

# BUILDING TRAINING PLANS AKA: PERIODIZATION

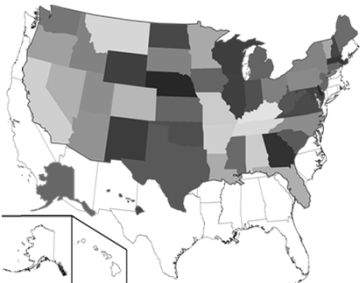
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West HS, Centerton , Arkansas  
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## BOSTON MOUNTAIN ATHLETIC CLUB




GORHAM, MAINE  
PHOENIX, ARIZONA  
SAN ANTONIO, TEXAS  
BATON ROUGE, LOUISIANA  
BRISBANE, AUSTRALIA  
LAWRENCE, KANSAS  
DAYTONA BEACH, FLORIDA  
DENTON, TEXAS  
GRAND ISLE, LOUISIANA

• A FEW OTHER PLACES NOBODY HAS EVER HEARD OF....



Thank you for the opportunity to share!

## PERIODIZATION SIMPLY STATED IS : PLANNING RECORDING PEAKING



## INFORMAL SURVEY OF 10 COACHES, HIGH SCHOOL COLLEAGUES..... WITH VARIED LEVELS OF EXPERIENCE/SUCCESS

- IN YOUR PLANNING, WHAT IS THE HARDEST PART TO GET RIGHT?
- #1 ANSWER....PEAKING
- ....#2 ANSWER- INDIVIDUALIZATION

- PEAKING
- FOUNDATIONAL TRAINING



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The Annual Plan					
Phases of training	Preparatory		Competitive		Transition
Sub-phases	General preparation	Specific preparation	Pre-competitive	Competitive	Transition
Macro-cycles					
Micro-cycles					

PLANNING BACKWARDS  
 TOWARD COMPETITIONS AND CHAMPIONSHIPS

THE MOST SPECIFIC WORK, THE MODEL OF THE EXACT EVENT(S)  
 WORKING BACKWARDS TO THE MOST GENERAL FOUNDATIONAL DEVELOPMENTAL EXERCISES

WHAT TYPE OF PLANNER ARE YOU?


ENGINEER /ARCHITECT...DRIVEN BY THE NUMBERS & FACTS  
 CHEF/ARTIST...DRIVEN BY THE FINAL TASTE  
 MAD SCIENTIST...DEFYING THE LAWS OF PROVEN FACTS..  
 OR A COMBINATION?

TERMINOLOGY FROM COACHES EDUCATION


- USAIF...USTFCCCA ACADEMY
- ANNUAL PLAN...YEAR OR SEASON?
  - MACROCYCLE...THE WHOLE PIE
- MESOCYCLE...LARGE SLICES, EXTENDED CYCLE
- MICROCYCLE...BITES OF THOSE SLICES, A WEEK? MAYBE LONGER...
- SESSION...A WORKOUT
- UNIT...AN EXERCISE IN THAT WORKOUT
- PRINCIPLES OF TRAINING THEORY:
  - OVERLOAD
  - ADAPTATION
  - VARIETY
  - PROGRESSION

DO YOUR RESOURCES MATCH YOUR KNOWLEDGE?

WHAT TYPE OF PLAN CAN I BUILD WITH THIS MANY VARIABLES?



BOUDREAUX, THIBODEAUX AND THE CLEAN PASTURE.....



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VARIETY... BUT ARE WE SHOPPING ON THE RIGHT AISLE?

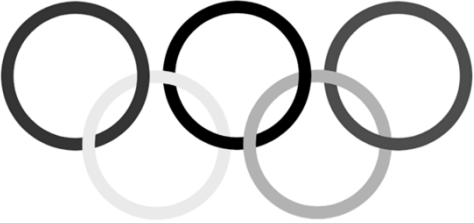


BUILDING A TRAINING INVENTORY

- Foundations in your program that develop qualities in :  
 STRENGTH  
 SPEED  
 MOBILITY  
 ENDURANCE (WORK CAPACITY)  
 COORDINATION

& ALL OF THE COMBINED QUALITIES ...EX- SPEED + STRENGTH = POWER

IS THERE EVIDENCE OF MULTI-LATERAL TRAINING?



SAMPLE TRAINING INVENTORIES



EVERYTHING FROM : WARMUPS ( & THEIR THEMES)

<p><b>DYNAMIC FLEXIBILITY</b></p> <p>(Series 1)</p> <ol style="list-style-type: none"> <li>1. Side Split</li> <li>2. Standing Forward Bend</li> <li>3. Standing Split</li> <li>4. Side Split</li> <li>5. Dynamic Split Exchange</li> </ol>	<p><b>GENERAL STRENGTH</b></p> <p>(Series 2)</p> <ol style="list-style-type: none"> <li>1. Med Ball</li> <li>2. Medicine Ball</li> <li>3. Side Split</li> <li>4. Side Split</li> <li>5. Side Split</li> <li>6. Side Split</li> <li>7. Side Split</li> <li>8. Side Split</li> <li>9. Side Split</li> <li>10. Side Split</li> </ol>	<p><b>DYNAMIC FLEXIBILITY</b></p> <p>(Series 2)</p> <ol style="list-style-type: none"> <li>1. Double under</li> <li>2. Left leg lead</li> <li>3. Right leg lead</li> <li>4. Backward left leg</li> <li>5. Backward right leg</li> </ol> <p>Fast Double Skip</p> <ol style="list-style-type: none"> <li>1. H. Head Kick Skip</li> <li>2. H. Head Kick Skip</li> <li>3. H. Head Kick Skip</li> <li>4. H. Head Kick Skip</li> <li>5. H. Head Kick Skip</li> </ol>
HURDLE MOBILITY	GENERAL STRENGTH	DYNAMIC FLEXIBILITY
PLIOMETRICS (AKA MULTIJUMPS)	MULTIPLE THROWS (INCLUDING MED BALL TOSSES)	SPRINT DRILLS

PROGRESSIONS IN RUN TRAINING

ACCELERATION-----SPEED-----

↓

SPEED ENDURANCE

EXTENSIVE TEMPO-----INTENSIVE TEMPO----

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### WHERE DOES STRENGTH TRAINING FIT INTO THE PLAN?

• STATIC LIFTS	BENCH,SQUAT,
• OLYMPIC LIFTS	SNATCH,CLEAN
• BALLISTIC LIFTS	SQUAT JUMPS, HEXBAR JUMPS
• REGIONAL LIFTS	BODYBUILDING LIFTS

### TRAINING PROGRESSIONS IN THE MULTIJUMPS (PLIOMETRICS)

- GENERAL TO SPECIFIC
- LOW NEURAL DEMAND TO HIGH NEURAL DEMAND
- IN-PLACE JUMPS—SHORT BOUNDS—EXTENDED BOUNDS---DEPTH JUMPS
- JUMP ROPE.....L-L-L.....L-L-R-L-L-R.....BOX-BOX-HURDLE

### BLENDING FROM 1 CYCLE TO THE NEXT

- SAMPLE MICROCYCLE DESIGNS ( AND PROGRESSION)

• EARLY:	LATER	EVEN LATER
• M-NEURAL	NEURAL	NEURAL
• T-EXTENSIVE	EXTENSIVE	INTENSIVE
• W-GENERAL	GENERAL	GENERAL
• TH-NEURAL	NEURAL	NEURAL
• F-EXTENSIVE	INTENSIVE	INTENSIVE

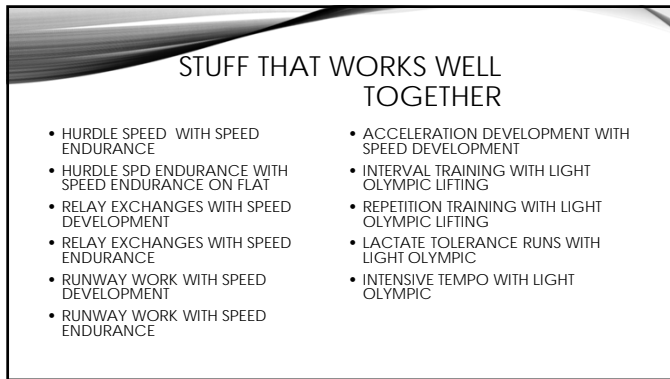
### •SAMPLE TRAINING CYCLE FOR A JUMPER DURING THE FALL / GENERAL PREPARATION CYCLE

MESOCYCLE 2 FROM 10/14/19 to 10/20/19 MESOCYCLE 2 10/27/19 to 11/3/19

**Jumpers**  
**Specific Prep Training Cycle**  
**Monday**  
 Warm Up (A)  
 High Jump - Circle Runs, U-Runs, Approaches and Back to Bar Layouts  
 Special Endurance - 6 x 200m S-F-S (80/40/80)  
 Multiple Jump - Readout x 30m  
**Weight**  
**Tuesday**  
 Warm Up (B)  
 High Jump - Hurdle Specific Plyo  
 L-L-L-L - Sit on the EJ PL, then L-L-R-R from the TJ Board.  
 Acceleration Dev. - Sprint Progressions (push up, fall in, rollover, 3 point)  
 Decoupling - 4 x 40m Power Skips for Height, Alternate, L-L-R-R  
 General Strength - Pedestal x 10 and x 20/20  
 Medicine Ball #1 x 10  
 Ditch Drilling 3 x 10  
**Wednesday**  
 Warm Up (C)  
 High Jump - Circle Runs, U-Runs, Approaches and Back to Bar Layouts  
 Special Endurance - 8 x 120m Sprint, Float, Sprint with walk back recovery  
**Weight**  
 Cool Down and Cold Tub  
**Thursday**  
 Warm Up (D)  
 L-L-L-L - Sit on the EJ PL, then L-L-R-R from the TJ Board.  
 General Strength - Pedestal x 10 and x Freedom x 15  
 Medicine Ball #1 x 10  
 Cool Down and Cold Tub  
**Friday**  
 Warm Up (E)  
 Coaster Stairs PHL - 6 x 150m  
**Weight**  
 Cool Down and Cold Tub  
**Saturday**  
 Active Recovery - Shake Out  
**Sunday**  
 Active Rest x 15 minutes (bike, jog, swim)  
**NOTES:**

### PAIRING COMPONENTS ACCORDING TO NEURAL DEMAND

• HIGH NEURAL	• LOW NEURAL
• SPEED-ACCELERATION, SPEED DEVELOPMENT	• GS: CALISTHENICS, STABILITY WORK
• MJ: IPJ, SHORT BOUNDS, EXT BOUNDS DEPTHJUMPS	• MB: CATCH & TOSS, CALISTHENICS
• WT: OLY, STATIC, BALLISTIC	• WT: REGIONAL LIFTS
• MT: FULL OHB,BLF....JUMP-THROW COMBOS	• RUN TRNG: EXT TEMPO,INTERVALS
	• TECHNIQUE: SHORT APPROACH JUMPS, LOW INTENSITY/DENSITY THROWS



STUFF THAT WORKS WELL  
TOGETHER

- HURDLE SPEED WITH SPEED ENDURANCE
- HURDLE SPD ENDURANCE WITH SPEED ENDURANCE ON FLAT
- RELAY EXCHANGES WITH SPEED DEVELOPMENT
- RELAY EXCHANGES WITH SPEED ENDURANCE
- RUNWAY WORK WITH SPEED DEVELOPMENT
- RUNWAY WORK WITH SPEED ENDURANCE
- ACCELERATION DEVELOPMENT WITH SPEED DEVELOPMENT
- INTERVAL TRAINING WITH LIGHT OLYMPIC LIFTING
- REPETITION TRAINING WITH LIGHT OLYMPIC LIFTING
- LACTATE TOLERANCE RUNS WITH LIGHT OLYMPIC
- INTENSIVE TEMPO WITH LIGHT OLYMPIC