



BE BURY COLLEGE BE READY

SPORT - FITNESS TRAINING AND PROGRAMMING

STARTER

List factors which you believe contribute to successful performance development.

LEARNING OUTCOMES

- Identify and describe an individual's training goals; short, medium and long-term.
- Describe the principles of training and how they can be applied to an individual training programme.
- Apply principles to a training programme, evaluating strengths and areas for improvement.
- Reflect on progress and provide recommendations for future improvement.

SUCCESSFUL PERFORMANCE DEVELOPMENT

“You have to focus on one match at a time, it can be easy to look ahead and look at other results, but the main thing is to just focus on your own game”.

For performance to develop you must;

- Set goals
- Monitor progress
- Evaluate effectiveness



PERIODISATION

The manipulation of training to achieve goals and coincide with competition.

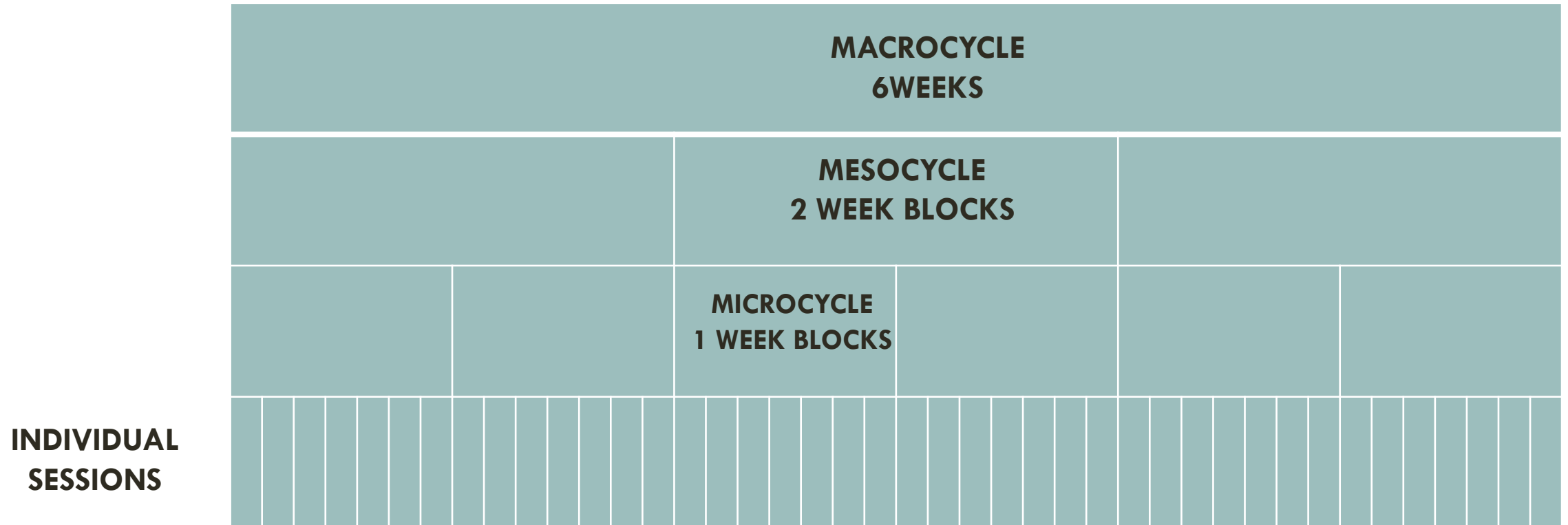
Split into cycles

Microcycle – Typically 1 week

Mesocycle – 2-6 weeks

Macrocycle – Day 0 to goal

PERIODISATION TABLE

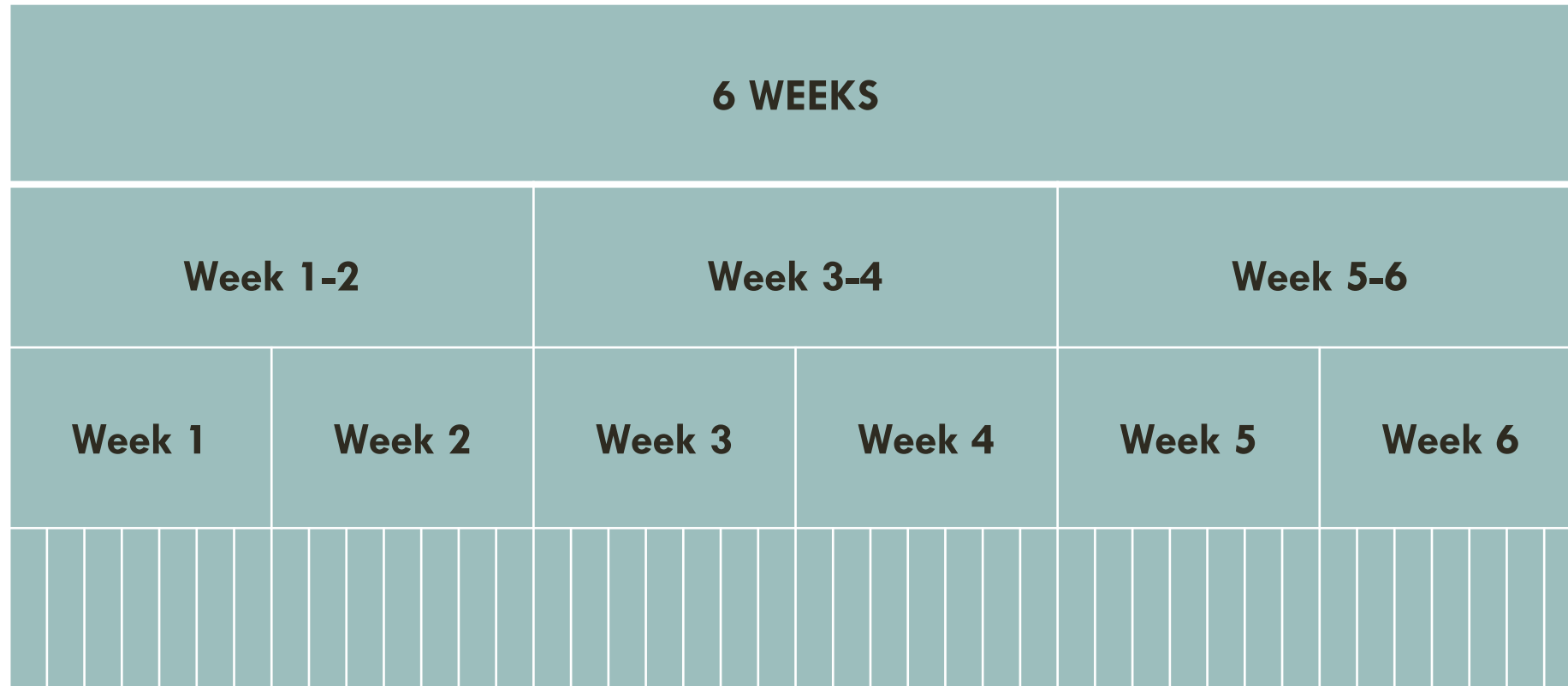


Volume High - Intensity Low
General Training



Volume Low - Intensity High
Specific Training

PERIODISATION



Volume High - Intensity Low
General Training



Volume Low - Intensity High
Specific Training

PRESEASON TRAINING - MACROCYCLE



What is the aim of preseason and how long do you have to achieve it?

PRESEASON TRAINING - MESOCYCLE

What phases is
preseason split in to and
how long does each one
last for?

What is the aim of each
phase?



PRESEASON TRAINING - MICROCYCLE

What would a typical week of preseason look like?



PRESEASON TRAINING — INDIVIDUAL SESSION

What does a typical session in preseason involve?



PERIODISATION TABLE

On the follow slide is a periodisation table for Rochdale FC Youth Team preseason training.

It last 6 weeks and is broken down into specific phases.

MACROCYCLE

AEROBIC ENDURANCE

STRENGTH

**POWER AND
TECHNICAL**

WEEK 1

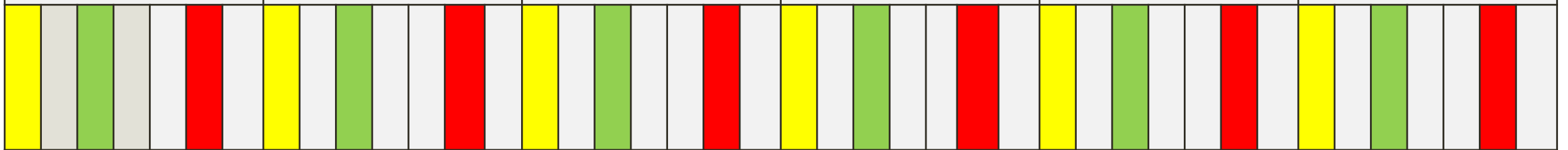
WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6



↑
MONDAY
WORKSHOP

↑
WEDNESDAY
COLLEGE

↑
SATURDAY
GAMES

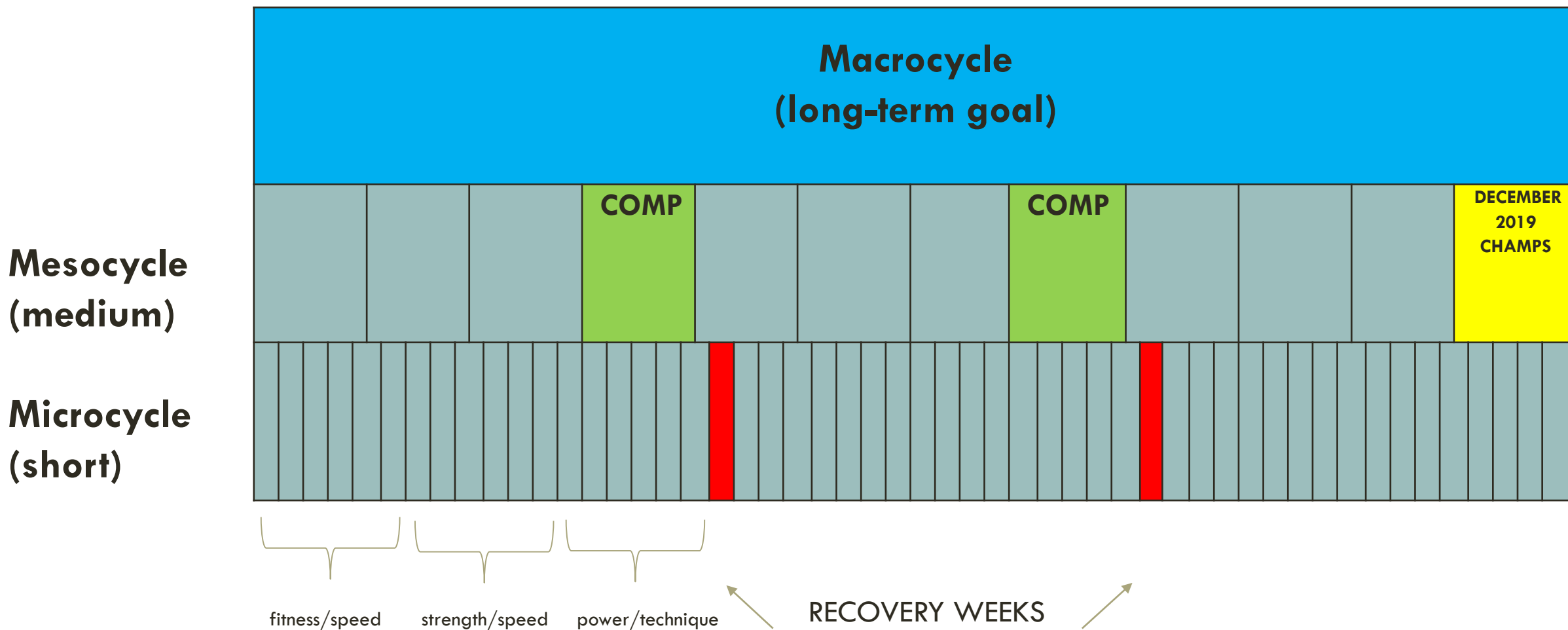
TASK 1.1

You will be given a profile of 1 of 4 athletes (attached worksheet).

Based on the information provided, plot the information on the periodisation table.

Extension – complete additional periodisation table for a different athlete containing alternate information.

USAIN BOLT



CONNOR MCGREGOR

Macrocycle (long-term goal) FIGHT											
ENDURANCE				STRENGTH				POWER AND TECHNIQUE			
JUDO	JUJITSU	BOXING	WRESTLING	TAEKWONDO	BOXING	JUJITSU	JUDO	BOXING	WRESTLING	BOXING	FIGHT
		RECOVERY				RECOVERY				RECOVERY	

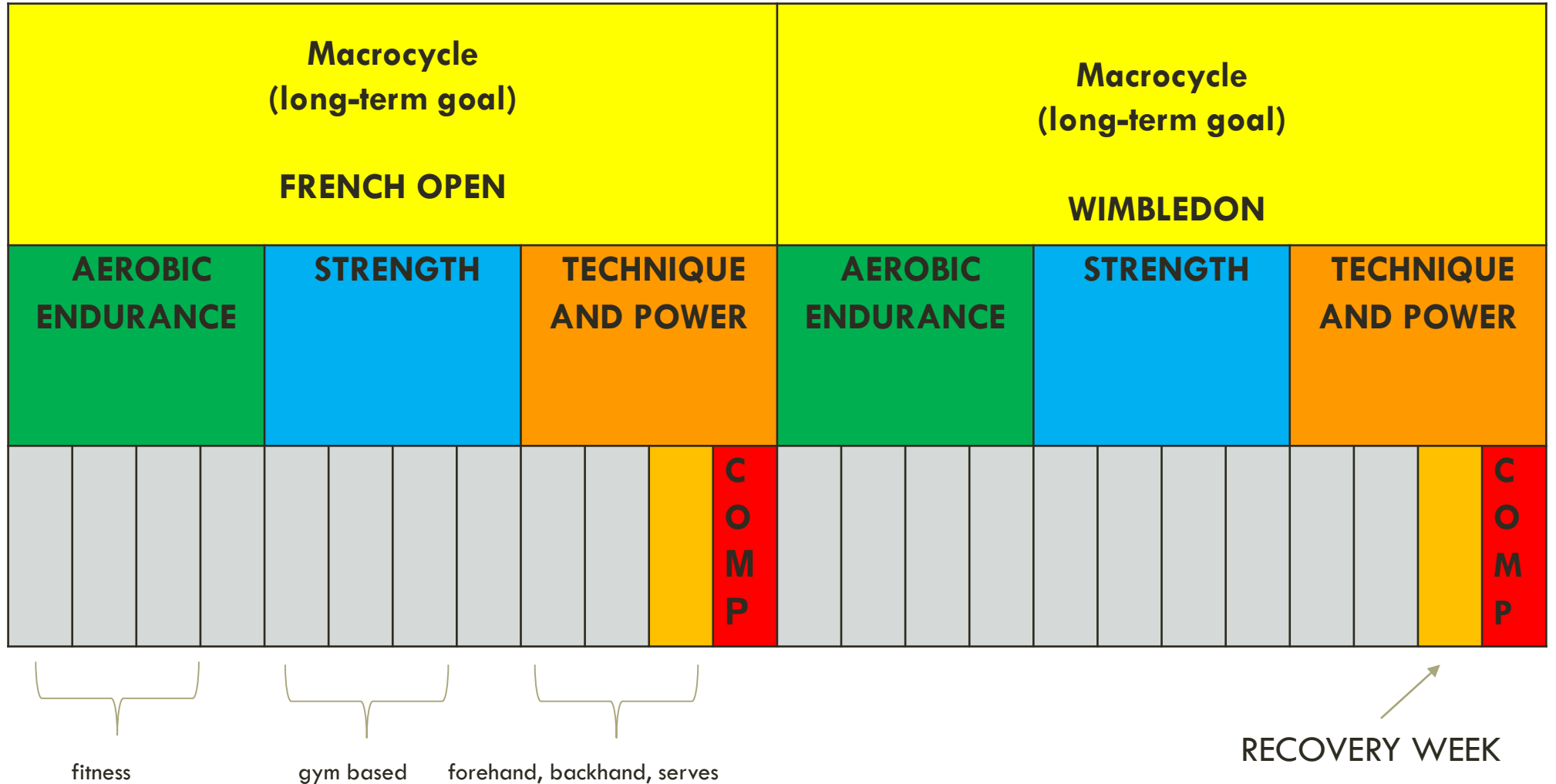
Mesocycle
(medium)

Microcycle
(short)

ANDY MURRAY

**Mesocycle
(medium)**

**Microcycle
(short)**



DAVID SILVA

	MACROCYCLE (LONG TERM) FIT FOR UPCOMING SEASON						S E A S O N
Mesocycle (medium)	AEROBIC ENDURANCE		STRENGTH AND SPEED		POWER AND TECHNICAL SKILLS		B E G I N S
Microcycle (short)	Testing	Cardio	Gym	Speed	Set play	Games	

LINKING PERIODISATION TO PERFORMANCE DEVELOPMENT



PRINCIPLES OF TRAINING

In order to get the most out of your training, you must follow some basic simple training principles.



PRINCIPLES OF TRAINING

Progressive Overload

Specificity

Individual Differences

Variation

Reversibility

Rest and Recovery

Frequency

Intensity

Time

Type

**Task – On the next
slide, match up the
principles of
training to their
descriptions**

	The number of times you train per week/month
	How hard you train during each training session. This can be measured by Maximum Heart Rate.
	How long you train for during each session. E.g. 60 minutes
	The type of training you perform. E.g. strength training, aerobic endurance training, and flexibility training.
	Fitness can only be improved by training more than you normally do. You must work hard. Start slowly and gradually increase the amount of exercise and keep overloading.
	Training must be matched to the needs of the sporting activity. Training must be specific to what you want to improve.
	A successful training programme will meet individual differences which are personal fitness needs based on age, gender, fitness level and the sport for which we are training.
	Any adaptation that takes place as a result of training will be reversed when you stop training. If you take a break or don't train often enough you will lose fitness.
	Variations in intensity, duration, volume, and training prevents boredom.
	It is important to have rest in your programme to allow your body to recover. This could include rest between sets or complete rest days.

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Individual Differences	A successful training programme will meet individual differences which are personal fitness needs based on age, gender, fitness level and the sport for which we are training.
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Variation	Variations in intensity, duration, volume, and training prevents boredom.
Rest and Recovery	It is important to have rest in your programme to allow your body to recover. This could include rest between sets or complete rest days.

TASK 1.2

Analyse the case study and identify each training principle.

Extension – Evaluate strengths and areas for improvement, suggest ways the athletes training could be improved using each of the training principles.

REVIEW AND CONSOLIDATE

- Identify and describe an individual's training goals; short, medium and long-term.
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