

# **Peaking Performance with Periodization**

**By Scott O'Dell**

**Newton, Harvey (2002). *Explosive Lifting for Sports*. Champaign, IL: Human Kinetics.**

**Periodization is one the most critical elements in the sports performance plan to peak at the appropriate time of the year. Periodized training systematically provides your body with new stressors that stimulate further progress by manipulating training variables such as volume and intensity. An athlete can typically hold their peak performance for no more than two weeks. To reach this peak too early is detrimental as is not reaching the athlete's peak in time. When an athlete has a long competitive season, the time to peak can be critical.**

**The model used today for periodization has a standard: macrocycle (annual plan), mesocycle (4-6 weeks), and microcycle (usually referring to a 1 week period). The overall annual plan will progress from general preparation workouts consisting of high-volume, low intensity, and basics movements in the off-season to more specific work consisting of higher-intensity while working during the pre-season. Throughout the yearly plan progressive overload which refers to continually increasing the stress placed on the muscle as it becomes capable of producing greater force or has more endurance, will also be used.**

**In most sports, training for power as the goal of the annual periodized plan will be in the best interest of the athlete. Training for power includes strength movements and "explosive" movements. Even though the athlete may not take up powerlifting or weightlifting for their primary sport, both can be very beneficial to the development of the total athlete for their chosen sport when properly used in a periodized training model.**