

# Planning & Periodisation

Performance Pathway Coaches

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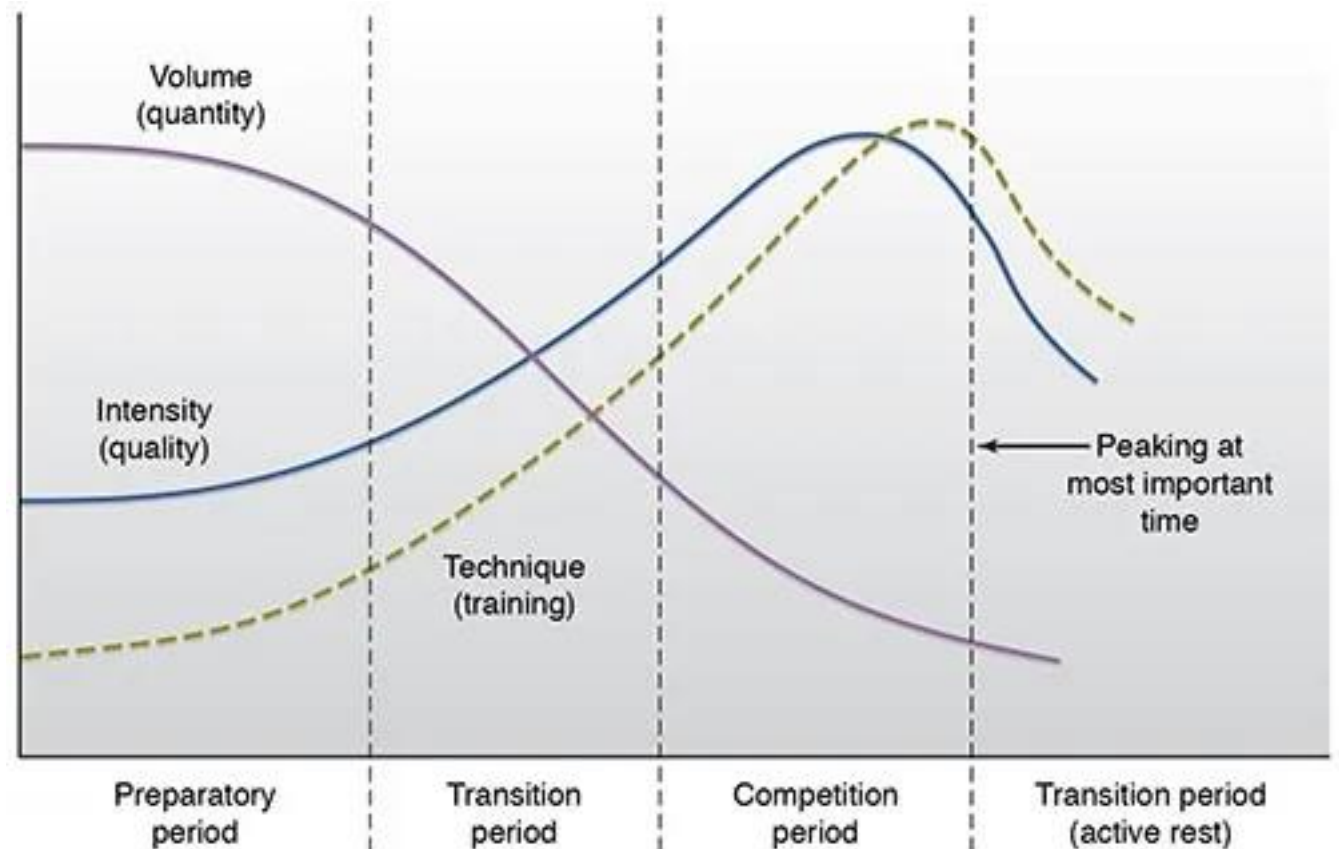


# Periodisation

This is the time of year when coaches are now planning for the year ahead.

Planning is a vital part of the training of an athlete.

Remember the old adage:  
“Fail to plan, plan to fail”



# Definitions



 Periodisation – 

 Planning – 

 Managing – 

 Peaking –   


# Definitions



The 'Training Load' is the combination of the Volume and Intensity of any training

 Volume

- The quantity of any training

 Intensity

- The quality of any training.

GPP

General Preparation Phase

SPP

Special Preparation Phase

CP

Competition Phase

# Periodisation



The coach needs to know the following before proceeding:

1. What is the talent of the athlete – is the athlete Olympic material or national class or provincial level?
2. What is the age of the athlete in terms of chronological age and training age?



# Periodisation

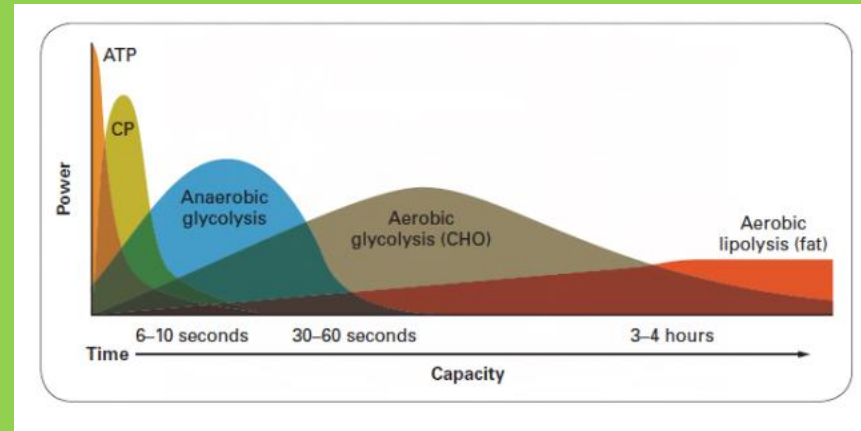


The coach must then set out the objectives of the programme:

1. The athlete must be made ready for an improvement in performance.
2. Be made ready for a competition peak.
3. Be prepared for a major competition within that peak.



# Energy Systems



There are 3 main energy systems and it is important to know what they are and what they do in relation to sprint running events.

- 🏃 Anaerobic Alactic System (ATP-CP) – used for high intensity short duration events lasting between 10 and 15 seconds for example 60m and 100m sprints.
- 🏃 Anaerobic Lactic System (Glycolytic) – used for high to medium intensity events lasting between 30 and 60 seconds for example 200m and 400m sprints.
- 🏃 Aerobic Energy System – used for low intensity long duration events lasting over 60 seconds for example 400m sprints and above.

Each of the three systems work in tandem and their contribution varies based on events.

# Energy Systems



100 metres				200 metres				400 metres			
%	Phosphagen	Glycolitic	Aerobic	%	Phosphagen	Glycolitic	Aerobic	%	Phosphagen	Glycolitic	Aerobic
100				100				100			
90				90				90			
80				80				80			
70				70				70			
60				60		52%		60			
50	50%			50				50		48%	
40		40%		40				40			38%
30				30	26%		22%	30			
20				20				20	14%		
10			10%	10				10			



# Training Blocks

Microcycle – 7 to 14 day block

Mesocycle – 2 to 7 microcycles

Macrocycle – Overall yearly plan



The training year can be divided into ‘periods’ of training

This gives structure, progression and variety to the training

There are three main periods of training:

- General
- Special Preparation
- Competition

Periodisation helps in the long term development of the athlete

# The Periodised Plan



For most athletes it is best to plan for a Double Periodised Year. This assumes two competitive seasons. This means an Indoor\* Competitive Phase in February/March and an Outdoor Competitive Phase.

The conventional wisdom is that for older juveniles and adults the double periodised year affords a greater improvement in performance over the single periodised year.



# The Periodised Plan



**The General Preparation Phase I – GPP I** – will last 10-12 weeks from Oct to Dec. It will be monitored and may be curtailed early depending on progress. The monitoring will be done through a regular testing programme. Maybe 12 weeks will be too long for an elite athlete.

- Work on Strength, Conditioning, Special Endurance,
- Specific Endurance, Speed, Mobility, Technique.

**The Special Preparation Phase I – SPP I** – will last 4-6 weeks from Dec to Jan. There could be an element of warm weather training in this.

- Work on Strength, Special Endurance, Specific Endurance,
- Speed Endurance, Speed, Conditioning, Technique.

# The Periodised Plan

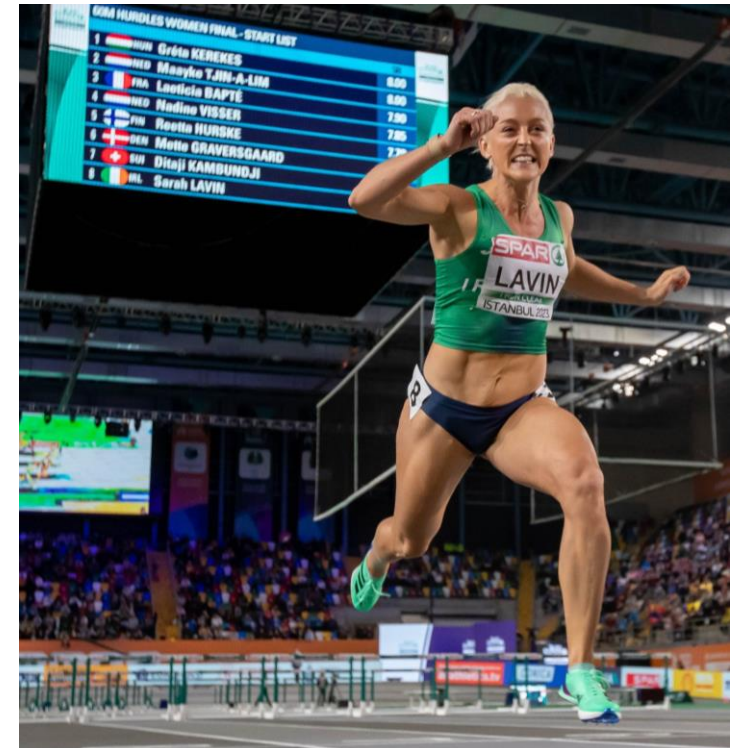
**The Competition Phase – CP I** – will last 5 weeks. The main emphasis here could be to perform well at the National Indoors.

- Compete successfully during the Indoor Season.

It will be followed by a return to **General Preparation training – GPP II**.

This can last 3-4 weeks, again depending on many factors which will have to be monitored.

- Work on Strength, Conditioning, Special Endurance,
- Specific Endurance, Speed, Mobility, Technique.



# The Periodised Plan



**The Special Preparation Phase – SPP II** – will begin in April and continue through to the end of May. There could be an element of warm weather training in this.



- Work on Strength, Special Endurance, Specific Endurance,
- Speed Endurance, Speed, Conditioning, Technique.

It will lead in to the most important part of the year, namely, the **Competition Phase II – CP II**. This will last up to 12 weeks.

- Compete successfully during the Outdoor Season.

# The Planning Journey



🏃 Where is the athlete now?

🏃 Where do they need to get to?

🏃 What does the athlete need to do?

🏃 What do I need to do?

🏃 How will we know if we have got there?

**Athlete Profile**

**Goals**

**Focussed Training**

**Plan, Do, Review**

**Monitor progress**



# Profiling Athletes

## Essential Information



### Ages of the runner:

- Chronological, training

### Development stage:

- Based on a visual assessment of their capabilities of ABC's and running skills

### Physical activity in their lives

### Physical status – health, illnesses, injuries

### Disability information (if relevant)

### Motivations for running

### Limiting factors in their lifestyle

### Goals and ambitions.



# Factors that Influence Performance



Movement  
Skills

Technical  
&  
Tactical

Physical  
Preparation

Lifestyle  
& Support

Psycho-  
Behavioural



# SMARTER Goals

S  
M  
A  
R  
T  
E  
R



What is the **SPECIFIC** goal you want to **achieve**?  
The more **detail**, the better.

How will you **MEASURE** the goal? How will you **track progress** and know once you have **achieved** it?

Can you **ACHIEVE** the goal? What **skills** do you **have** and which ones will you need to **obtain**?

How **important** is the goal to you? Is it **RELEVANT** to your **values** and get you towards your **purpose**?

When does this need to happen? What is the **end-date**?  
Why does it need to be **TIMEBOUND**?

How did you **perform**? What can you **learn**?  
**EVALUATE** your progress to get better results.

When and how will you **celebrate**? **REWARDS** help to build sustainable habits.

# Types of Goals

## Outcome Goals

(usually what the athlete brings)

- 🏃 Performance related
- 🏃 Very measurable but not always in control of athlete and coach
- 🏃 Motivational – can be a double edged sword

## Process Goals

- 🏃 Are steps on a journey towards an outcome goal
- 🏃 Focus on the “doing” not the result
- 🏃 Always athlete centred
- 🏃 Main focus of the coach



# Designing the Annual Plan



- 🏃 Step 1 Evaluation – Feedback and Feedforward
- 🏃 Step 2 Decide the structure of the annual plan - whether a single, double or multi-periodised year is optimum
- 🏃 Step 3 Decide the objectives and duration of the Periods and Phases
- 🏃 Step 4 Decide the objectives and duration for Mesocycles and Microcycles
- 🏃 Step 5 Quantify the Training Loads within mesocycles: volume, intensity and recovery
- 🏃 Step 6 Plan for monitoring and ongoing evaluation.

# Annual Plan



Goals:	
Plan 2018/2019 Season Name:	
Week	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52
Week Commencing Monday - dd.mm.yy	26.08.23 4.09.23 11.09.23 18.09.23 25.09.23 2.10.23 9.10.23 16.10.23 23.10.23 30.10.23 6.11.23 13.11.23 20.11.23 27.11.23 4.12.23 11.12.23 18.12.23 25.12.23 1.1.24 8.1.24 15.1.24 22.1.24 29.1.24 5.2.24 12.2.24 19.2.24 26.2.24 4.3.24 11.3.24 18.3.24 25.3.24 1.4.24 8.4.24 15.4.24 22.4.24 29.4.24 6.5.24 13.5.24 20.5.24 27.5.24 3.6.24 10.6.24 17.6.24 24.6.24 1.7.24 8.7.24 15.7.24 22.7.24 29.7.24 5.8.24 12.8.24 19.8.24
Competitions	
Importance	
Competition Detail	
Tests	
Monitoring	
Periods	
Phases	
Technical	
Tactical	
Physiological	
Psychological	
Microcycles	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52
Training Load - Volume/ Intensity	
Monitoring/Tests	
Competitions	

Sub Max & Max Test

HR/Ba.

Minor Competitions 3,4,5

Blood Test

Major Competitions 1,2

Physio Screen & Check

SAC Tests

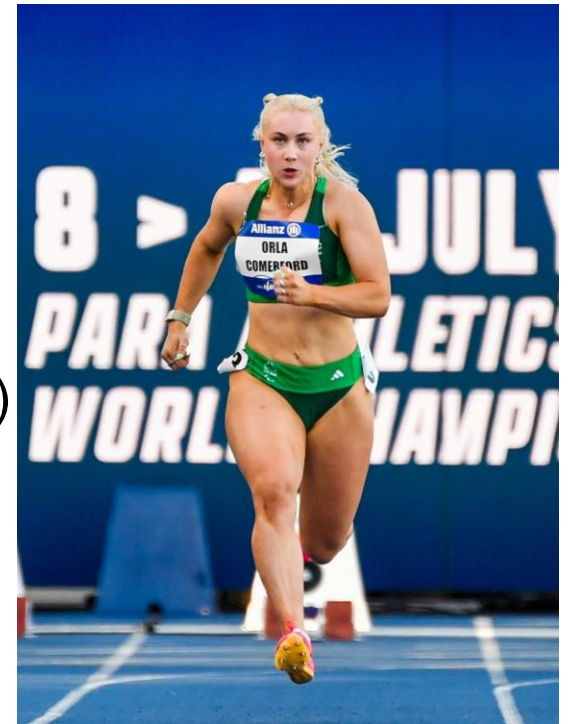
NAME:

EVENT GROUP:

The basic elements of the training program model to improve Performance will include the following concepts:



1. Development of a Yearly Periodized Plan
2. Development of a Dynamic Stereotype (Basic and Advanced Technical Models of Sprinting) rehearsed at high velocity
3. Development of Maximum Speed
4. Development of Maximum Strength
5. Development of Maximum, Functional Power
6. Development of Core Strength (specific to sprint/hurdle posture demands)
7. Development of Specific Strength for tendons and muscles of the lower Leg and ankle
8. Development of Energy Systems Specific to Event
9. Development of Specific Testing Protocols and Testing Intervals
10. Development of Specific Warm-up Patterns for items 2-7 above



# The Weekly Design



1. Establish the athlete profile
2. Determine the Period and Phase of training
3. Design the training load distribution - level of loading and balance
4. Establish the training load - identify volumes / intensities / density
5. Identify the components of fitness training units to be included
6. Determine the number of sessions and units for the microcycle
7. Construct the daily session(s)
8. Evaluate the microcycle by using the 'check list'

# The Weekly Design – Notes



Quality before quantity


Training focus is on sprint performance not work capacity

Neural development requires recovery

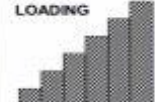
Organise days into high and low neural demand

Taper into competition

Strength & Speed (CNS) – early in the week

**THE MICROCYCLE PLAN (MD-LD)** 


Athlete Name/Number: \_\_\_\_\_ Chronological Age: \_\_\_\_\_ years Male:  Female:   
Maturation: Early  Average  Late  Biological Age: \_\_\_\_\_ years Developmental Age: \_\_\_\_\_ years  
Training Age: \_\_\_\_\_ years Athlete Development Stage: Kids' Athletics  Multi-Events  EGD  SPEC  PERF   
Event(s): \_\_\_\_\_ Best Performances: \_\_\_\_\_ Previous year's best performances: \_\_\_\_\_

ANNUAL PLAN	(Circle) SINGLE / DOUBLE / MULTI (if "yes", how many Macrocycles? ... ) PERIODISED YEAR						
PERIOD (Circle)	PREPARATION / COMPETITION						
PHASE (Circle)	GENERAL PREPARATION / SPECIFIC PREPARATION / PRE-COMPETITION / COMPETITION						
MESOCYCLE	MESOCYCLE # _____						
MICROCYCLE	MICROCYCLE # _____						VOLUME: _____ Miles/Kms (Circle)
DAYS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DETAILS OF SESSIONS							
TRAINING EMPHASIS							
LOADING							


REST - LOW - MEDIUM - HIGH

# Sample Microcycle Plan

**THE MICROCYCLE PLAN (MD-LD)**



Athlete Name/Number: \_\_\_\_\_ Chronological Age: \_\_\_\_\_ years Male: \_\_\_\_\_ Female: \_\_\_\_\_  
 Maturation: Early  Average  Late  Biological Age: \_\_\_\_\_ years Developmental Age: \_\_\_\_\_ years  
 Training Age: \_\_\_\_\_ years Athlete Development Stage: Kids' Athletics  Multi-Events  EGD  SPEC  PERF   
 Event(s): \_\_\_\_\_ Best Performances: \_\_\_\_\_ Previous year's best performances: \_\_\_\_\_

<b>ANNUAL PLAN</b>	(Circle:) SINGLE / DOUBLE / MULTI (if 'yes', how many Mesocycles? ___) PERIODISED YEAR						
<b>PERIOD</b> (Circle:)	PREPARATION / COMPETITION						
<b>PHASE</b> (Circle:)	GENERAL PREPARATION / SPECIFIC PREPARATION / PRE-COMPETITION / COMPETITION						
<b>MESOCYCLE</b>	MESOCYCLE # _____						
<b>MICROCYCLE</b>	MICROCYCLE # _____						VOLUME: _____ Miles/Kms (Circle)
<b>DAYS</b>	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DETAILS OF SESSIONS</b>							
<b>TRAINING EMPHASIS</b>							
<b>LOADING</b>							

REST - LOW - MEDIUM - HIGH



# Managing the Training

- 🏃 The athlete's ability level – training intensity
- 🏃 The athlete's training age
- 🏃 Higher level athlete's require more recovery
- 🏃 Assess the state of readiness of the athlete
- 🏃 During competition phase add all the intensities



# Managing the Training



- 🏃 Is the content and structure appropriate for the stage of athlete development?
- 🏃 Is the content appropriate for the Period?
- 🏃 Is the content appropriate for the Phase?
- 🏃 Is the loading level appropriate?
- 🏃 Is there a balance of loading/recovery – time for adaptation?
- 🏃 Are loadings appropriately specific to achieve the objectives?
- 🏃 Is there variety within and between sessions?
- 🏃 Are the various components of fitness integrated?

# Some Final Key Points



- 🏹 Your annual plan is your road map but do not become a slave to it.
- 🏹 It rarely works out exactly as we set it out so be willing to adjust on a daily, weekly and monthly basis along the way.
- 🏹 Have a plan in place on paper; you must be able to see exactly where you are trying to get to and how you are going to do this.
- 🏹 Always aim for consistency in your training and staying injury/illness free

**Competition Selection** – It is most important that you start your planning backwards from your goal/key competition (s) for the year. Setting the goals is a priority and then work backwards from these and think about how many weeks training you will need and break it up into phases. Then add some key competitions along the way to gauge fitness and that complement your key competition.



Goals:																																																									
Plan 2018/2019 Season Name:																																																									
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52					
Week Commencing Monday - dd.mm.yy	30.09.25	4.09.25	11.09.25	18.09.25	25.09.25	2.10.25	9.10.25	16.10.25	23.10.25	30.10.25	6.11.25	13.11.25	20.11.25	27.11.25	4.12.25	11.12.25	18.12.25	25.12.25	1.01.26	8.01.26	15.01.26	22.01.26	29.01.26	5.02.26	12.02.26	19.02.26	26.02.26	4.3.26	11.3.26	18.3.26	25.3.26	1.4.26	8.4.26	15.4.26	22.4.26	29.4.26	6.5.26	13.5.26	20.5.26	27.5.26	3.6.26	10.6.26	17.6.26	24.6.26	1.7.26	8.7.26	15.7.26	22.7.26	29.7.26	5.8.26	12.8.26	19.8.26					
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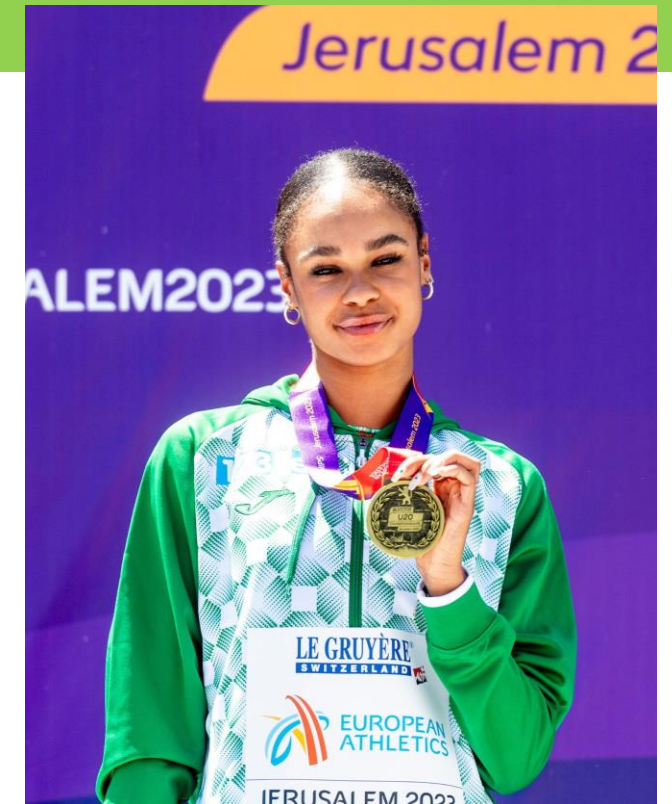
NAME:

EVENT GROUP:

# Key Performance Pathway Dates



Date	Competition	Location
31 <sup>st</sup> October	Performance Pathway Day 1	Dublin
26 <sup>th</sup> November	U20 Relays & PP Coaches Day	Athlone
<b>TBC</b> January	Pathway Camp	Portugal
13 <sup>th</sup> February	Performance Pathway & Relays Day	Dublin
2 <sup>nd</sup> – 5 <sup>th</sup> April	Easter Pathway Camp	Tullamore, Ireland
<b>TBC</b> June & July	Team Days prior to travel	



Performance Pathway- <https://www.athleticsireland.ie/high-performance/performance-pathway>

# Key Competitions Dates



Date	Competition	Location
10 <sup>th</sup> December	European Cross Country	Brussels, Belgium
20 <sup>th</sup> January	National Indoor U20s & U23s	Athlone, Ireland
9 <sup>th</sup> & 10 <sup>th</sup> March	European Throwing Cup	Leiria, Portugal
18 <sup>th</sup> – 21 <sup>st</sup> July	European U18 Championships	Banksa Bystricia, Slovakia
3 <sup>rd</sup> August	National Outdoor U20s & U23s	Tullamore, Ireland
26 <sup>th</sup> – 30 <sup>th</sup> August	World U20 Championships	Lima, Peru
8 <sup>th</sup> December	European Cross Country	Antalya, Turkey



Fixtures Page - <https://www.athleticsireland.ie/competition/fixtures>

High Performance Page - <https://www.athleticsireland.ie/high-performance>

# Where to find answers



Jacqui Freyne – Performance Pathway Manager  
Psychology, Nutrition, Performance, Physiotherapy, Planning,  
Life Skills etc.

<https://www.athleticsireland.ie/high-performance/performance-pathway/workshops>



Roisin Lande – Athlete Services & Carding Coordinator  
Med Check Sport Ireland - <https://medcheck.sportireland.ie/>  
Anti-Doping Elearning - <https://www.irunclean.org/>





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Ireland Community



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[www.athleticsireland.ie](http://www.athleticsireland.ie)

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AAi Coach





Patience, Strong Foundations,  
Slow Build, Consistent, Plan for  
Future, Long-Term Goal

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