



PERIODIZATION

Writing a season plan for sprinters

THINGS TO CONSIDER WHILE DEVELOPING AN ANNUAL PLAN

- Age and Training Age – Age refers to chronological age, training age refers to the total amount of time an athlete has spent training for one particular sport.
- Simple to Complex- Low technical demand very low risk to highly technical and more risky.
- General to Specific- start with activities that do not pertain directly to event to very event specific activities.
- Volume and Intensity- Volume is the amount of physical work and intensity is related more to mental training. Volume and intensity should be inversely related.



THE ANNUAL PLAN

- Macrocycle - Entire period of time from the onset of training until the crucial competition.

Four Phases of the Macrocycle

1. General Preparation – consists of non track specific training. The purpose is to get the athlete in shape.
2. Specific Preparation- track specific training.
3. Pre-competition phase- comprised of developmental meets.
4. Competition Phase- crucial meets.



GENERAL PREPARATION PHASE

- These workouts are designed to be non event specific.
- Volume high intensity low
- Example Workout

- 3x hill /Abs
- lunges
- sit-ups
- squats
- 3x hill /push ups
- step ups
- burpees
- squat jumps
- hold heels off ground
- 3x hill /Abs

This is a great phase to introduce acceleration.

** remember to start simple*



SPECIFIC PREPARATION PHASE

- These workouts are designed to increase athletes fitness using event specific workouts.
- Volume is high to medium and intensity is medium.
- Example workout
 - 200 rest 45 sec 200 x3 at 80%.
 - During this phase you will become very specific with your acceleration mechanics.



PRECOMPETITION PHASE

- During this phase your physical workouts should be focused on speed endurance, while event specific work is highly technical and detailed.
- During this phase, intensity is increasing and volume is still very challenging. It is important to pay attention to how each athlete is responding. If you are going to injure them, it usually happens during this phase.
- Example workout
 - 8x80 at 87% with incomplete recovery



COMPETITION PHASE

- During this phase your athletes are running at full speed with complete recovery.
- Mechanics training is very specific and detailed.
- Intensity is high and volume is low.
- Example workout
 - 3x200 at 95% with 11 minutes recovery.
 - *Pay attention to your athlete, if they do not fully recover between bouts, the workout does not serve its purpose.*

