

# Theory of Sport Training

## Basic Principles

### Lesson 9

### Planning, Periodization

# Planning of ST

- History – Ancient
- New Age
- Scientific approach

# Long-term concept of ST

- Calendar, biological, sport age
- Early specialization
- Training corresponding the age
- Stages of sport training

# Stage of training

- Stage of Sport Pre-Training
- Stage of Basic Training
- Stage of Specific Training
- Stage of Top Training

# Stage of Sport Pre-Training

- Main aim: to gain the children for sport, to contribute to their **health, physical and psychical development.**
- This stage lasts usually 1 – 3 years.
- Tasks – to develop general skills, improve coordination, to improve the interest to PA,sport

# Stage of Basic Training

- **The main aim:** to sustain or to improve good attitude of children to sport and to take sport as a part of life style.
- This stage usually lasts for 2 – 4 years
- **Tasks:** harmonic development – physical and psychical, coordination, specific skills = technique
- **Rate of general and specific exercises**  
20:80, 50:50

# Stage of Specific training

- This stage is the transition to the specific training. The **high performance is still perspective aim.**
- Stage lasts for 2 – 4 years
- Tasks : development of motor abilities, fitness, technique under race conditions
- Rate of general and specific exercises  
50:50, 80:30

# Stage of Top Training

- The main aim is to achieve the **maximal performance** and keep it for long time.
- Rate of general and specific exercises
- 80 : 20
- The training load 700 – 1500 hours/year



# Periodization

- The Base of Periodization is the Planning in the Cycles.
- The most important objective of contemporary periodization is systematically joining of the cumulative or interactive effects of various exercises, methods and frequency of stimulus. The same value as a stimulus of load has the time of regeneration. This time is important part of adaptations processes and the time for recovery after training units of various tasks must be respected. This time is different for development of strength, endurance or velocity

# Periodization of shorter training periods

- Structure of cycles
- ATC – annual training cycle
- Preparatory period, Pre-competition period, Competition period, Rest (transition) period
- Macrocycle
- Mezocycle
- Microcycle
- Training unit

# Training Task of Periods

<b>Period</b>	<b>Main task of period</b>
Preparatory	The development of condition, fitness , technique
Pre-competition	Tapering of performance
Competition	Maintaining high level of performance, shape
Transition	Regeneration physical and mental

# Macrocycle

- Annual Training Plan
- Periods
- Consist from two, three or more mesocycles,

# Mezocycle

- Training block or phase from **2 to 6 weeks**
- Main aim and task – depend on the period
- **PP** – to develop or improve a specific aspect of condition
- Pre CP – improve performance
- CP – to maintain quality of performance or reach a shape
  
- **Opening type** is used at the beginning of annual training cycle.
- **Basic** is the main type for preparatory period.
- **Pre – competition type** covers the whole time interval of pre-competition period.
- **Racing type** is basic kind for competition period.
- **Regenerative type** content more number of recovery MiC.

# Microcycle

- **Important and functional tool** in the planning
- **group of several training units**
- **Length 3 – 10 days**
- **structure and content** of the microcycle is determined of the main training task, period of ATC, type of MiC, quantity, quality and nature of the training stimulus
- **Opening, Developing, Stabilization, Control, Tapering, Racing, Regenerative**