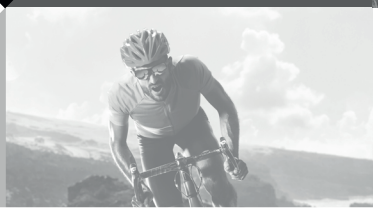
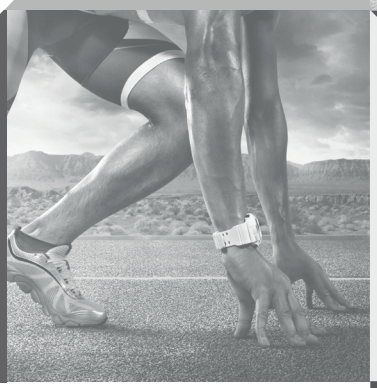
torQ®

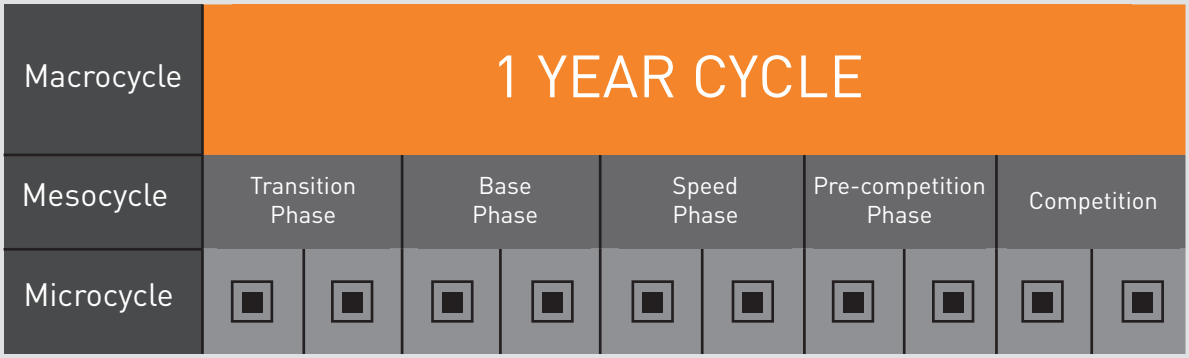
PERIODISATION & PEAKING

CONTENTS





EFFECTIVE PROGRAMME PLANNING



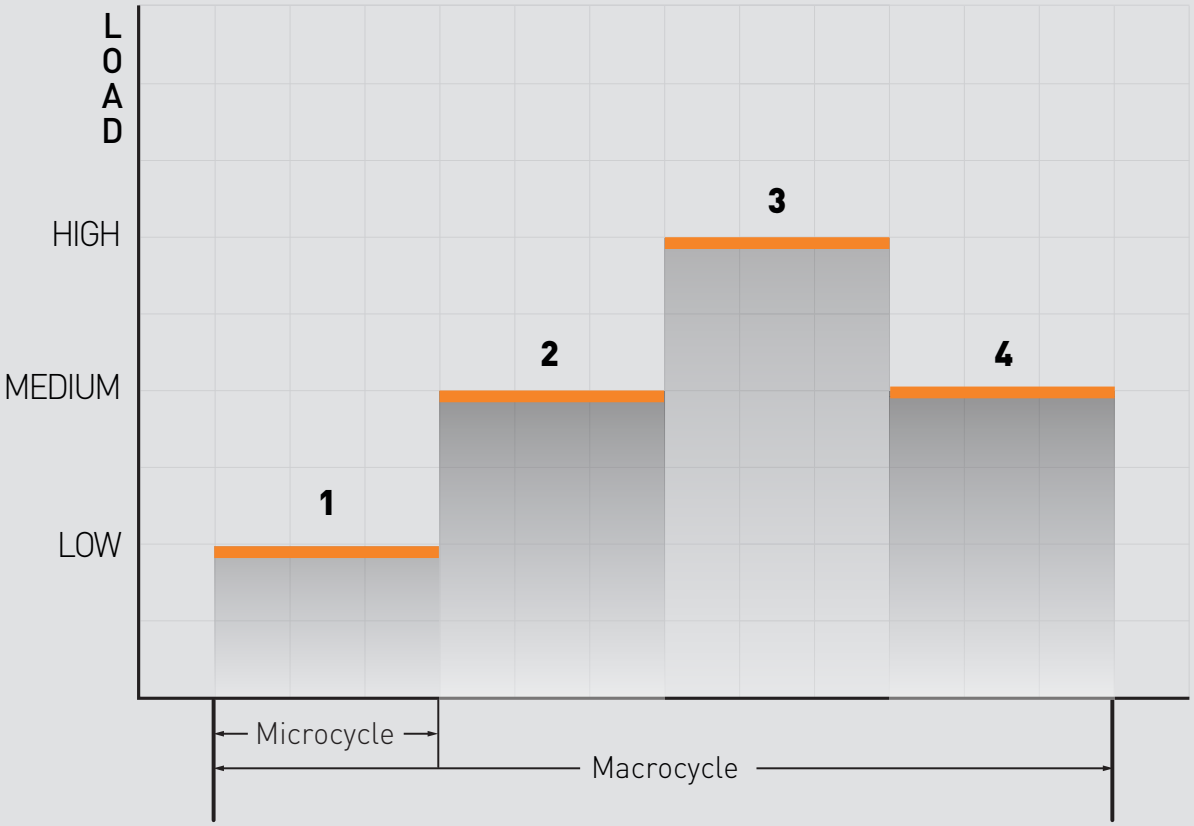
Above is an example table which explains the type of planning you should consider when creating your sports program for the year.

If you decide to coach yourself, it is important you break down the phases of training in relation to your long-term goal. You can break down your phases of training in to 3 phase types;

Macrocycle – Long Term Goal (1 year)
Mesocycle – Medium Goal (1 – 6 months)
Microcycles – Short Term Goals (4 – 6 Weeks)

Breaking down your long-term goal will ensure the correct types of training is targeted at the right time, effective recovery is panned and training motivation remains high.

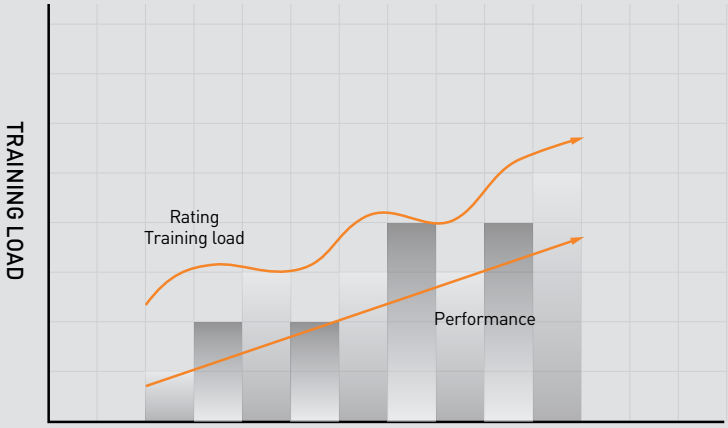
STEP LOADING



The classic step loading pattern is a method of monitoring training load (intensity and volume). Using a progressive build phase will ensure that fatigue is correctly targeted.

Working with a periodised plan, ensures that phases of recovery are planned at the right time. Training can be broken down into cycles based upon their duration in relation to the long-term goal. An example above shows how a microcycle may represent 1 week of training, but a mesocycle could represent a 1-month block of training.

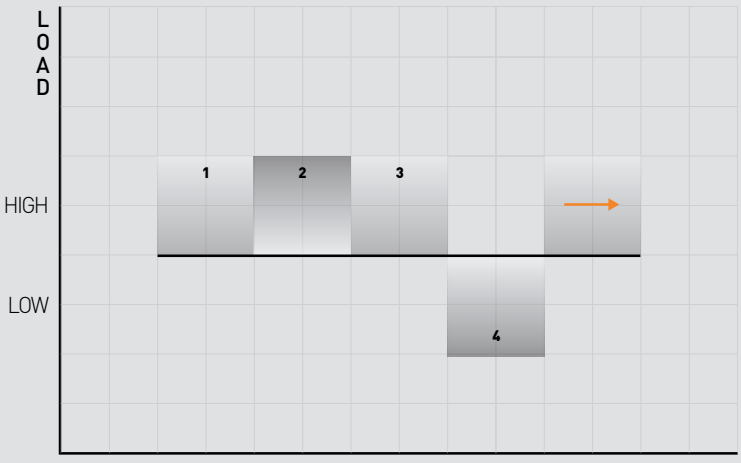
STEP LOADING PROGRESSION



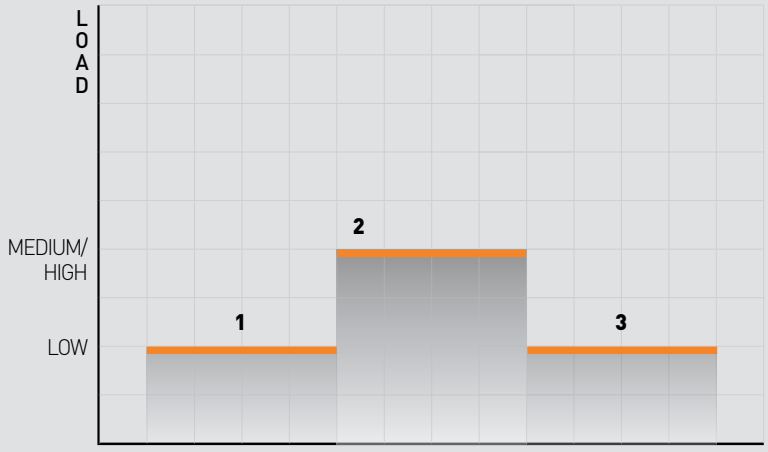
When mesocycles are joined together in a back to back format, and the principles of fitness are manipulated, training can progress in an upward, linear trend. As an athlete progresses, training load can increase relative to physical performance increases.

FLAT LOADING PATTERN

When the ability to manipulate a specific type of training becomes limited, a flat loading pattern can be introduced to generate overload by removing the "build phase" seen within the step loading pattern. The athlete will work at their maximal potential for the entire training phase, before moving in to their rest week.



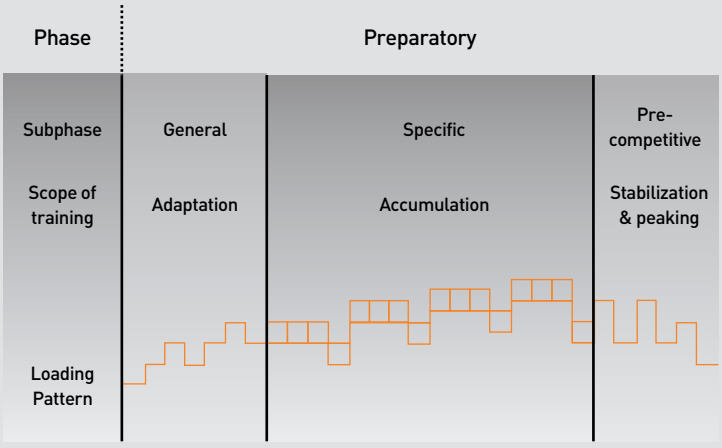
LOADING PATTERN FOR YOUNG ATHLETES



There are many developmental changes through the years of puberty which can stress the physiological and biomechanical development of a youth athlete. It is therefore important to ensure that high training stress loads do not further impact development of youth athletes. Allowing 2 low load weeks for every 1, medium to high load week, will ensure the athletes work/ recovery periods targeted correctly.

LOADING PATTERNS AND PHASES OF TRAINING

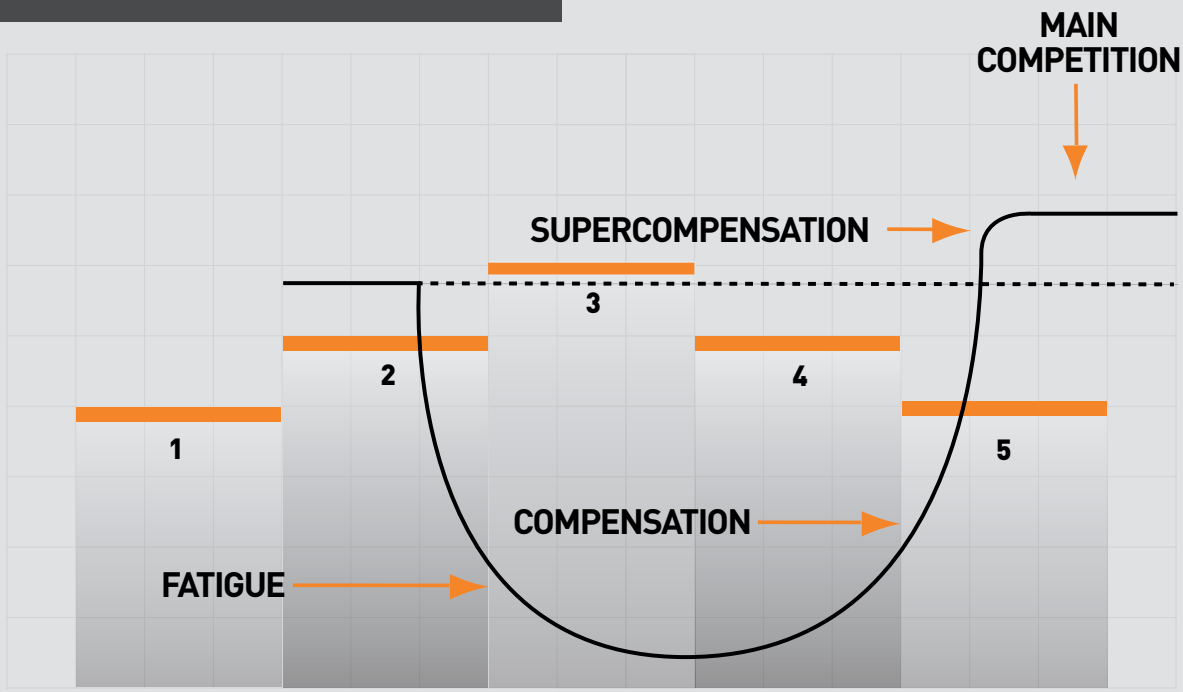
A well programmed training plan should be divided into subsections called mesocycles. Each mesocycle will have a specific focus which will help to motivate and focus the athlete. Also, throughout different x the type of loading pattern may change as the fitness or type of training changes.



PRE-COMPETITION TAPER

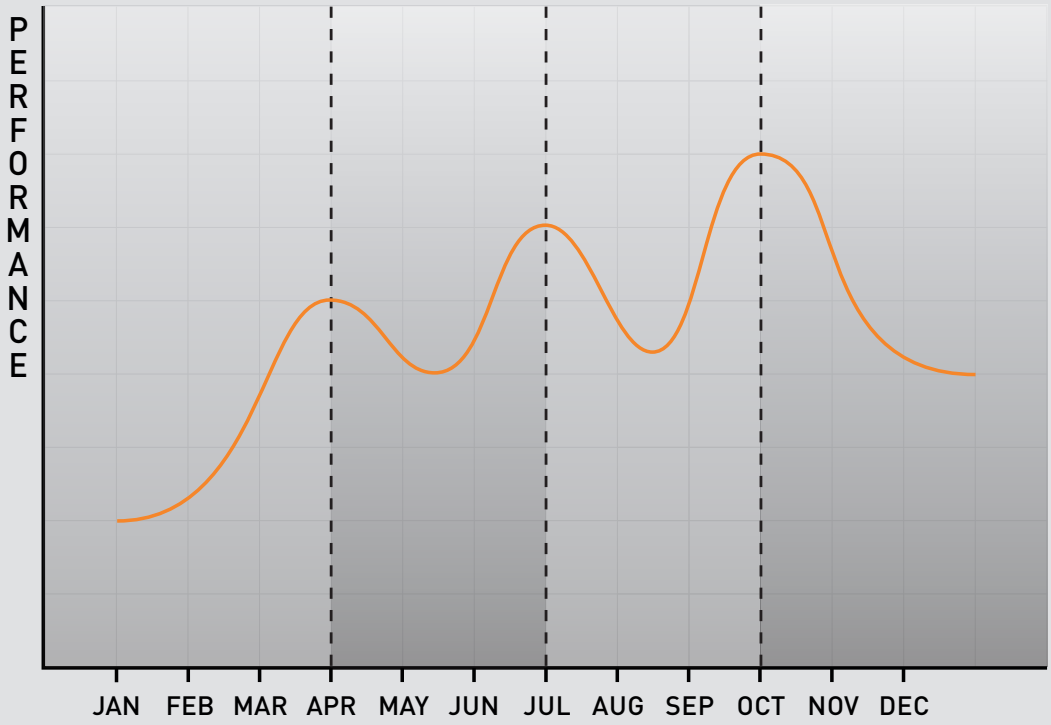
A phase of training denoted as a taper is commonly experienced in the days/ weeks leading up to a major event. Here the focus is to physically and mentally prepare for the event and ensure you arrive at your event in a super-compensated state. To correctly taper, you should start to reduce the training volume (training hours) but maintain the intensity (session difficulty).

Key focus should also be paid to nutrition. You should aim to increase carbohydrate intake to ensure both muscle and liver glycogen stores are fully replenished allowing for optimal performance come race day.



PEAKING FOR EVENTS

It is important that an individual arrives at the long-term goal at their fittest, freshest state. This is called a "peak". An athlete should be able to effectively peak no more than 3 times per year. Training should progress throughout the year, and only in the weeks leading up to a major event should training volume decrease allowing for the "maximal recovery peaking" phase to occur.



An athlete may be able to have a consistently great season, but as it is not possible to peak for every race, they will not be performing at their true maximal potential across the course of the entire season.