

Periodization training for sports



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Periodization is the practice of carrying out a program into distinct time periods, with each period building on the current periods' progress. (Fleck, 1996)

Periodization component include the following;

Macrocycle; This is an element of a training program which is directed towards a long-term performance objective such as training for world cup or Olympic Games etc. it is training that takes more than six months.

Mesocycle; This procedure represents an explicit block of training which is designed to achieve a specific goal. It consists of 3 weeks of power training, and big spinning gear, and seven days of recovery. They take 3-4 weeks in length or longer. Examples of this are 21 and 28-day training blocks.

(Bompa, 1999)

Microcycle; This training cycle takes the shortest time compared to all training programs, characteristically consisting of one or two weeks duration with the objectives to facilitate a focused training block.

Periodization may be utilized before preparing for a sporting event whereby players can start by warming up to avoid stitches and muscle pulls that helps them keep fit. Athletes training in high altitude areas in order to help them in their competition in areas of high altitude, and for a weight lifter who visualizes on becoming a heavyweight should try training with lighter weights as he trains his/her muscles. (Bompa, 1999)