

# Lesson Seven: Concept of the Training Dose and Its Basic Components

## 1. Concept of the Training Dose

The **training dose** is the **fundamental unit** in structuring a training program. It consists of **various exercises** that are performed as a **training load** within a specific time frame.

A training dose is executed in a **single training session**, and athletes **repeat this dose multiple times per day or per week**. These doses form:

- **Microcycles** (weekly training cycles)
- **Mesocycles** (several microcycles combined)
- **Macrocycles** (multiple mesocycles leading to a major competition)

Since the **training dose** is the **building block of a training plan**, properly structuring the training load within each dose is **crucial for successful season planning**. This requires:

- Understanding **how to structure the training dose**
- Defining **its objectives**
- Adjusting **training loads appropriately**
- Considering **physiological effects**
- Coordinating **different doses within a single training session** and throughout **micro, meso, and macrocycles**

## 2. Basic Components of the Training Dose

Several **factors influence** the formation of a training dose, including:

1. **Objectives and training tasks**
2. **Physiological changes associated with training content**
3. **Volume of training loads within the dose**
4. **Types of exercises included**
5. **Work-rest ratio**

Based on these factors, the **training session** is divided into **three main parts**:

1. **Preparatory Phase**
2. **Main Phase**
3. **Final Phase**

## Training Session Components

According to **Ahmed Abdul Amir (2015)**, a **training session** consists of:

1. **Preparatory Phase**
2. **Main Phase**
3. **Final Phase**

## **1. Preparatory Phase**

This serves as an **introduction to the training session** and consists of:

1. **Organizational aspect**
2. **Warm-up**

### **1.1 Organizational Aspect**

- Athletes assemble in the training area.
- The coach addresses the athletes in **an organized or free formation**.
- Objectives:
  - Explain the **goals of the training session**.
  - Reinforce **educational, ethical, and psychological aspects**.
  - Provide **instructions and information**.

### **1.2 Warm-Up**

- Also known as **pre-exercise preparation** or **heating up**.
- Typically lasts **10-20% of the total session time**.

#### **Objectives of Warm-Up:**

1. Increase **heart rate and blood circulation**.
2. Enhance **pulmonary ventilation** (deeper and faster breathing).
3. Improve **muscle responsiveness, relaxation, and elasticity**.
4. Elevate **body temperature**.
5. Stimulate **positive emotional readiness for training and competition**.
6. Prepare for **motor skills** required in the sport.
7. Achieve **optimal mental focus** for training or competition.

#### **Types of Warm-Up:**

- **General Warm-Up:** Prepares the **entire body** for physical activity and stimulates **mental readiness**.
- **Specific Warm-Up:** Gradually replaces general warm-up and prepares the athlete **physically, technically, tactically, and mentally** for the **specific sport demands**.

#### **Considerations for Effective Warm-Up:**

1. **Gradual progression** in intensity.
2. Select exercises **aligned with the session's main goal**.
3. **Balance general and specific warm-up**.
4. Consider **environmental conditions**.
5. **Account for individual differences** among athletes.
6. Use **variety** to maintain engagement.
7. In cold weather, **wear appropriate gear** to accelerate warming.
8. Adjust warm-up **based on weather conditions**.
9. Ensure warm-up is **engaging and motivating**.
10. Utilize **aids such as massage or warming creams** when necessary.
11. Adapt the warm-up to **age group requirements**.

### 3. Key Considerations for Daily Training Sessions

When planning a **daily training session**, the following aspects should be considered:

1. **Clearly defined objectives**.
2. Each exercise should **contribute to achieving the session goals**.
3. Exercises should be **sequenced to support the overall training objective**.
4. **Time allocation** for each exercise must be specified.
5. **Training load intensity and volume** must be structured correctly.
6. **Equipment and tools** required for each exercise should be identified.
7. **Player positioning and spatial arrangement** should be planned.
8. Record the **training session date**.
9. Document the **total training duration**.
10. Ensure that the session includes **all three main components** (preparatory, main, and final phases).