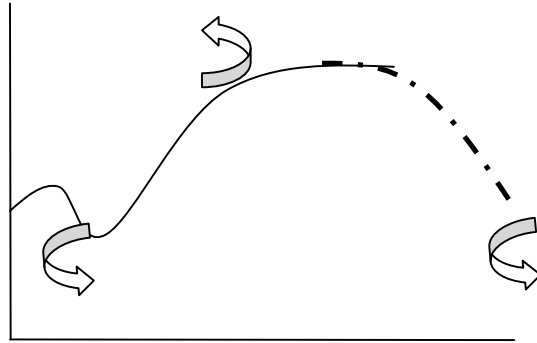


Periodization Cycle

To promote long-term training and performance improvements, include variations in training specificity, intensity, and volume organized in planned periods or cycles within an overall program.



General Adaptation Syndrome-

Alarm Phase: When the body experiences a new or more intense stress, the first response is the shock or alarm phase.

- This phase may last several days or several weeks, during which you may experience stiffness, soreness, and temporary drop in performance.

Resistance Phase: When the body adapts to the stimulus and returns to more normal functioning.

- This phase the body is able to demonstrate its ability to withstand the stress, and rely on neurological adaptations to continue training while the muscle tissue adapts by making various biochemical, structural, and mechanical adjustments that lead to increased performance.

Exhaustion Phase: When the stress persists without time to recover, symptoms mirror those within the alarm phase and the athlete loses the ability to adapt to the stressor. As a result, overtraining and other maladaptations occur when there is no training variety or when training stress is too great.

Periodization involves shifting training priorities from non-sport-specific activities of high volume and low intensity to sport-specific activities of low volume and high intensity over a period of many weeks to prevent overtraining and optimize performance.