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Periodization

A Guide to Volume & Intensity of Training & Competition

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The Concept

Simply put, **periodization** is time management. Periodization involves creating very detailed training, competition and recovery plans in an effort to ensure that an athlete “peaks” at the right time.

How does one balance a myriad of factors that adolescence face as they develop; from school, to practice, physical preparation, competition, rest – all of these factors can significantly impact performance.

As a parent (or young athlete), understanding the basic premise of periodization and having a plan for your son / daughter will allow them to have the best opportunity to have success WHEN they truly need it.



The Concept

As a planning technique, Periodization provides a detailed plan for arranging the complex array of training factors into a logical and scientifically based schedule to bring about optimal improvements in performance. It is an essential component in optimal sports programming and athlete development at all levels.

The following slides will illustrate some of the Periodization concepts that are outlined in the [Long-Term Player Development Guide for Golf in Canada](#).



The Concept

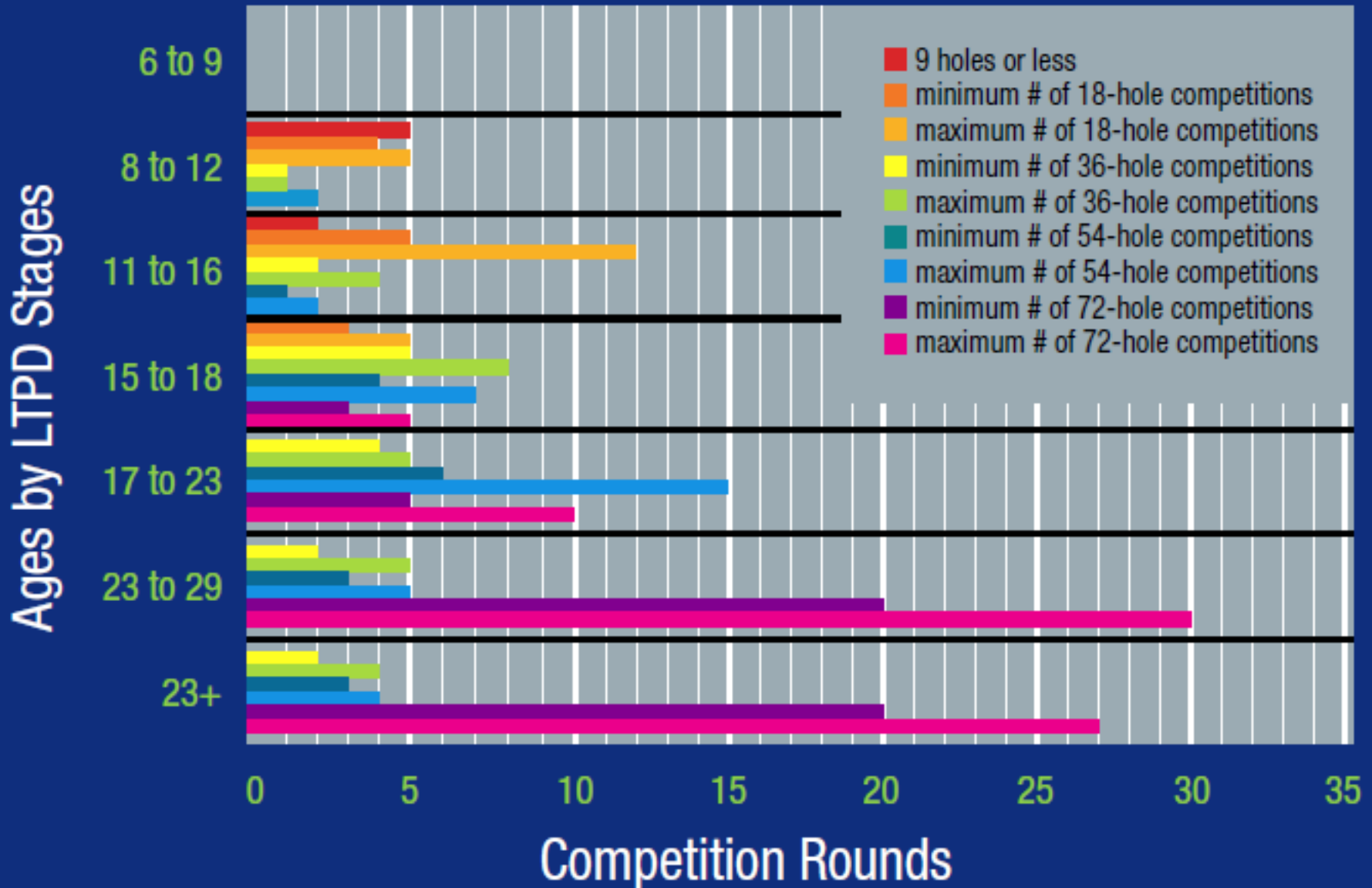
As a player matures (physically & mentally), the recommended length of competition (or # of holes played) increases. This is shown in detail on the following slide.

One can use the analogy of our children going to school to better understand why this is important. Children learn through lessons, then practice what they have learned. This is usually followed by an assessment of some kind, such as an exam or test.

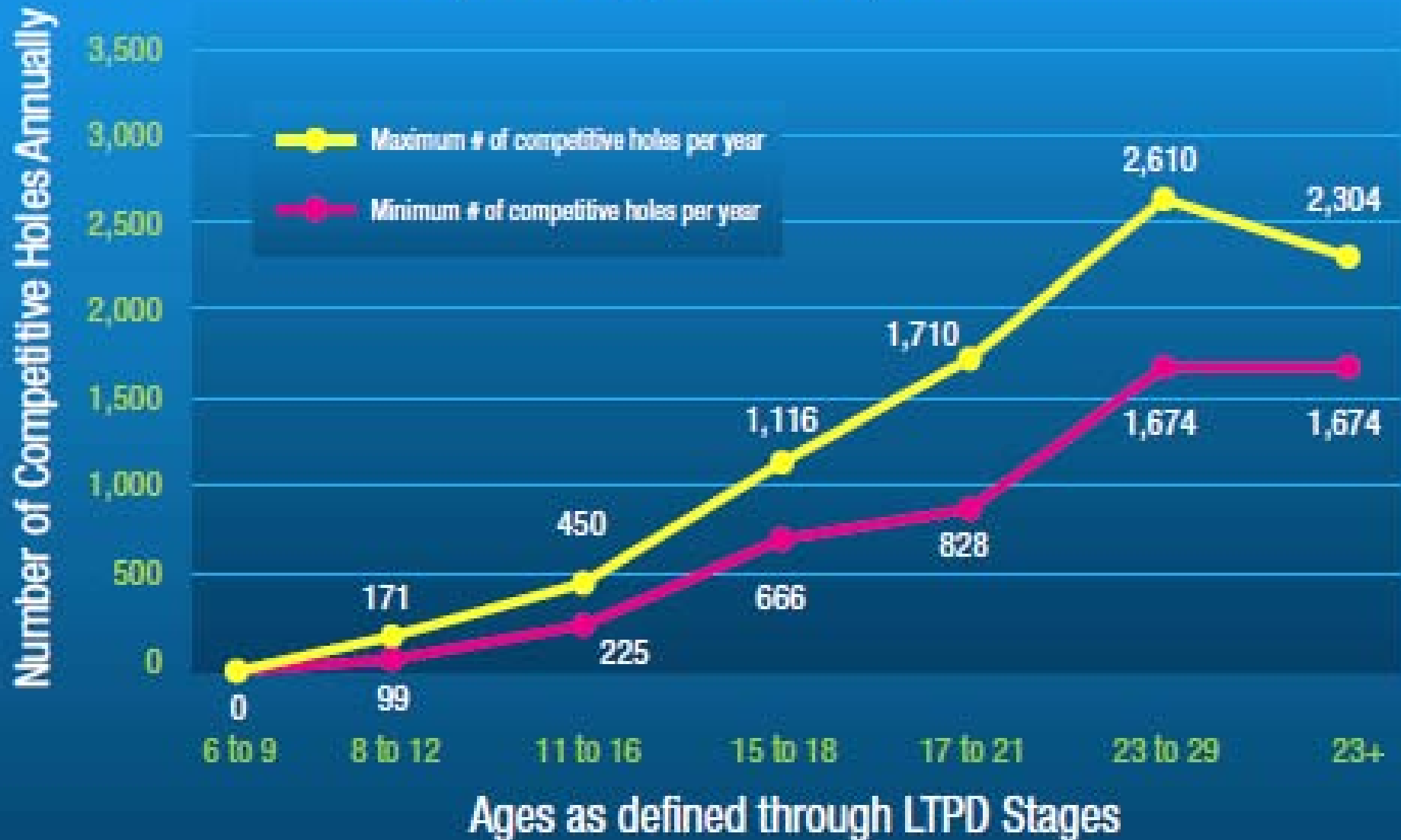
Early on, the exams/tests are short and focused. However, as children mature, the length and difficulty of the tests/exams increases. This is the same with golf and all sports.



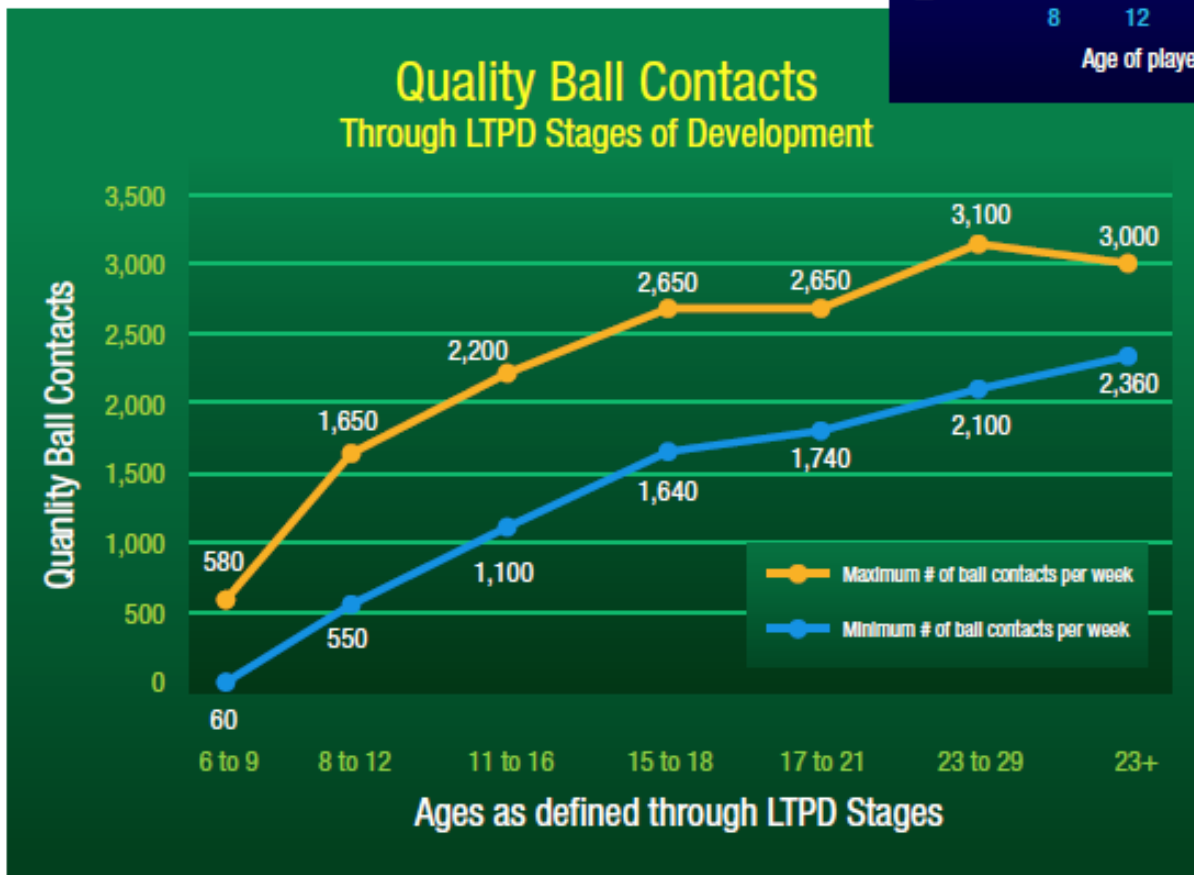
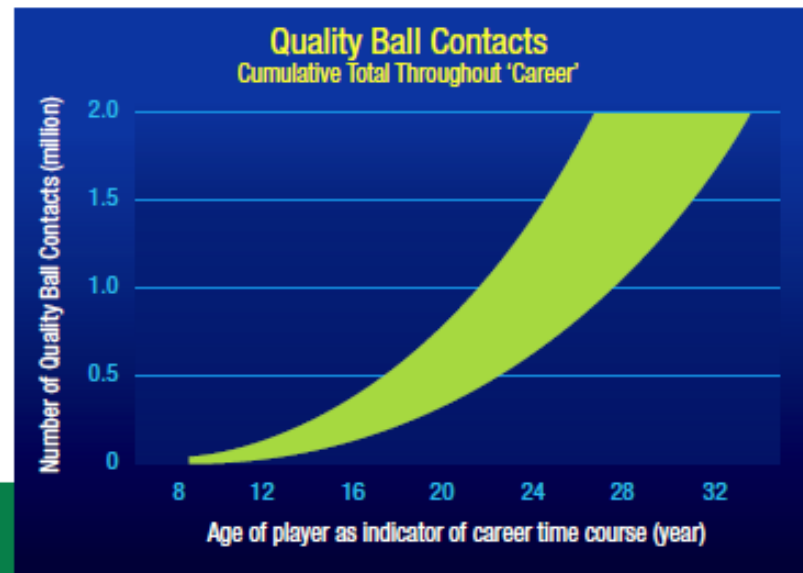
Recommended Length of Competition as Defined by Number of Holes



Number of Competitive Holes Annually by LTPD Stages of Development



The diagrams relating to the number of ball contacts, below, (weekly by stage and cumulatively over the course of several years) are provided as general guides to the overall technical expectation as well as emphasizing the need to set 'performance' or 'outcome' goals during technical practice (as denoted by the wording 'quality ball contacts'). The 'cumulative total' figure, right, clearly shows that a player should build a substantial history or 'critical mass' of quality balls strikes' over several years in order to provide a solid technical platform for the primary competitive years and that there is likely to be a range to this history rather than it being some actual fixed number depending upon several different factors (i.e., underlying ability, facilities, environment, instruction and coaching etc).



Periodization

In training for golf, it is important to have a suitable ratio of golf specific skill development (including appropriate 'decision training') vs. physical training.

At the "Learn to Golf" stage (Boys 8-11 yrs old, Girls 8-11 yrs old), golf-specific skill development should be the primary focus (eg. 80% of training time shown in the following slide).

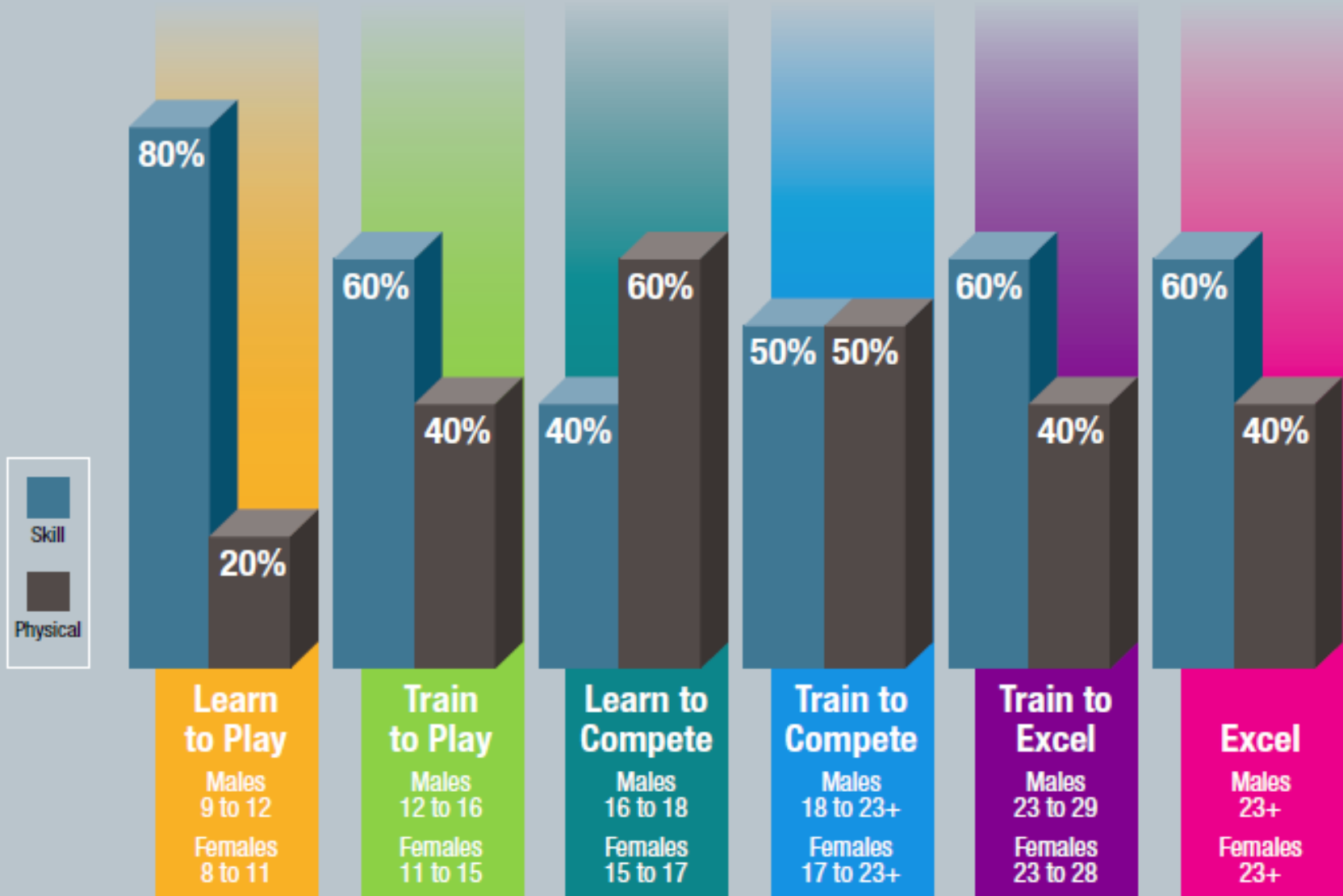
This recommendation is made due to this age period being highly sensitive to the adaptation to skill-focused training. This aspect, should of course be continued & further emphasized into the next phase as well.

However, keep in mind that simple chronological age is not necessarily the best way to program for youngsters, particularly during the major physical growth period. Some athletes mature at an early age while others could be late developers.



Suggested Guide for Ratio of Golf-Specific Skill Development / Physical Training

(% = overall bias of training time / resources)



Building Periodization into your yearly plan

The following two slides illustrate 'sample' Yearly Training Plans for both the "Introduction to Competition" and "Train to Compete" stages of development.

You will find that in the Competition Phases that the volume of training decreases while the intensity of training increases. This allows the athlete to be fresh (not fatigued or over tired) and ready to "peak" for his/her best result.

Throughout this stage, competition takes place but is used as part of training and the concept at this stage is to have one peak happening, typically later in the summer around a provincial or national event.



Building Periodization into your yearly plan

On the “Introduction to Competition” diagram, the volume of training increases slightly immediately following competition as this is a good time to reflect, learn, correct mistakes and the player is just coming off a “peak”, so he/she should be well rested.

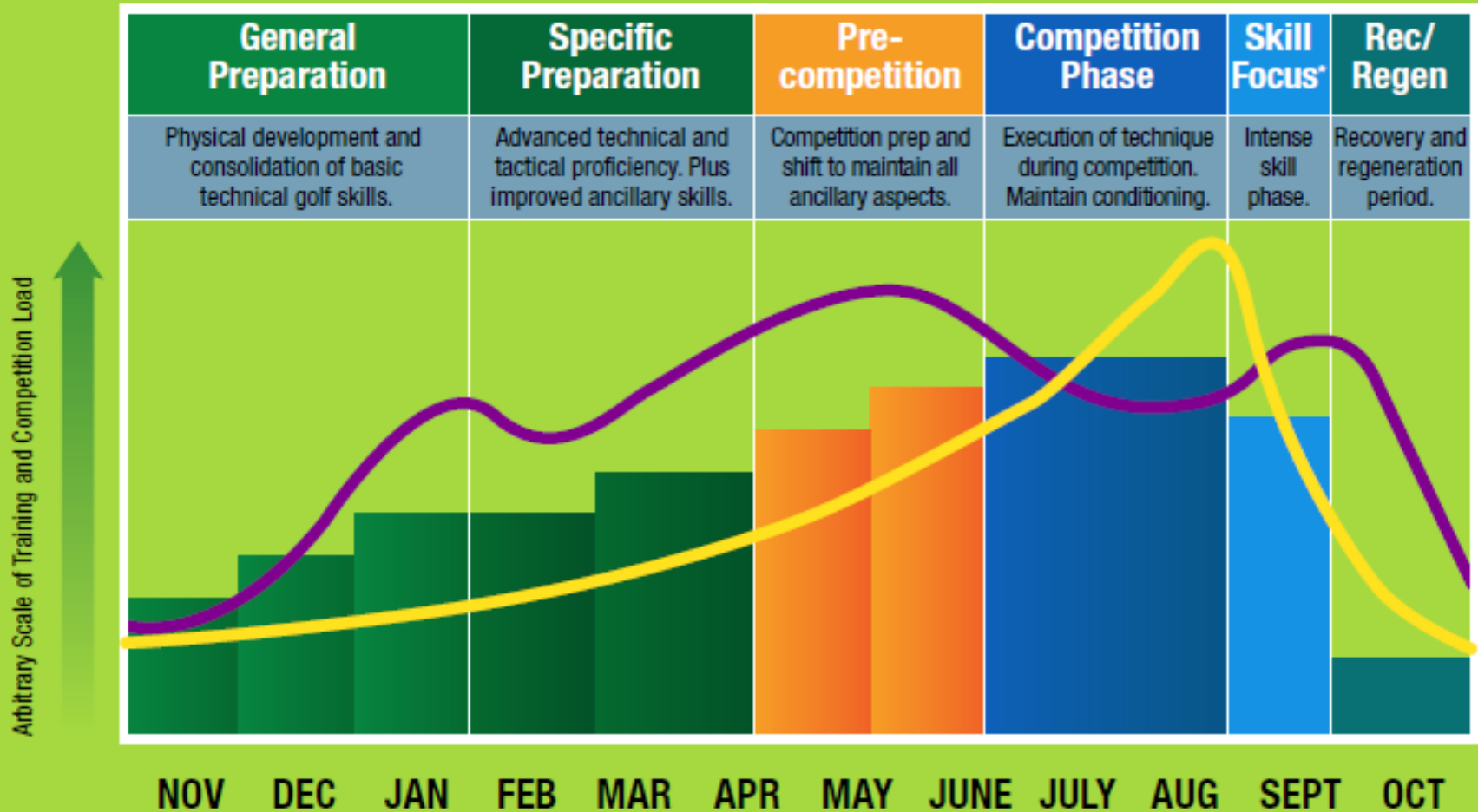
The “Train to Compete” diagram illustrates as the athlete gets older, their plan will probably include a schedule that will require a “double peak” (ie; peaking for both provincial & national championships). However, the concepts with respect to volume and intensity remain similar.

Finally, it should be noted that the ‘periodization’ or pattern of activity of an elite ‘Tour’ player is of a different format than that of the young developing player, as one would expect.



Suggested Yearly Training Plan During the 'Train to Play' Phase

(blocks denote overall volume / intensity load)

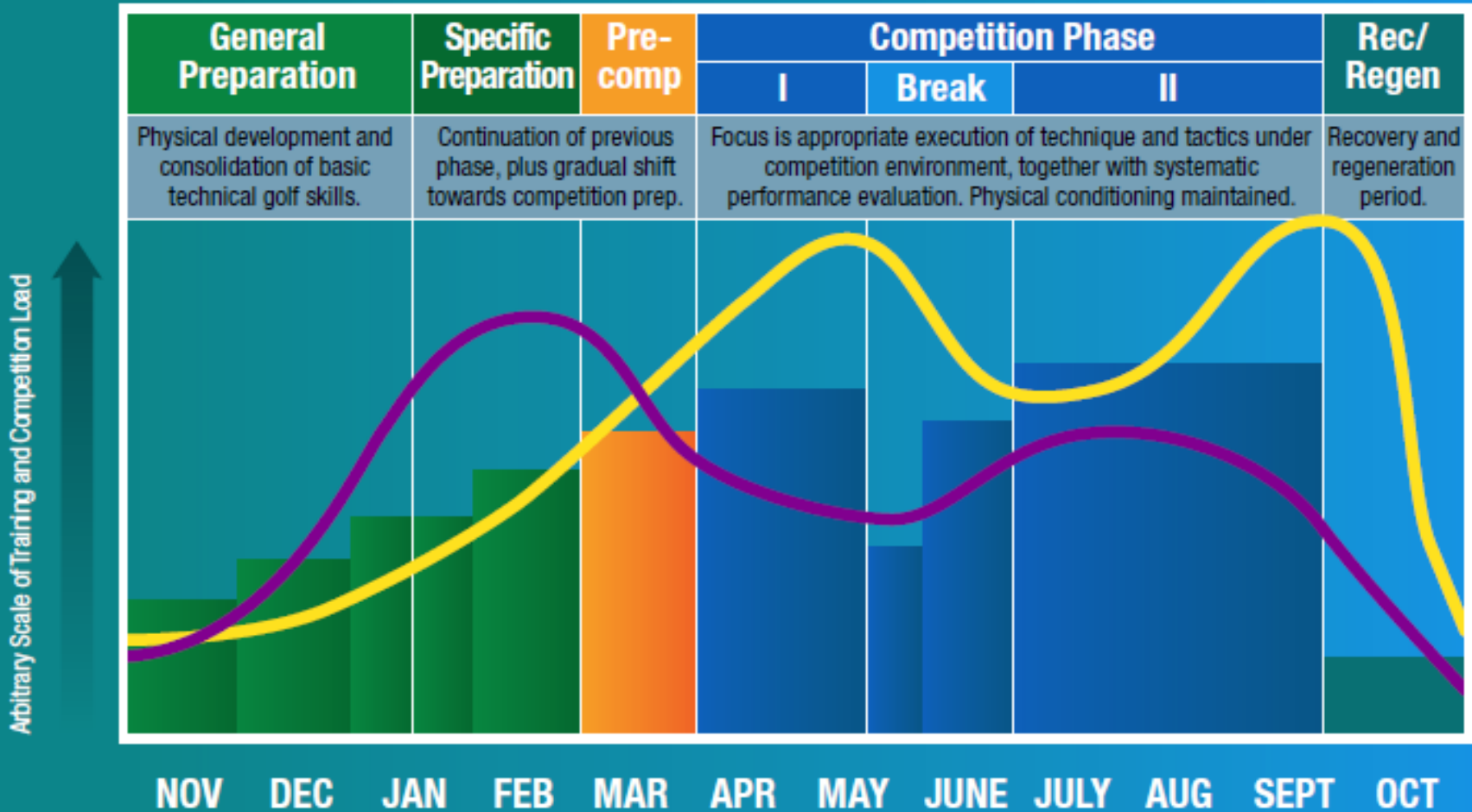


*Note 'Skill Focus' in immediate post competition phase
Terminology based upon Bompa, 1999

— Volume of training / competition guide
— Intensity of training / competition guide

Suggested Yearly Training Plan During the 'To Compete' Phase

(blocks denote overall volume / intensity load)



Terminology based upon Bompa, 1999

— Volume of training / competition guide
— Intensity of training / competition guide

For more information on Periodization

If you would like some additional or more in depth information on periodization, please visit the following websites:

- 1) Canadian Sport For Life (CS4L) – <http://www.canadiansportforlife.ca/ten-key-factors/periodization>
- 2) Coaching Association of Canada (CAC) – www.coach.ca

