

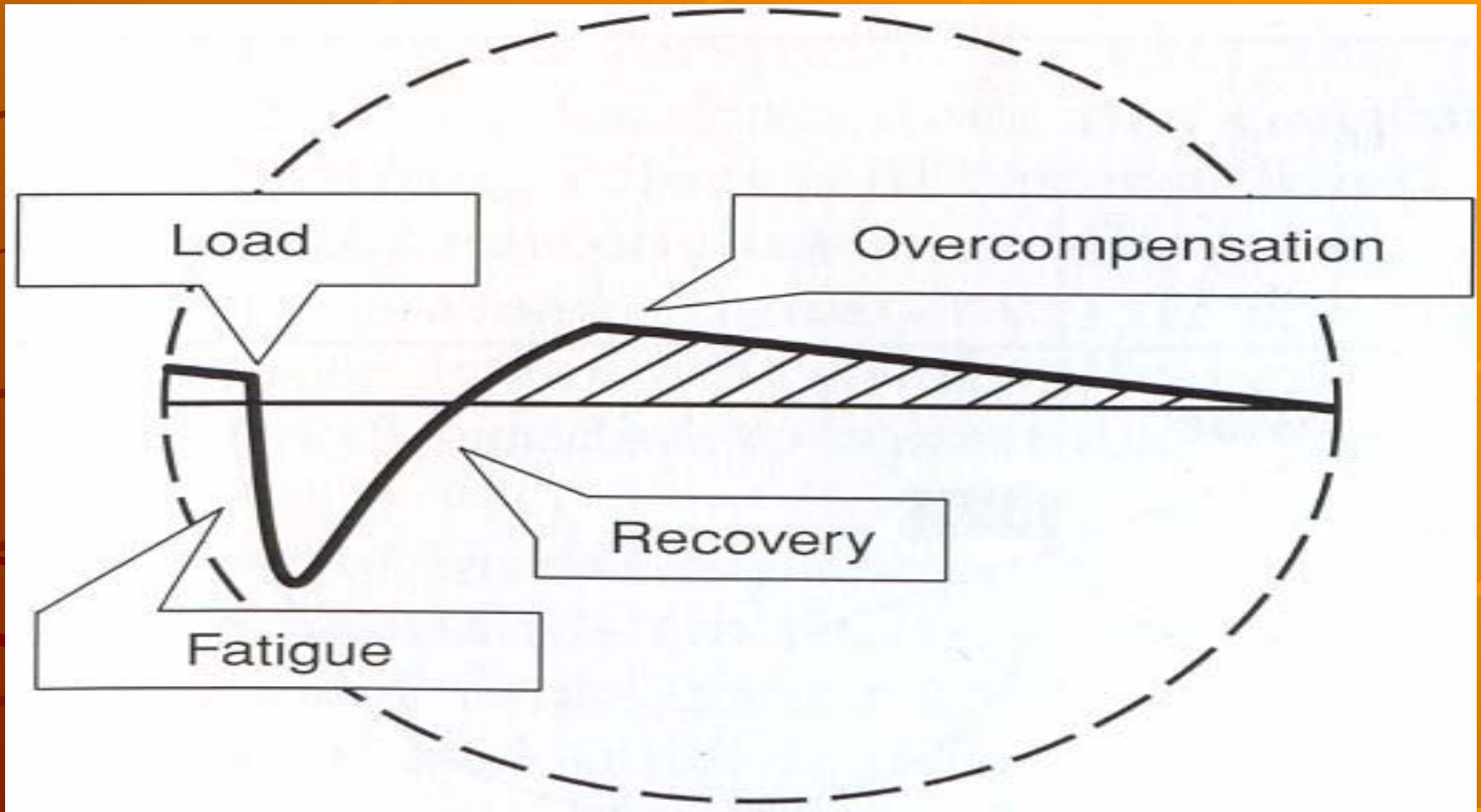
# Training Cycles (Periodization) for Better Running Performance in 2005



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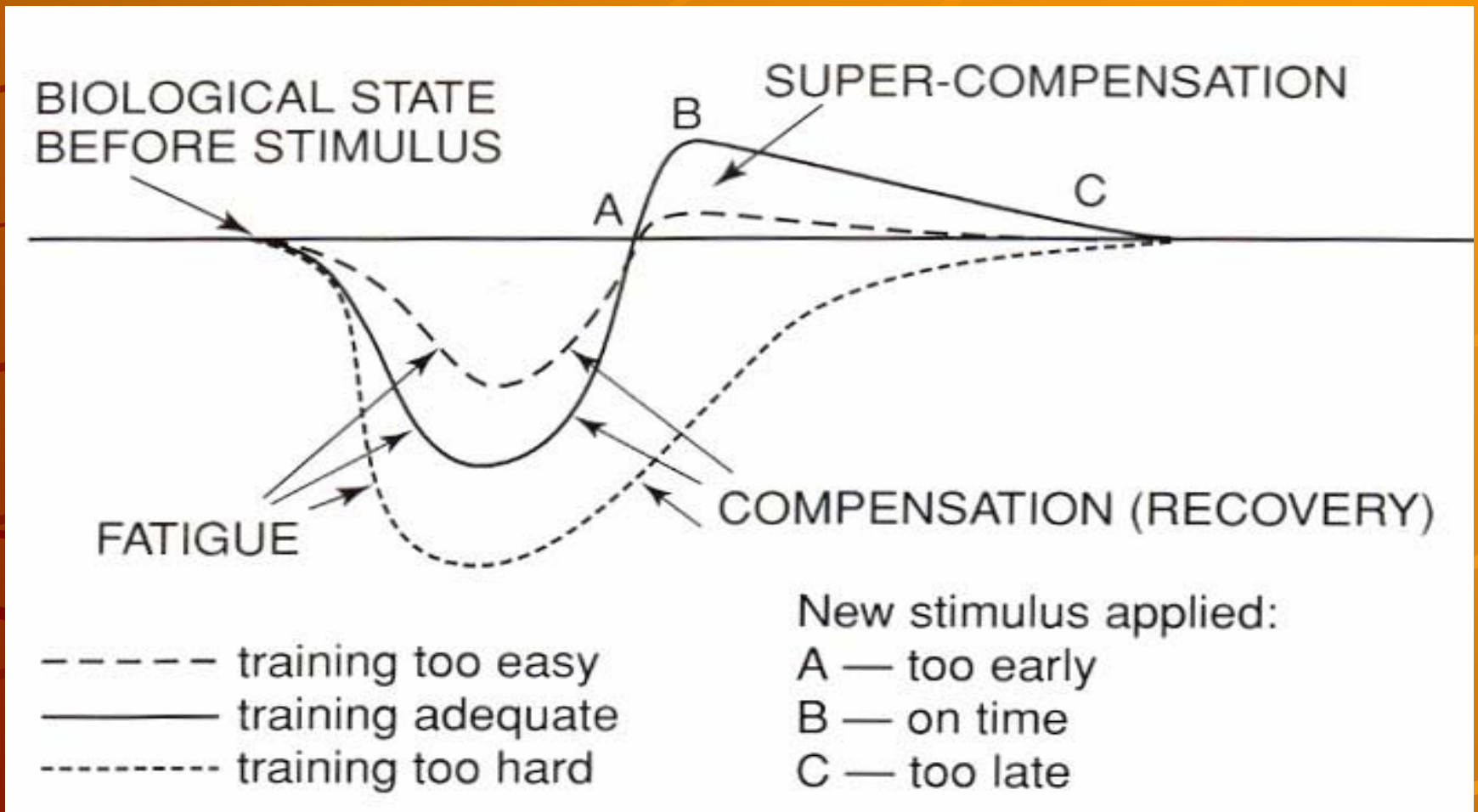
**FIRST**

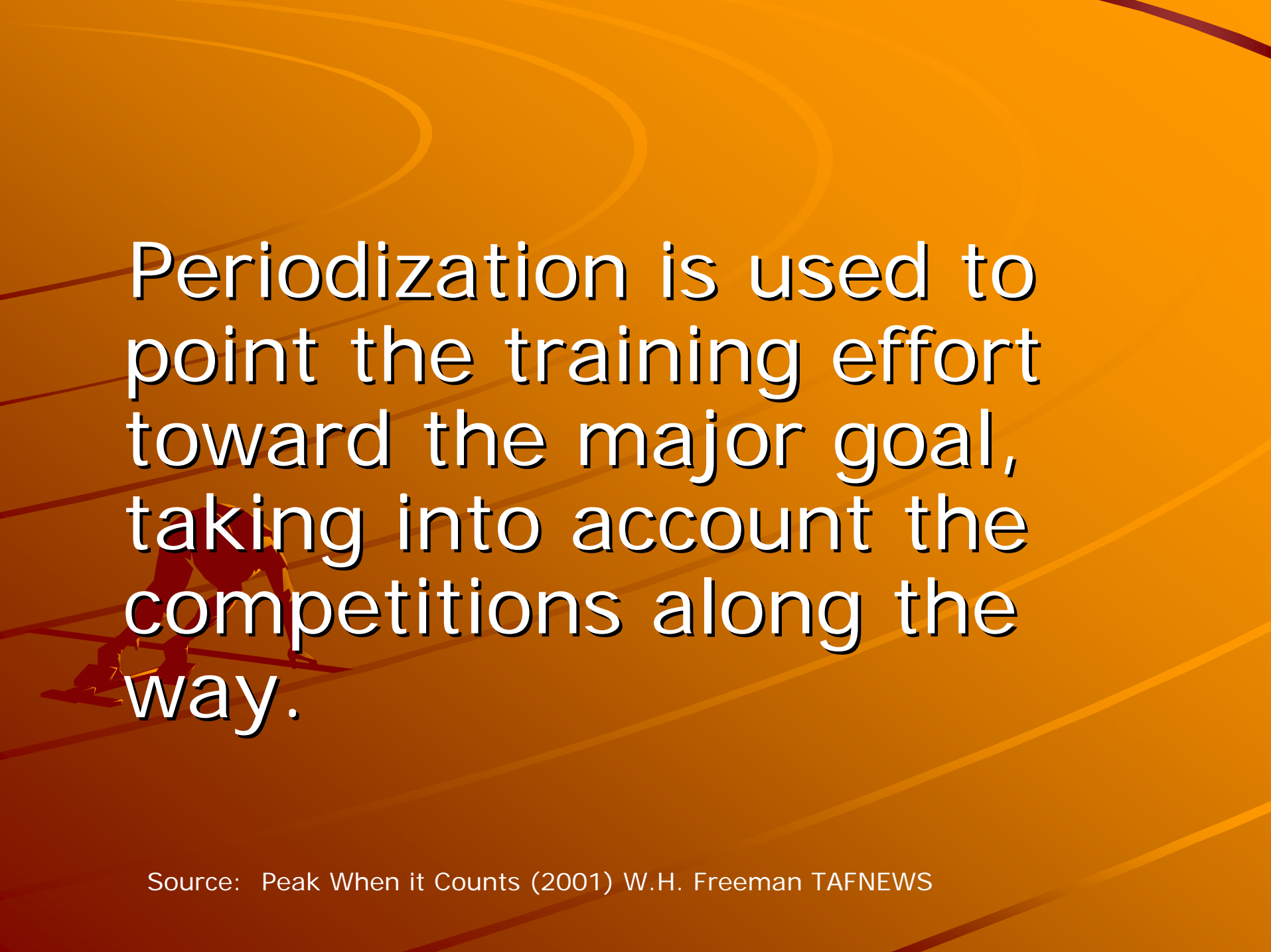
# Training Effect



Source: Peak When it Counts (2001) W.H. Freeman TAFNEWS

# Effective and Ineffective Training





Periodization is used to point the training effort toward the major goal, taking into account the competitions along the way.

# 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

# Training Pyramid

**Competition**  
Race Peak

**Pre-competition II**  
Sharpening Phase

**Pre-competition**  
Strengthening Phase

**Preparation**  
Endurance Base

**Transition**  
Active Rest





# 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

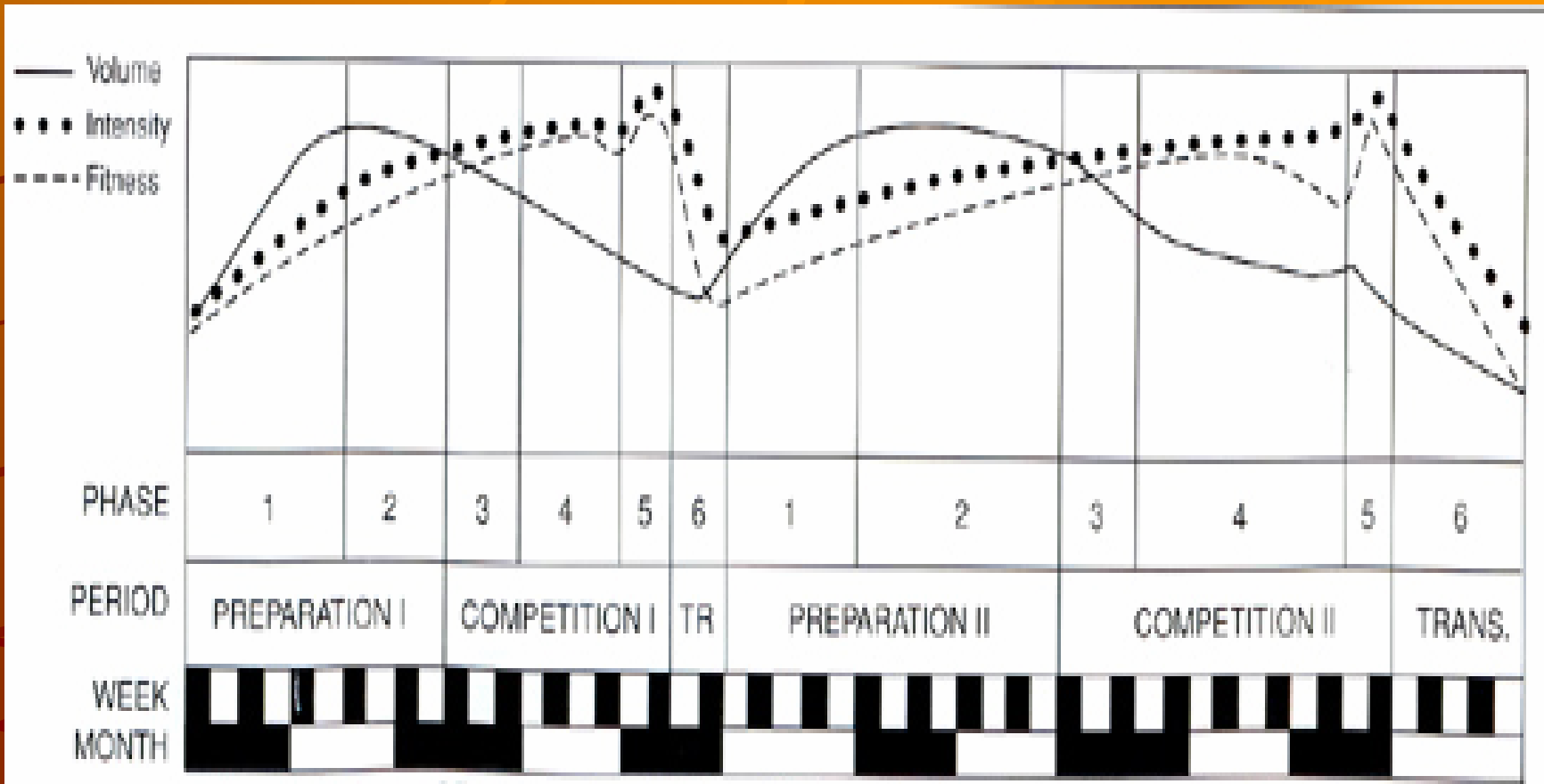
(a small cycle; several microcycles make up a mesocycle )

1 - 2 weeks

# Training Cycles and Variety

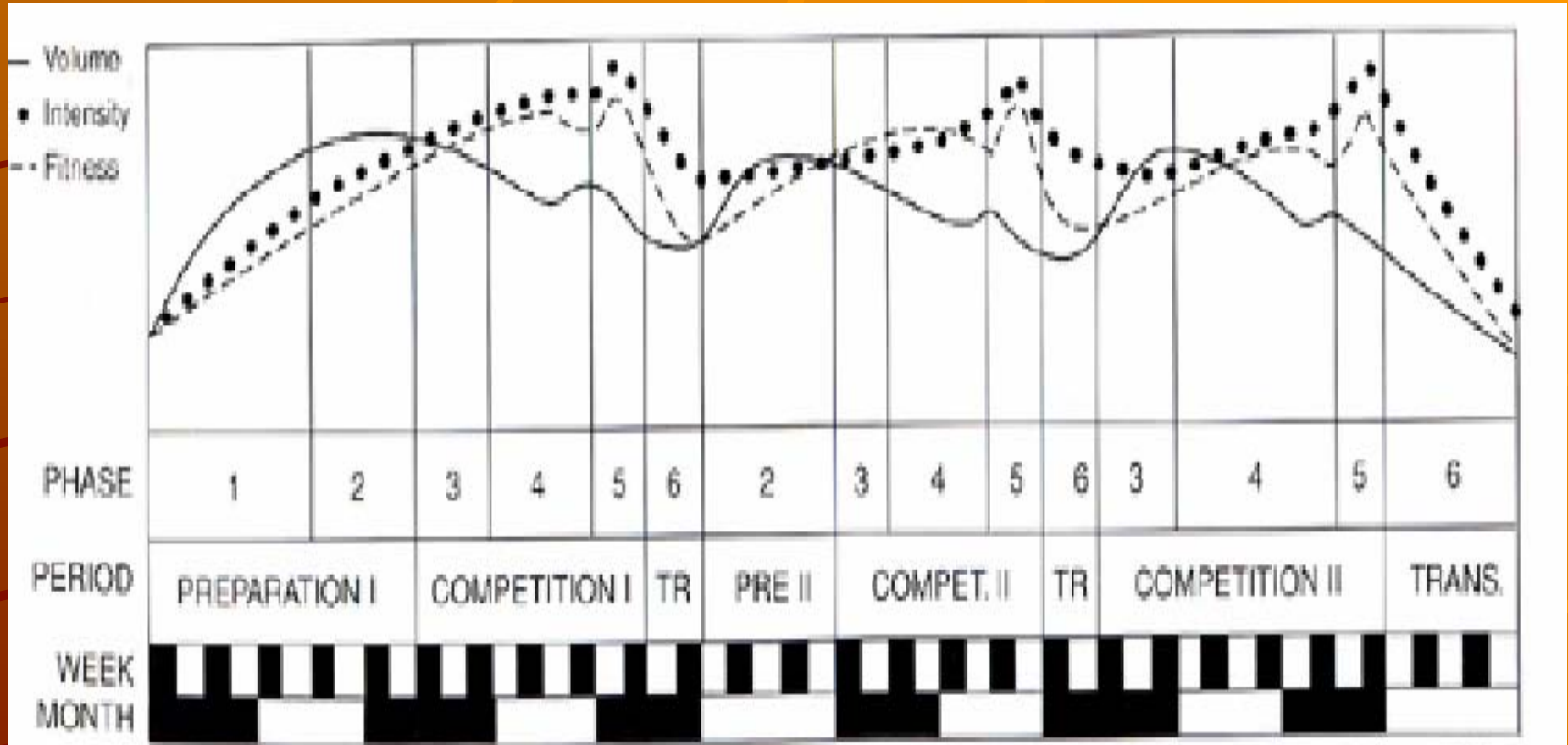
- ◆ Long Runs
- ◆ Hill workouts
- ◆ Track intervals
- ◆ Tempo runs
- ◆ Recovery run
- ◆ Cross-training
- ◆ Strength training
- ◆ Flexibility training
- ◆ Off day

# Two Peak Year



Source: Freeman, W.H. (2001). Peak when it counts. Tafnews Press.

# Three Peak Year



Source: Freeman, W.H. (2001). Peak when it counts. Tafnews Press.

# 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

Week 1	Easy or cross-training	Key Run 1 short intervals	Recovery Run	Key Run 2 Tempo	Rest Day	Key Run 3 Long Run	Easy or cross-training
Week 2	Easy or cross-training	Key Run 1 Hill workout	Recovery Run	Key Run 2 long Intervals	Rest Day	Key Run 3 Long Run	Easy or cross-training
Week 3	Easy or cross-training	Key Run 1 Tempo	Recovery Run	Key Run 2 LT Intervals	Rest Day	Key Run 3 Long Run	Easy or cross-training
Week 4	Easy or cross-training	Easy Run with strides	Easy or cross-training	Rest Day	Easy Run with strides	Race	Easy Or Rest

# Example Training Plan for Monthly Racing

Week 4	Easy or cross-training	Easy Run with strides	Easy or cross-training	Rest Day	Easy Run with strides	Race	Easy Or Rest
Week 5	Easy or cross-training	Easy Run with strides	Recovery Run	Key Run 2 long Intervals	Rest Day	Key Run 3 Long Run	Easy or cross-training
Week 6	Easy or cross-training	Key Run 1 Tempo	Recovery Run	Key Run 2 LT Intervals	Rest Day	Key Run 3 Long Run	Easy or cross-training
Week 7	Easy or cross-training	Key Run 1 short intervals	Recovery Run	Key Run 2 Tempo	Rest Day	Key Run 3 Long Run	Easy or cross-training

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Thank You for your attendance

Questions and Comments are Welcome

