

## *Periodization for Fitness Competition and Competitive Aerobics*

Periodization begins with a year plan. The year plan will include competitions that you are going to participate and their goals for these competitions. Depending on the competitions the year can have one peak or two peaks. Usually there are important competitions (Europeans & Worlds) so two peaks are needed. The preparation to competition is wise to be divided into periods. The length of one period varies from three weeks to three months. With the help of periodization fatigue and boredom are avoided and the most important areas in training can be emphasized. A very common model follows this formula: a basic training period, a preparation period, a competition period and a transition period. The year plan defines the general guidelines for training.

From the year plan derive the shortest periods which are as said above usually 3-6 weeks long. A period shorter than 3 weeks is too short to reach adaptation reactions in body, on the other hand in the period longer than 6 weeks training is no more effective, your body gets used to training and there are no shock effects on the body. Psychologically it is advisable to change your training program often. If training is always the same, it will be boring.

Every period has its own focus; something that is emphasized. This doesn't mean that other aspects are forgotten, the question is more about the internal relationship between different performance factors. The choosing of the focus is depending on the time of the training year; in the basic training period training to improve strength, endurance and speed, and in the competition period the main point of interest is the competition routine.

Inside the periods are training weeks. High-quality training involves variation between heavy and light weeks. Changing the weekly load makes more training possible and it is easier to avoid overtraining. In the basic training period the weeks go like this; light-moderate-heavy. In the competition period there are two kinds of training weeks: light and moderate.

The load of the training weeks consists of the following factors:

- the amount of the training units
- the duration of the training units
- the intensity of trainings
- the recovery time between two training sessions
- the internal location of trainings

The most precise element of periodization is a single training session. The purpose or the goal of the training should be considered when planning a training session. Fitness and Competitive aerobics have many contradictory parts (e.g. speed and endurance). Therefore when planning your training, the total frame must be remembered. **ALL DIFFERENT TRAININGS TOGETHER BRING THE SUCCESS.**

## Connie Garner – Miss World Fitness & Miss Fitness Australia Champion

In periodization of fitness or competitive aerobics, your preparation and training of the components of the competition routine always go hand in hand. In the basic training period and in the beginning of the preparation period the athletic part can be as big as 90-100% and the "aerobics-part" only 0-10% of the total training time. Little by little the training of the competition elements and routine takes more and more time. In the competition period athletic-training is only 10-20%. The building of the routine begins with the learning of new elements. After this the elements are linked together into combinations and further into sub-routines (1/4, 1/3- & 1/2-routines). The final routines are made from these sub-routines. The world-class competitors are making approx. 75 times their competition routine before the main competition. This takes time approx. 3-4 months.

Absolute requirement to elite-level-training is to have a documentation system. Training without a training diary is more or less wasting time and energy. Without facts of training it is very difficult to analyze what has been done. Trusting only in the feelings is risky business. The training diary should not be too difficult to use, write down the type of training and time spent (e.g. running 30 minutes).

You must remember that the plans are only a tool to assist in your success, the training sessions are what counts.

*TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.*

