Intermediate Training Cycle

The intermediate training cycle is key. It builds the larger training season. Cycles last about one month. This aligns with the body's rhythm. Activity peaks every 23 days. It progresses intensity and volume.

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Introductory Cycle

Objective

Elevate athlete's level. Move from general to specific.

Content

Develop endurance and speed-strength. Improve technical skills and flexibility.

Application

Use at season start. Also use after injury return.

Basic Cycle

Objective

Enhance general preparation. Improve physiological and technical skills.

Content

Varied training and increased volume. Focus on high-intensity exercises.

Application

Use during various preparation phases.

Testing Cycle

Objective

Transition from basic cycles. Prepare for the competition phase.

Content

Intensive training. Focus on competition requirements.

Application

Use before major competitions.

Pre-Competition Cycle

1

Objective

Precise preparation for competition. Address performance deficiencies.

2

Content

Intensive training. Focus on psychological aspects and tactics.

3

Application

Use immediately before major competitions.

Competition Cycle

1

Objective

Maintain peak performance and sports form.

2

Content

Includes preparatory microcycles. Also includes competitive microcycles.

3

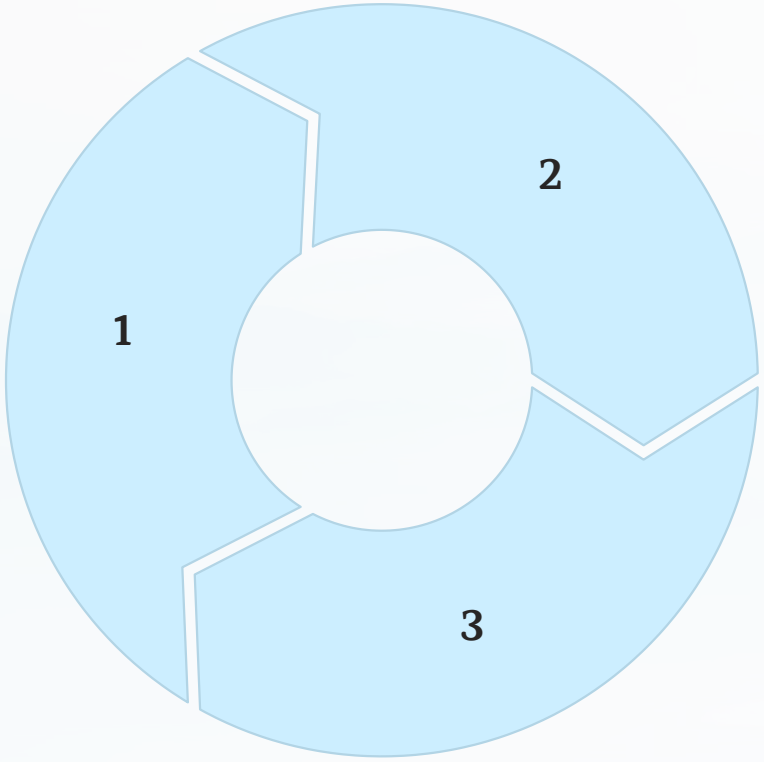
Application

Use during extended competition periods.

Recovery Cycle

Objective

Eliminate fatigue and restore energy.



Content

Light training to maintain peak performance.

Application

Use after competitions or intensive cycles.

General Notes

1 Individual Differences

Coaches consider individual differences. They should also look at training season length.

2 Scientific Measurements

Rely on scientific measurements. Objective tests are also important.

3 Gradual Progression

Gradual progression is key. Undulation in intensity is also important.

Structural Model for Cycles

- Introductory Cycle
  - Introductory Cycle
    - Basic Cycle
      - Recovery Cycle

This structure balances load and recovery. It protects the athlete from fatigue. It optimizes performance for best results.