

MACROCYCLE	1 - 36 Week Program								
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MESOCYCLES	2	3	4	5	
	General Adaptation	Specific Adaptation	General Preparation	Specific Preparation	GOAL
	Function	Health	Fitness	Performance	Perform
	> Stability/Mobility	> Movement	> Loading	> Functional/Specific	
	> Aerobic Base	> Aerobic Efficiency	> Anaerobic Endurance	> Anaerobic Power	

MICROCYCLES (4 week cycles)	6		7		8		9		10		11		12		13		14	
	> Body Awareness		> "Functional" Movement		> Muscular Strength/Hyp.		> Muscular Power/Power End.		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)		> Cardio - Low to Moderate Intensity (e.g. LSD, Fartlek)		> Cardio - Moderate to High Intensity (e.g. Fartlek, HIIT)		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)	
	> Core Development		> Muscular Endurance		> Compound Resistance		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)		> Cardio - Low to Moderate Intensity (e.g. LSD, Fartlek)		> Cardio - Moderate to High Intensity (e.g. Fartlek, HIIT)		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)	
	> Balance & Coordination		> Compound Resistance		> Transition from Compound to Specific Resistance		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)		> Cardio - Low to Moderate Intensity (e.g. LSD, Fartlek)		> Cardio - Moderate to High Intensity (e.g. Fartlek, HIIT)		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)	
	> Cardio - Low to Moderate Intensity (e.g. LSD, Fartlek)		> Cardio - Moderate to High Intensity (e.g. Fartlek, HIIT)		> Transition from Compound to Specific Resistance		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)		> Cardio - Low to Moderate Intensity (e.g. LSD, Fartlek)		> Cardio - Moderate to High Intensity (e.g. Fartlek, HIIT)		> Transition from Compound to Specific Resistance		> Specific Resistance (e.g. Plyos, Agility, Cleams, etc...)	

Periodization Training Template

Xiaolong Qi



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Scientific Foundations and Practical Applications of Periodization G. Gregory Haff, 2024-02-26 The concept of periodization is not new with the precursors of periodized training dating back more than 2 000 years ago But it is now obvious that the holistic development of an athlete encompasses more than their physical and tactical training Scientific Foundations and Practical Applications of Periodization is the first book of its kind designed to optimize sport performance by integrating both classic and modern periodization theories with recovery methodologies nutritional interventions and athlete monitoring guidelines Written by G Gregory Haff a world leading expert on periodization Scientific Foundations and Practical Applications of Periodization incorporates the latest scientific evidence to provide a comprehensive understanding of how to implement planning and programming strategies to enhance physiological adaptations While other periodization books may discuss training theory few provide information on how to integrate various training models into the periodization process Here are just some of the approaches incorporated into Scientific Foundations and Practical Applications of Periodization Employing and blending parallel sequential and emphasis periodization models to develop athletes Syncing recovery strategies with various phases and periods of training to enhance the adaptational process Manipulating nutritional strategies to magnify performance Using and interpreting monitoring data to adjust an athlete s program in accordance with the periodized plan Applicable for athletes at all levels and in any sport Scientific Foundations and Practical Applications of Periodization translates the latest research into usable information that directly enhances programming You will have access to real world practical examples and discussions of how to make scientifically sound programming decisions A glossary of over 400 terms will help you digest the content Plus you will find periodization templates and directions on how to use them to create annual training mesocycle and microcycle plans Templates are provided online via HKPropel to help you easily design periodized programs Get the most comprehensive resource about periodization ever written and use scientific evidence to take your periodization programming to the next level with Scientific Foundations and Practical Applications of Periodization Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

Periodization Tudor O. Bompá, G. Gregory Haff, 2018-04-24 Learn how to train for maximum gains with Periodization Theory and Methodology of Training Guided by the expertise of Tudor O Bompá the pioneer of periodization training and leading periodization researcher G Gregory Haff you ll learn how to vary the intensity and volume of training to optimize the body s ability to recover and rebuild resulting in better performance and less risk of injury Translated into nine languages Periodization Theory and Methodology of Training has become one of the major resources on periodization for sport scientists coaches and athletes throughout the world Since the introduction of this groundbreaking training theory by Tudor O Bompá in 1963 periodization has become the basis of every

serious athlete s training Now in its fifth edition Bompa s classic text combines the concepts central to periodization and training theory with contemporary advances in sport science physiology and coaching No other text discusses planning and periodization in such detail or with so many specific practical examples from a variety of sports With the fifth edition of Periodization you can learn the principles objectives and components of a successful long term training program and how to plan the right program to achieve your performance goals Periodization also contains proven strategies for optimal peaking and specifics on training for better motor ability working capacity skill effectiveness and psychological adaptability Better organized and easier to read the fifth edition of this definitive text presents the latest refinements to periodization theory New research on rest and restoration specifically countermeasures used in facilitating recovery plus practical suggestions for implementation How the use of sequential training and delayed training effects can produce optimal performance at major competitions A comprehensive discussion grounded in scientific data on applying various methods of peaking to ensure optimal performance for competition New information on how concepts such as conjugated sequencing and summated microcycle structures can maximize strength gains and direct training Expanded information on the development of sport performance characteristics including speed training and sport specific endurance Chapter summaries will help you review and reference major concepts throughout the text Plan and document each training program with ease using the duplication ready annual and four year training plan charts included in the appendix When it comes to designing programs for optimal training Tudor Bompa s expertise is unmatched The fifth edition of Periodization Theory and Methodology of Training presents the latest refinements to Bompa s periodization theory to help you create training programs that enhance sport skills and ensure peak performance

The Scientific and Clinical Application of Elastic Resistance Phillip Page, Todd S. Ellenbecker, 2003 Covering the use of elastic resistance bands and tubes this work includes the scientific applications and exercise applications for different areas of the body and sport specific applications for ten different sports Enhancing Recovery Michael Kellmann, 2002 A guide for exercise scientists coaches and athletes who want to learn new ways to treat and prevent athletic overtraining and underperformance this book draws on the fields of medicine physiology periodization training and psychology as well as studies of motivation health and lifestyles to explore all aspects of underrecovery in sports and in everyday life Emphasis is on recovery and intervention strategies from a psychological and physiological perspective Kellmann is on the faculty of sport science at the University of Bochum in Germany Annotation copyrighted by Book News Inc Portland OR

NSCA's Essentials of Sport Science Duncan N. French, NSCA -National Strength & Conditioning Association, Lorena Torres Ronda, 2022 NSCA s Essentials of Sport Science provides the most contemporary and comprehensive overview of the field of sport science and the role of the sport scientist It is a primary preparation resource for the Certified Performance and Sport Scientist CPSS certification exam

NSCA's Guide to Program Design NSCA -National Strength & Conditioning Association, Margaret T. Jones, 2024-11-13 NSCA s Guide to Program Design Second

Edition is the definitive resource for designing scientifically based training programs Developed by the National Strength and Conditioning Association NSCA the second edition provides the latest information and insights from the leading educators practitioners and researchers in the field Created for strength and conditioning professionals educators and candidates preparing for certification NSCA s Guide to Program Design presents an evidence based framework for athlete assessment strategies and training principles This authoritative text moves beyond the simple template presentation of program design to help readers understand the reasons and procedures for sequencing training in a safe sport specific manner In addition to programming for resistance training the book also addresses how to design training programs for power endurance agility and speed Straightforward and accessible NSCA s Guide to Program Design details the considerations and challenges in developing a program for each key fitness component It shows you how to begin the process of assessing athlete needs as well as how to select performance tests Dynamic warm up and static stretching protocols and exercises are addressed before moving into in depth programming advice based on a performance goal The final two chapters help you put it all together with a discussion of training integration periodization and implementation With sample workouts and training plans for athletes in a variety of sports technique photos and instructions for select drills and a sample annual training plan you will be able to assemble effective and performance enhancing training programs for all your athletes NSCA s Guide to Program Design is part of the Science of Strength and Conditioning series Developed with the expertise of the National Strength and Conditioning Association NSCA this series of texts provides the guidelines for converting scientific research into practical application The series covers topics such as tests and assessments program design and nutrition Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

Developing Endurance NSCA -National Strength & Conditioning Association,Ben Reuter,2024-06-20 Developing Endurance is the definitive resource for developing aerobic training and strength and conditioning training programs to optimize performance for endurance sports including running cycling swimming triathlon and obstacle course racing

Functional Training Juan Carlos "JC" Santana,2015-12-09 Take your performance to the next level with Functional Training Author Juan Carlos Santana brings you his revolutionary approach to training and conditioning methods sure to improve your function in any sport or activity Functional Training covers the recent breakthroughs the most exercises and proven programs that you can follow or incorporate into your existing training plan Offering strength endurance power and sport specific exercises and programming Functional Training is a comprehensive resource for every athlete coach and athletic trainer Covering the concepts exercises progressions and sequencing on which a sound functional training program is based it addresses the needs of more than 11 sports and features 135 exercises including body weight bands and pulleys dumbbells and kettlebells medicine balls and stability balls Functional Training features a three tier approach for integrating functional movements into an existing strength program

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Braddom's Physical Medicine and Rehabilitation E-Book David X. Cifu, 2015-08-02. The most trusted resource for physiatry knowledge and techniques, Braddom's Physical Medicine and Rehabilitation remains an essential guide for the entire rehabilitation team. With proven science and comprehensive guidance, this medical reference book addresses a range of topics to offer every patient maximum pain relief and optimal return to function. In-depth coverage of the indications for and limitations of axial and peripheral joints through therapies enables mastery of these techniques. Optimize the use of ultrasound in diagnosis and treatment. A chapter covering PM R in the international community serves to broaden your perspective in the field. Detailed illustrations allow you to gain a clear visual understanding of important concepts. New lead editor Dr. David Cifu was selected by Dr. Randall Braddom to retain a consistent and readable format. Additional new authors and editors provide a fresh perspective to this edition. Features comprehensive coverage of the treatment of concussions and military amputees. Includes brand new information on rehabilitating wounded military personnel, the latest injection techniques, speech/swallowing disorders, head injury rehabilitation, and the rehabilitation of chronic diseases. New chapters on pelvic floor disorders and sensory impairments keep you at the forefront of the field. Reader-friendly design features an updated table of contents and improved chapter approach for an enhanced user experience. Expert Consult eBook version included with purchase. This enhanced eBook experience gives access to the text, figures, over 2,500 references, 51 videos, and 750 self-assessment questions on a variety of devices.

Braddom's Physical Medicine and Rehabilitation David X. Cifu, MD, 2015-08-20. The most trusted resource for physiatry knowledge and techniques, Braddom's Physical Medicine and Rehabilitation remains an essential guide for the entire rehabilitation team. With proven science and comprehensive guidance, this medical reference book addresses a range of topics to offer every patient maximum pain relief and optimal return to function. In-depth coverage of the indications for and limitations of axial and peripheral joints through therapies enables mastery of these techniques. Optimize the use of ultrasound in diagnosis and treatment. A chapter covering PM R in the international community serves to broaden your perspective in the field. Detailed illustrations allow you to gain a clear visual understanding of important concepts. New lead editor Dr. David Cifu was selected by Dr. Randall Braddom to retain a consistent and readable format. Additional new authors and editors provide a fresh perspective to this edition. Features comprehensive coverage of the treatment of concussions and military amputees. Includes brand new information on rehabilitating wounded military personnel, the latest injection techniques, speech/swallowing disorders, head injury rehabilitation, and the rehabilitation of chronic diseases. New chapters on pelvic floor disorders and sensory impairments

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