

ORGANIZING AND PLANNING TRAINING

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The following text is from the author's presentation notes on the organization and planning of training. Re-printed with permission from the author.

The Overload Principle states the body must be stressed by training in order to produce an adaptation that results in improved fitness.

Rest and Recovery should be included in the workout plan in a regular, planned manner.

Adaptation is the change produced in the body as a result of the training stimulus.

Adaptation will be specific to the training stress. This means that the type of stress will determine the type of adaptation. The training must send clear messages to the body by that describe the changes we want.

It normally takes 3-4 weeks for the body to adapt to a set of similar training stresses. Thus, after performing a certain set of workouts for 3-4 weeks, training should be altered slightly to avoid staleness and wasted time.

Volume is the amount of training done. Intensity is the difficulty of training.

Generally, during the initial, developmental stages of training, volumes start high and decrease, while intensities start low and increase.

As intensities increase, we generally provide more rest in the workout to compensate.

Intensity increases, not volume increases, should be used over time to overload.

General training is training that does not directly resemble the demands of the event. Specific training is training which resembles greatly the demands of the event.

Over time, we progress from general training to specific training.

The purpose of general training is to prepare the body for specific training. If some general training is not prerequisite to some type of specific training, it is probably unnecessary.

Training must be individualized to some degree for each athlete. A particular level of training is likely to be too hard for some athletes, and too easy for others.

A training inventory is a collection of training activities for improving various types of fitness levels.

Warm-up activities include Flexibility Routines (static and dynamic stretching exercises), Sprint Development Drills (A Skips, B Skips, butt kicks, etc), and Hurdle Mobility Exercises (walking, skipping or walking backwards over or under hurdles)

Strength Development Tools include General Strength Activities (exercises that use only bodyweight a load, such as pushups, sit-ups, squats w/out weight, etc.), Medicine Ball Exercises (various throwing, catching, and callisthenic exercises using the medicine ball as a load), Weightlifting Exercises, and Plyometric Exercises (jumping activities).

Weightlifting Exercises can be classified into Olympic Lifts (explosive lifts such as cleans, snatches, jerks, pulls, performed with high speed of movement and long rests), Static Exercises (major muscle group exercises featuring high resistances, slower movements, lower repetitions, and longer rests, such as squats, bench press) and Bodybuilding exercises (exercises for smaller muscle groups, with lower resistances, higher repetitions, and shorter rests)

Speed Development Tools include Acceleration Development Work (fast sprints of distances up to 40 meters, ordinary or resisted), Speed Development work (runs of 40-80 meters that require the body to be at high speed for up to 3 seconds), and Speed Endurance work (runs of 80-300 meters that require high speeds over extended distances)

In all speed work, volumes should be low and rests long enough to insure quality are required.

Generally speaking, endurance is overdeveloped at the expense of strength, speed and coordination in most programs.

Endurance Development Tools include Circuit Training (general strength or medicine ball work done with planned work/rest times), Extensive Tempo (intervals run at 70-80% with 2-3 minute rest), and Intensive Tempo (intervals run at 80-90% with 3-4 minutes rest).

Consideration should be given as to which training activities are grouped into a single workout.

Neuromuscular Activities are activities that primarily tax the nervous system. They should be grouped together. These include Plyometrics, Acceleration and Speed Development, Olympic lifts, and Static lifts.

General Activities are exercises that primarily tax other body systems. They should be grouped together. These include Medicine Ball, General Strength, and Bodybuilding Lifts.

Extensive activities require the body to work hard for longer periods of time. These activities should be used sparingly. They include Extensive Tempo, Intensive Tempo, and Speed Endurance. They can be grouped with General Activities.

Common plans alternate Neuromuscular days and General days, and usually provide one or two extensive days per week. The specific arrangement of these days varies.