



**INISHOWEN
ATHLETICS CLUB**

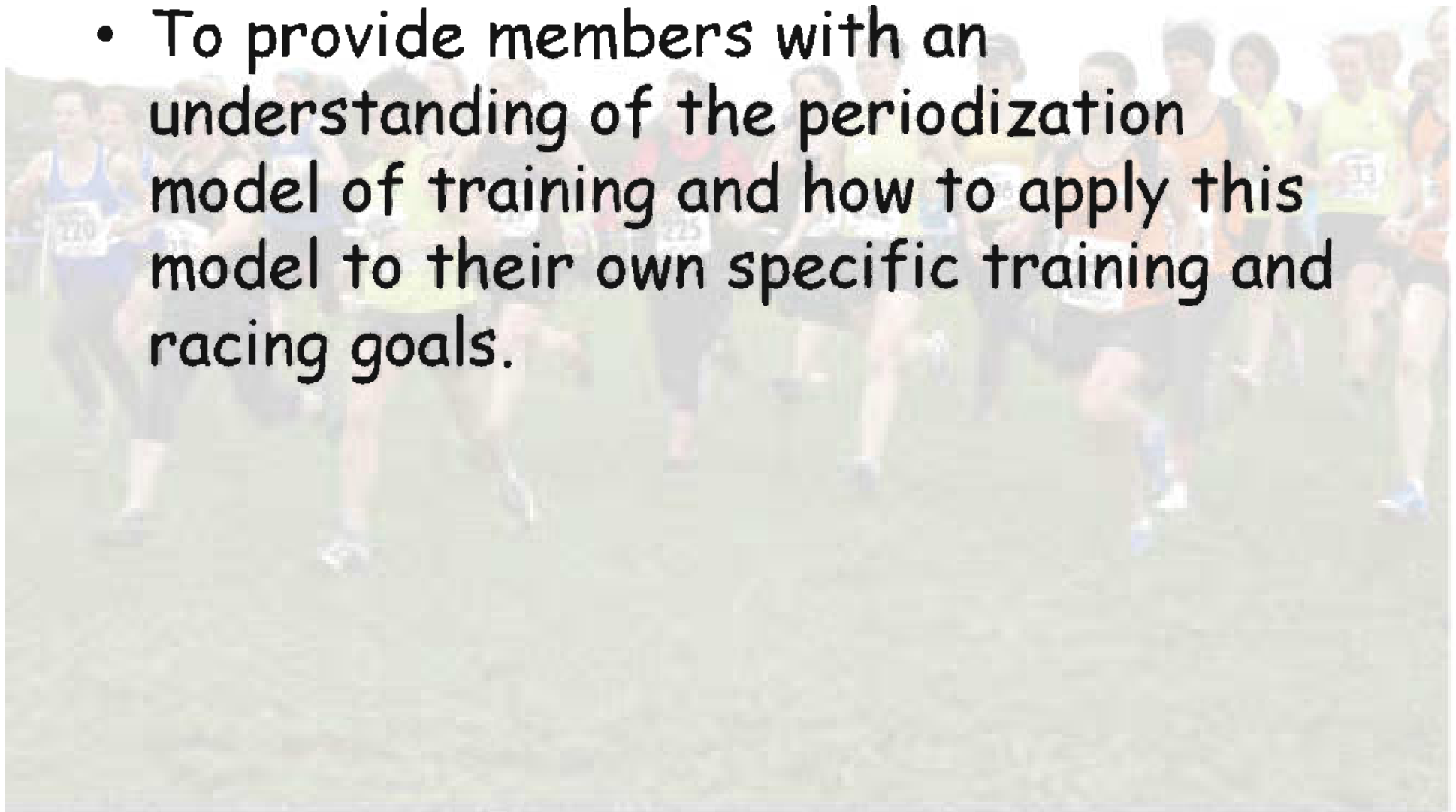
Est. 2001

Planning for Success

Periodization of Your Training & Racing

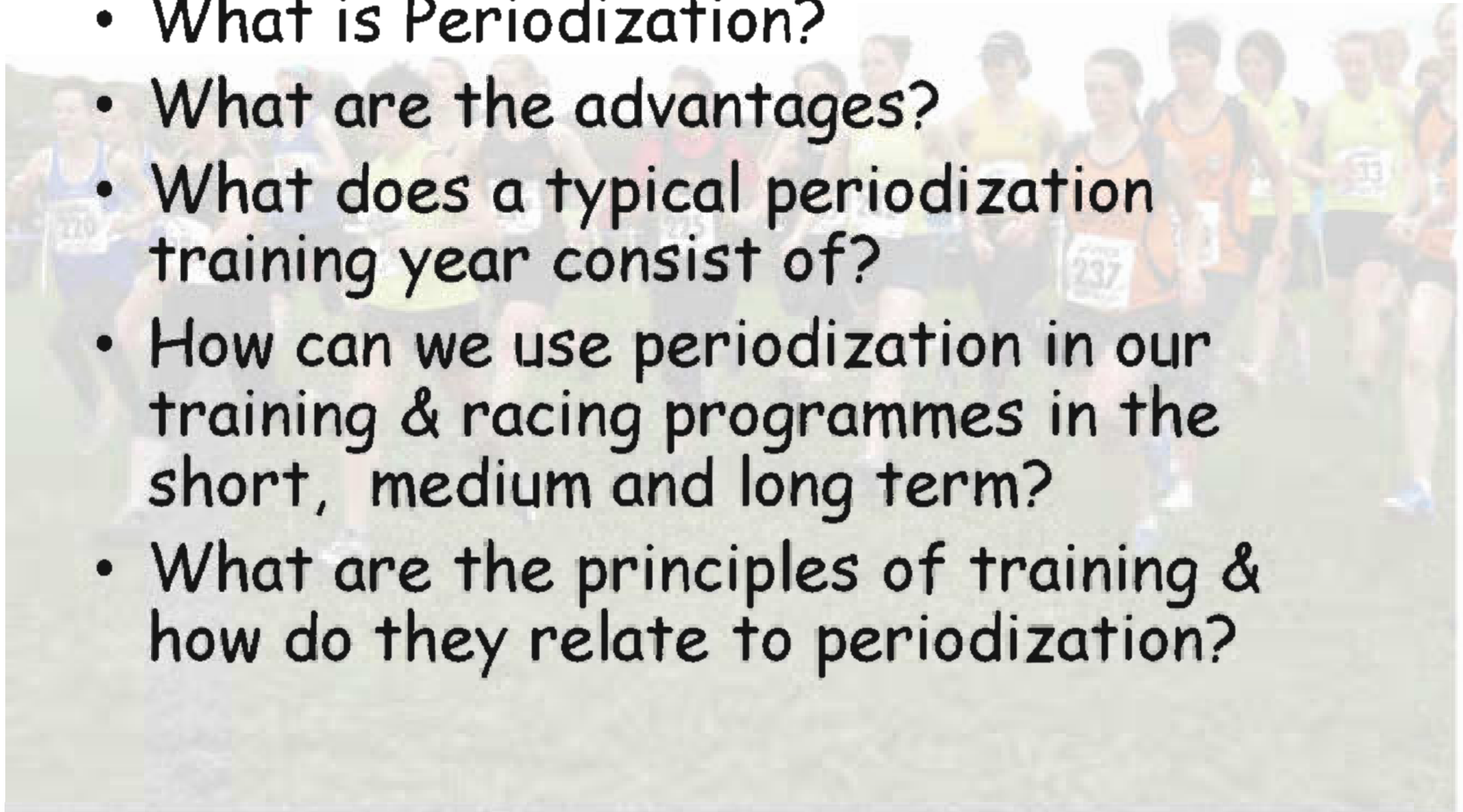
What is our objective?

- To provide members with an understanding of the periodization model of training and how to apply this model to their own specific training and racing goals.



Outline of Presentation

- What is Periodization?
- What are the advantages?
- What does a typical periodization training year consist of?
- How can we use periodization in our training & racing programmes in the short, medium and long term?
- What are the principles of training & how do they relate to periodization?



Outline of Presentation

- Are there other important points we should consider?
- Any questions???



What is Periodization?

- *'...systematically structuring your training to bring you to your desired goal. The challenge in developing a periodized training plan is to decide on the volume, intensity and type of training and when to do it'.*

Source: Pfitzinger & Douglas (2001:33)

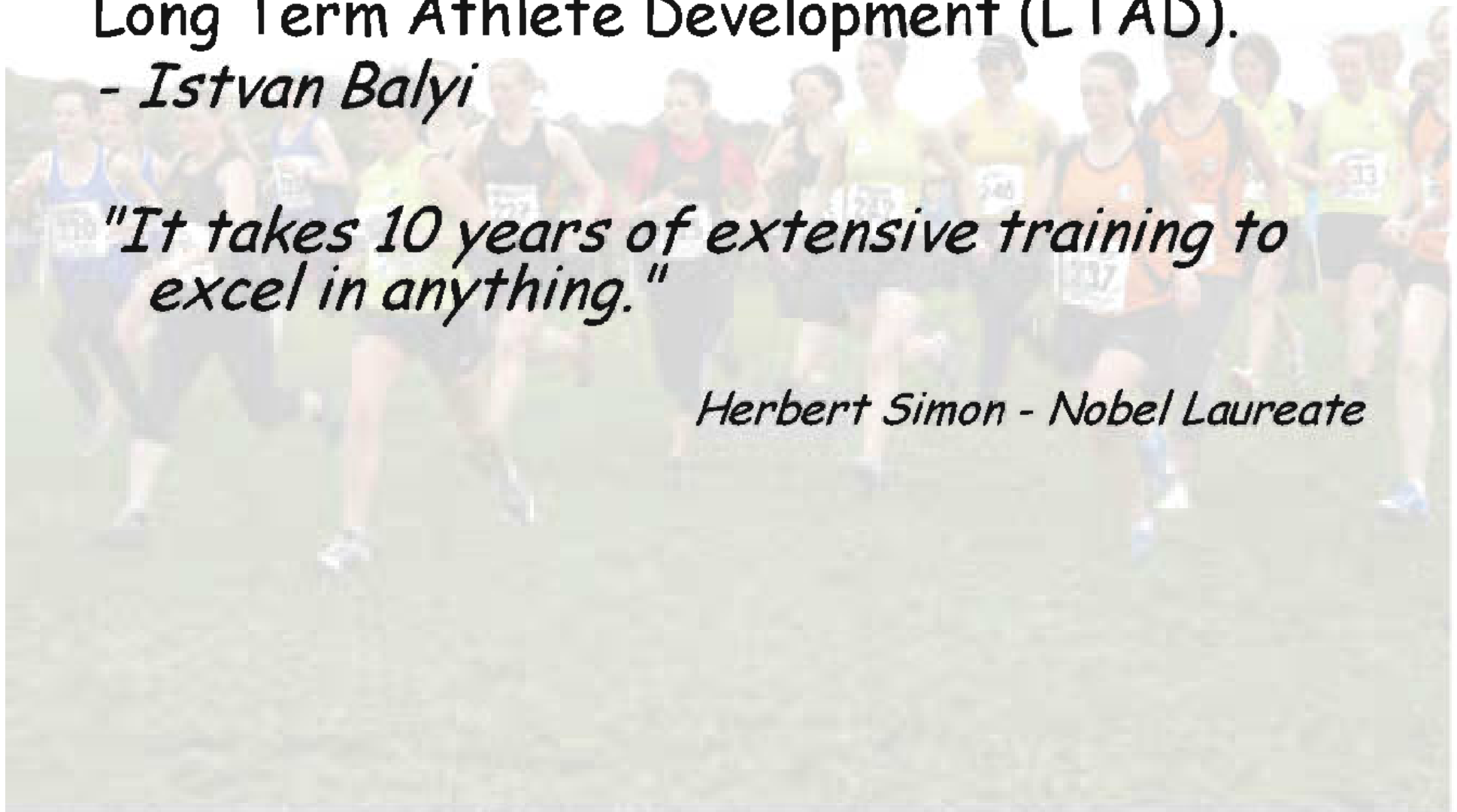
What is LTAD?

Long Term Athlete Development (LTAD).

- *Istvan Balyi*

"It takes 10 years of extensive training to excel in anything."

Herbert Simon - Nobel Laureate



*The man who removes a mountain
begins by carrying away small stones.
~Chinese proverb*



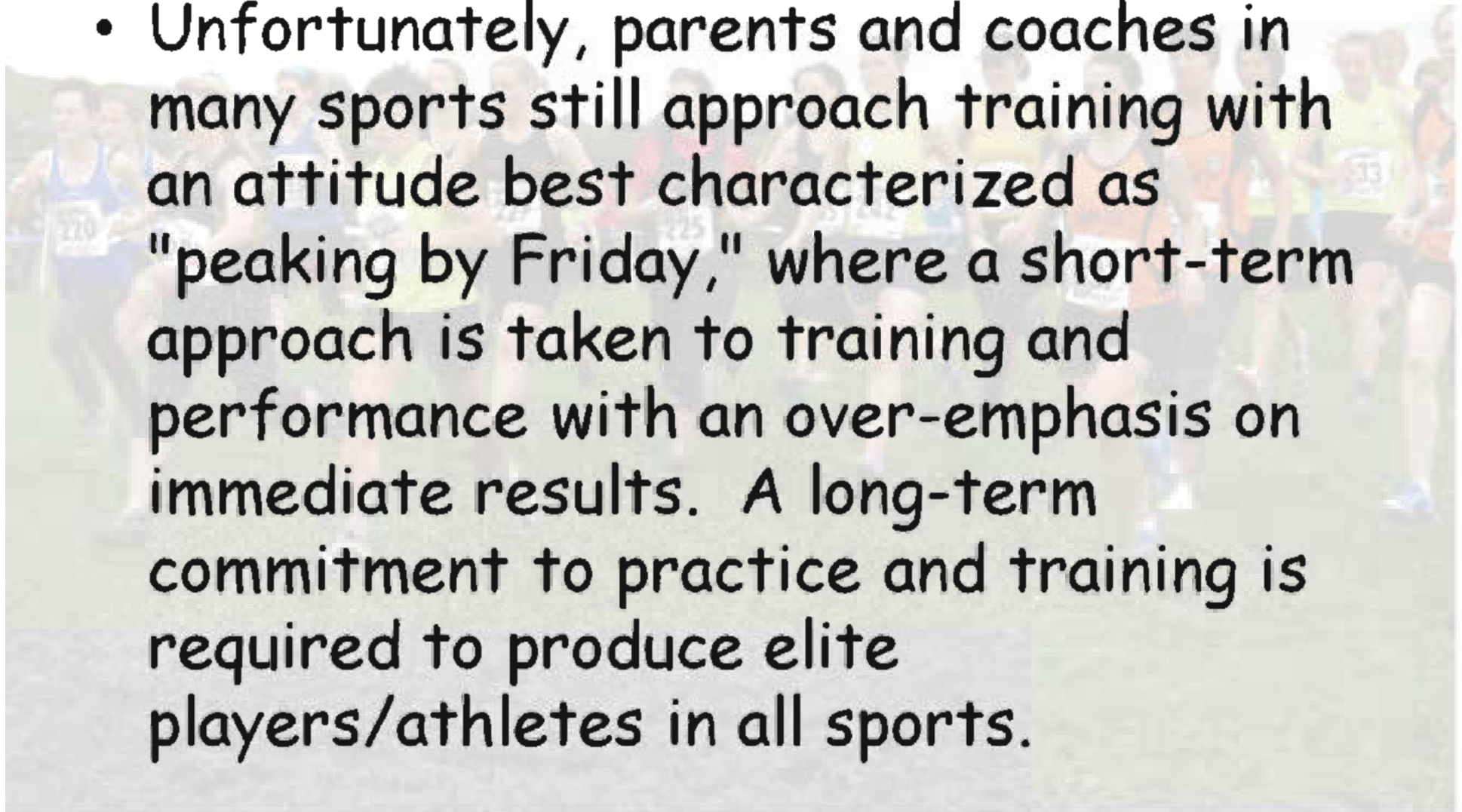
What does science tell us?

- It takes eight-to-twelve years of training for a talented player/athlete to reach elite levels.
- This is called the ten-year or 10,000 hour rule, which translates to slightly more than three hours of practice daily for ten years.

(Ericsson, et al., 1993; Ericsson and Charness, 1994, Bloom, 1985; Salmela et al., 1998)

What is LTAD?

- Unfortunately, parents and coaches in many sports still approach training with an attitude best characterized as "peaking by Friday," where a short-term approach is taken to training and performance with an over-emphasis on immediate results. A long-term commitment to practice and training is required to produce elite players/athletes in all sports.

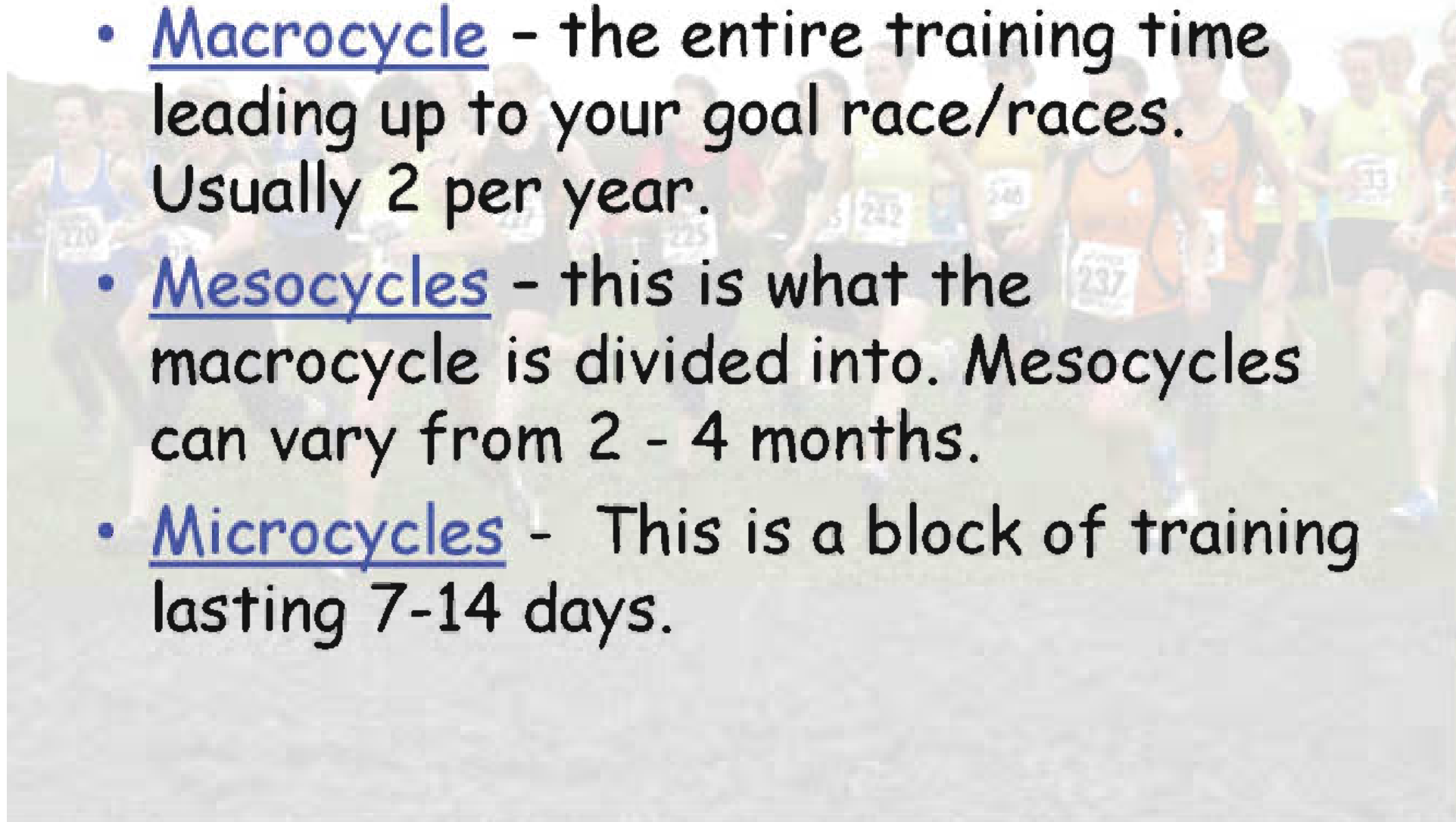


How do we train?



What are the key terms?

- Macrocycle - the entire training time leading up to your goal race/races. Usually 2 per year.
- Mesocycles - this is what the macrocycle is divided into. Mesocycles can vary from 2 - 4 months.
- Microcycles - This is a block of training lasting 7-14 days.



What are the key terms?

Macrocycle

Total training
time



Mesocycles

2 – 4 months of
training



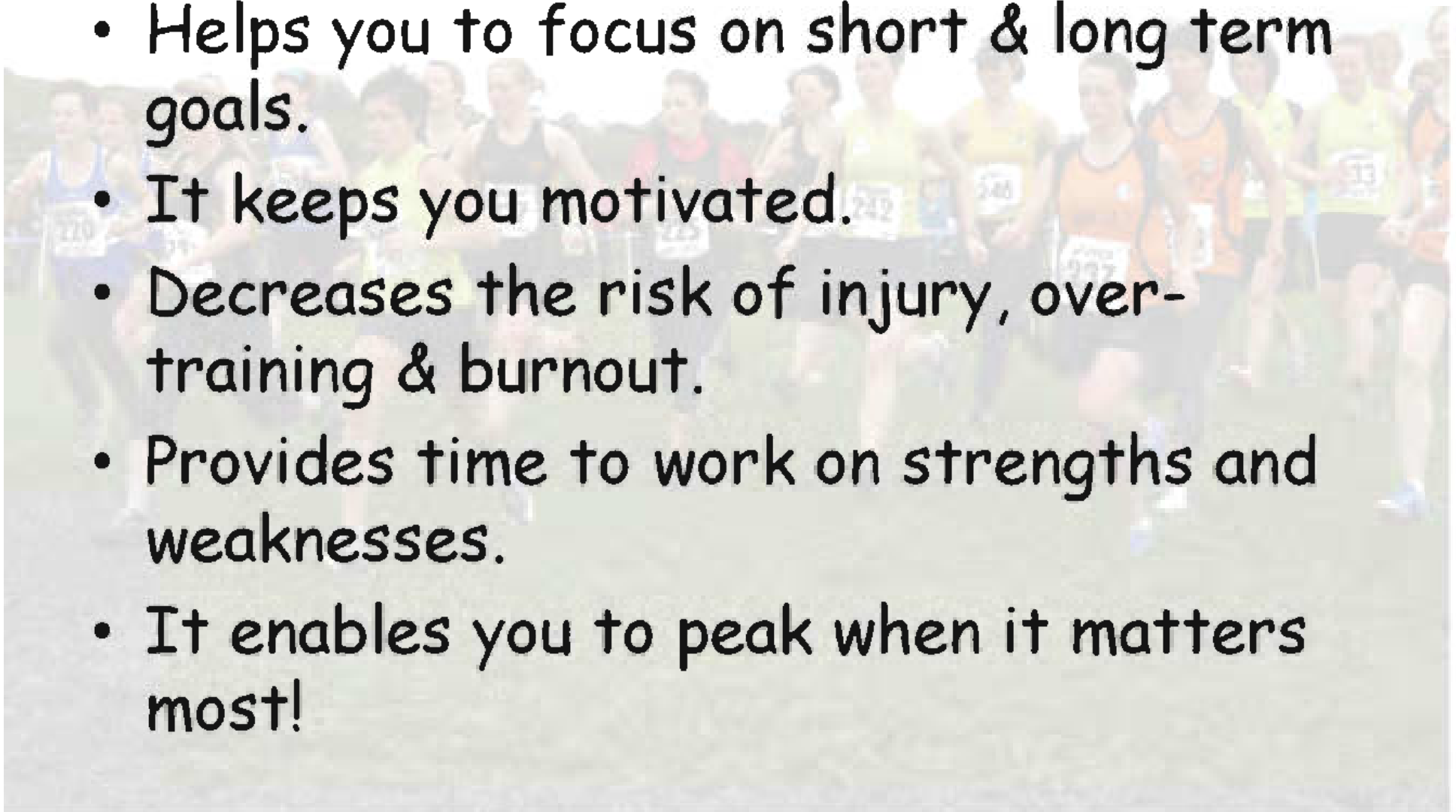
Microcycles

7-14 days of
training

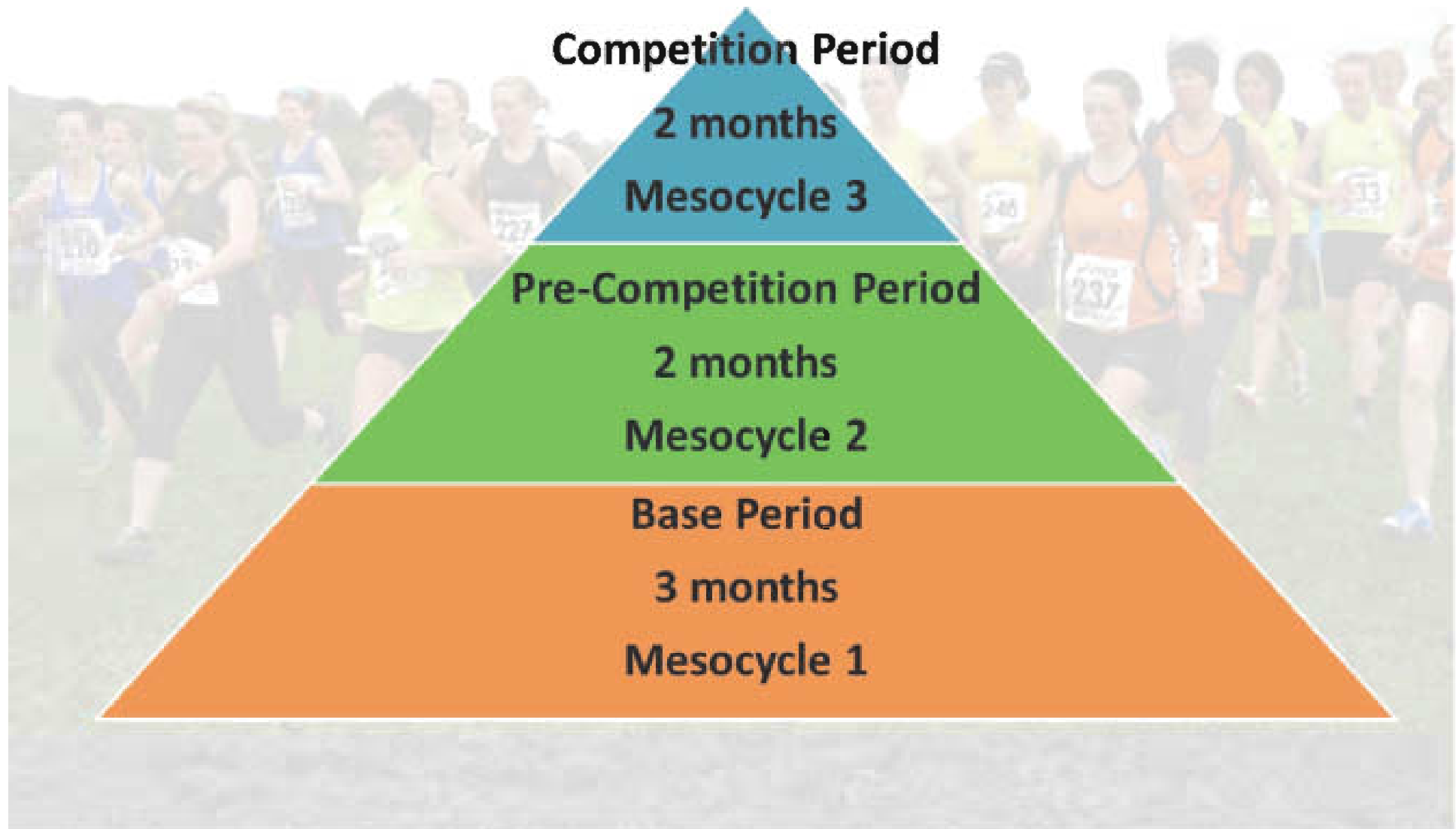


What are the advantages of periodization?

- Helps you to focus on short & long term goals.
- It keeps you motivated.
- Decreases the risk of injury, over-training & burnout.
- Provides time to work on strengths and weaknesses.
- It enables you to peak when it matters most!

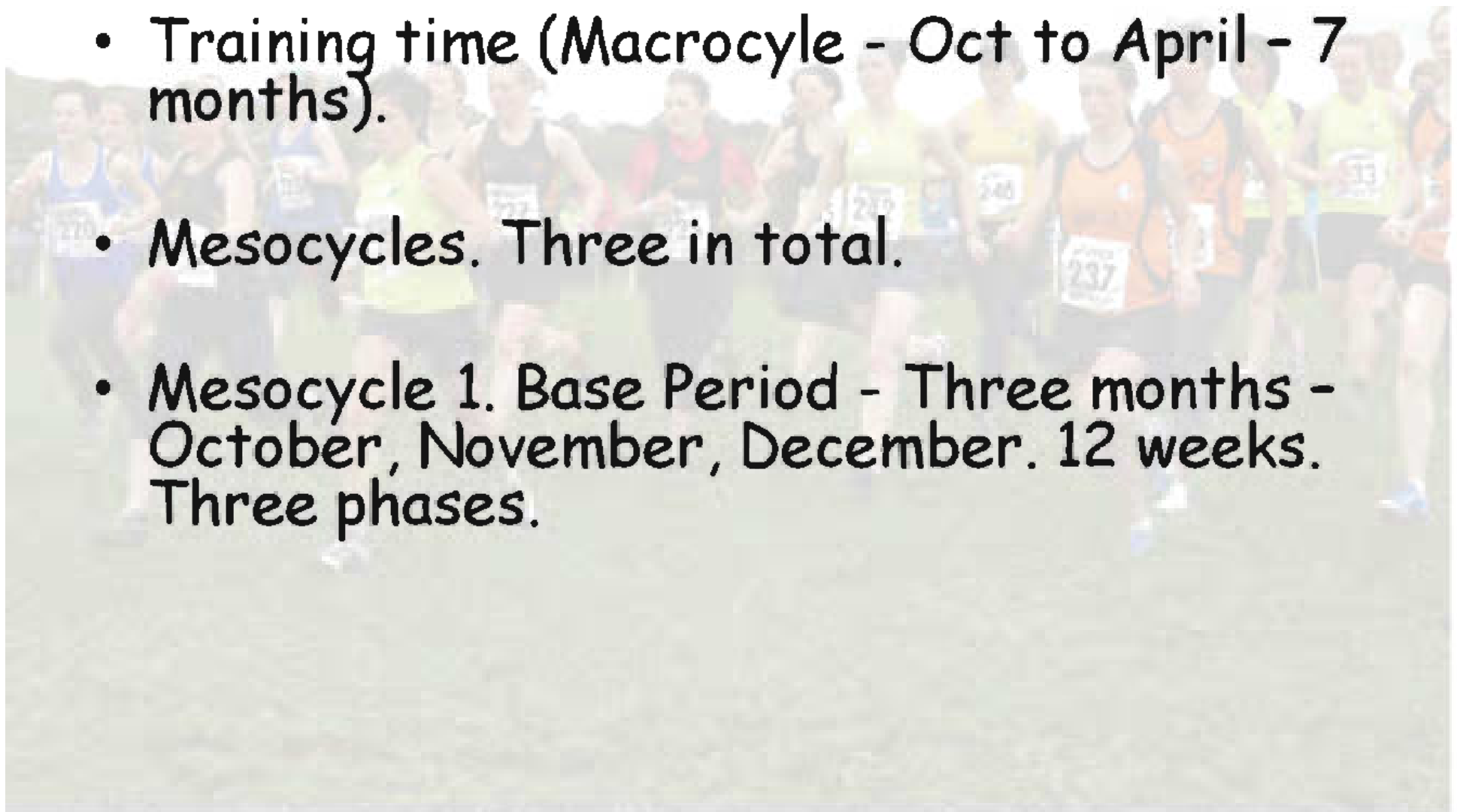


What does a typical periodization training year consist of for an athlete aiming for National 10km in April?



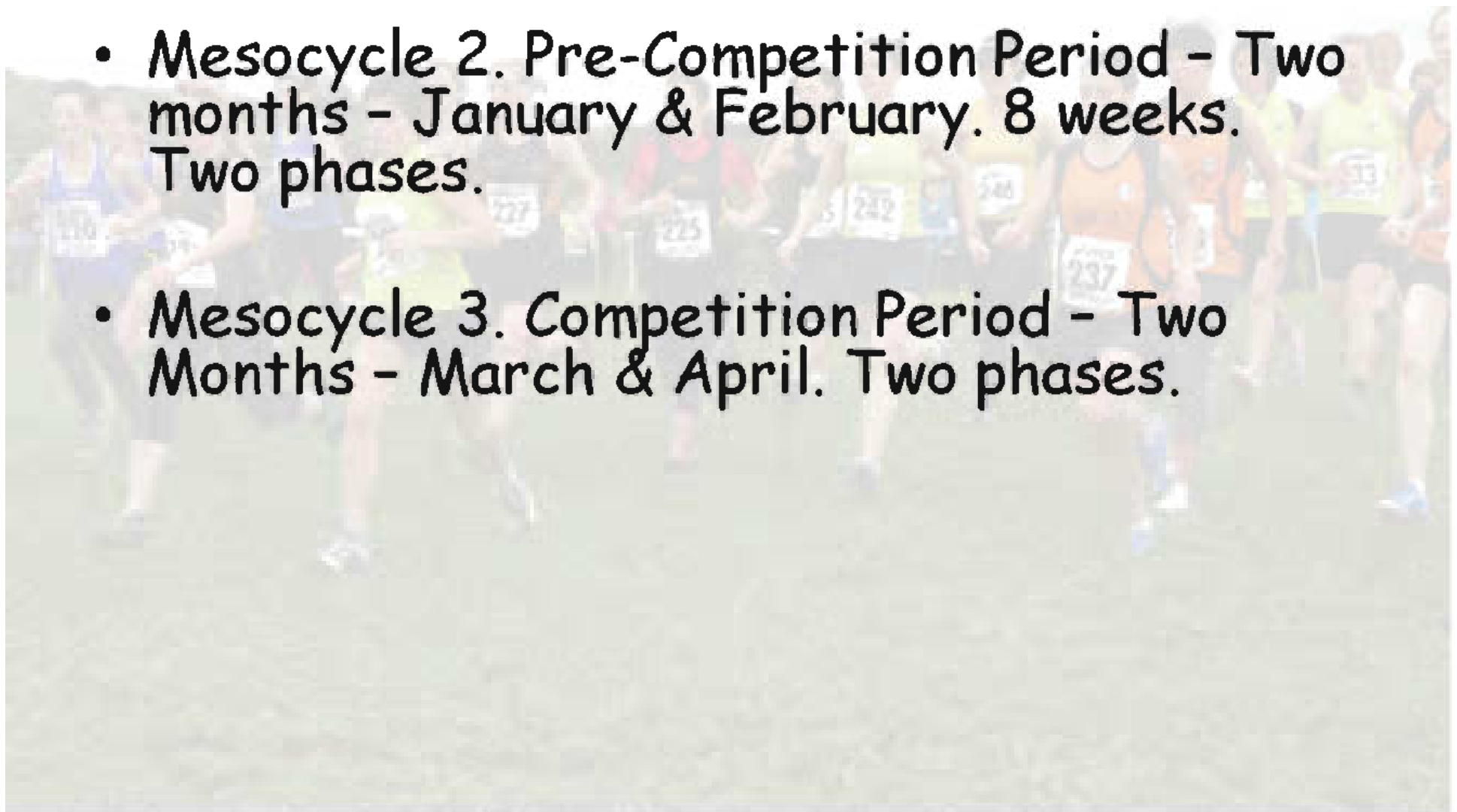
Main Goal - National 10km Road Race in April

- Training time (Macrocycle - Oct to April - 7 months).
- Mesocycles. Three in total.
- Mesocycle 1. Base Period - Three months - October, November, December. 12 weeks. Three phases.



Main Goal - National 10km Road Race in April

- Mesocycle 2. Pre-Competition Period - Two months - January & February. 8 weeks. Two phases.
- Mesocycle 3. Competition Period - Two Months - March & April. Two phases.



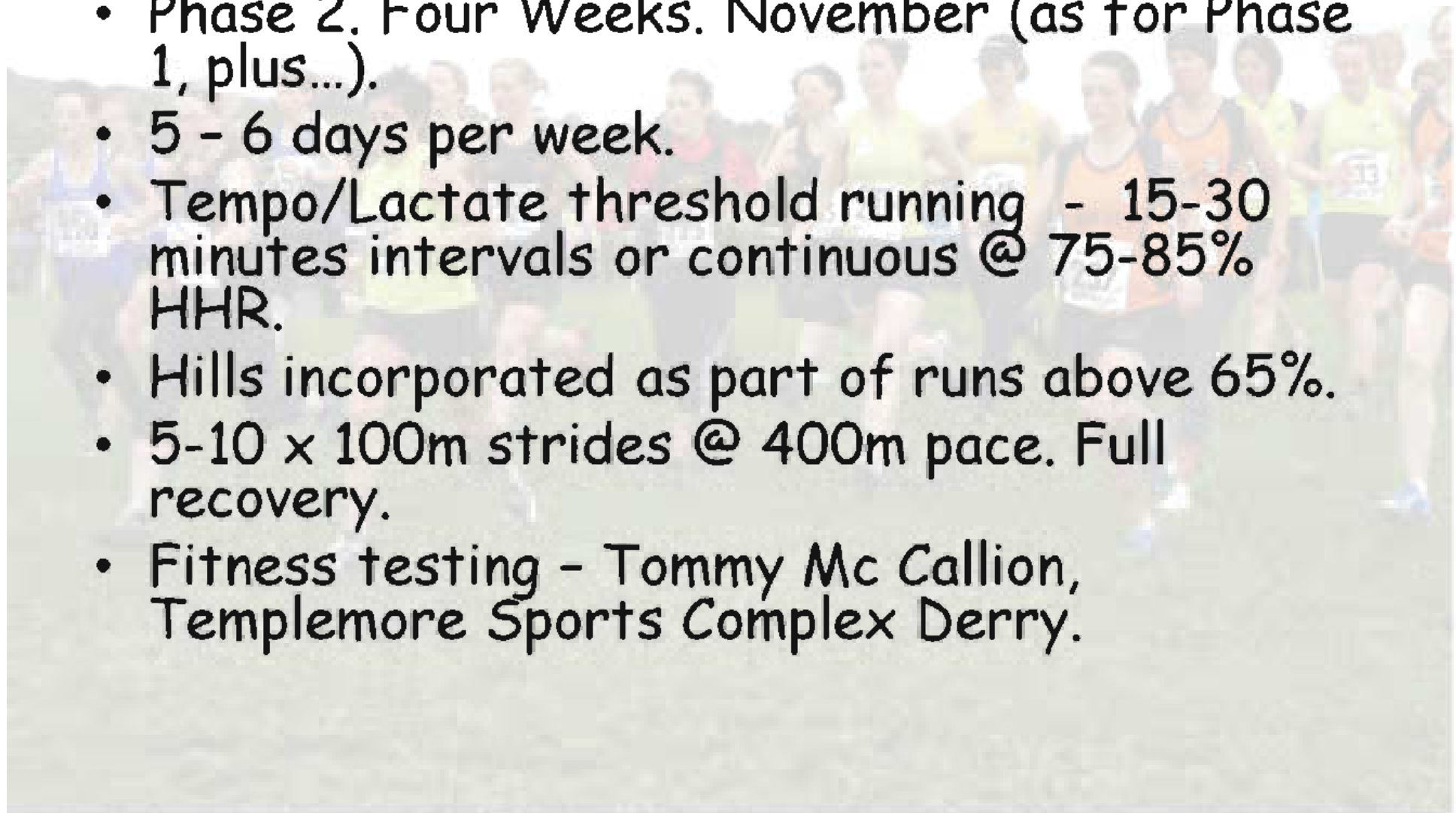
What type of training is done during the base period?

- Phase 1. Four Weeks. October.
- 4 - 6 days per week.
- Recovery runs between 30 - 50 minutes @ 50-65% of Heart Rate Reserve (HRR).
- Long run between 50-90 minutes @ 50-75% MHR.
- Cross-training.
- Strength & Conditioning.
- 4-8 x 100m strides.



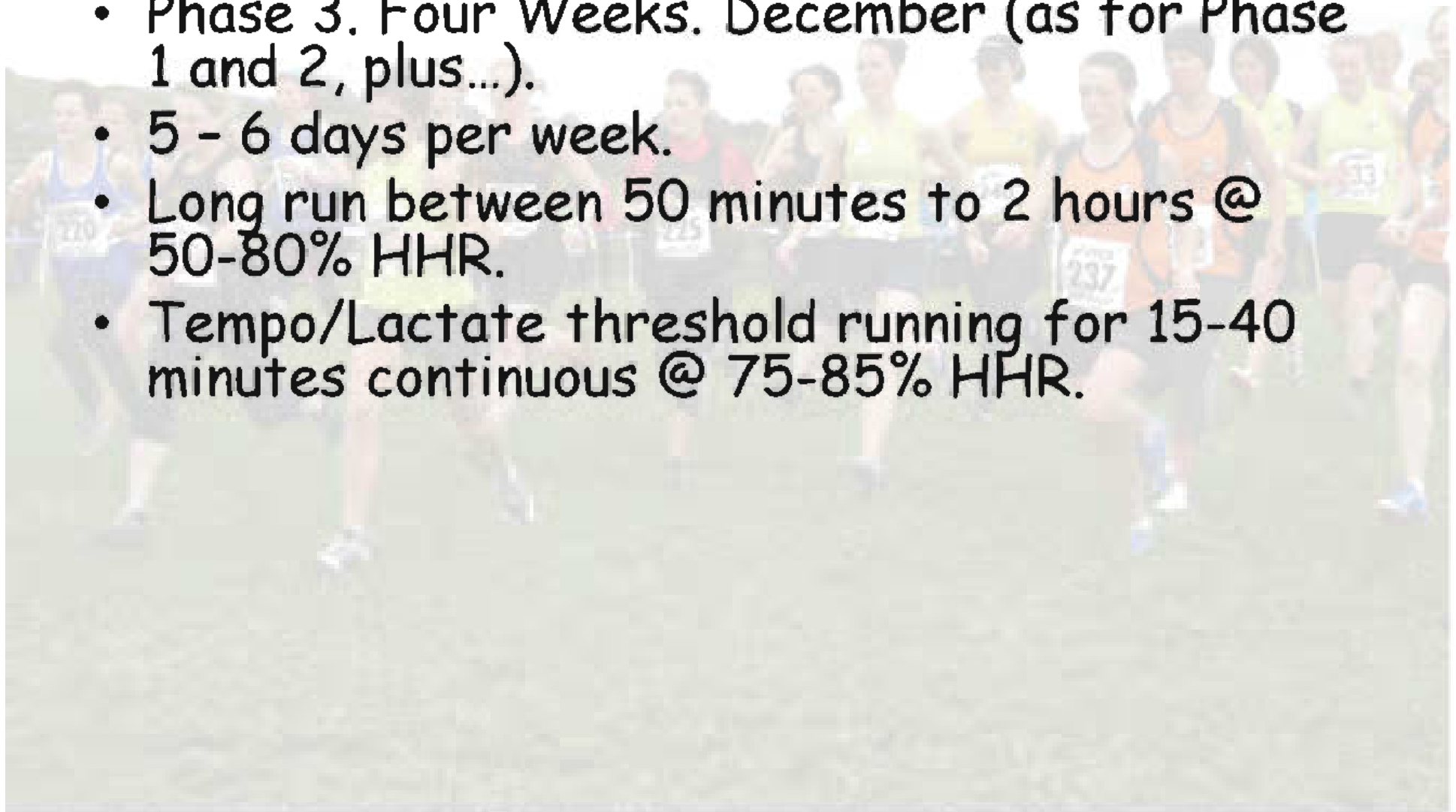
What type of training is done during the base period?

- Phase 2. Four Weeks. November (as for Phase 1, plus...).
- 5 - 6 days per week.
- Tempo/Lactate threshold running - 15-30 minutes intervals or continuous @ 75-85% HHR.
- Hills incorporated as part of runs above 65%.
- 5-10 x 100m strides @ 400m pace. Full recovery.
- Fitness testing - Tommy Mc Callion, Templemore Sports Complex Derry.



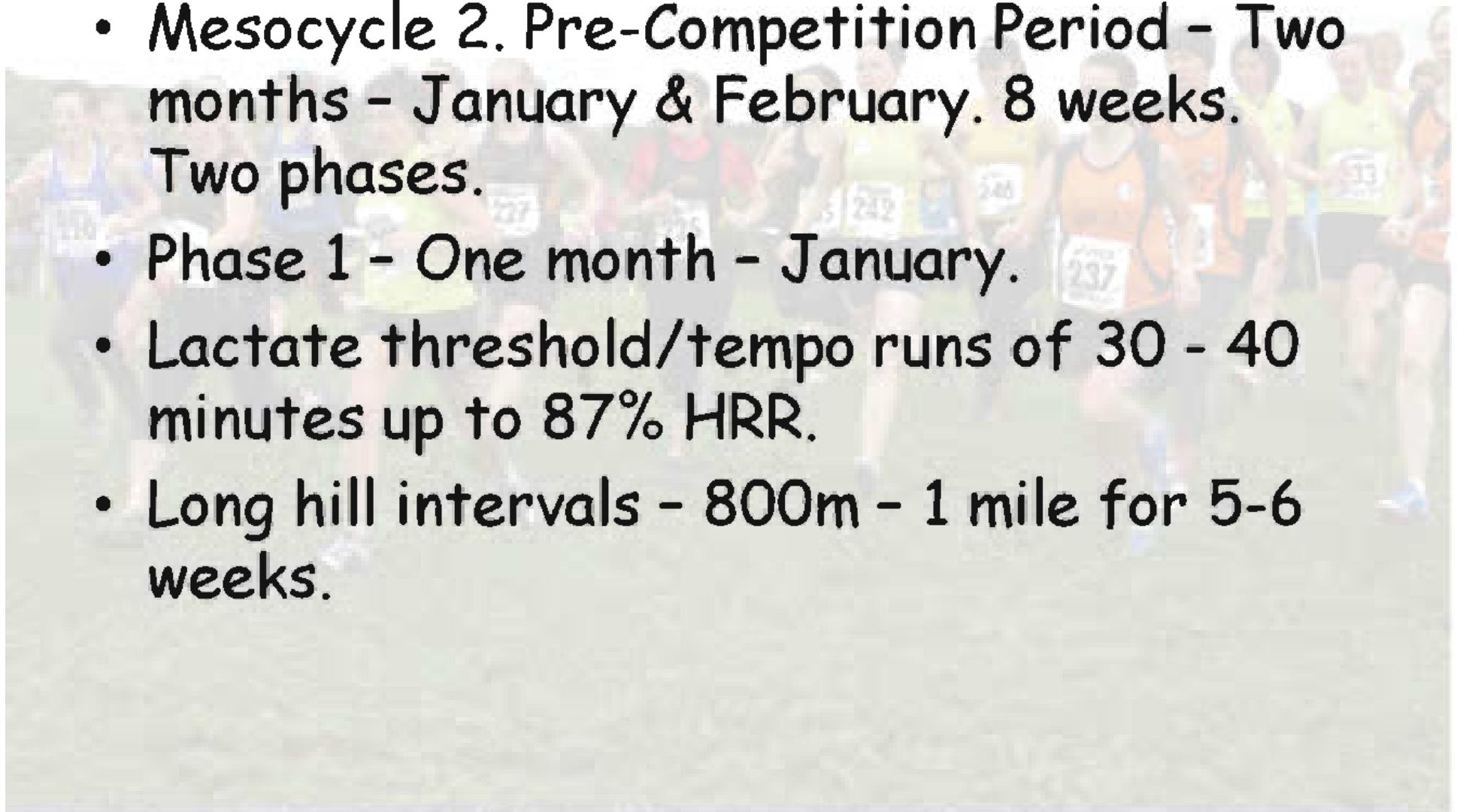
What type of training is done during the base period?

- Phase 3. Four Weeks. December (as for Phase 1 and 2, plus...).
- 5 - 6 days per week.
- Long run between 50 minutes to 2 hours @ 50-80% HHR.
- Tempo/Lactate threshold running for 15-40 minutes continuous @ 75-85% HHR.



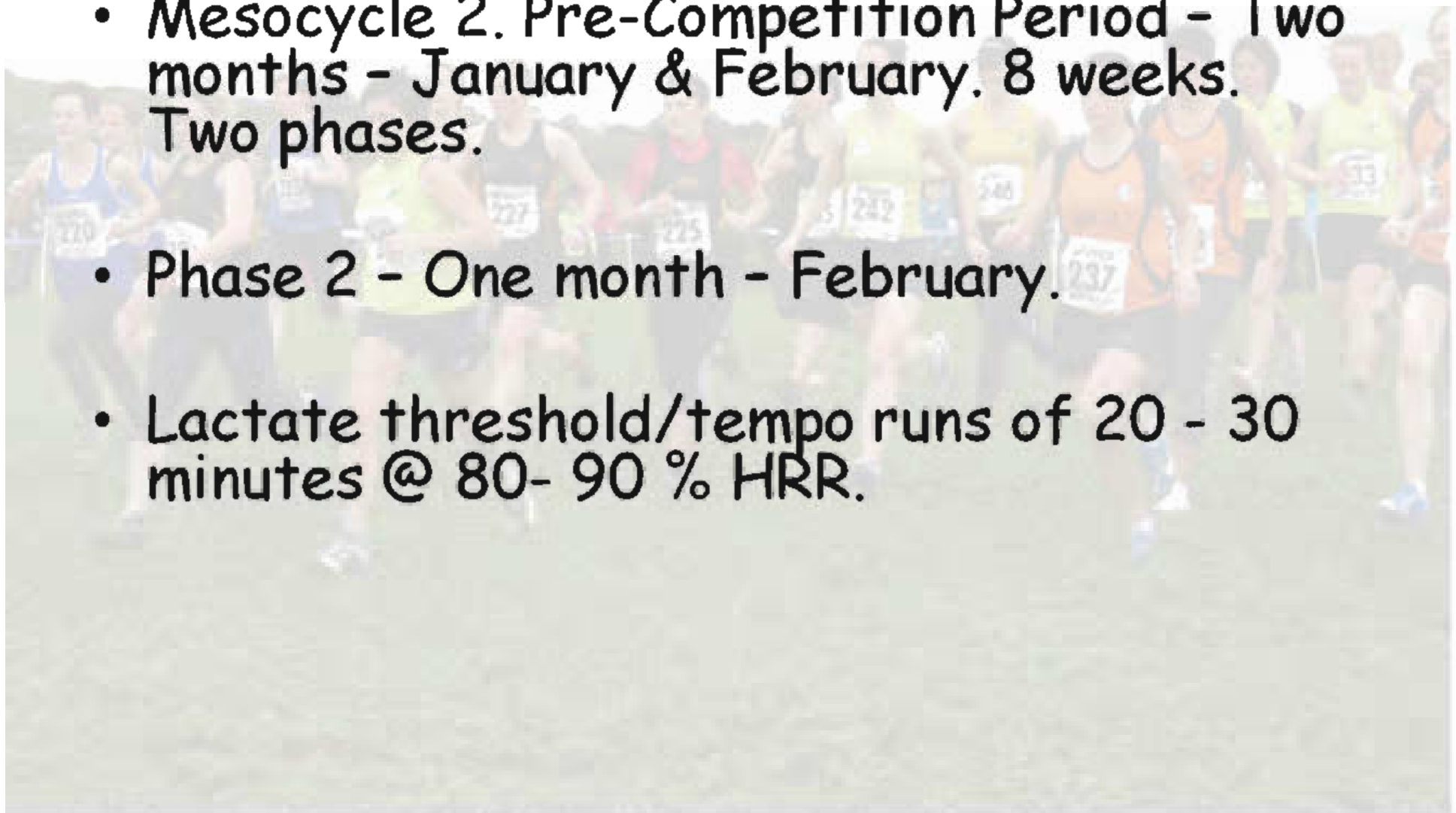
What type of training is done during the pre-competition period?

- Mesocycle 2. Pre-Competition Period - Two months - January & February. 8 weeks. Two phases.
- Phase 1 - One month - January.
- Lactate threshold/tempo runs of 30 - 40 minutes up to 87% HRR.
- Long hill intervals - 800m - 1 mile for 5-6 weeks.



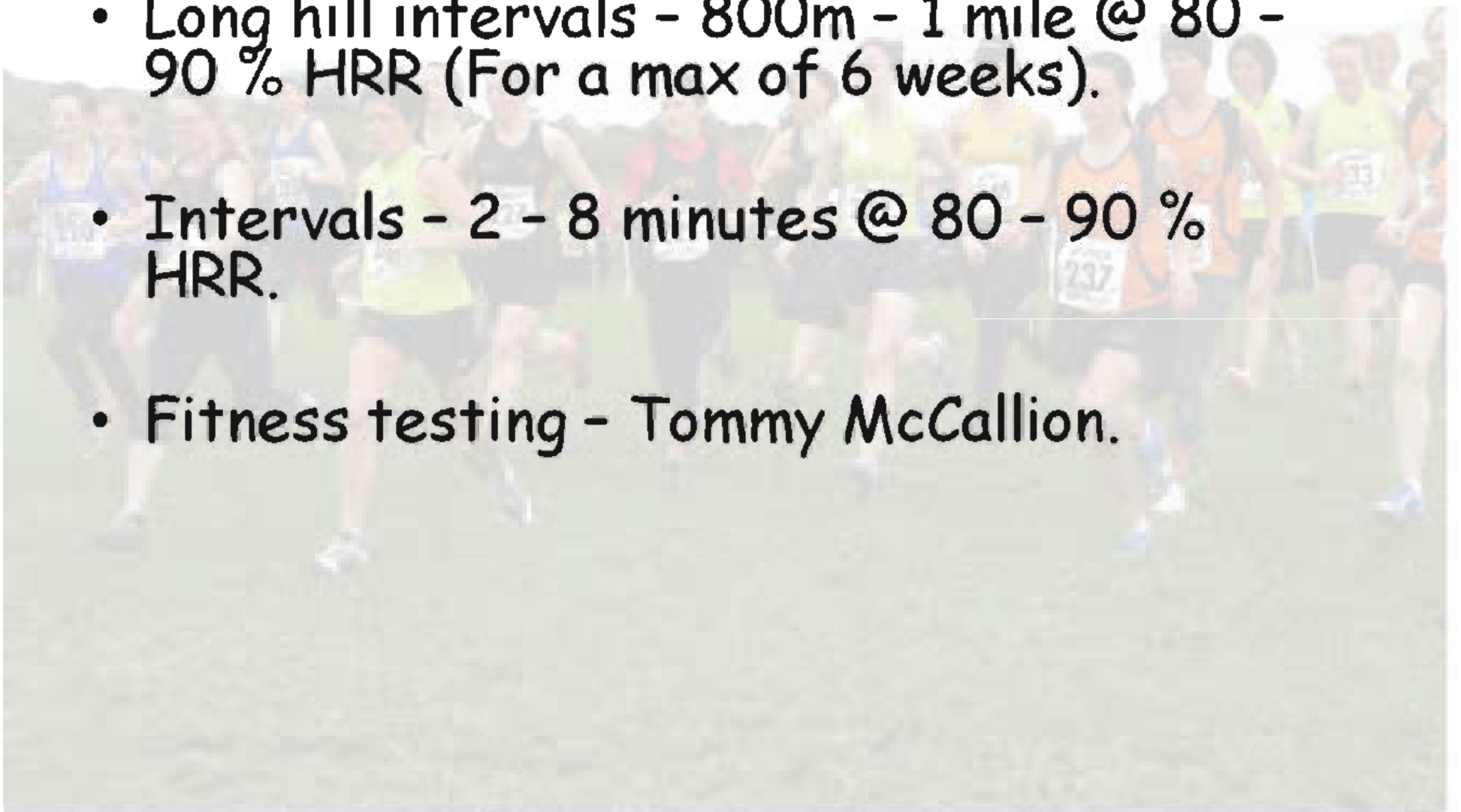
What type of training is done during the pre-competition period?

- Mesocycle 2. Pre-Competition Period - Two months - January & February. 8 weeks. Two phases.
- Phase 2 - One month - February.
- Lactate threshold/tempo runs of 20 - 30 minutes @ 80- 90 % HRR.



What type of training is done during the pre-competition period?

- Long hill intervals - 800m - 1 mile @ 80 - 90 % HRR (For a max of 6 weeks).
- Intervals - 2 - 8 minutes @ 80 - 90 % HRR.
- Fitness testing - Tommy McCallion.



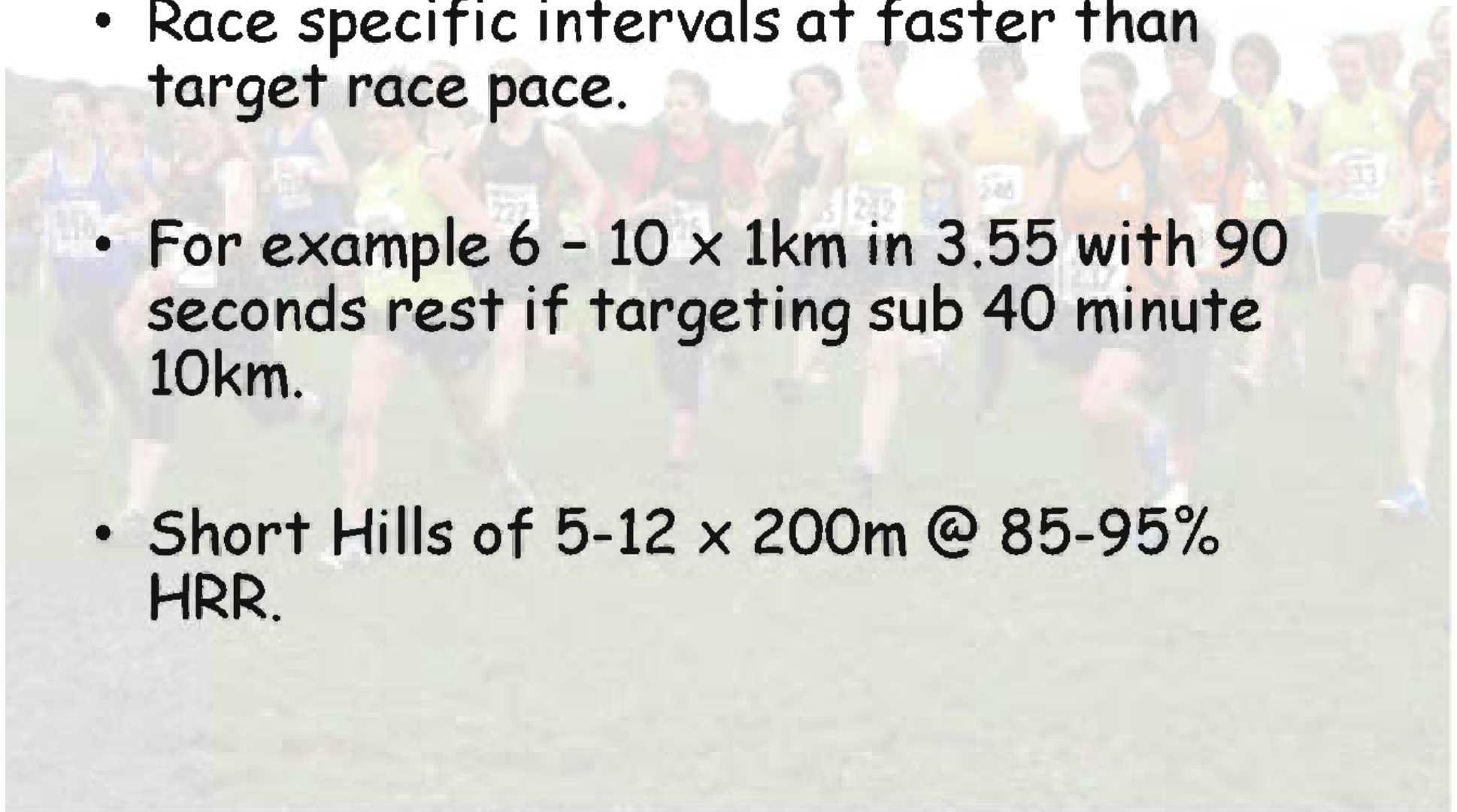
What type of training is done during competition period?

- Mesocycle 3. Competition Period - Two months - March & April. 8 weeks. Two phases.
- Phase 1 - One month - March.
- Intervals - 2 - 8 minutes @ 80 - 90 % HRR.



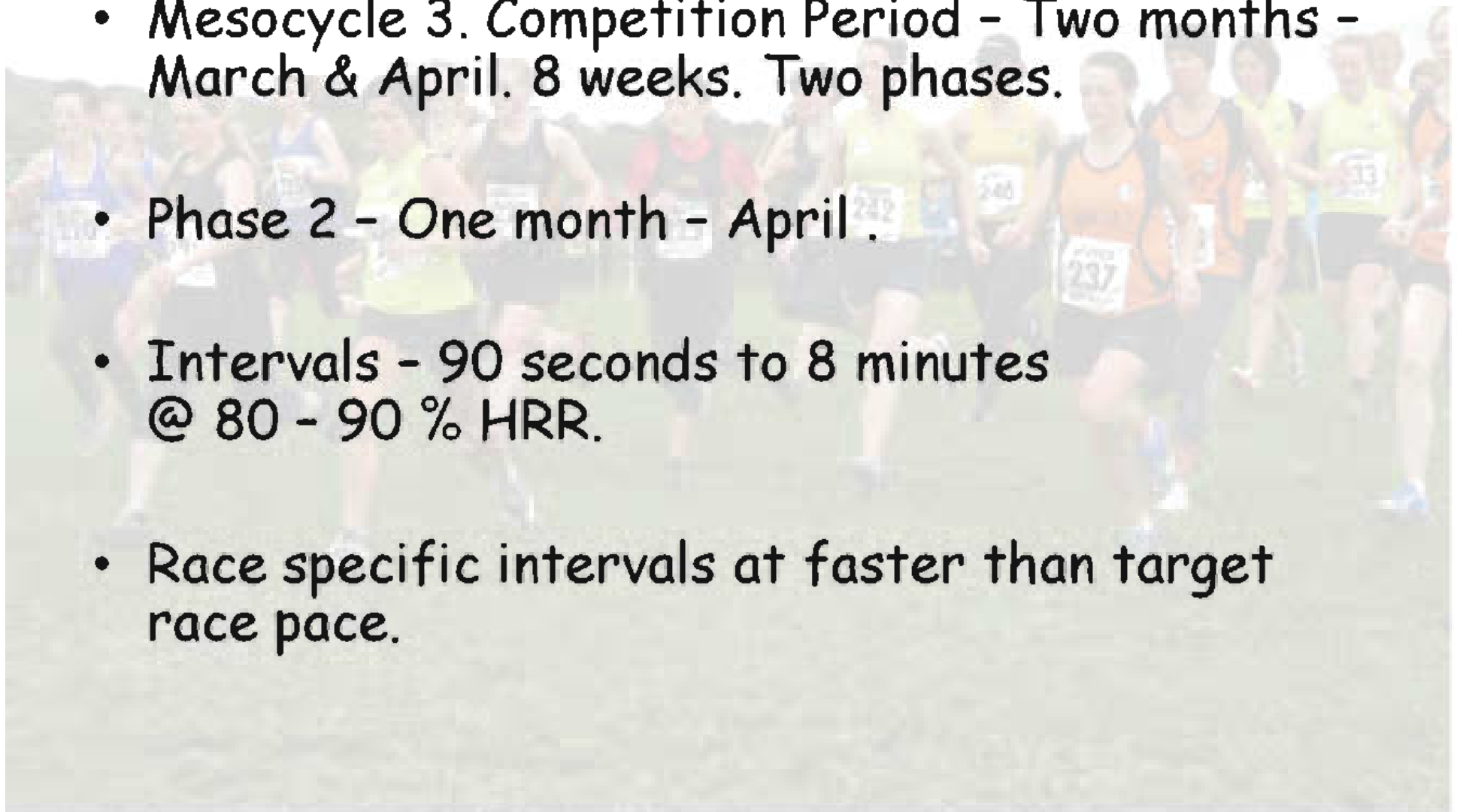
What type of training is done during competition period?

- Race specific intervals at faster than target race pace.
- For example 6 - 10 x 1km in 3.55 with 90 seconds rest if targeting sub 40 minute 10km.
- Short Hills of 5-12 x 200m @ 85-95% HRR.



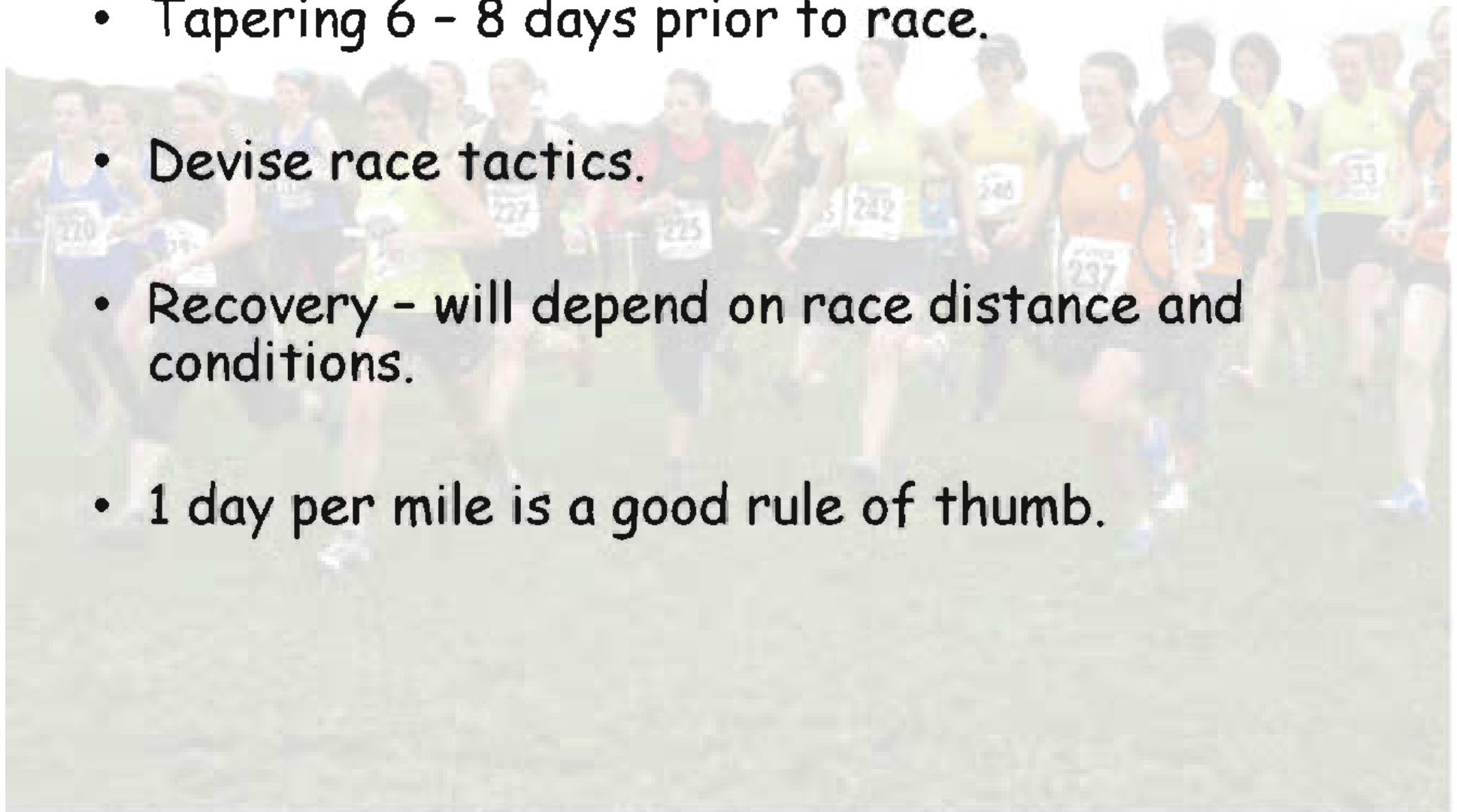
What type of training is done during competition period?

- Mesocycle 3. Competition Period - Two months - March & April. 8 weeks. Two phases.
- Phase 2 - One month - April .
- Intervals - 90 seconds to 8 minutes @ 80 - 90 % HRR.
- Race specific intervals at faster than target race pace.



What type of training is done during competition period?

- Tapering 6 - 8 days prior to race.
- Devise race tactics.
- Recovery - will depend on race distance and conditions.
- 1 day per mile is a good rule of thumb.

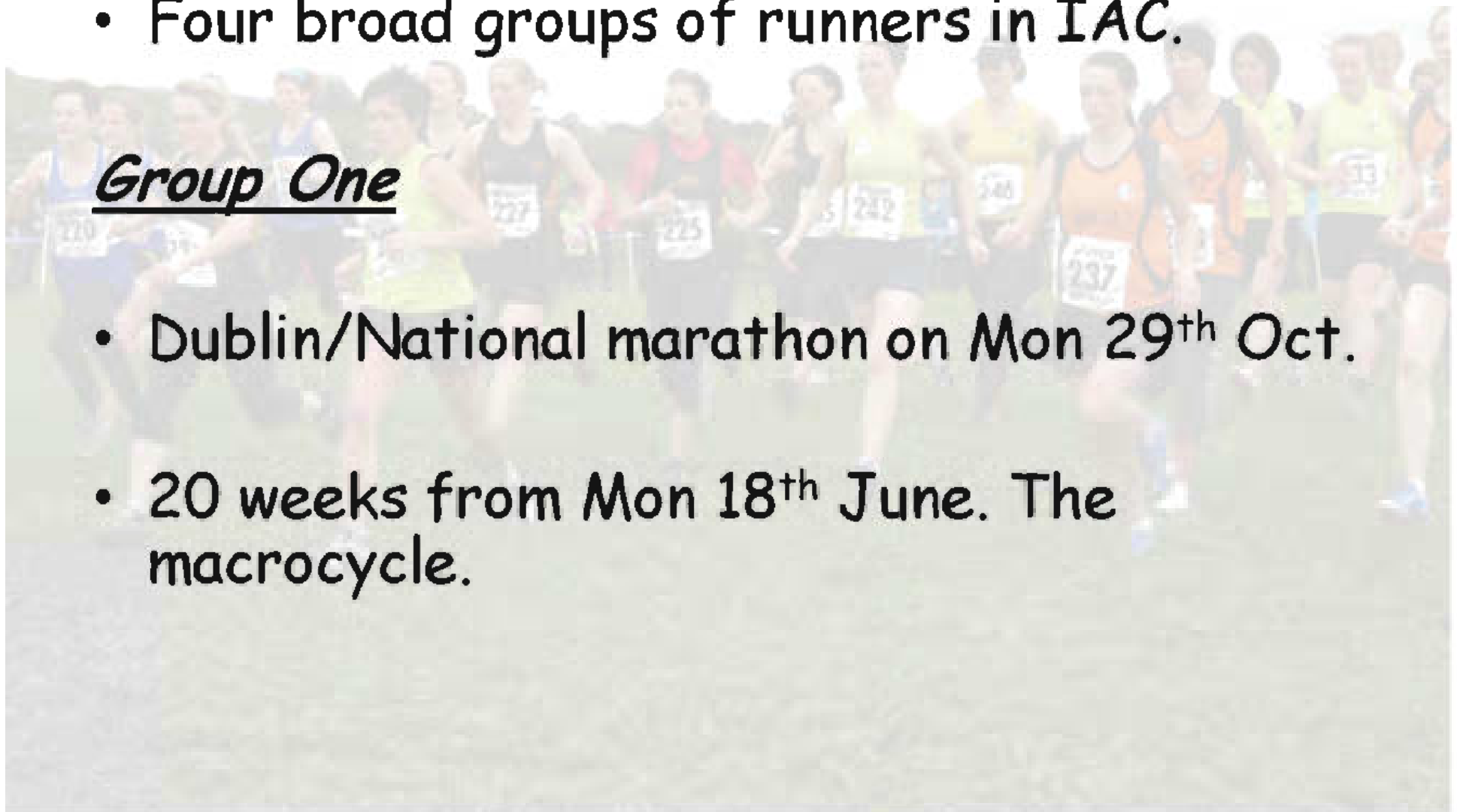


Where do we go from here?

- Four broad groups of runners in IAC.

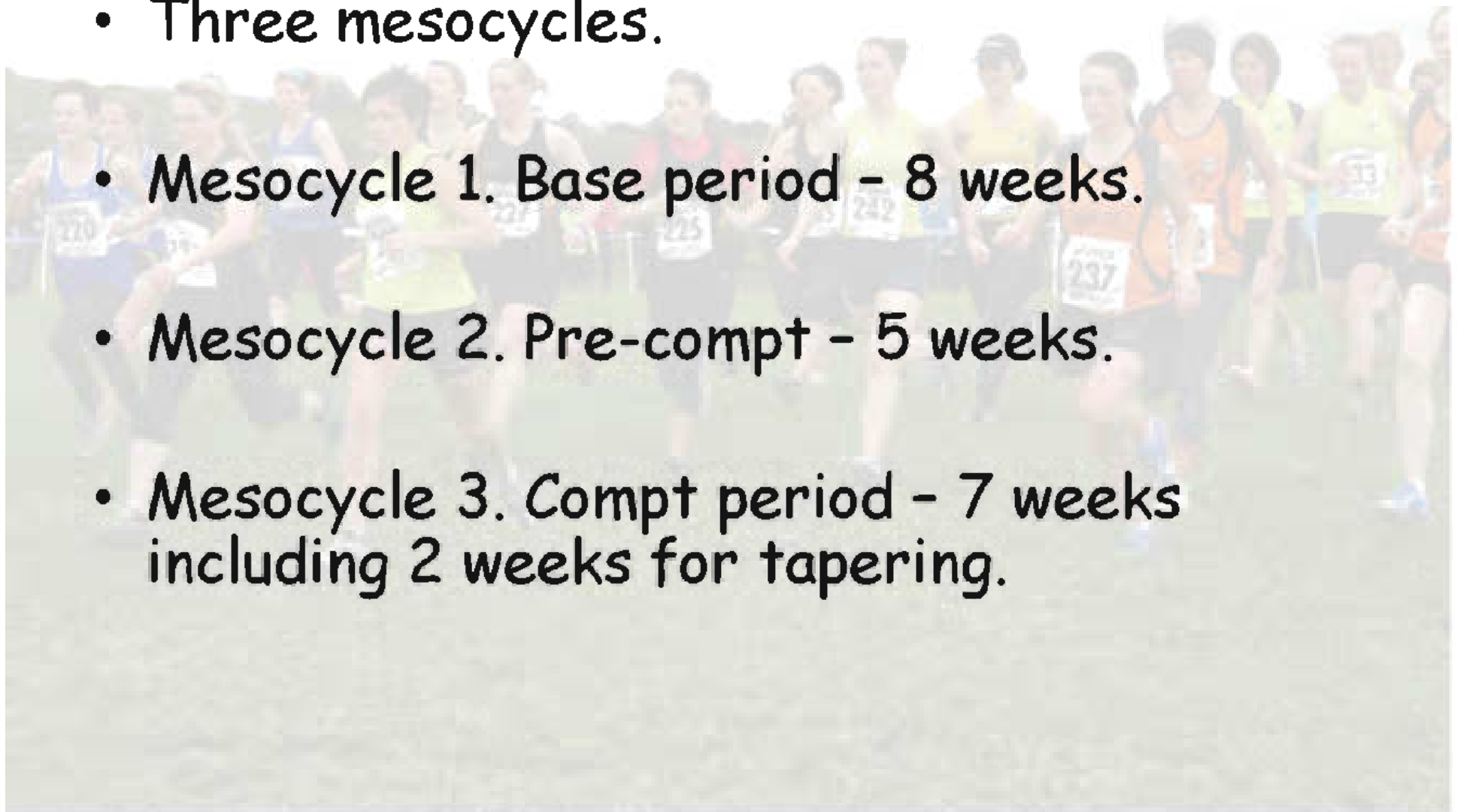
Group One

- Dublin/National marathon on Mon 29th Oct.
- 20 weeks from Mon 18th June. The macrocycle.



Where do we go from here?

- Three mesocycles.
- Mesocycle 1. Base period - 8 weeks.
- Mesocycle 2. Pre-compt - 5 weeks.
- Mesocycle 3. Compt period - 7 weeks including 2 weeks for tapering.



Where do we go from here?

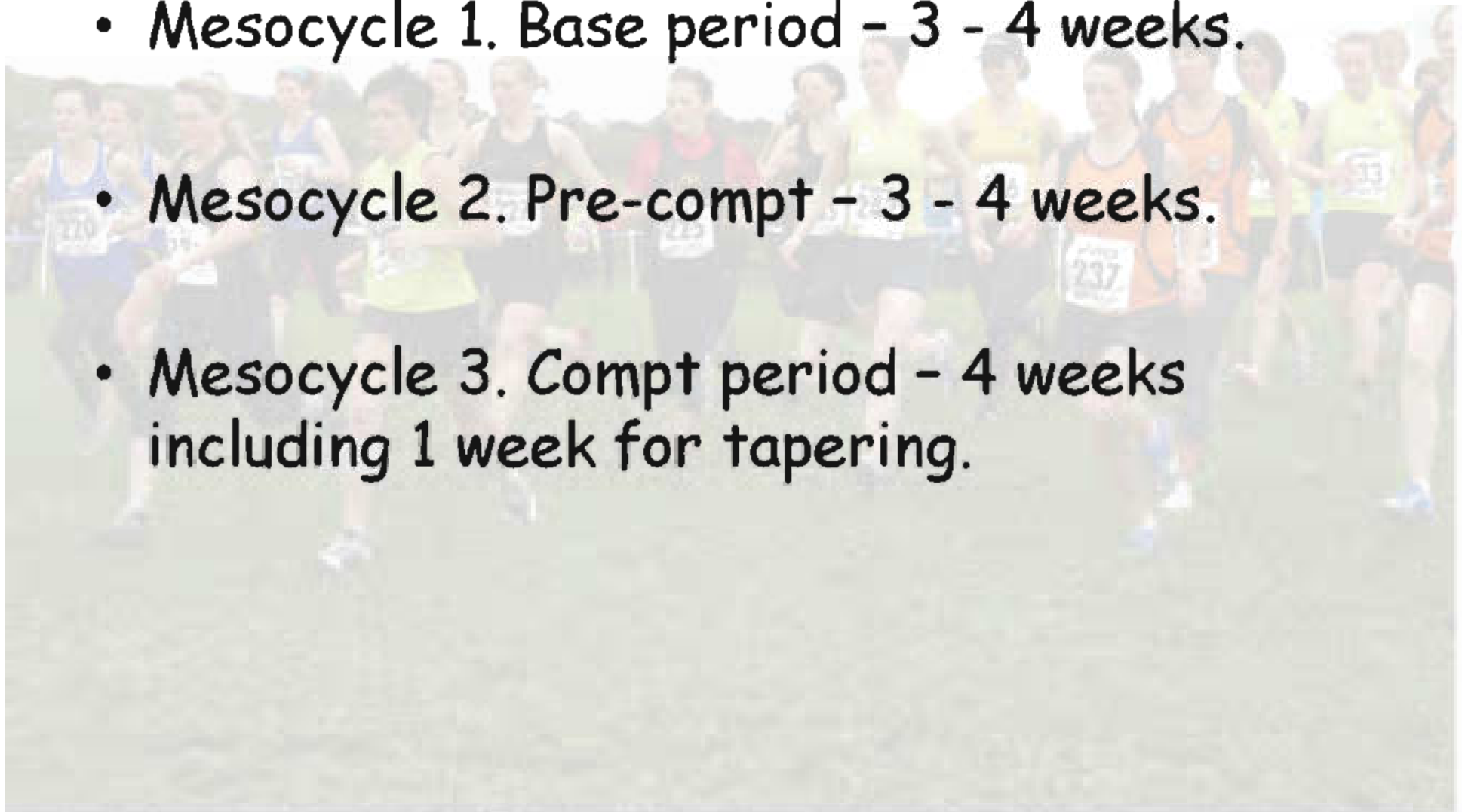
Group 2

- National or Waterside/NI Half marathon champs.
- Sun 2nd Sept for National Half - 11 weeks.
- Sat or Sun 7th or 8th Sept - 12 weeks.



Where do we go from here?

- Mesocycle 1. Base period - 3 - 4 weeks.
- Mesocycle 2. Pre-compt - 3 - 4 weeks.
- Mesocycle 3. Compt period - 4 weeks including 1 week for tapering.



Where do we go from here?

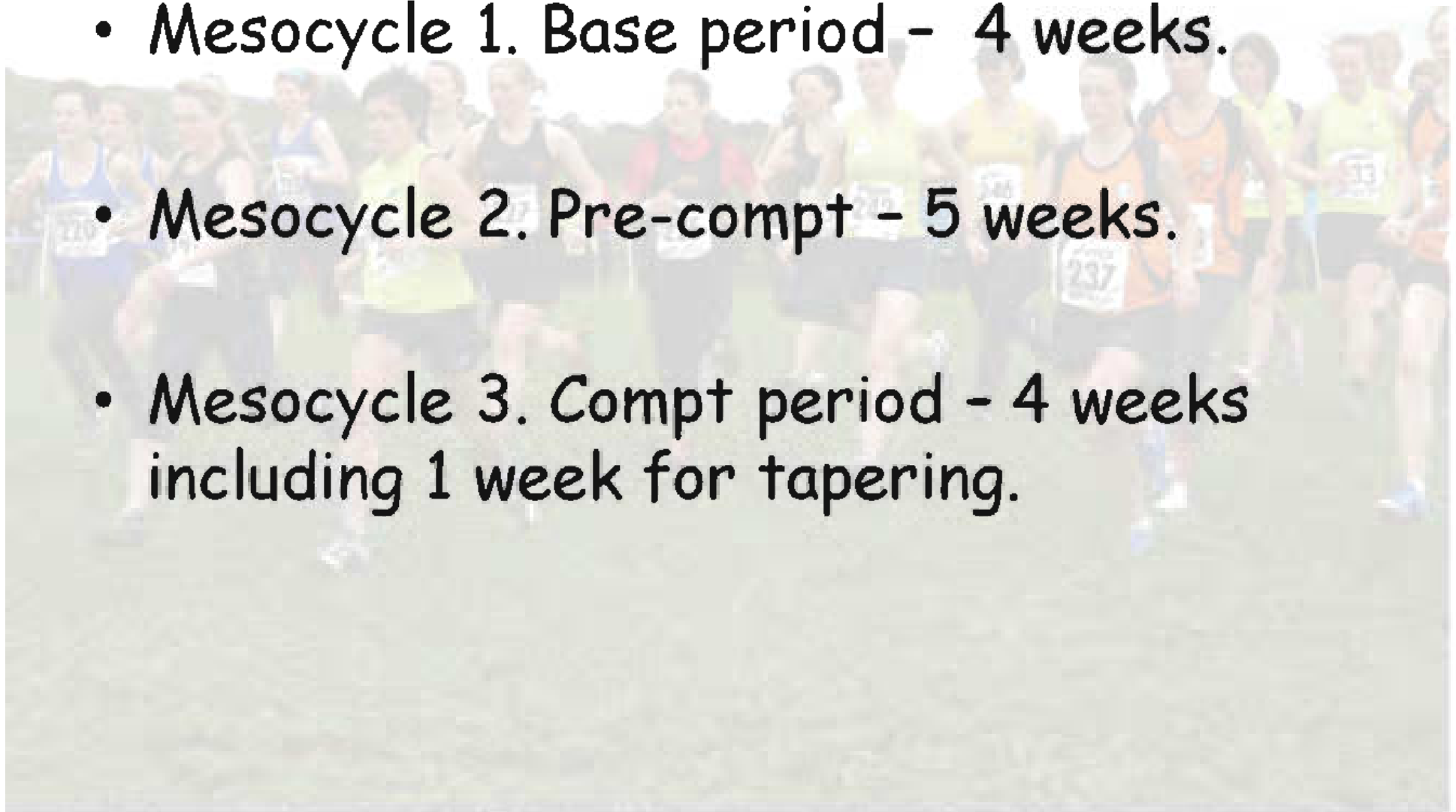
Group 3

- 5 - 10 km /cross-country runners.
- Main Goal - Donegal 5 km championships
Sun 16th Sept. 13 weeks.



Where do we go from here?

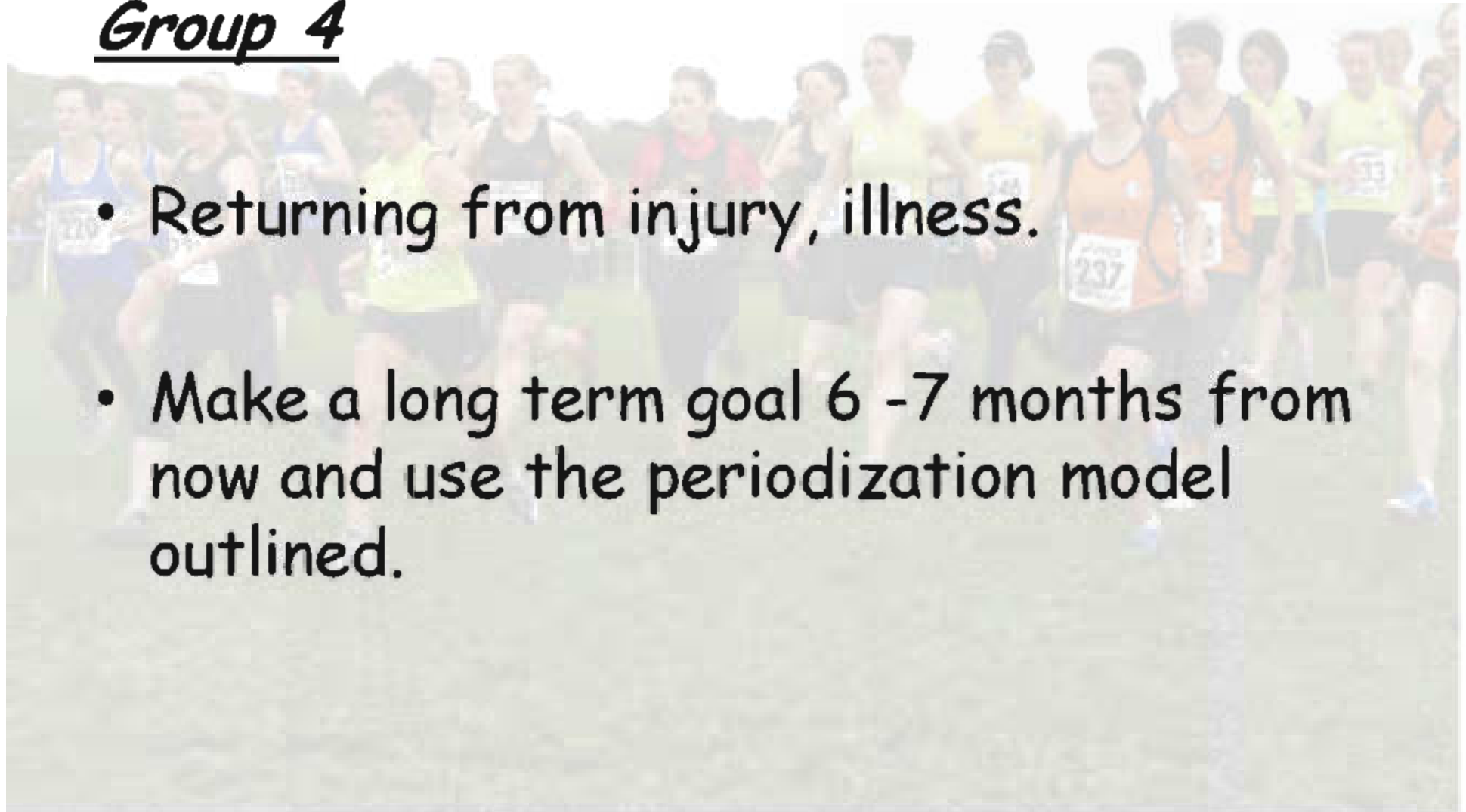
- Mesocycle 1. Base period - 4 weeks.
- Mesocycle 2. Pre-compt - 5 weeks.
- Mesocycle 3. Compt period - 4 weeks including 1 week for tapering.



Where do we go from here?

Group 4

- Returning from injury, illness.
- Make a long term goal 6 -7 months from now and use the periodization model outlined.



Are there other important points we should consider?

FITT Principles of training

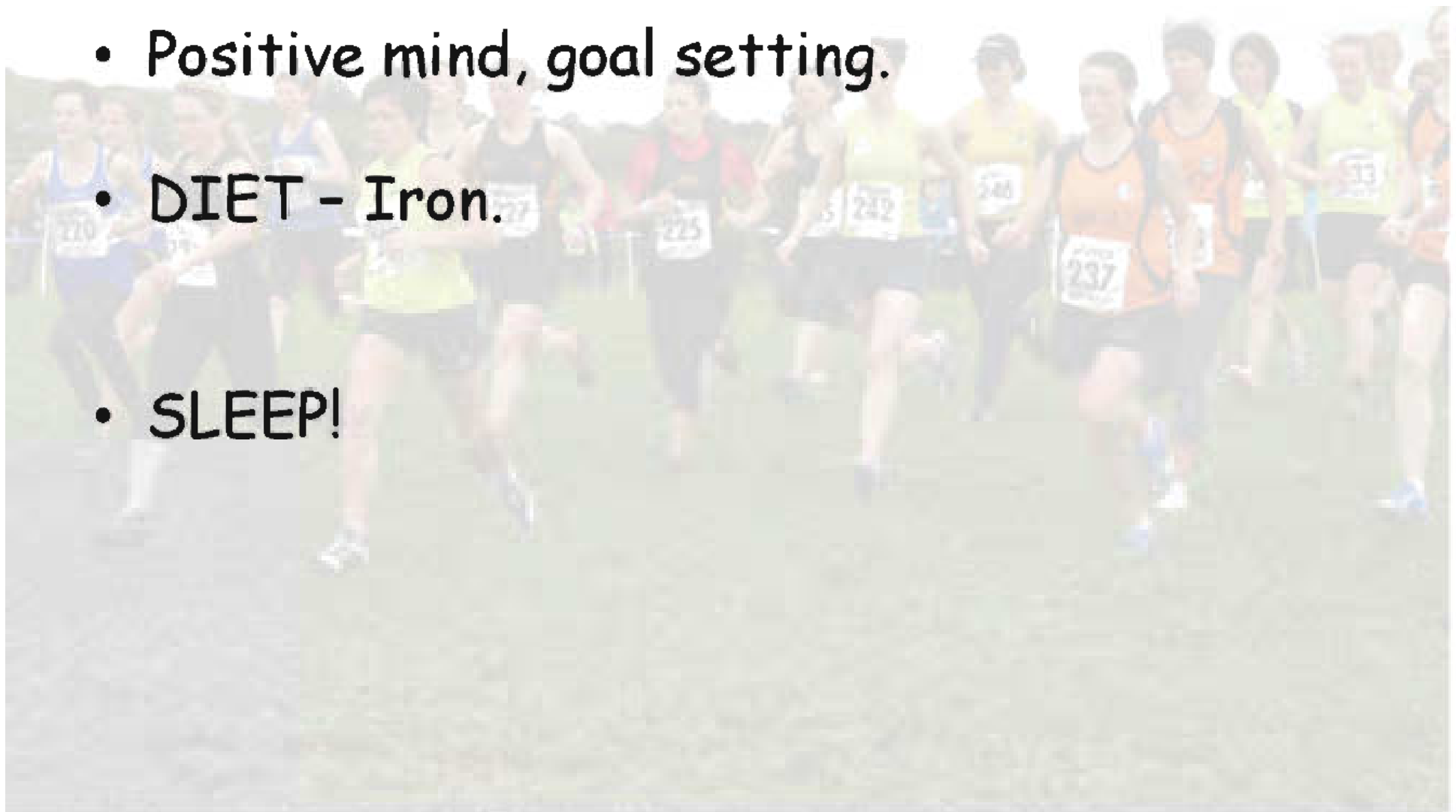
- F - Frequency
- I - Intensity
- T - Time
- T - Type

- Overload
- Progressions
- Recovery
- Reversibility
- Specific



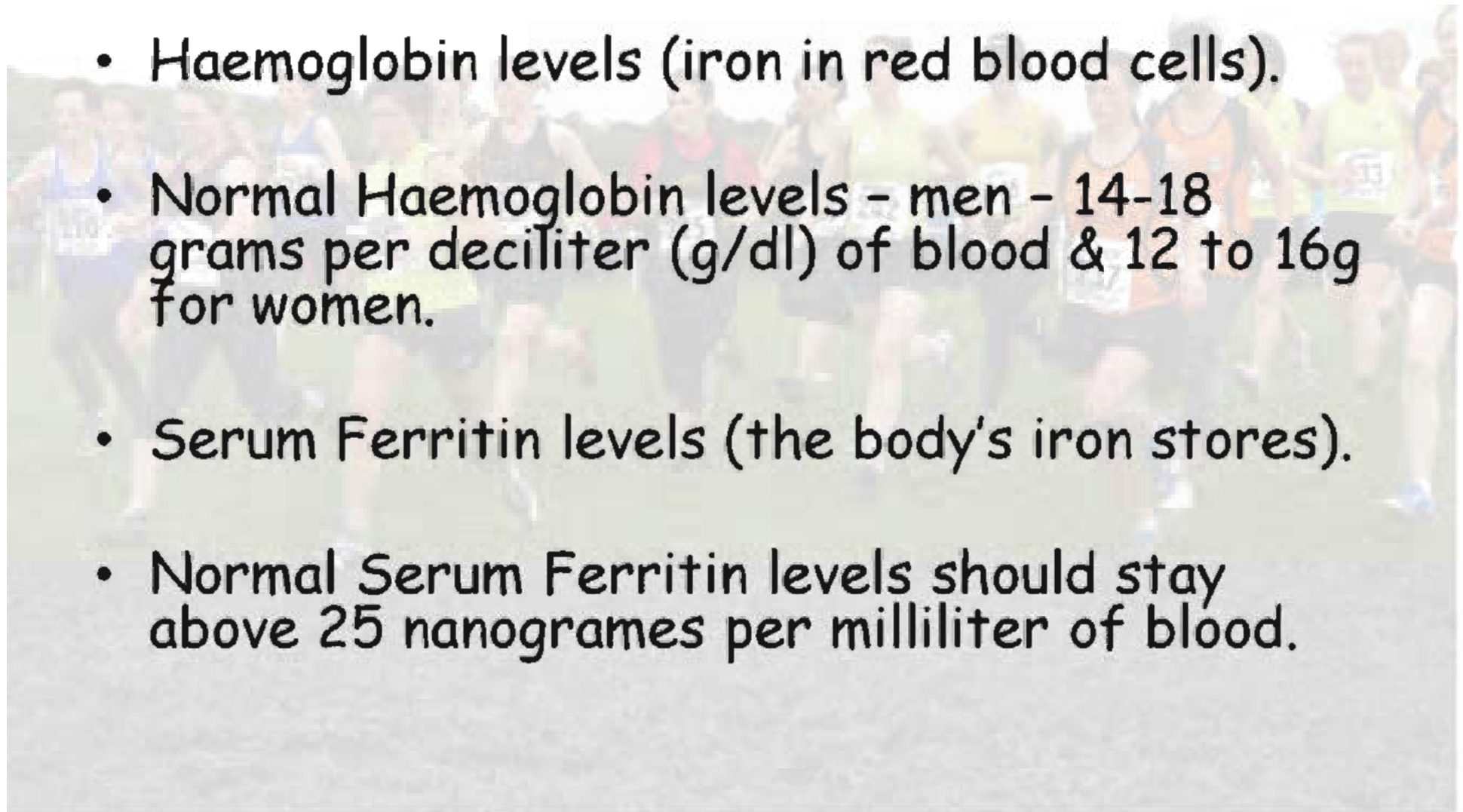
Are there other important points we should consider?

- Positive mind, goal setting.
- DIET - Iron.
- SLEEP!



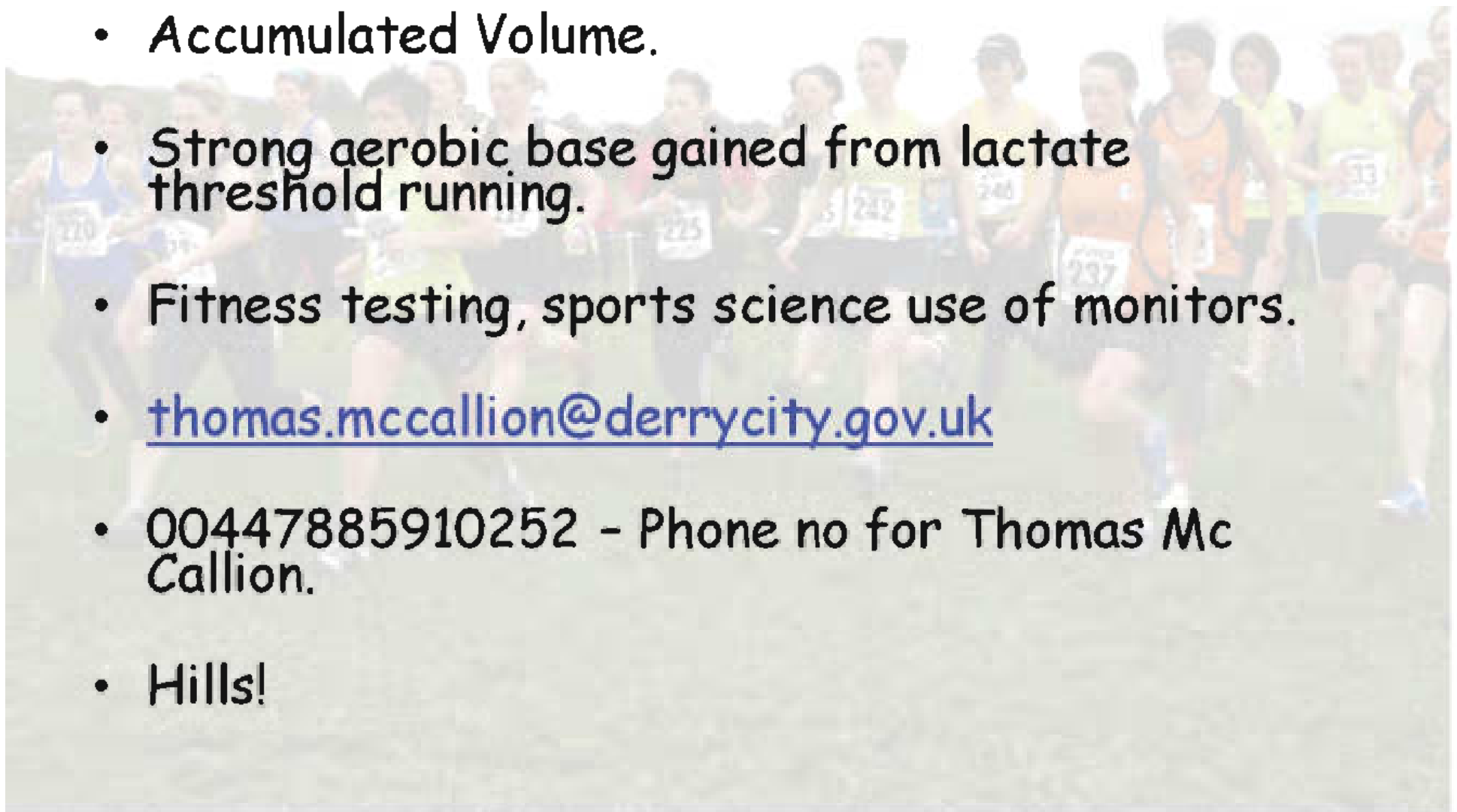
Are there other important points we should consider?

- Haemoglobin levels (iron in red blood cells).
- Normal Haemoglobin levels - men - 14-18 grams per deciliter (g/dl) of blood & 12 to 16g for women.
- Serum Ferritin levels (the body's iron stores).
- Normal Serum Ferritin levels should stay above 25 nanogrammes per milliliter of blood.



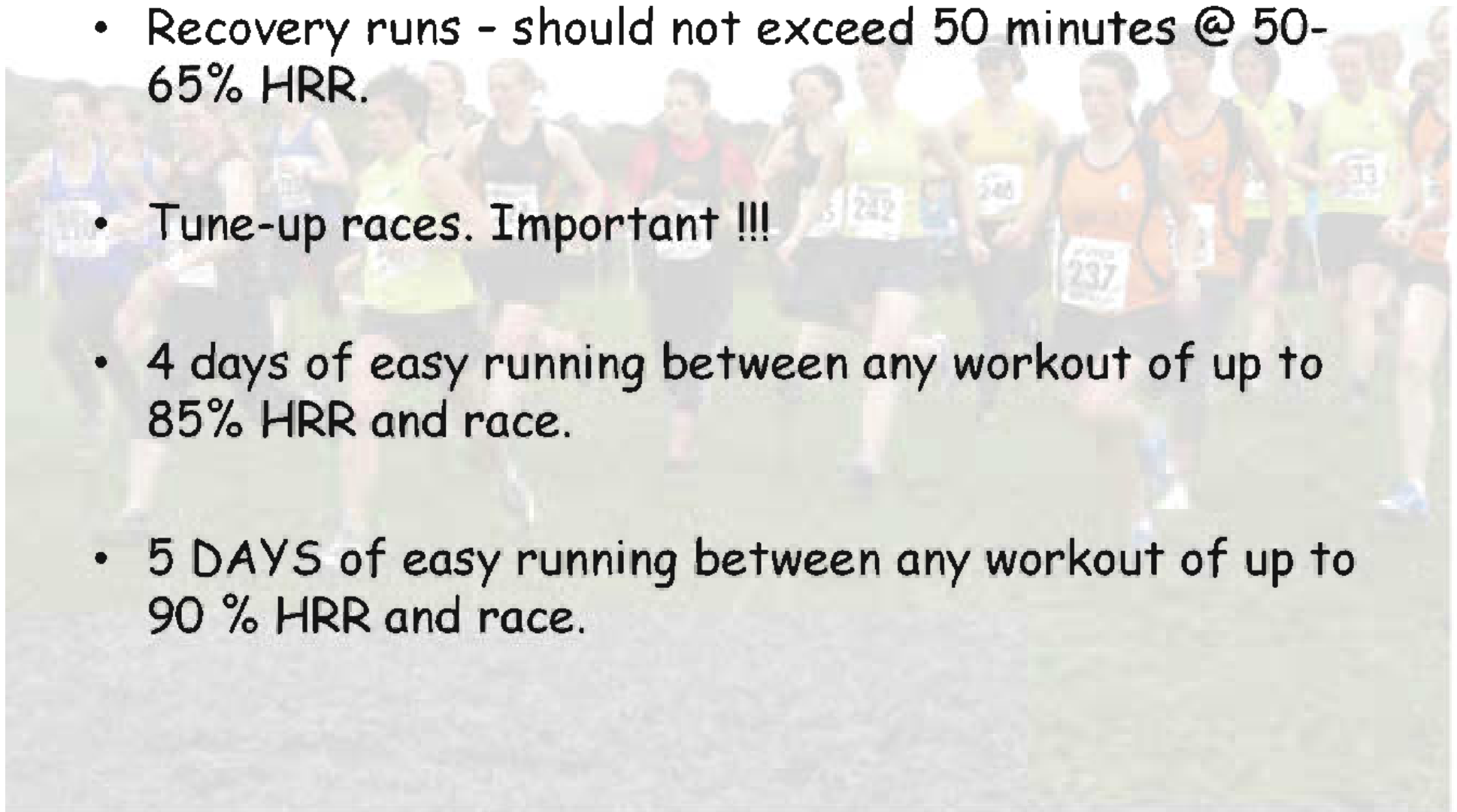
Are there other important points we should consider?

- Accumulated Volume.
- Strong aerobic base gained from lactate threshold running.
- Fitness testing, sports science use of monitors.
- thomas.mccallion@derrycity.gov.uk
- 00447885910252 - Phone no for Thomas Mc Callion.
- Hills!



Are there other important points we should consider?

- Recovery runs - should not exceed 50 minutes @ 50-65% HRR.
- Tune-up races. Important !!!
- 4 days of easy running between any workout of up to 85% HRR and race.
- 5 DAYS of easy running between any workout of up to 90 % HRR and race.

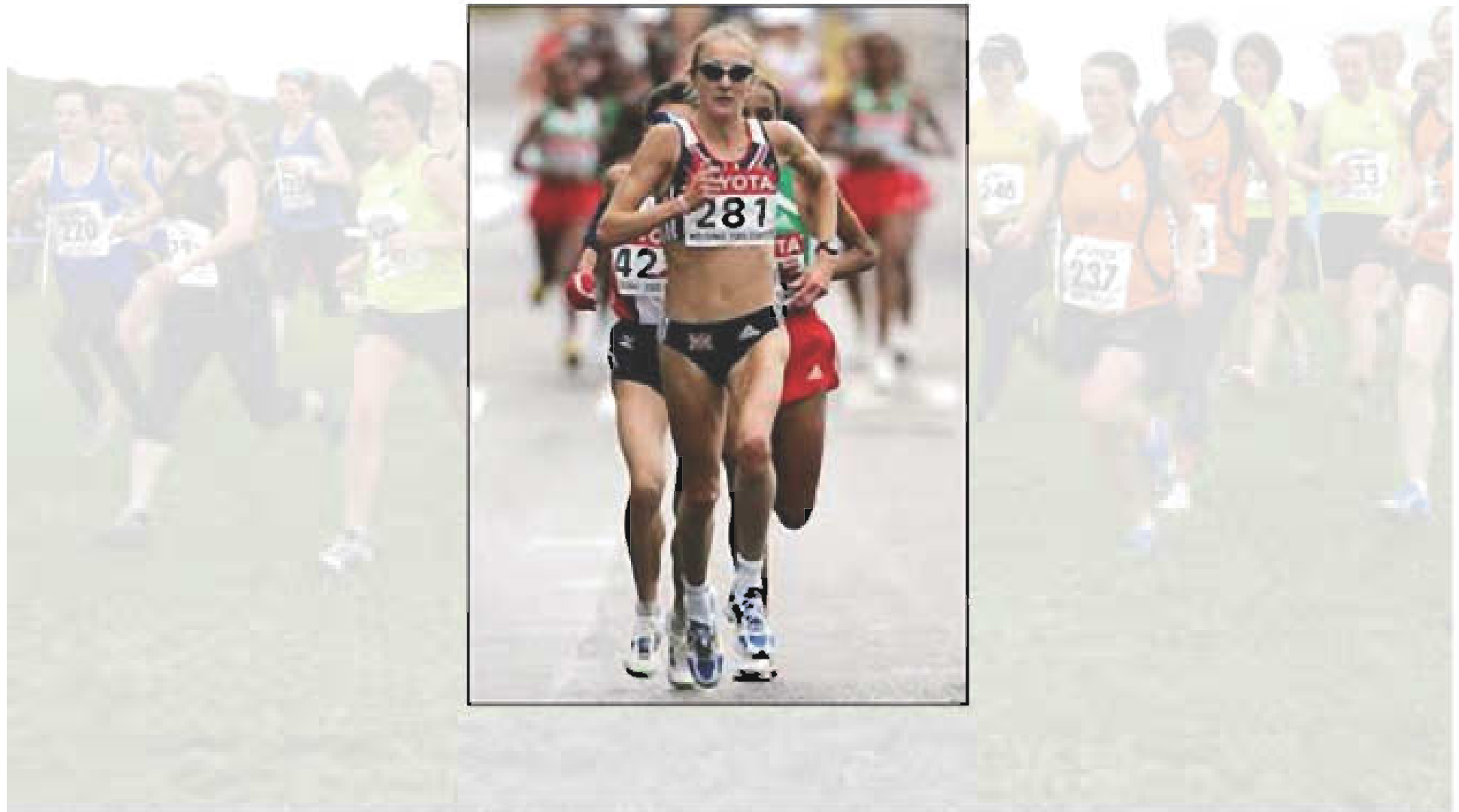


Are there other important points we should consider?

- DOMS
- Focus on SPEED!!!
- 5 - 10 x 100m strides @ 400m pace.



How Important is Speed?



How Important is Speed?

- Paula Radcliff
- World marathon record holder - 2.15.25.
- 5 mins 10 secs per mile.
- 77 secs per 400m.
- 38.5 secs for 200m.
- 19.25 secs for 100m.



How Important is Speed?



How Important is Speed?

- Patrick Makau
- World marathon record holder - 2.03.38.
- 4 mins 44 secs per mile.
- 71 secs per 400m.
- 35.5 secs for 200m.
- 17.75 secs for 100m.



Any Words of Inspiration?

'The dictionary is the only place where success comes before work'

Vince Lombardi, American Football Coach.

'Some people see things as they are and ask why, other dream of things that never were and ask, why not?'

Oscar Wilde

Any Questions??



It's QUESTION TIME!!