



General Strength & Conditioning Concepts: Outline of your Spring+ Summer Program

Purpose:

Periodization, based on Selye's General Adaptation syndrome, organizes an athlete's training into cycles to promote peak condition for the most important competitions. The years training cycle, or macrocycle, is divided into two or more mesocycles that contain *preparatory*, *competition* and *two transition* periods. Each period has two or more micro cycles that are often divided into heavy, medium, and light training days. The MESOCYCLES begin with high-volume and low-intensity training and progress to low-volume and high-intensity training just prior to the competition period. Transition periods of active rest follow each competition period and may be interspersed between phases or periods as unloading weeks. The nature of the sporting season dictates the length and number of mesocycles during the training year.

Off Season Program Overview

Development Model							
Dates	Mar	April	May	June	July	Aug	September
Periodization	Competition	Transition	Transition	Prep	Prep	Prep	Competition
Period of Strength	P PE MxS	Accessory Exercises	Accessory Exercises	AA 4 Weeks	MxS 6 weeks	Power Me 3 weeks	M x S Me 3 weeks
Period of Energy Systems	Lactic O2 Alactic			Lactic Alactic O2	Lactic O2 Alactic	Alactic Lactic O2	Lactic Alactic O2

AA	Anatomical Adaptaion
M x S	Maximum Strength
P	Power
Me	Muscular Endurance
PE	Power Endurance



Periodization Periods

1. Preparatory
2. first transition
3. Competition
4. second transition

1. Preparatory period

- Longest period and occurs during times of NO COMPETITION
- Limited number of sport specific skill practices
- GOAL: base level of conditioning, build tolerance
- Start low intensity (weight) and build up, start high volumes (sets and reps), low amounts of technique training at first.

Three parts of the preparatory phase

1. HYPERTROPHY/ENDURANCE:

- Early part of preparatory phase (1-6 weeks)
- Low intensity (50-75% 1RM) and high volume (3-6 sets of 10-20 reps)
- Goal: increase lean body mass and increase endurance base-Gradually switch to sport specific stuff
- May see a rest week or low intensity/volume week during the end of this phase dependent on athlete, parent and coaches feedback.

2. BASIC STRENGTH:

- Goal: increase strength of muscles essential to primary sport movement
- Higher intensity (80-90 %) and moderate volume (3-5 sets 4-8 reps)

3. STRENGTH/ POWER PHASE:

- Interval and speed training drills are intensified
- Plyometric mimic sprinting
- Resistance exercise use explosive exercises with high loads and low volume.
- High intensity: (75-95% of 1RM)
- Low volume: (3-5 sets 2-5 reps)

2. first transition phase

- Between prep phase and competitive phase
- This period provides one week of lower intensity, lower volume, or a combination of both before beginning the competition period.



3.Competition period

Goal: is to peak in strength and power, by increases in intensity and decreases in volume

- Increases in skill technique and game strategy
- Time spent in physical conditioning decreases proportionately
- Can last 1-3 weeks up to several months
- We are going to focus on what your athlete needs whether it's first step speed, top end speed, coordination, strength on the puck, agility + balance, injury prevention etc.

PEAKING PARAMETERS:

- High intensity: (greater then 93 % 1RM)
- Low volume: (1-3 sets 1-3 reps)

MAINTENANCE PARAMETERS:

- Moderate intensity: (80-85 %)
- Moderate volume: (2-3 sets 6-8 reps)

4. Second transition phase

- Time between competitive season and next macrocycle
- Known as ACTIVE REST or RESTORATION.
- Usually last between 1-4 weeks

- Focuses on unstructured, non-sport-specific recreational activities performed at low intensities and low volumes. This phase may not involve resistance training

- Deloading week: break week between phases
- Used for rest and healing