

# **TRAINING PERIODIZATION**

## **WHAT IS SPORTS PERIODIZATION?**

The periodization according to Bompa (1999), is the organization in portions of time within which we find other smaller and easier to manage so called periods of training. For others like Fleck and Kraemer (1997) periodization is the variation between volume and intensity throughout the training cycle to achieve optimum performance gains. In a more colloquial way, I define periodization as the way to divide the training into blocks or phases, each phase or block having concrete objectives related or not with the other training blocks.

## **IMPORTANCE OF THE TRAINING ORGANIZATION**

Having a good organization to control the daily workouts is the key to progress whatever our main objective.

It is very important to understand that each person needs to have fully individualized and planned conditions and training in a gradual, controlled and periodized manner.

From the periodization, the training will be divided into sessions, microcycles, mesocycles and macrocycles, phases with objectives set according to needs.

## **TRAINING PERIODIZATION**

One of the main mistakes that are made when starting an exercise routine is not having a correct periodization of the workouts.

On many occasions we fall into the error of thinking that we should always train with the same volume and intensity of training. This often causes stagnation, physical discomfort and even injury.

Broadly and in a very basic way, leaving aside many of the variables that end up interfering in the sports sciences, the volume of training is the number of exercises, series and repetitions that are performed. The greater the number of exercises and sets, the greater the total volume of training.

While intensity is determined by the weight we move in each exercise. The more weight we move, the greater the intensity of that workout.

Depending on the total organization of our training, we will have phases with more or less volume and more or less intensity. All of this will depend on our fitness and our goals throughout a season.

## IMPORTANCE OF THE PERIODIZATION

Whatever our goal, to increase muscle mass, to gain strength, to run faster, we must introduce a periodization in our trainings that can be of several types. One of the most important keys to progression is to have a correct periodization in our planning.

If our intention is to increase lean mass, we should not always train in ranges of hypertrophy or end up stalling. If, on the contrary, our priority objective is to gain strength, neither should we train every day with our maximum weights.



## TYPES OF PERIODIZATION

- Traditional periodization: based on the classical periodization of Matveyev (Matveyev, 1977), is based on the regular distribution of the load, high volume in the preparatory period and high intensity in the competitive period.
- Periodization of High Intensification: there are two different proposals, Vorobiev and the model proposed by Tschiene, is recommended for high performance athlete, is characterized by working all year with very high loads and high intensity (García, 2012).
- Accurate Periodization: consists of distributing intense training loads in different macrocycles. Its philosophy is based on the fact that the use of unilateral stimuli is more effective than simultaneous training.
- Pendulum periodization: proposed by Arosiev, is widely used when athletes have to obtain a good performance at different times of the season, as it allows to enter and exit the peak form.



- Undulating periodization: proposed by Poliquin (1988), is based on the variation of volume and intensity within each microcycle, improving several aspects simultaneously.
- Contemporary periodization (ATR): it is one of the most used models in current high performance along with the contemporary model. It is based on the concentration of the load in three different mesocycles, with it we can get more shape peaks during the season than with the traditional one.
- Periodization of Blocks: proposed by Verchoshanskij concentrates the load in three phases or independent blocks: preparatory, special and competition. Others like Thibaudeau apply this methodology to the disciplines of force working in each block a different manifestation (Maximum force via hypertrophy, maximum force via neural, power).

There are many more planning models such as the cognitive model, the integrated macrocycle, bells, etc.

## **WHAT PERIODIZATION DO YOU USE?**

We can differentiate all these periodizations into two types: the traditional Matveyev and the contemporary, which encompass the other schedules discussed above. For low-experienced or young subjects, and therefore in training, the traditional periodization may be the most accurate, however, for well-trained and high-performing athletes there are certain limitations. These limitations are set out below:

- As Weineck says in the general phase, only the general state (non-specific), the amount of gold lost in things that are not specific, rises.
- Gambetta argues that for the early stages of athlete preparation the traditional periodization is well, however, in athletes who want to increase their level of performance it is necessary to increase the specific work.
- Bompa says that traditional periodization takes a long time to reach the state optimally and in most sports calendars are tighter and there is so much time to prepare a competition.
- According to Tschiene, this type of planning is too rigid and inflexible and neglects the individual and specific preparation working at too low intensity for long periods of time.
- According to Verjoshanky, when Matveyev conceived his planning the results and levels of competition were too low compared to today, where we see that the performance is very high, therefore, it was conceived for middle-level athletes and not elite athletes.

As we see, there are many prestigious authors who find several limitations when using traditional planning, except in subjects with low or medium level and in young people, and prefer more contemporary planning, they use more specific training throughout the Year and higher intensities and most are based on training blocks that allow to reach several peak forms in the season.

## **CONCLUSION**

The traditional periodization is the most appropriate for athletes with medium-low level and in early stages of training. With this type of planning, a lot of time is spent with nonspecific tasks until the optimal state is reached.

For athletes with a higher level it is advisable to use contemporary periodizations since they allow to work in a more specific and intense way and to reach more peaks of form during the season.

## **BIBLIOGRAPHY**

- Bompa, T. (1999). Periodization. Theory and methodology of training. Human Kinetics. Champaign, III.
- Fleck, S.J., Kraemer, W.J. (1997). Designing Resistance Training Programs. 2nd Ed. Champaign, IL, Human Kinetics.
- Poliquin, C. (1988). Five ways to increase the effectiveness of your strength training program. National Strength and Conditioning Association Journal 10 (3): 34-39
- Matveyev, L. (1977). Periodization of sports training. Madrid: National Institute of Physical Education and Sport
- García, J.M. (2012). Performance in Judo. Barcelona: Editorial Onxsport
- González, J.M. (2013). Theory and practice of sports training topic 5: Strength. Faculty of Sport Sciences (UCLM).