



12 2019
DECEMBER

11 2019
NOVEMBER

10 2019
OCTOBER

9 2019
SEPTEMBER

8 2019
AUGUST

7 2019
JULY

6 2019
JUNE

5 2019
MAY

4 2019
APRIL

3 2019
MARCH

2019

SPORT SCIENCE WORKSHOP

PERIODISATION



Periodisation

What

- Athletes Annual **Training Plan**

Why

- **Structured** approach for training
- Manage **fatigue** & sporting **performance**

Turner (2011)

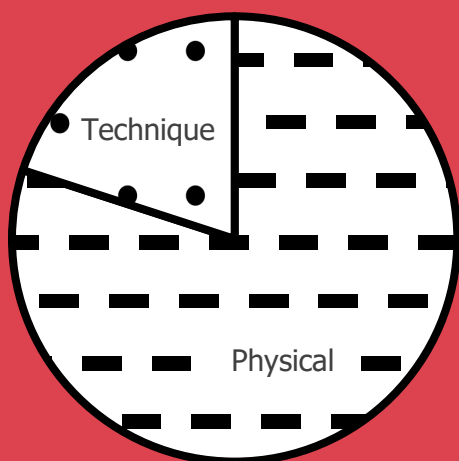


Phases in a Periodisation Plan

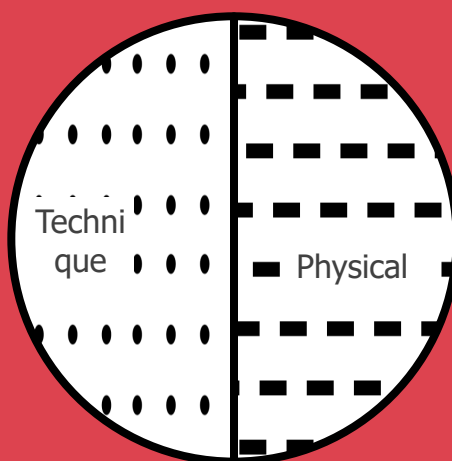
Preparation Phase		Competition Phase		Transition Phase
General Prep	Specific Prep	Precompetitive	Competitive	
<p>To develop general fitness levels, using non sport-specific training methods.</p> <p>E.g., a badminton player does running, swimming or cycling to improve stamina.</p>	<p>To develop skillset or characteristics required by a sport, using sport-specific training methods.</p> <p>E.g., a badminton player does court footwork to improve game-specific stamina.</p>	<p>Further refinement and perfecting sport-specific techniques, tactics and fitness.</p>	<p>Maintenance of fitness ability & sport-specific techniques.</p> <p>*Athletes should be peaking during this period & performance is maximised</p>	<p>To eliminate fatigue built up during the season.</p> <p>*Prepare athletes psychologically for upcoming season.</p>

Periodisation

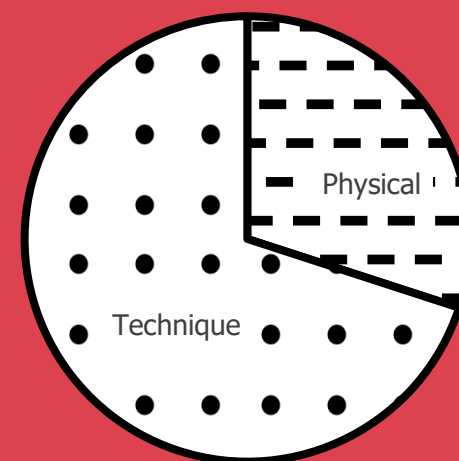
General Prep Phase



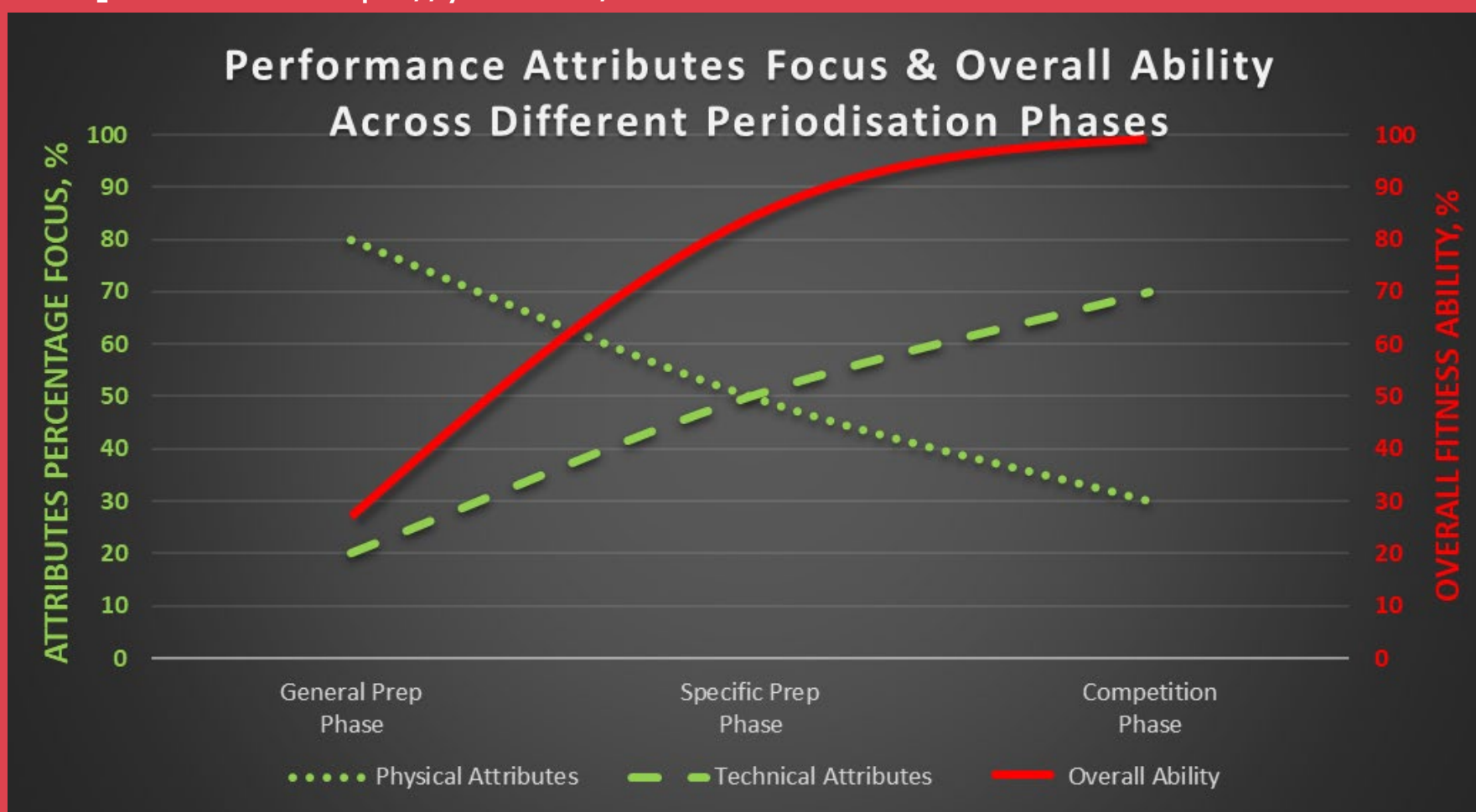
Specific Prep Phase



Competition Phase

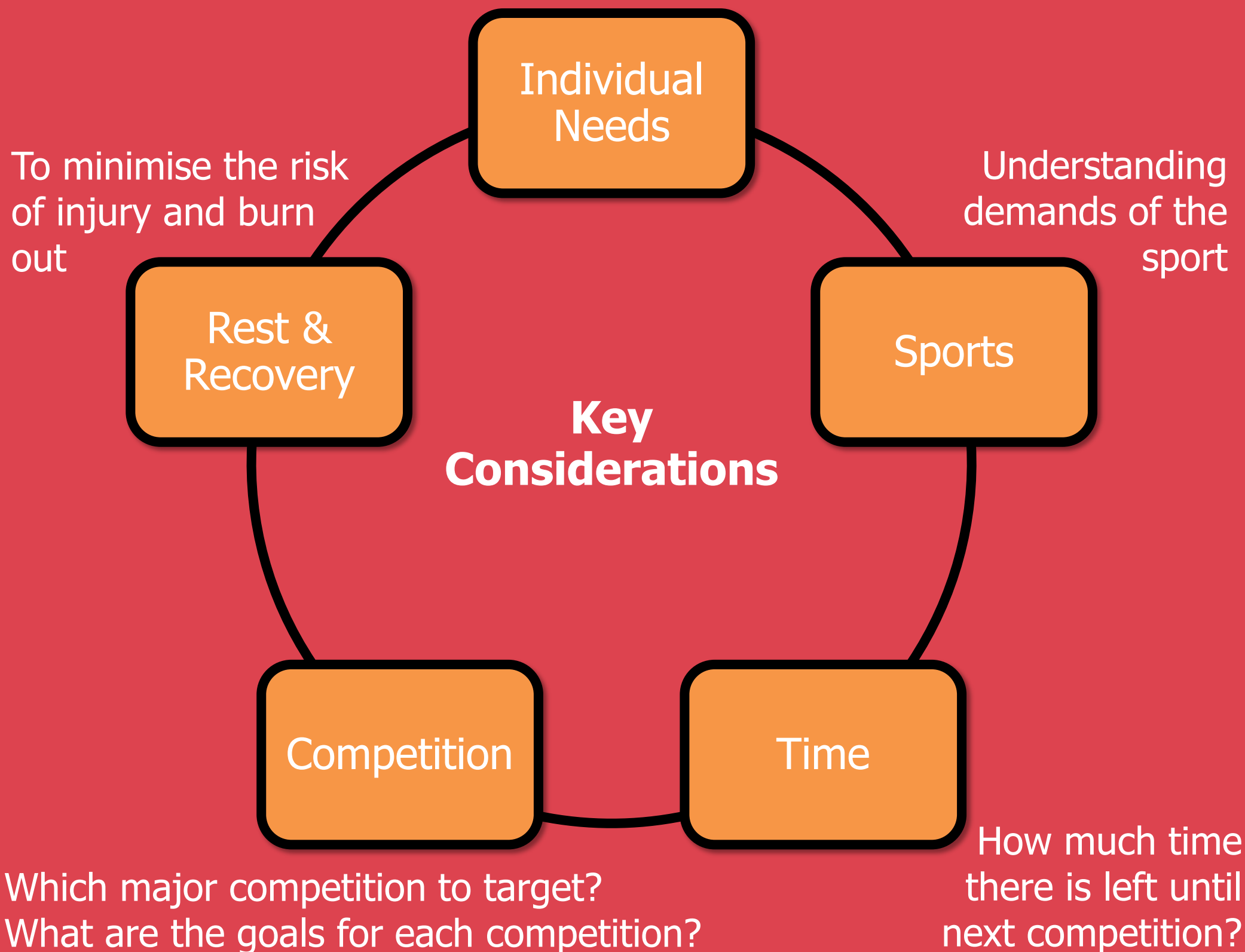


Lum, Danny. [Danny Lum]. (2020, Apr 27). *Basic Periodization for Sports Performance* [Video]. YouTube. <https://youtu.be/CxUcLZmUUa4>



As athlete progresses through the annual plan, their **overall ability** should be **maintained and ideally peak** during competitive phase.

What is the current state of athlete?
What does the athlete require?



Periodisation

Putting it together:
Example of an actual
Periodisation plan

**Peaking Periods for
major competitions**

