

- Sæsonplanlægning og forskellige træningsperioder/faser
- Planlægning af træningssessioner: daglige, ugentlige og gennem hele sæsonen
- Balance imellem **fysisk** træning og **teknisk** træning
- Sporing af gymnastens udvikling – fysiske og tekniske evaluerings værktøjer.
- Finpudsings periode for konkurrencerne-og overgangsperioden.

### **Periodization goal:**

- Reach the best possible performance (peak performance) in the most important competition of the year.
- Avoid injuries

It must be simple and flexible (its content can be modified to meet the athletes rate of progress)

Tool for the **coach** and for the **athlete**.

### **Training periods:**

- General preparation
- Specific Preparation
- Competitive
- Transition

### **General Preparation:**

- Improve general physical preparedness or regain it (groundwork for later specific preparation)
- High volume training
- Improve aerobic capacity (the ability of the cardiovascular system to provide oxygen to working muscles)
- Increase strength endurance
- Mastering Basics/fundamentals
- New skills learning and short combination of elements
- Start working with Max strength

### **Specific Preparation:**

- Increase the main capacities (Power and Anaerobic endurance)
- Lower training volume (prioritize quality over quantity)
- Increase intensity – Transforming Max. strength into power
- High intensity cardio circuit – working intensively with oxygen deficiency.
- Longer combination of elements to improve anaerobic endurance
- Mastering those combinations.

### **Competitive period:**

Low physical training volume

Maintenance of the physical capacities by performing gymnastics elements at apparatus

Maintain high intensity

Half routines and routines training

Routine's evaluations weekly

Overcompensate by lowering volume of training and prioritizing execution's quality.

Training schedule as like the competition schedule. (Warm up time/days of competition)

Rest/mental training/visualization

### **Transition:**

Body restitution

Rest

Low volume of physical and technical training

Play gymnastics/fun/try elements out.

### **Periodization and maximizing physical capacities:**

When to train/improve the different capacities?

- General physical preparedness
- **Strength**
- Endurance
- **Power**
- Flexibility
- Agility
- Balance
- **Coordination**
- Aerobic endurance
- **Anaerobic endurance**

Knowledge to the nature of the sport

Physical and technical evaluation

Selecting exercises

Structuring the training

How to gradually increase the capacities without compromising technical training?