

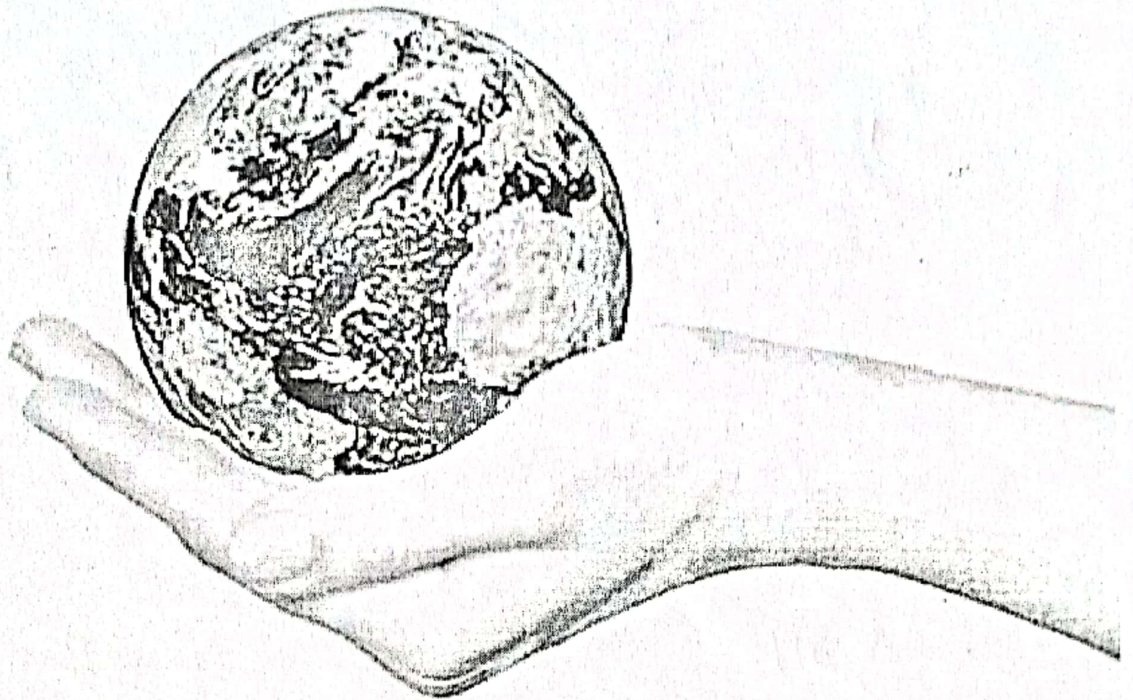
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# The Periodization, A basis of Training

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## ABSTRACT

Periodization is most important key in the field of sports. Those set the more competition goals in a year and desire to achieve success of each of them so they must go through the periodization method. It offers a framework for planned and systematic variation of training parameters, in a way that direct physiological adaptations to the training goal required for the sports are achieved. The art of periodization uses progressive overload, general adaptation and recovery principles, bringing in an element of science and planning into exercise variation.

## INTRODUCTION

Periodization is one way for the sports physical therapist to approach the design of resistance training programs. Periodization is defined as the planned manipulation of training variables (load, sets, and repetitions) in order to maximize training adaptations and to prevent the onset of overtraining condition. This concept is known as training periodization can help you train for multiple goal of cycling in a season without burning out or overtraining.

## MAJOR TYPES OF PERIODIZATION

Periodization in training is changing the value, duration or intensity of workouts to increase the effectiveness of the training plan and for the development of the muscular and fitness system in your body. On its most basic level, training periodization means adjusting your workout type, load, and intensity over time. You can think of endurance training in four overlapping cycles.

To develop an effective training programme, it is important to understand the cycles of periodization. There are three cycles: Macrocycles, Mesocycles and Microcycles.

**Macrocycle** – This refers to an active training period where you are building toward a goal. A macrocycle is an annual plan that works towards peaking for the goal competition of the year. There are three phases in the macrocycle: preparation, competitive and transition, with pre-competition being optional.

## Sample of a Year Training Plan for cyclist

The year is divided into three periods.

- (a) June – August \_\_\_\_\_ Preparatory Phase

- (b) September – January----- Competition Phase
- (c) February -- May ----- Transition Phase
- a) The preparation phase is further broken up into general and specific preparation. An example of general preparation would be building an aerobic endurance for long distance cycling such as long distance cycling BR-I on road or trainer.
- b) The competitive phase can be several competitions, which lead to the main competition. The competitive phase ends with tapering for the competition.
- c) The transition phase is important for psychological reasons, a year dedicating time towards training means some time off is just as important. An amateur athlete may take a couple of months off (a few months during the off-season) while a professional athlete might take as little as two weeks off.

**Mesocycle** – Smaller phases within your training cycle that focus on a certain fitness objective. For example, you might build muscle strength early and shift to muscular endurance later.

**Microcycle** – A microcycle is the shortest training cycle. The weekly building blocks of your program. In order to get stronger over time, you need to balance working out with rest and recovery. Your microcycles are where you do your short-term planning for best results.

### ANNUAL TRAINING PLAN

On a given day of the year, your training should look different depending on how close you are to your goal. Because if you trained all the time like you were about to climb a big mountain, your hips and knees would blow out and you'd probably lose your concentration. In general, your annual training plan will move through the following phases.

While it's helpful to think of your annual training plan as a circle that repeats every year, keep in mind that this is a bit oversimplified! It's normal to move back and forth between phases, especially when you're training for multiple goals during the year. If cyclist have numerous goal set in one year, cycle through several of the phases above multiple times.

Mostly, first macrocycle of the year will be the longest. During this cycle, cyclist will move through the base, build, taper, and recovery phases. What happens next depends a bit on the timing of your next goal set, and also how you're feeling after your previous goal. Similarly, your training phases will not all be the same duration. For example, your taper probably won't last more than two weeks. Annual Training Plan involves the entire year of training, including your active training periods and off seasons.

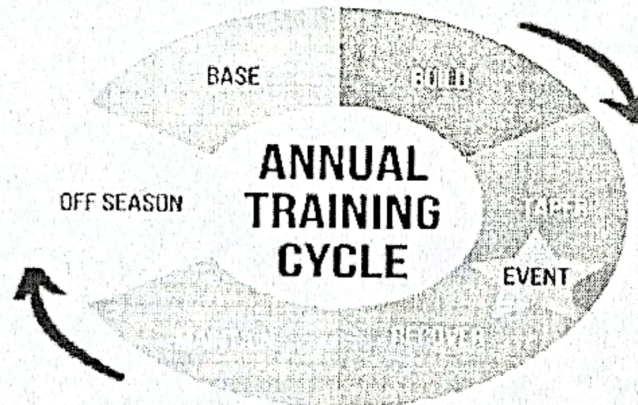
So Here's a quick description of each annual training plan phase and its purpose.

### OFF SEASON

During this time, you may be active, but not following any kind of designed training plan. Your goal during the off season is to maintain your baseline fitness while refreshing your mind and body.

## BASE

This is the early part of your training season. Your goal during the base period is to build a solid foundation of sport-specific fitness. This period may be very short if you've been active through the off-season. If players build the larger base of fitness players achieve higher peak.



## BUILD

The build phase is what most of us think of when we hear the word "training!" It's the part of the season when you're increasing your workout time and intensity each week as you work toward your goal. During the build phase, cyclist perform specific structured work to develop the various physical elements lactate threshold, anaerobic threshold, leg speed, neuromuscular efficiency.

## TAPER

After the Build phase the cyclist begins a taper mesocycle. During the taper phase cyclist achieve their specific areas of fitness that are necessary in the cyclist's particular event. The volume of work decreases, while the intensity of work remains the same or increase. Before all races mesocycle, taper phase is necessary in order to ensure that the cyclist fresh for the rigours event.

## RECOVER

After your goal climb, you'll probably be tired (and also busy unpacking). Take a week or two off training (or train lightly) to celebrate and give yourself a break.

## MAINTAIN

If you have set another goal coming up in the next few weeks, you may be able to maintain your fitness peak by doing a low intensity workout of your build program.

## CONCLUSION

Performing training program to achieve excellent performance in sports requires. In this article, the coach should skilfully training the ratios of the elements- intensity, volume, frequency- to be given during each period of training programme. It should be done in such a way that players will peak or be at their very best during the competition period and not before or after.

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Article contains only theoretical/conceptual information. It is suggested that the author should follow guidelines given by the organizers. Try to include the empirical information about periodization so that the discussion and conclusions can revolve around it.