

A training programme year plan

Typical training programmes are organised into different training phases, segments or cycles. This is known as periodisation.

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| <p>Preparation (pre season)</p> <p>Activity emphasis is increasingly focused on main energy system development</p> <p>Leads to specific high intensity workout</p> | <p>General Preparation</p> <p>Build aerobic foundation Increase volume of training Decrease intensity of training Increase strength Increase aerobic fitness Increase agility Increase speed</p> |
| | <p>Specific Preparation</p> <p>Interval training Increase flexibility Maintain high volume of training</p> |
| <p>Competition (in season)</p> <p>Maintenance of main energy system fitness capacity Development of specific fitness Work on skill Just before an event/match you should taper off your intensity of training a few days preceding the competition</p> | <p>Pre competitive</p> <p>Increase intensity of training Decrease volume of training Aerobic fitness at max</p> |
| | <p>Competitive</p> <p>Maintain all components Skill and tactical awareness Peaking for competition Recover between games</p> |
| <p>Transition (off season)</p> <p>Activity is generally non-specific Exercise is moderate in intensity Good time to work on developing a good aerobic base Ideally you should start off the exercise programme in the off season</p> | <p>Maintain strength Participate in other activities Recover Rehabilitate</p> |

