Training Cycles (Periodization) for Better Running Performance in 2005
Training Effect

Source: Peak When it Counts (2001) W.H. Freeman TAFNEWS
Effective and Ineffective Training

Source: Peak When it Counts (2001) W.H. Freeman TAFNEWS
Periodization is used to point the training effort toward the major goal, taking into account the competitions along the way.

Source: Peak When it Counts (2001) W.H. Freeman TAFNEWS
Why Periodization for Your Running?

More Objective

More Simple

More Flexible

More Fun (variety)
Periodization and Your Training Plan

- Plan your racing schedule
- Select your goal race or races
- Determine time goal
- Divide your year into cycle periods
- Select your workouts
- Variations in workouts
  - address weaknesses
  - prevent staleness
- Include recovery time
Training Emphasis for all Cycles

- Build resistance to injury
- Prepare you for different types of training
- Develop the systems that are beneficial to the races of primary importance.
- Bring you into races with confidence and a feeling of freshness

Daniels’ Running Formula Jack Daniels 2005
Periodization Terms

- **Macrocycle**
  - (a large or long cycle)
  - 1 - 2 a year

- **Mesocycle**
  - (a medium cycle; several mesocycles make up a macrocycle)
  - 3 - 6 weeks

- **Microcycle**
  - (a small cycle; several microcycles make up a mesocycle)
  - 1 - 2 weeks
Training Cycles and Variety

- Long Runs
- Hill workouts
- Track intervals
- Tempo runs
- Recovery run
- Cross-training
- Strength training
- Flexibility training
- Off day
Two Peak Year

Three Peak Year

Once a Month Racers

- Three week cycle
- 9 key workouts over 21 days
- Fourth week reduce loads
- Substitute a race as a key workout
### Example Training Plan for Monthly Racing

<table>
<thead>
<tr>
<th>Week</th>
<th>Easy or cross-training</th>
<th>Key Run 1</th>
<th>Recovery Run</th>
<th>Key Run 2</th>
<th>Rest Day</th>
<th>Key Run 3</th>
<th>Easy or cross-training</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>short intervals</td>
<td></td>
<td>Tempo</td>
<td></td>
<td>Long Run</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>Hill workout</td>
<td>Run</td>
<td></td>
<td>Rest Day</td>
<td>Long Run</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>Tempo</td>
<td>Run</td>
<td>LT Intervals</td>
<td>Rest Day</td>
<td>Long Run</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>Easy Run with strides</td>
<td>Easy or cross-training</td>
<td>Race</td>
<td>Easy Run with strides</td>
<td>Race</td>
<td></td>
</tr>
</tbody>
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<th>Race</th>
<th>Easy or Rest</th>
</tr>
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<td>4</td>
<td>Easy or cross-training</td>
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</tr>
<tr>
<td>5</td>
<td>Easy or cross-training</td>
<td>Easy Run with strides</td>
<td>Recovery Run</td>
<td>Key Run 2 long Intervals</td>
<td>Rest Day</td>
<td>Key Run 3 Long Run</td>
<td>Easy or cross-training</td>
</tr>
<tr>
<td>6</td>
<td>Easy or cross-training</td>
<td>Key Run 1 Tempo</td>
<td>Recovery Run</td>
<td>Key Run 2 LT Intervals</td>
<td>Rest Day</td>
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</tr>
<tr>
<td>7</td>
<td>Easy or cross-training</td>
<td>Key Run 1 short intervals</td>
<td>Recovery Run</td>
<td>Key Run 2 Tempo</td>
<td>Rest Day</td>
<td>Key Run 3 Long Run</td>
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Thank You for your attendance

Questions and Comments are Welcome