

The way we see it at ActiveEDGE

One of the definitions of insanity is to continue to do the same actions and expect different results. The way we see it, to get different and improved results, try something different: periodization. At ActiveEDGE, we are proponents of **periodization: progressing and changing workouts to create a systematic approach to improved fitness.**

The focus of periodization is to break training into a series of smaller segments to achieve peak fitness for a few events (races, special events such as, weddings or vacation) each year. It is a **long-term approach** to training which focuses on:

- Carefully designed and progressed workouts
- Decreased risk of injuries
- Increased performance
- Efficient use of training time

Factors in determining how to apply periodization to your training:

- Experience
- Age
- Recent training experience
- Strengths and weaknesses
- Local terrain/weather
- Event/race schedule
- Current health status
- Lifestyle load

What are the tools to create change?

Progression

- Progression of workouts and exercises followed by intermittent periods of rest and recovery.
- Following challenging workouts with easier or different workouts allows the individual to have balanced and effective training.
 - Increase workouts in small increments, 5 to 15 % adjustments
 - Allow for and schedule periods of recovery
 - Fatigue + recovery = improved fitness. The body tears down during the workout session and **ONLY** during rest where the body overcompensates to the stress can the improvement occur.
PROPERLY TIMED rests is critical to improvement.

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Factors to manipulate

The athlete must be presented with a work load which challenges current level of fitness.

- Frequency – amount of times per week/day that workouts are completed
- Intensity – how hard/easy is the workout. Measured in heart rate changes, perceived exertion, watt and or pace.
- Duration – how long the workout takes to complete.
- Mode – the movement or sport (swimming, running, cross country skiing).

Training the “systems:”

- Different systems: aerobic, muscular systems and neurological, have different responses to training and must be addressed differently.
- Discussing the event and experience with a knowledgeable and experience will lead to productive and well timed training.
- It is different for every individual and every race. This is one major reason I am hesitant for people to use on line generic training programs.

Specificity

- Activities and workout sessions should be similar to event or race the athlete is training for.
- There is little cross over from one sport to the next. It will benefit the athlete's overall fitness but will not necessarily enhance performance for their sport.
- Pattern of joint muscle coordination is specific to the sport.
- Specific duration and intensity needs to be tailored to a specific event and individual variations must be applied.

Peaking

- Coming into fitness at the right time of year.
- True peaking can only occur 2-3 times per year.
- Peaks occur from a training cycle followed by a structured taper cycle.
- Peaking requires a taper period: a decrease in training volume and intensity.

Reversibility

- Fitness is a very dynamic process always searching to change and or adapt to current work load.

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- During well timed rest, fitness can improve.
- An unplanned rest (injury, job, family) will force the body to move into previous levels of fitness.
- Regaining fitness usually takes 2 times as long as the rest.

Factors to manipulate

What is in the tool box of change:

Aerobic capacity:

- Maximum amount of volume of oxygen that your body can process to produce movement.
- This is often called Vo2 max.
- This component does have a training component to it but it has many genetic components to it, which make it less responsive to training

Lactate threshold

- Level of exercise intensity above which lactate begins to rapidly accumulate in the body to such a high saturation point where the body can no longer buffer or remove the lactic acid and the muscle systems are forced to cease or decline in movement
- Highly **trainable** system and is a good predictor of endurance performance

Economy

- Skill based training designed to train the body to move more efficiently in a given movement
- Train the body to recruit more muscle fibers to a given force or task,
- Increases the fire power of given muscle group and/or motor pattern.

ActiveEDGE personal trainers are experienced in write training plans for you that address these issues. We can help you train for: 10 K's , half and full marathons, triathlons, Cycle Oregon, even preparing to be in top form for a vacation or life event.

[Email Willee](#) to get more details on creating a systematic plan to achieve peak fitness.