

Unit A.1	Training
Key learning intention (KLI)	To understand how to plan and manipulate training variable to ensure success and combat overtraining/fatigue.
Success criteria	Design a macrocycle training plan for an athlete of your choice
Resources	P158-173
Key words	Training, Overtraining, periodization, intensity, volume, overcompensation, Macrocycle, mesocycle, microcycle, competition phase, transition phase, preparation phase.

A.1.1 Distinguish between training and overtraining.

Training	
Overtraining	
Overreaching	

A.1.2 Describe various methods of training:

Type of training	Description
Flexibility Training	
Strength and resistance training	
Circuit training	

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'Progress depends on effort not ability'

Interval training	
Plyometrics	
Continuous training	
Fartlek training	
Cross Training	

A.1.3 Discuss possible indicators of overtraining.

Immune response	Chronic fatigue	

A.1.4 Discuss how periodisation should be organised to optimize performance and avoid overtraining. ***Watch the video on www.gomlc.com under Option A1***

Periodisation	
Volume	
Intensity	

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Transition (post-season)	
Preparation (pre-season)	
Competition	
Macrocycle	
Mesocycle	
Microcycle	



Describe the relationship between volume and intensity and its effects on performance (use the words, reversibility, overtraining and overcompensation in your description)

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Strength Phases for a Basketball Player											
Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul
Preparation period			Competition period						Transition		
Basic strength	Max strength	Convert to power	Maintain power						Active recovery / basic strength		

Strength Phases for a Distance Swimmer											
Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
1st prep. period			1st comp. period		T	2nd prep. period		2nd comp. Period		T	
BS	MS	SE	MS	SE	Maintain SE	BS	MS	SE	Maintain SE	AR / BS	

BS = basic strength, MS = maximal strength, SE = strength endurance, AR = active recovery T = transition period

Design your own macrocycle for an athlete of your choice.

Training phases for a _____											
SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG

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Outline how you would determine whether an athlete you were working with had overtraining syndrome. (4)

Distinguish between overtraining and overreaching. (2)

Evaluate the benefits of using multiple types of training to enhance performance (4)