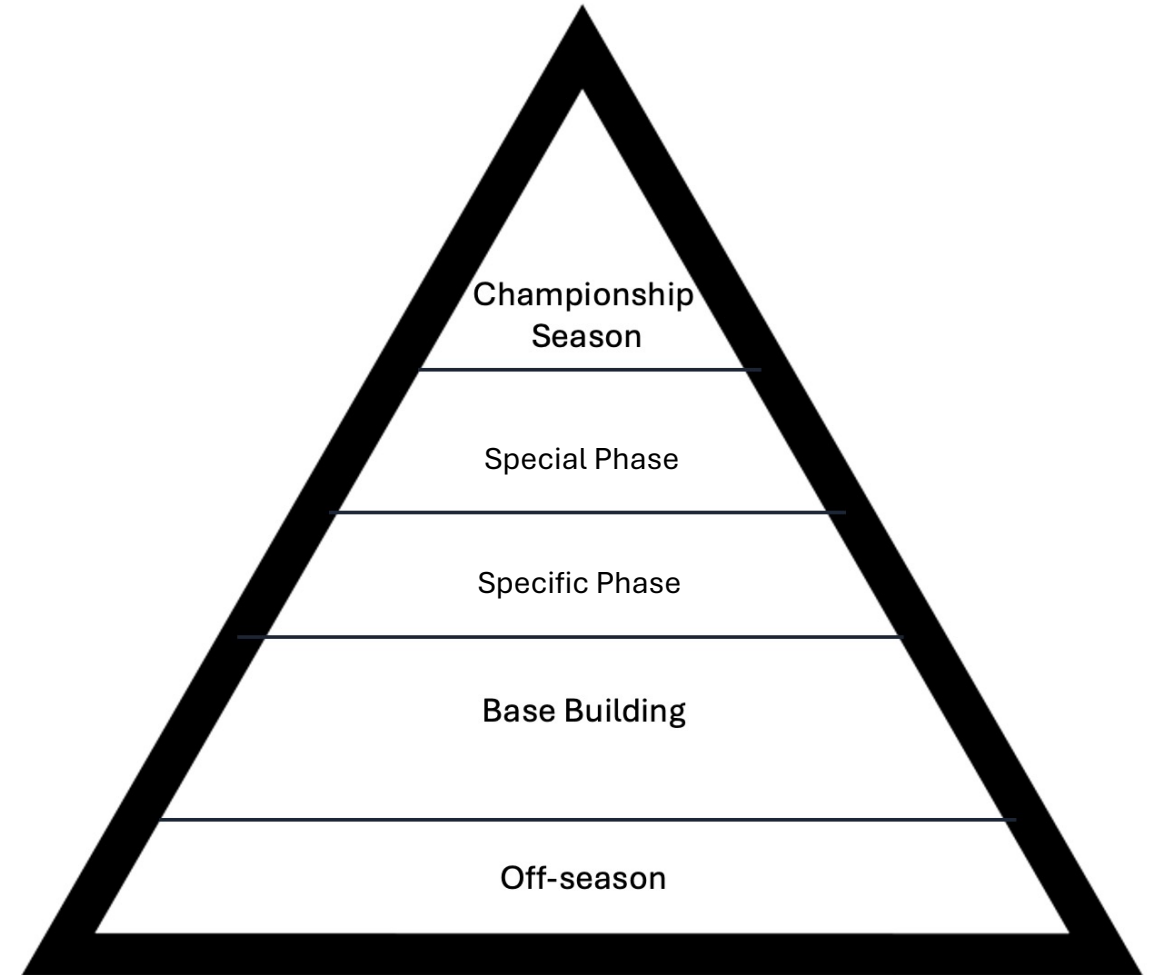
- This can look like...
 - Large volumes of weightlifting
 - Longer Sprints (i.e. down and backs, sideline 16, etc.)
 - Less top speed efforts

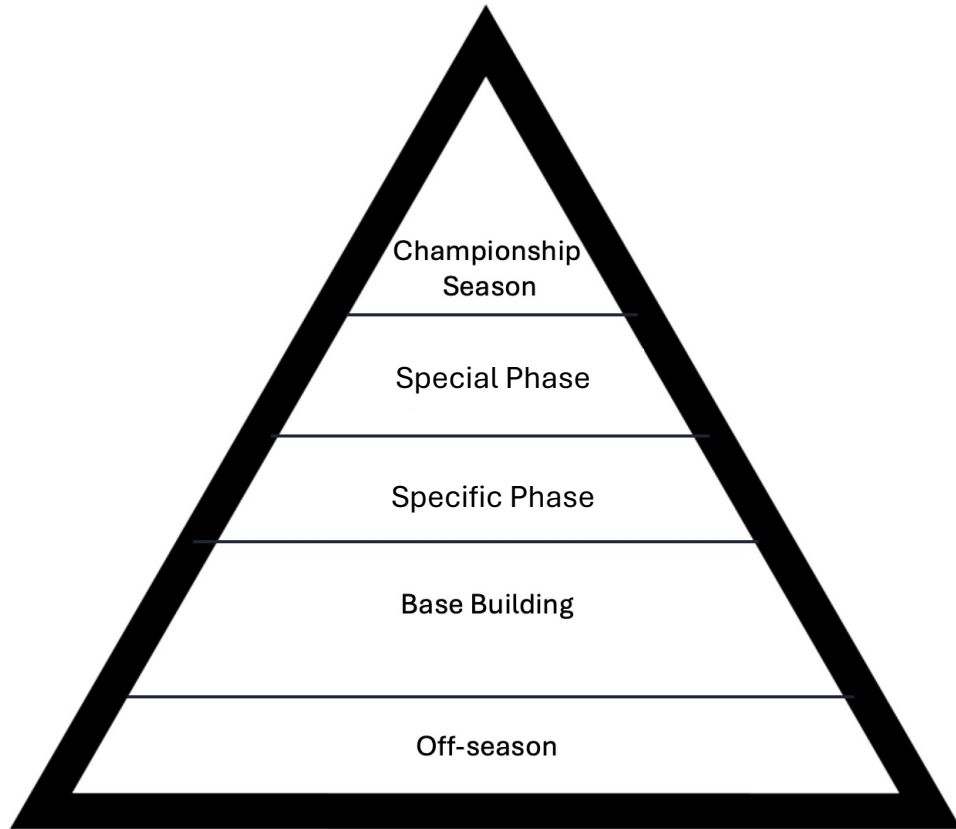
The idea is that you are building baseline fitness and strength for your athletes



Special Phase

- Special Phase refers to the beginning of the competition phase, where athletes are move away from base building and begin doing more event specific training.
- This may look like...
 - Decreasing volume of reps in the weight room while increasing resistance
 - Execution of skills at slow or moderate speeds



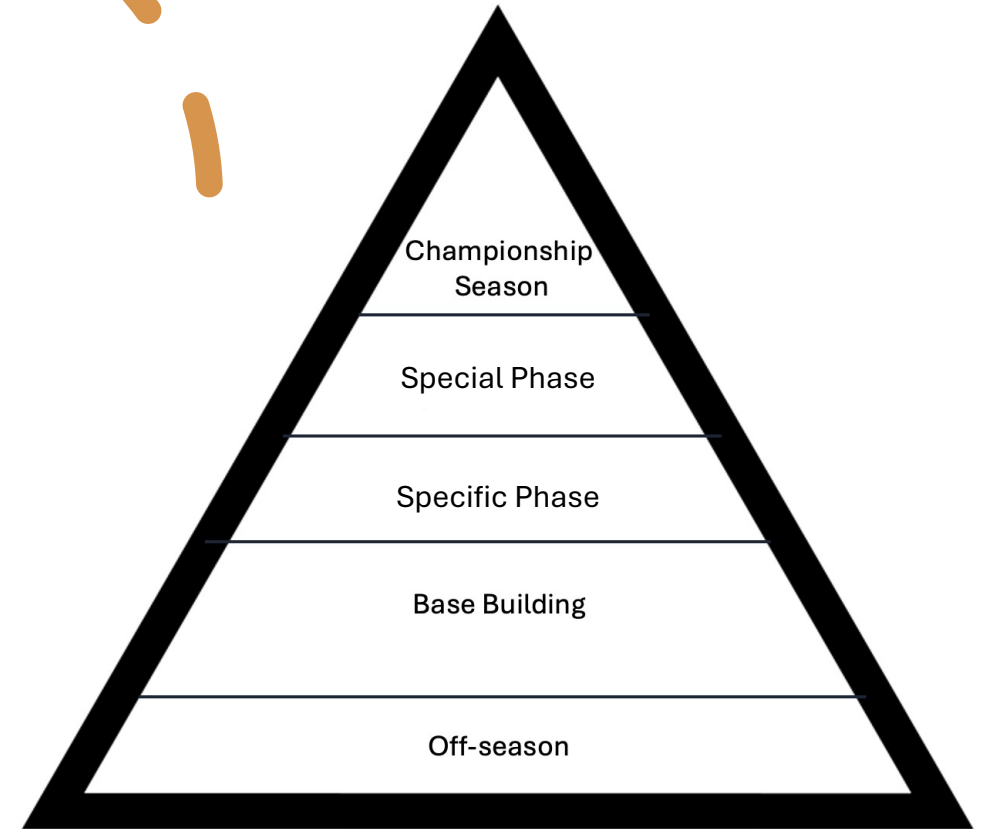


Specific Phase

- This is when you start focusing on top speed and power for your athletes
- This might include...
 - Top speed sprints (30m -60m)
 - Reducing reps in weightroom while increasing weight
 - Focusing on high-speed execution of technical skills

Championship Phase

- This is the two weeks leading into a championship. Both intensity and volume are dropped significantly, with an emphasis on technical aspects, and short training to “sharpen up” for competition.
- Championship phase is meant to peak and should be timed correctly depending on when your big competition is.



Weekly training cycle

Microcycle



Example

Day	Intensity	Workout	Rest	Effort
Monday	M	Easy +6x200M	full	800m pace
Tuesday	H	6x1k	2'	LT
Wednesday	L	Easy		
Thursday	H	800,600,400,200	3'	mile,mile, 800, all out
Friday	L	Easy/Pre-meet		
Saturday	H	BYU Invite		

Why do we utilize this?

- Injury prevention
- Improved physical output
- Allows the body to adapt




What easy days do...

- Allow glycogen to rebuild
 - Requires at least 20 hrs.
- Allow neuromuscular function to recover
- Allows muscles to rebuild





Structuring...

- 
- Start with the end in mind
 - Place competitions
 - If needed, pick your highest priority competitions and plan Low weeks around them
 - Plan Mesocycles, then weeks, then days
 - Use L, M, & H to differentiate

How I would Structure My Season


M+B18:R31eso cycle Theme 2		Base Building				Lactate threshold			5k Specific				Championship Phase			
Microcycles		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Volume (1-10)																
Load	LMH	M	M/L	M	H	L	M	M	L	M	M	L	L	L		
Intensity (1-10)	44206.00															
Strength Training																
Mileage																
Monday		H	H	L	H	L	H	L	H	M	L	L	M	L		
Tuesday	Load: LMH	L	L	H	L	H	L	H	L	H	H	H	L	M		
Wednesday		L	H	L	L	L	L	L	H	L	L	L	L	L		
Thursday		H	L	H	H	H	H	H	L	L	H	H	Districts	L		
Friday		L	L	L	L	L	L	L	L	H	L	L	Districts	State		
Saturday		M	H	M	H	M	M		M	H	M	M		State		
Sunday																
Competition Day																



Worksheet time

Grab a partner and fill out the sheet.





Using Periodization in Daily Practice

- Start with the question, “what are my goals for that day?”
 - What do I want to accomplish?
 - What mesocycle phase are we in?
- What intensity is designated for that day?



Daily Practice

Type	Plan
Warm up	Light aerobic activity (15 min jog), drills and dynamic warmup
Plyometrics	Bounds, knee drive drills, wicket drills, etc.
Workout	5 x 1k @ 3:30/km pace
Strength	Core circuit, 3 x (20 crunches, 30 Russian twists, & 60" plank)
Cool down	5 min. jog or remaining mileage for day