

# Periodization for the High School Season

Mike Erb  
Assistant Women's Track and Field Coach  
University of Illinois

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## Overview

- Basic Training Theory
- Season Planning

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## Definitions

- **Periodization**  
A process of structuring training into parts.
- **Homeostasis**  
An organisms "normal" physiological status.
- **Adaptation**  
The adjustment of an organism to its environment, or the process by which it enhances fitness.

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## Definitions

- **Overload**  
A training stimulus of sufficient strength to cause an adaptive response.
- **Compensation**  
An organisms tendency to return to a level of homeostasis after exposure to stimulus.
- **Supercompensation**  
An organisms ability to return to a higher level of homeostasis after exposure to specific stimulus.

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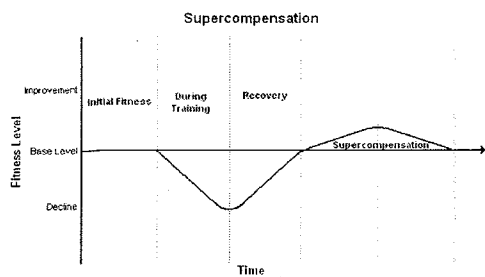
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## Supercompensation



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## Definitions

- **Training Session**  
A series of units used to accomplish a daily training objective.
- **Microcycle**  
A group of training sessions designed to produce optimal adaptation to training stress.

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## Definitions

- **Mesocycle**  
A collection of microcycles with the objective of effecting specific adaptations to training.
- **Macrocycle**  
A single competitive cycle.

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## Biomotor Qualities

- A way of classifying various training modalities based on physical demands.
  - Strength
  - Speed
  - Coordination
  - Flexibility
  - Endurance
- Given the short nature of the high school season, it is critical that certain qualities be given priority over others.

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## The Season Plan

- Start with the end of the season and work back.
  - 2011 Start Date
    - January 10, 2011
  - 2011 Kentucky Regional Track Meet
    - May 15 – 21, 2011
  - 2011 Kentucky State Championship Meet
    - May 22 – 28, 2011

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## The Season Plan

- Based on a 19-20 week season, it is possible to have five, week long mesocycles.
- Four of those mesocycles will be training focused, and the final will have a championship focus.

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## Mesocycle One

- Wax On, Wax Off Cycle
  - The focus of the first cycle will be learning basic fundamental movements that can later be applied to the actual events. Speed and acceleration are also addressed.
  - While it isn't important to rehearse actual full event activities, instruct your athletes that what they are doing will give them the skills to perform events more effectively at a later date.

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## Mesocycle One

Week 1	Week 2	Week 3	Week 4	Week 5
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
Accel Dev	Tech Train	Speed Dev	Tech Train	Accel Dev
4 x 10, 20, 30	Hurdle Skill	2 x 90m Hops	Tempo	10 x 30m sled pulls
Multi Jumps	Med Ball Circ	Multi Throws	5 x 150m	Box Jumps
SLJ, STJ, S Board		OHR, LHR, Logo	Abs	Front Side to Side, Double S, C, P
<b>Weights</b>		<b>Weights</b>		<b>Weights</b>
Front Squat		Bench Press		Dead Lift
Hang Clean		Incline Press		Lunges
Step Ups		Push Ups		Pull Ups

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## Mesocycle Two

- Getting Faster
  - The second cycle will stay true to many of the same fundamental principles learned in the first cycle.
  - Full event rehearsal will begin, as will training at maximal velocities.

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## Mesocycle Two

Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
Accel Dev 6x10, 6x20, 4x30	Tech Train Body Weight Circuit	Speed Dev 10 x 40m hills	Tech Train Abs	Max Velocity 2 x 50m, 40m, 3000/20m max V
Multi Jumps 1x1, 2x2, 3x3, 4x4, 5x5, 6x6, 7x7, 8x8, 9x9, 10x10		Multi Throws 3x3, 4x4, 5x5, 6x6, 7x7, 8x8, 9x9, 10x10		Multi Jumps SLJ, 2 Imp, 5T, 1 x 5
Weights Back Squat		Weights 1RM Bench		Weights Dead Lift
Power Clean		Snatch Bench		Push Press
Pull Ups		Pull Ups		Pull Ups

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## Mesocycle Three

- Get Tough
  - In this cycle, we take the developed speed and begin to develop speed strength.
  - Intensive tempo (traditional interval running) is utilized to accomplish this.
  - Full technical rehearsal is emphasized, and competition increases. Through this, maximal velocities are maintained.

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## Mesocycle Three

Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
Tech Train	Int Tempo	Tech Train	Multi Jumps	Tech Train
Weights	300, 200, 100	Weights	RHR, LLL, LRLR, LLRR x 20m each	Weights
Front Squat	Med Ball	Snatch Press	Tempo	Power Clean
Snatch		DB Military	6 x 20m	Dead Lift
Pull Ups		Push Ups	Abs	Weight Squats

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## Mesocycle Four

- Mental Preparation
  - At this point speed, strength, and fundamentals are securely in place.
  - We look to maintain these abilities and begin to focus on competitions.
  - While competitions are important, be sure to keep the championship focus in place.

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## Mesocycle Four

Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
Tech Train	Tempo	Tech Train	Tech Train	Pre Meet
Multi Jumps	9 x 20m	Full Approach Rehearsal	Weights	8 x 100m stride
1 Box Jump, double and single	Abs	Med Ball	Boxer	
Box Drops, single and double x 4			DB Military	
Weights				
Front Squat				
Hang Clean				
Pull Ups				

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## Mesocycle Five

- Championship Time
  - At this point, all of our biomotor qualities are fully developed.
  - Emphasis on recovery is extremely important. Sleep, nutrition, and training modalities should be stressed.
  - Keep in mind the unique qualities of your athletes, this can be the most variable cycle.

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## Mesocycle Five

Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
Max Velocity	Tech Train	Accel Dev	Body Weight Circuit	Pre Meet
6 x 15m 8y	Tempo	3 x 40m		6 x 120m 18000
Multi Jumps	5 x 150m	Tech Train		OR
5 box jumps, double and single		Full Approaches		Speed Dev
Drop front, double and single x 2				6 x 90m interval
Weights				20m accel, 20m max, 20m 85%, 20m max
Power Clean				
Snatch				

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## Potential Issues

- Limited duration of season.
- Multi sport athletes.
- Lack of off-season training.
- In season sport conflicts.
- Competition schedule.

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## Final Thoughts

Understand that the previously discussed training schedule is only a guide. Differences in location, facilities, and athlete needs all need to be taken into account when designing training.

A solid understanding of training theory and scientific principles are critical in designing a training plan that will maximize the athletes' performances.

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