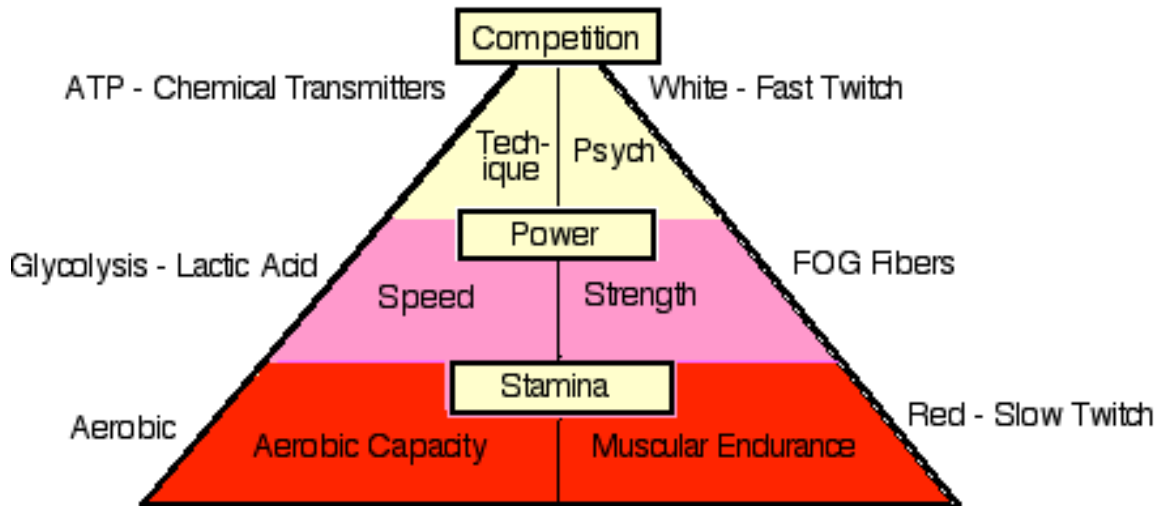


Periodization of Track and Field for Optimal Performance

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Yearly Cycle of Training



Components of a Base Training Weightlifting Routine

Big Muscle Group Lifts

Alternate Body Groups to Avoid Premature Muscle Fatigue

Slower Speeds of Lifting

Variable Resistance Machines Good Option

Higher Repetitions (No lower than 10, no higher than 25)

Balance of Trained Muscle Groups (Agonist/Antagonist)

Typically 9 to 12 Exercises

Two to Three Sets, (Consecutively)

Shorter Recovery Intervals (30 seconds to 1 minute)

Use Weights to Stretch Muscle Groups to a Extreme Range of Motion

Maintain Good Lifting Form

Every Other Day

Whole Body Workout

Components of a Strength Training Weightlifting Routine

Include Free Weight Exercises

Introduce Compound Exercises

Increase the Weight Decrease the Repetitions

Pyramid Sets to warm up and give lower level fibers a workout.

Work with momentum, faster speeds, decrease deceleration Phase on Lifts

Super Setting

Go for Burn: Hypertrophy

Split Routines a Good Option

Introduce Sports Specific Exercises and Speeds

Multi Sets in exercises 3-6 sets.

Recovery maybe longer 1-2 min (strength) or shorter, (hypertrophy) 30 to 1 min.

Components of Competition and Power Training Routine

Big muscle Groups, using compound skills (i.e. Olympic Lifts)

Plyometrics, Plyosleds, Box Jumps

Isokinetic Equipment, (Leaper machine, Mini-Gym, Cybex, Ariel Dynamics)

Exercise Bands and Rubber Tubing

Minimization of Deceleration Phase in Muscle Contractions

Sprint Form Drills

Throwing, Jumping, Sprinting, (i.e Technique work at competition speeds)

Competition

Peaking

Three weeks out

Lighter implements, springboards, towing, overspeed training

Create meet conditions in practice

Medicine ball work

Capitalize on ATP-PC system

Foot Pounds per second, (lighter weights (40% of max), faster speeds

Mentally and physically ready, build confidence, Inspire! and Make it Fun!