

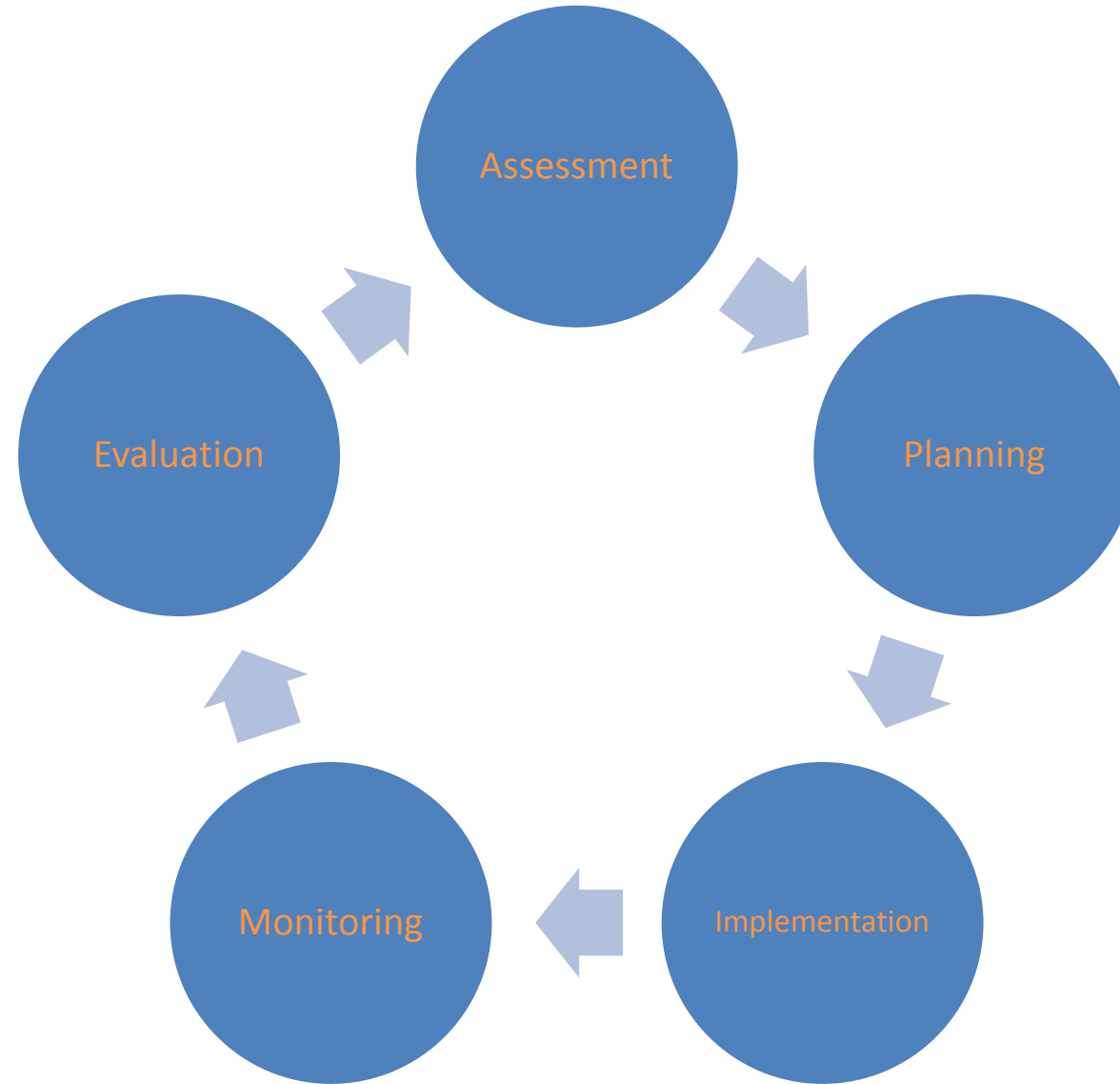
Training Periodisation

Dr Rodney Siegel
VIS Sport Scientist

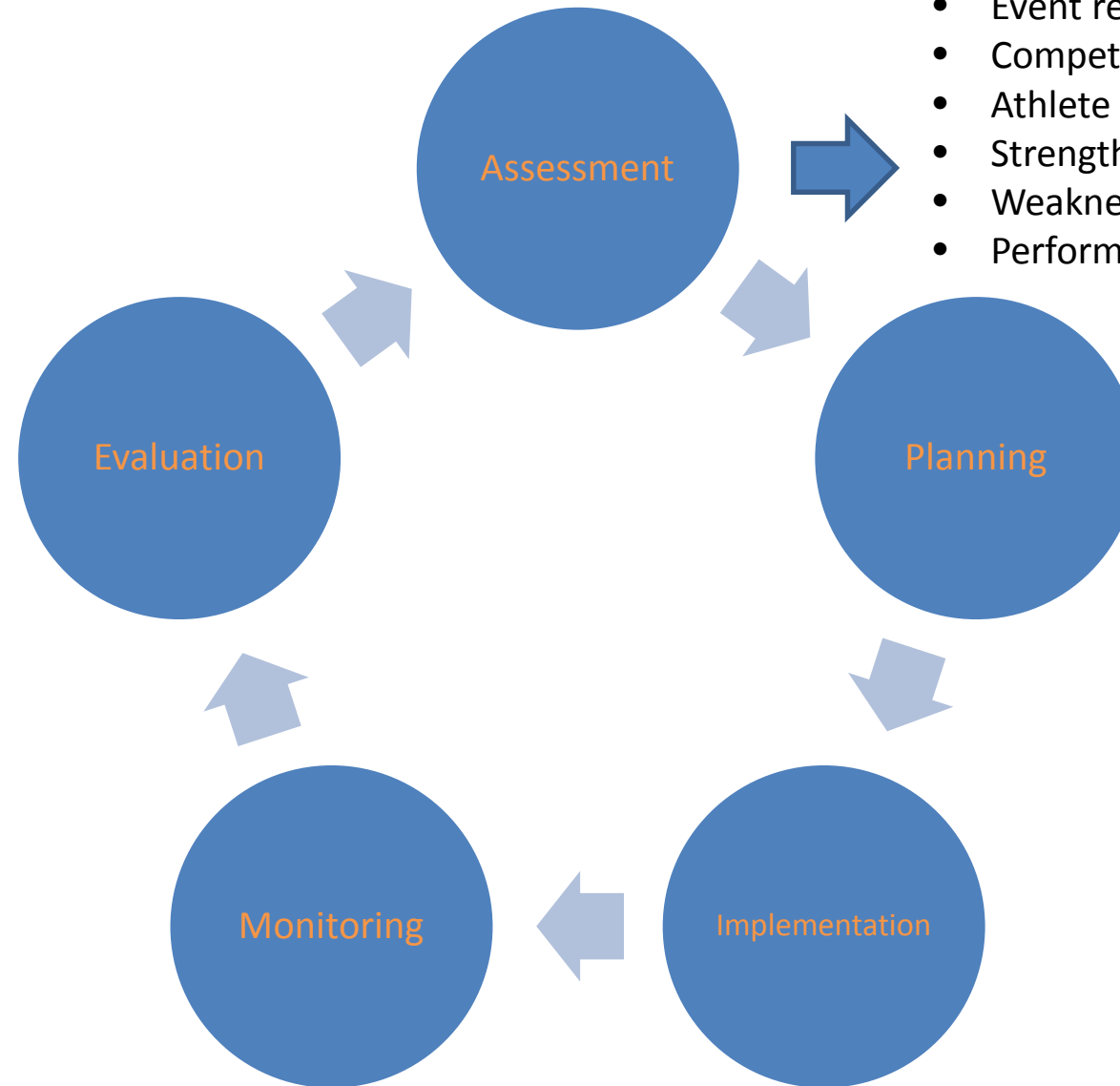


Mack Horton, Award of Excellence Winner 2016

TRAINING PERIODISATION

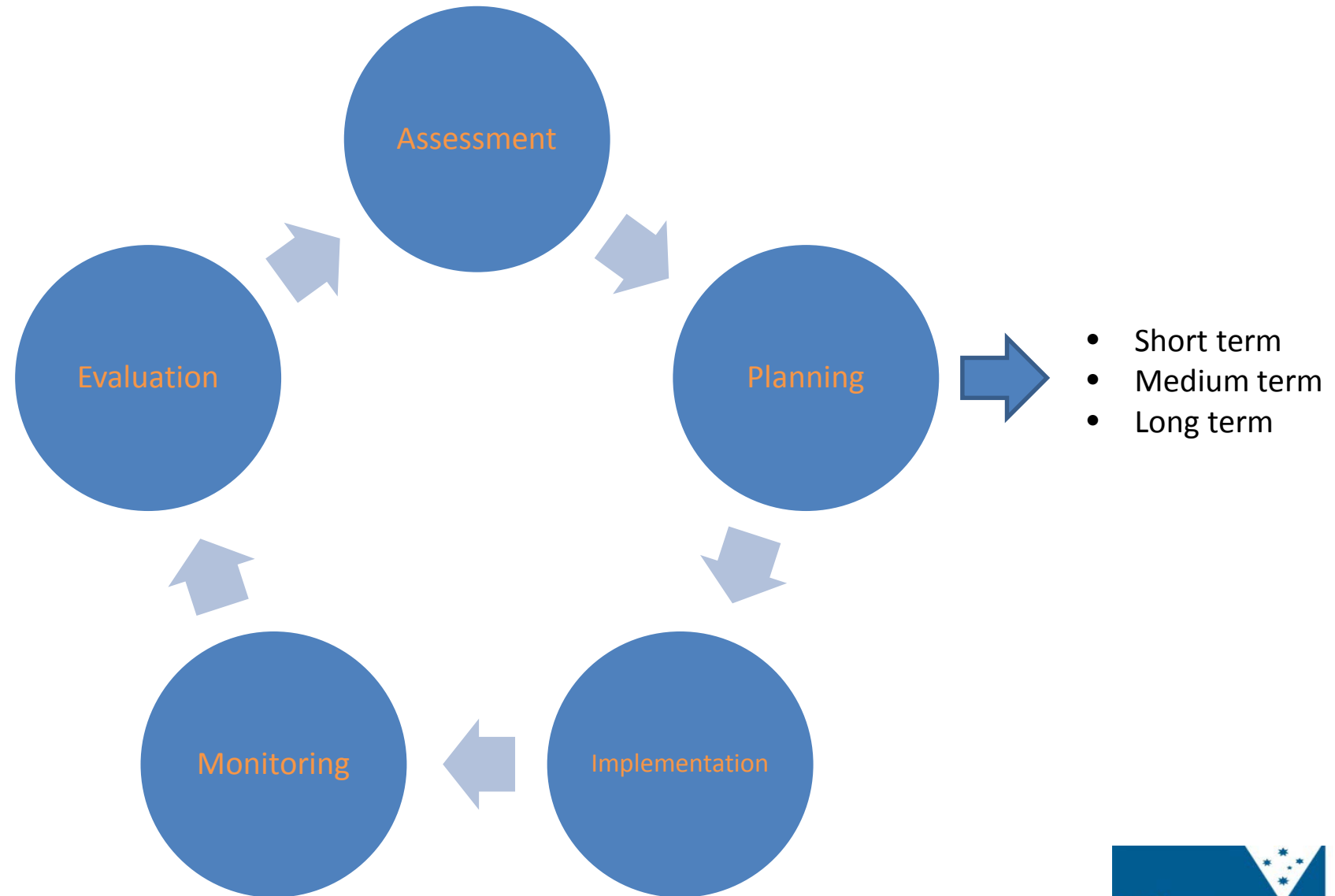


TRAINING PERIODISATION

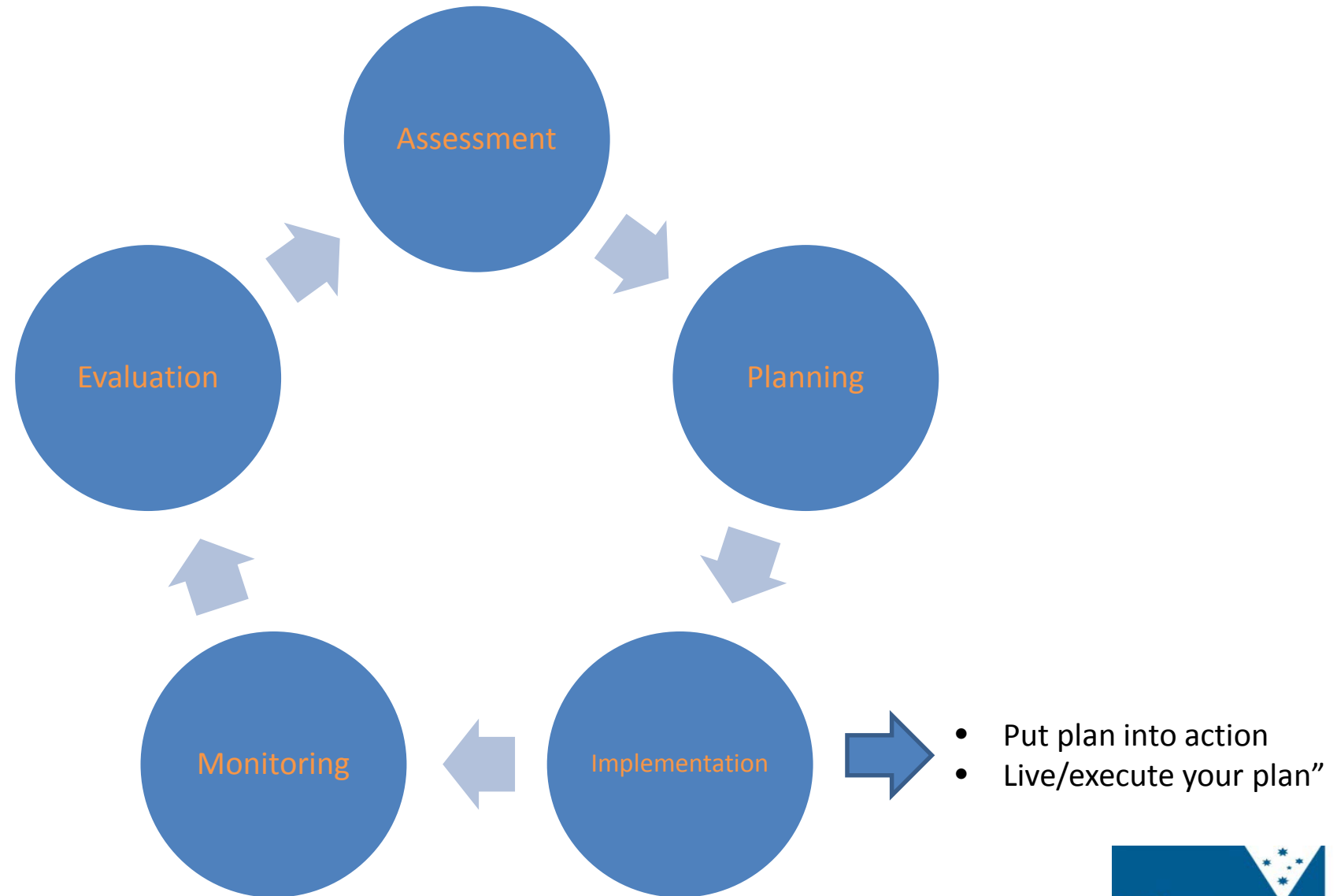


- Event requirements
- Competitive requirements
- Athlete characteristics & requirements
- Strengths
- Weaknesses
- Performance / physical assessments

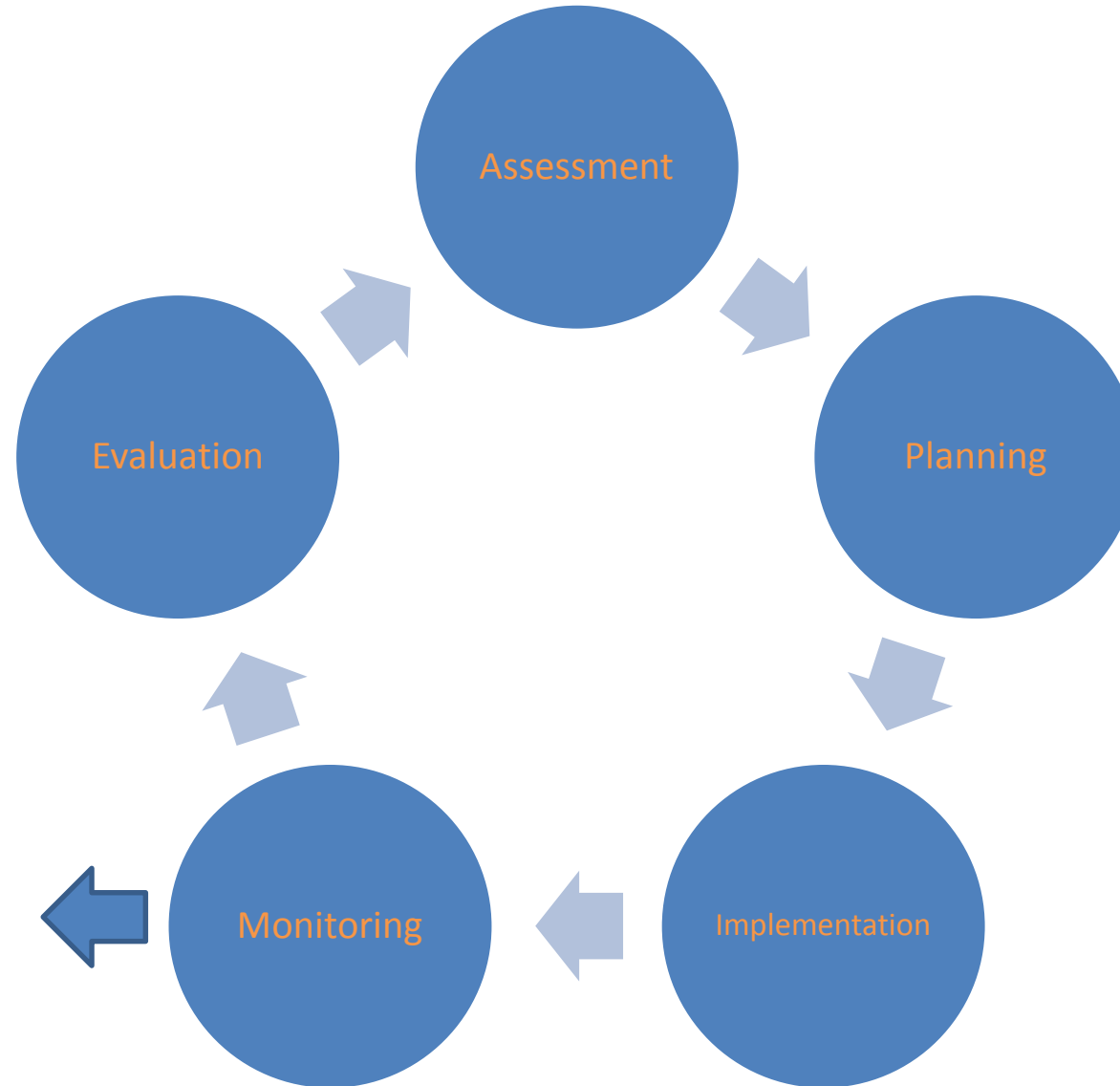
TRAINING PERIODISATION



TRAINING PERIODISATION

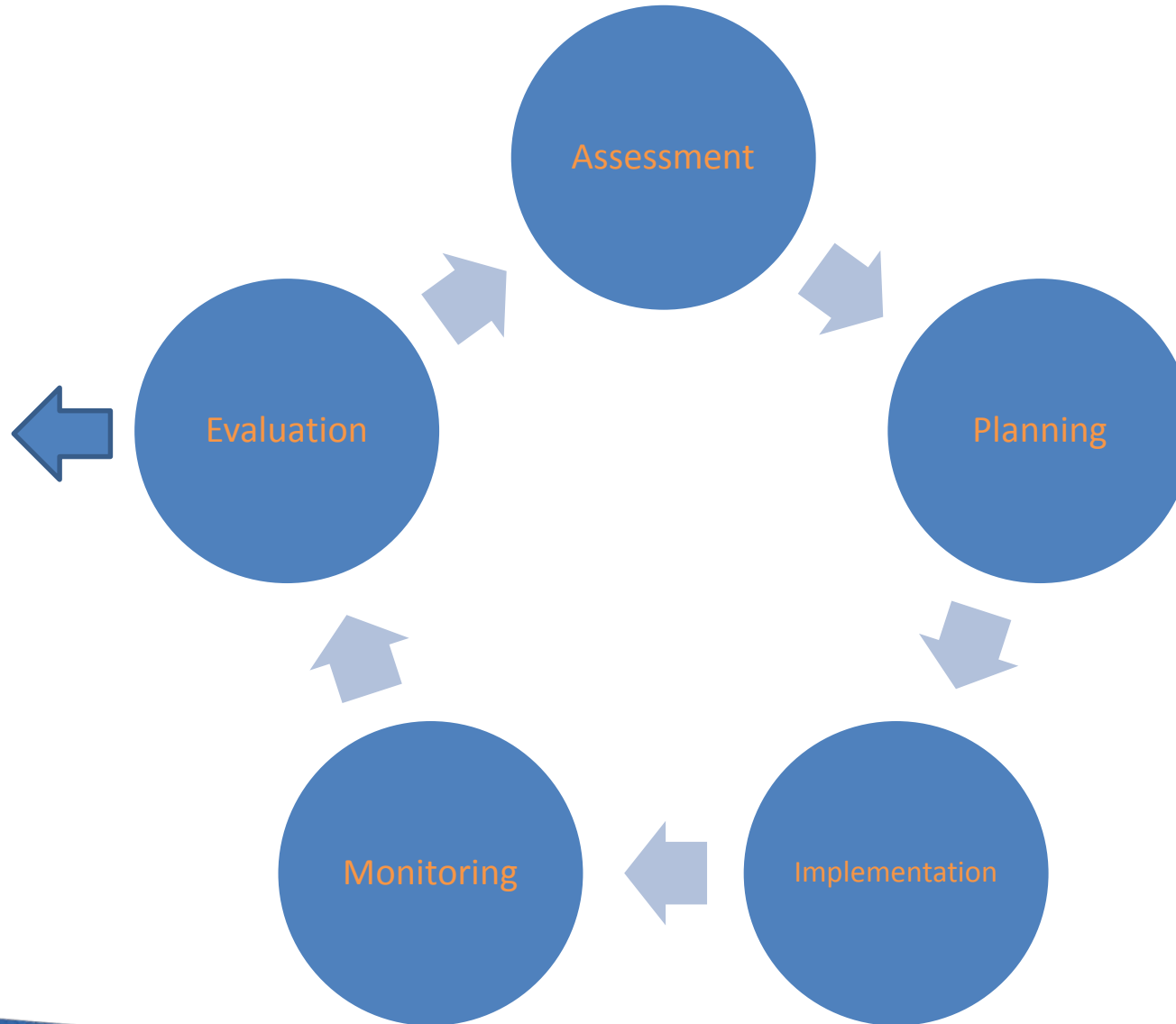


TRAINING PERIODISATION



- Training response
- Training load
- Progression
- Regression

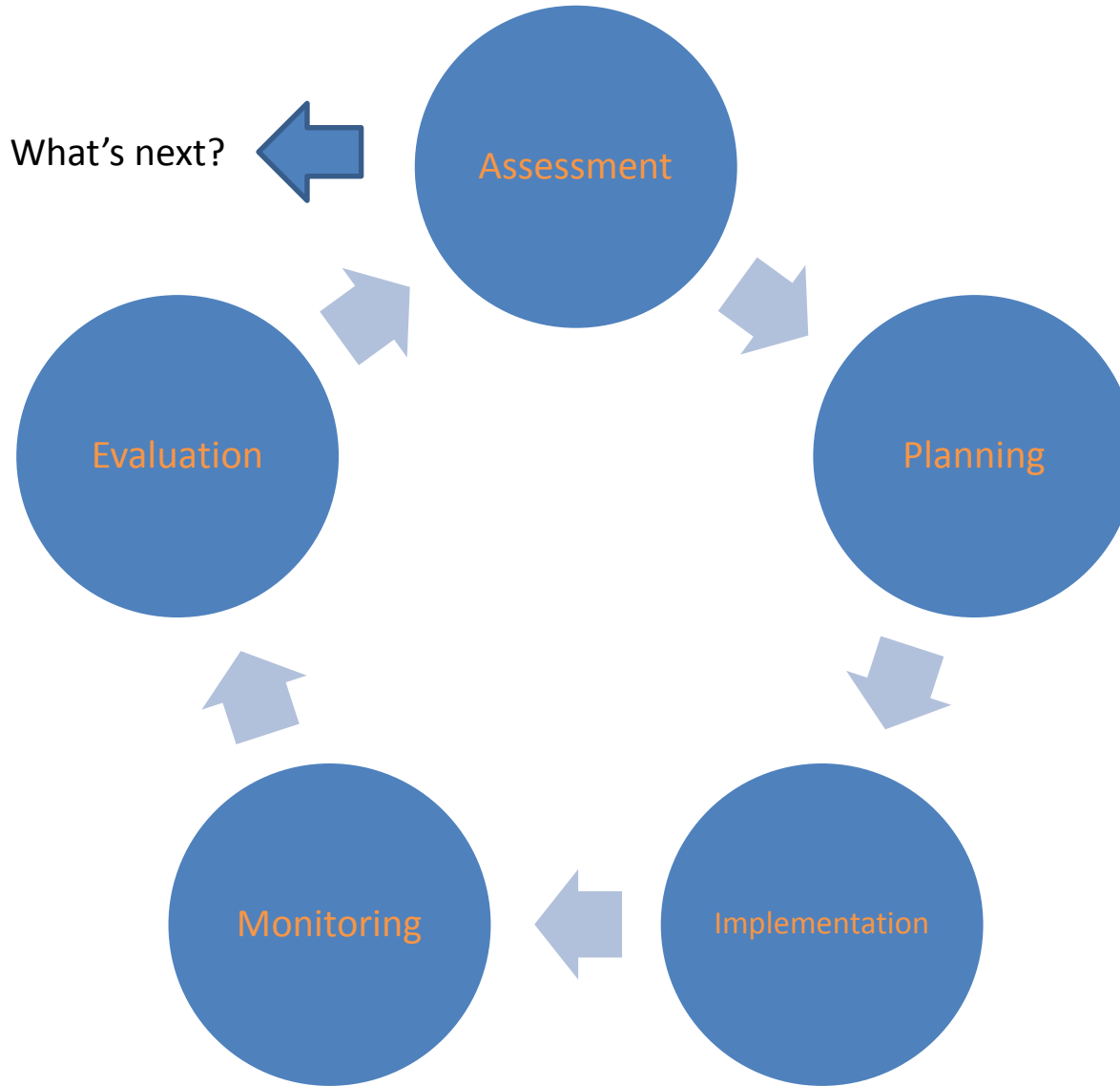
TRAINING PERIODISATION



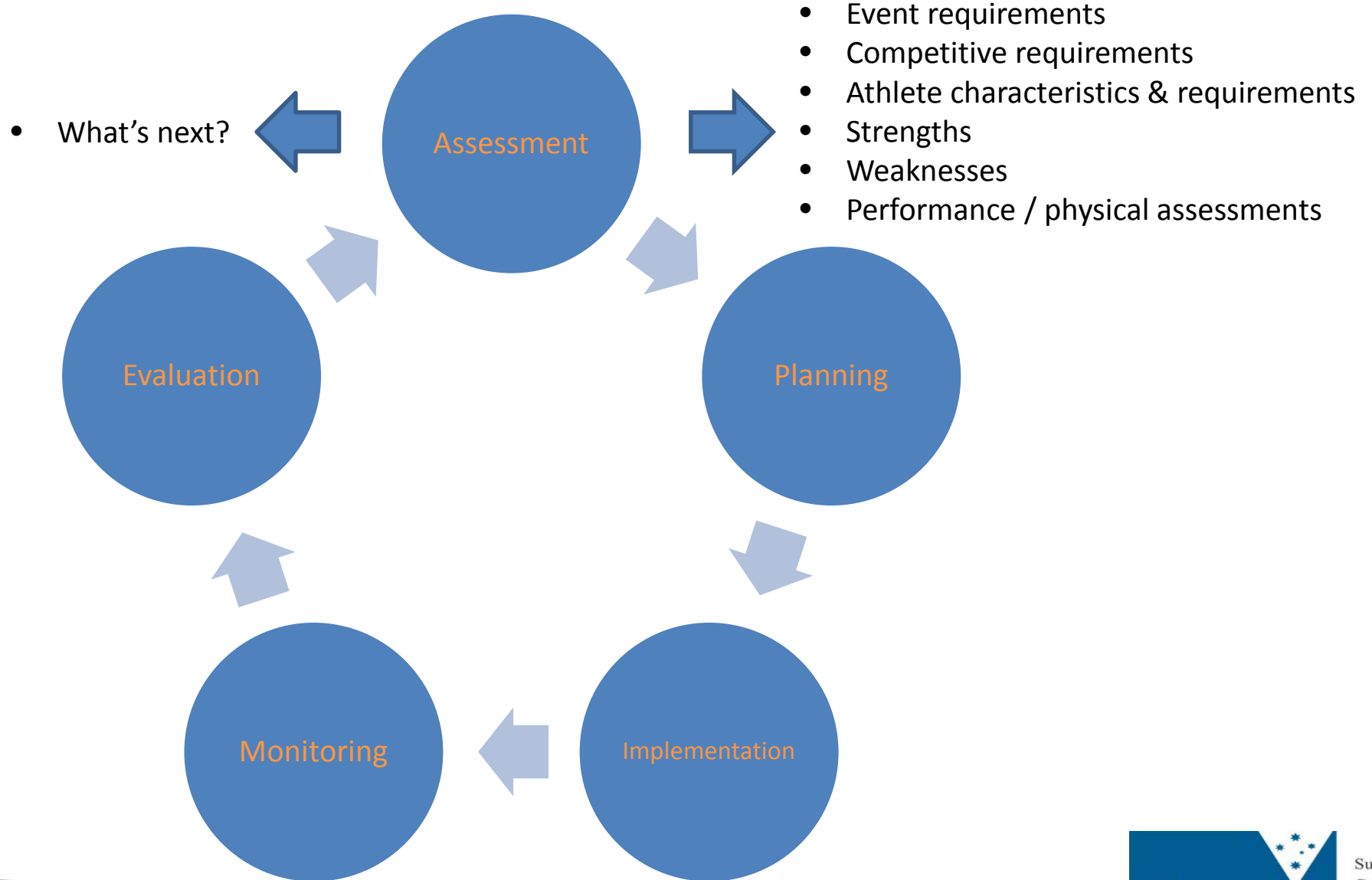
- Outcomes
- What worked?
- What didn't work?

TRAINING PERIODISATION

- What's next?



TRAINING PERIODISATION



ASSESSMENT

- Event requirements
 - 1500m
 - Aerobic capacity, anaerobic capacity, running economy, leg stiffness, body composition
- Competitive requirements
 - M: 3:43.84 / F: 4:06.77
 - Tactics
- Athlete characteristics & requirements
 - Speed demon? Diesel?
 - Strength, endurance, technique, body composition...
 - Nutrition, injury prevention, recovery, race performance...
- Strengths
- Weaknesses
- Physical assessments
 - 5000m TT, flying 400m, vertical jump, drop jump...
 - VO_2 max, lactate testing, running economy, 1RM, RSI...



PLANNING

- Individual Performance Plan
- Short term
 - Training block
 - Microcycles, mesocycles
 - Next competition
- Medium term
 - Season
 - Macrocycle
- Long term
 - 2-4 years



IMPLEMENTATION

- Put plan into action
- Live your plan
- Execute your plan
- Diligence
- Consistency



MONITORING

- Training response
 - How are you performing day to day?
 - How are you coping with it?
 - Daily wellness
- Training load
 - How much are you doing?
 - Time, kilometres, # jumps, # throws
 - How hard is it?
 - RPE, speed, power, heart rate, kilograms
 - What have you done before? How quickly can you progress?
- Progression
 - Daily/weekly/monthly training performance improvement
 - Assessments
- Regression



EVALUATION

- Outcomes
 - How did you perform at your last competition?
 - What improved?
 - What didn't improve?
 - How much did you improve?
 - Training completion
- What worked?
 - Processes
 - Training stimulus
 - Weekly structure – volume, intensity distribution etc.
 - Tactics, nutrition, recovery etc.
- What didn't work?



REASSESSMENT

