

Periodization

Periodization is a fancy term for time management in weight training. It's based on the fact that athletes involved in sports need specific training throughout the year. Athletic teams usually have at least four parts to their season: Preseason, In-season, Playoffs, and Off-season. Periodization is necessary for three reasons. The first is to avoid overtraining and injury. The second is that parts of a sport season provide different training and require different demands from an athlete. The final reason is to allow the brain to prepare for a season and to recover once a season is complete to avoid mental burnout.

Preseason

The preseason can actually last for months. This is the very beginning of preparation for a sport season. During the preseason the goal is to train for:

1. General conditioning
2. Strength
3. Power.

Training also works best when the above goals are accomplished in that order. General conditioning comes first (that's why the coach always makes you run so much at the beginning of a season). During preseason, the **volume** of training **decreases** as you get closer to the sport season. However, the **intensity** of your workouts and the **sport specific** exercises you do **increase** as the season approaches.

	Pre-Season			In-Season	Playoffs	Off-Season
	General Conditioning	Strength	Power	Maintenance	Peaking	Active Recovery
Sets	2-3	2-3	3-4	1-2	1-2	1
Reps	8-12	6-8	3-5	6-10	6-8	10-12
Intensity	moderate	high	high	moderate	low	ow ₁
Volume	high	moderate	low	moderate	low	moderate

In-Season and Playoffs

During the season the main goal is to **maintain** what you have built over the preseason. As your sport season intensifies, less training is required from weight training, because your muscles get the stimulus they need from the actual sport. If high volume and intensity of weight training continues, your muscles will not get the rest needed to repair and you will be in danger of overtraining and injury. Common overtraining injuries include tendinitis and muscle strains.

It is important to allow time just before playoffs for the muscles to fully recover from any overtraining and injuries (the "wear and tear" of the season) that may have occurred. A decrease in the intensity **and** volume of workouts is further required to allow full repair and avoid injury during a crucial time in your season. This further drop off is required for peaking (the best possible performance).

Off-Season

Once your final game is played, the off-season starts. It's best to take 3 - 4 weeks of rest and then be active in different sports. For example, many hockey players spend their summer months golfing to stay active. It's not necessary to compete in intense competition, just to stay active.

Periodization

1. List and describe each of the four parts to a sport season.
2. State the three reasons why periodization is necessary for athletes.
3. What are the goals for preseason?
4. Give three examples of how a coach can train the general conditioning of their athletes.
5. An athlete completes 3 sets and 12 repetitions in each of bench press, incline bench press and flies as part of his general conditioning. As the sport season approaches, how should the athlete change this specific workout? (Hint: Change the volume and intensity of this workout)
6. What is the main goal for training during a sport season?
7. Nearing the end of the season and with playoffs approaching a coach notices his athletes are developing tendinitis and becoming injured on a more frequent basis. What could the problem be? What should the coach do?