

# **PERIODIZATION / TRAINING WITH A PLAN**

The sport has ended for the season. You had several weeks of active recovery. You begin training for the next season that is several months away. Where do you start? How much weight should you use? These are questions that need to be taken into account so the gains you make in the gym are transferable to the court or field. Periodization of training is critically important if you wish to peak at the appropriate time. There are many philosophies of training styles and complicated definitions of Periodization, but the term simply means dividing the overall training program in to periods which accomplish different goals. Since you can not do everything at once you must divide your training into discrete blocks and tackle 1-2 goals at a time. These blocks or phases are training periods in which particular physical attributes are emphasized over others. There is a correct way to train. Like building a house, you build a foundation before the frame. If we can understand the general concepts of a Periodization scheme it can then be individualized for a specific sport as well as a specific position.

## **Phase 1 ANATOMICAL ADAPTATION**

- The goal is to prepare the body for work as well as increase tendon and ligament strength.
- Used as a recovery phase this would begin after ending a season. Usually this phase consists of a high number of exercises with relatively few sets but a high number of repetitions such as 12-15 reps. This phase can last up to 6-8 weeks for the novice, 3 weeks for the intermediate athlete.

## **Phase 2 HYPERTROPHY**

- The goal of this phase is to increase muscle mass
- The exercises are usually multi-joint free weight exercises. For athletes such as wrestlers who have a weight limit to keep in mind this phase can be optional or at reduced time frame.
- In this phase we can decrease the number of exercises from the anatomical adaptation phase, but the intensity (% of 1 RM) and the number of sets will increase. The reps will decrease to 6-12 range.
- The total work volume will increase.

## **Phase 3 MAXIMUM STRENGTH PHASE**

- The goal is to increase muscle strength
- The number of exercises decrease
- Sets and intensity increase
- Repetitions will decrease to around 3-5
- Focus on multi-joint exercises

#### **Phase 4 MAXIMAL POWER PHASE**

- Now that you have more strength it is time to learn to make your body use it quickly (power).
- Power is explosive and a combination of strength and speed
- The number of exercises and reps are low
- The number of sets are high
- The intensity (% of 1RM) will drop so you can train explosiveness or speed
- Examples: polymeric, jumps, throws, bounding ect...

#### **Phase 5 STRENGTH/POWER ENDURANCE**

- Train for endurance the way it will be needed for your particular sport or activity. It can be acyclical, cyclical, speed endurance, power endurance, and strength endurance.
- Rest periods will decrease between sets
- Reps will increase
- Train your body to repeat the gains you made over and over again

Probably the most important thing prior to training is establishing base lines and setting goals. **Centerpointe Chiropractic and Physical Therapy** is holding an athletic combine February 04, 2006. This combine will be open to all area high school athletes. Measurements of speed, power and agility will be taken and you will be able to evaluate your results with national rankings for that particular event. There will also be gift certificates for MC Sports awarded to the winner in each category. **Tom Lopienski** will be the featured guest speaker. He played at the University of Notre Dame and most recently with the Indianapolis Colts. He will be there to meet and talk with the participants and explain what it was like to perform in the combine at the college and professional level. The cost of the combine will be \$15.00 and will include a T-shirt. Group / team discounts will be available, call for details.

Appropriate off season and in season training can help you improve athletic performance as well as help reduce your chance for sports injuries. Unfortunately, regardless of how well you have trained, injuries are a potential risk when participating in athletics. Lou Rossi, DC and Matt Trnka, PT specialize in rehabilitating injured athletes. Both are **Certified Strength and Conditioning Specialists** through the **National Strength and Conditioning Association** and provide a functional treatment approach to return athletes to their sport with the power, speed and agility they need to succeed.

Further information on the athletic combine or regarding rehabilitation can be obtained at **Centerpointe Chiropractic and Physical Therapy, 4085 North Jefferson St., Medina, Ohio 44256** or by calling **(330) 723-2225**.