

Periodisation for Dummies

Or:

How to plan a season's training without requiring a PhD

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Count back from the date of the first important competition

1. Allow a week to ten days for Freshen up to peak condition
2. Allow six weeks (including freshen-up) for speed work, time trials, preparatory competitions
3. Allow four weeks only for Anaerobic Development.
4. Allow four weeks for Power/Resistance Training.
5. Aerobic conditioning training is time left, hopefully 10~12 weeks
 - a. If your competition is:
 - i. >1.5hrs: longer aerobic conditioning needed
 - ii. <1.5hr: less aerobic conditioning needed

During Competition

6. How long you can continue to improve depends on your aerobic base
7. Maintain two long aerobic sessions per week throughout competition phase
8. Treat competitions as your anaerobic sessions
9. Taper last 3 days of week to freshen for a competition
10. Non-competition week: simulate competition in training

Transition

11. No longer than 3 weeks break before next buildup
12. Break should be active – no passive

Seek professional assistance with developing your own seasonal plan

- For more information about health and fitness: www.healthandlifestyle.co.nz

