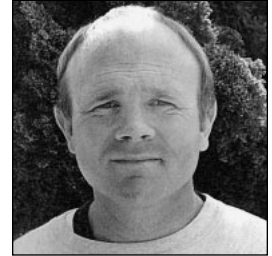


The Use of Periodization in the High School Setting

Michael Conroy
Meridian High School
Meridian, Idaho



Mike Burgener
Column Editor

ONE OF THE MOST CHALLENGING aspects of directing athletes at the high school level is developing programs that promote continued progress within the confines of the high school setting.

Meridian High School (MHS) is one of the largest schools in Idaho, and as such we have many opportunities that schools with smaller populations may not have. First of all, we have a very well equipped and spacious training hall. Each of our head coaches has the opportunity to have an "Athletic Fitness" period during the school day to train their Varsity athletes, both in season and preseason. Finally, our training hall is open from 3:00 PM to 6:30 PM every weekday under the direction of a certified USA Weightlifting (USAW) coach. With that in mind, this is how we organize our program.

■ Daily Training

The time frame for daily training is 1 hour. We use this amount of time because it is the length of a class period during the school day. We also like the concept of 1-hour sessions because this increment allows us to run 3 full groups of athletes through the training facility after school.

A typical day will see us run about 230 athletes through our

program. We see 180 athletes during the school day and 50 after school. (This number does not include any Junior Varsity, Sophomore, or Freshman teams that come in after their daily practices to do their in-season training.)

■ Types of Programs

At MHS, we have 3 different phases of training and 3 different levels of training. The phases are Preseason, In-season, and Off-season (Off-season is our summer program). The 3 levels are Novice, Athlete, which includes our varsity athletes, and Competitive, which is our weightlifting team.

■ Periodization

Our periodization program is based on a group of 4-week cycles. A Preseason program for our athletes is 12 weeks. The In-season program is 8 weeks, because that is the average length of our competitive seasons, not including playoffs. Our Off-season program is 10 weeks.

■ Program Complexity

Our Novice program consists of 3 strength sessions and 2 plyometric and conditioning sessions per

week. We consider the first year a "developmental" year. The intensity of the program is very low, with the major emphasis placed on teaching proper technique and an understanding of how training works.

The Athlete program usually comprises 4 strength sessions, 3 conditioning sessions, and 2 plyometric sessions per week. This program changes during the In-season phase, when the volume, intensity, and exercise emphasis have a different focus than in the Preseason or Off-season programs.

The Competitive program consists of 5 strength sessions, 3 conditioning sessions, and 2 plyometric sessions per week. This program follows very closely the program design developed by the USAW.

■ Summary

It has taken MHS 3 years to develop our current program. We have changed, revised, and modified it along the way, and we will do so again this year. We are confident that we have met the challenge of providing our athletes with the very best programs, which will allow each of them to become successful in his or her chosen endeavor.

■ Appendix

Included in the appendix are examples of the programs we are currently using. Details on our total program are available on request.

Special Note: In the interest of saving space, in this article, the sets and repetitions listed are just the “target” sets. Each athlete is expected to complete between 3 and 5 “warm-up” sets prior to reaching the “target sets”. Finally only the strength training days will be explained. The plyometric and conditioning days, that we do, are pretty traditional and in compliance with most programs. What we feel is the *key* to the success of all of our programs is, what we call, our “compensation” week. Every third week we “cut back” on both intensity and volume. It seems that this concept allows the athlete to gain the elusive active rest phase that allows for continued improvement.

■ Novice Training Program:

The letters following each exercise refer to a different regimen of sets, repetitions, and percentage of maximum for each of the 4 weeks of preseason.

Day One

Hang Snatch: A
Snatch Pull: C
Bench Press: A
Back Squat: B
Goodmornings: D
Abdominal work: E

Day Two

Hang Clean: A
Clean Pull: C
Push Press: A
Front Squat: B
Goodmornings: D
Abdominal work: E

Day Three

Hang Snatch: A

Hang Clean: A
Bench Press: A
Back Squat: B
Goodmornings: D
Abdominal work: E

Cycle One

Week One: (October 5–9)

A: 3 sets of 3 reps at 70%
B: 3 sets of 5 reps at 70%
C: 3 sets of 5 reps at 75%
D: 3 sets of 8 reps at athlete choice
E: 5 sets of 15 reps at athlete choice

Week Two: (October 12–16)

A: 4 sets of 3 reps at 75%
B: 4 sets of 5 reps at 75%
C: 4 sets of 5 reps at 80%
D: 3 sets of 8 reps at athlete choice
E: 5 sets of 15 reps at athlete choice

Week Three: (October 19–23)

A: 2 sets of 3 reps at 65%
B: 2 sets of 5 reps at 65%
C: 2 sets of 5 reps at 70%
D: 3 sets of 8 reps at athlete choice
E: 5 sets of 15 reps at athlete choice

Week Four: (October 26–30)

A: 2 sets of 3 reps at 80%
B: 3 sets of 5 reps at 80%
C: 3 sets of 5 reps at 85%
D: 3 sets of 8 reps at athlete choice
E: 5 sets of 15 reps at athlete choice

■ Women’s Basketball: Pre-season 1998–99

The letters following each exercise refer to a different regimen of sets, repetitions, and percentage of maximum for each of the 4 weeks of preseason.

Day One

Hang Snatch: A
Snatch Pull: B
Bench Press: A
Back Squat: B
Leg Extension: C
Leg Curl: C

Goodmornings: D
Abdominal work: E

Day Two

Hang Clean: A
Clean Pull: B
Push Press: A
Front Squat: B
Leg Extension: C
Leg Curl: C
Goodmornings: D
Abdominal work: E

October 5–9

A: 3 sets, 3 reps at 65%
B: 3 sets, 5 reps at 65%
C: 5 sets, 8 reps at athlete’s choice
D: 3 sets, 8 reps at athlete’s choice
E: 5 sets, 10 reps at athlete’s choice

October 12–16

A: 5 sets, 3 reps at 70%
B: 5 sets, 3 reps at 70%
C: 6 sets, 8 reps at athlete’s choice
D: 3 sets, 8 reps at athlete’s choice
E: 5 sets, 10 reps at athlete’s choice

October 19–23

A: 2 sets, 3 reps at 60%
B: 2 sets, 5 reps at 60%
C: 3 sets, 8 reps at athlete’s choice
D: 3 sets, 8 reps at athlete’s choice
E: 5 sets, 10 reps at athlete’s choice

October 26–30

A: 2 sets, 3 reps at 80%
B: 3 sets, 5 reps at 80%
C: 5 sets, 8 reps at athlete’s choice
D: 3 sets, 8 reps at athlete’s choice
E: 5 sets, 10 reps at athlete’s choice

■ All Fall Sports: In-season Cycle Two (cycle one was September)

Day One

Hang Snatch: A
Snatch Pull: C
Push Press: A
Back Squat: B
Goodmornings: D
Abdominal work: E

Day Two

Hang Clean: A
Clean Pull: C
Bench Press: A
Front Squat: B
Goodmornings: D
Abdominal work: E

Day Three

Power Snatch: A
Snatch Pull: C
Snatch Grip Neck Press: A
Back Squat: B
Goodmornings: D
Abdominal work: E

Day Four

Power Clean + Push Jerk: A
Clean Pull: C
Bench Press: A
Front Squat: B
Goodmornings: D
Abdominal work: E

Week One: (October 5–9)

A: 3 sets of 3 reps at 70%
B: 3 sets of 3 reps at 70%
C: 3 sets of 5 reps at 75%
D: 3 sets of 8 reps at athlete choice
E: 4 sets of 15 reps at athlete choice

Week Two: (October 12–16)

A: 2 sets of 2 reps at 80%
B: 2 sets of 3 reps at 80%
C: 3 sets of 3 reps at 85%
D: 3 sets of 8 reps at athlete choice
E: 4 sets of 15 reps at athlete choice

Week Three: (October 19–23)

A: 3 sets of 3 reps at 70%
B: 3 sets of 3 reps at 70%
C: 3 sets of 5 reps at 75%
D: 3 sets of 8 reps at athlete choice
E: 4 sets of 15 reps at athlete choice

Week Four: (October 26–30)

A: 2 sets of 2 reps at 80%
B: 2 sets of 3 reps at 80%
C: 3 sets of 3 reps at 85%
D: 3 sets of 8 reps at athlete choice

E: 4 sets of 15 reps at athlete choice

■ MHS Weightlifters***Cycle Three (This is the cycle before a competition)*****Day One**

Snatch: A
Snatch Pull: C
Neck Jerk: A
Back Squat: B
Goodmornings: D
Abdominal work: E

Day Two

Cleans: A
Clean Pull: C
Rack Jerk: A
Front Squat: B
Goodmornings: D
Abdominal work: E

Day Three

Back Squat: B
Goodmornings: D
Abdominal work: E

Day Four

Snatch Pull: C
Clean Pull: C
Front Squat: B
Goodmornings: D
Abdominal work: E

Day Five

Snatch: A
Clean and Jerk: A
Back Squat: B
Goodmornings: D
Abdominal work: E

Week One: (October 5–9)

A: (75%/1,80%/1,85%/1)2
B: 3 sets of 2 reps at 85%
C: 3 sets of 2 reps at 95%
D: 3 sets of 8 reps at athlete choice
E: 5 sets of 15 reps at athlete choice

Week Two: (October 12–16)

A: (85%/1,90%/1,95%/1)2
B: 2 sets of 2 reps at 95%
C: 3 sets of 2 reps at 105%

D: 3 sets of 8 reps at athlete choice

E: 5 sets of 15 reps at athlete choice

Week Three: (October 19–23)

A: 2 sets of 2 reps at 80%
B: 3 sets of 2 reps at 80%
C: 2 sets of 2 reps at 85%
D: 3 sets of 8 reps at athlete choice
E: 5 sets of 15 reps at athlete choice

Week Four: (October 26–30)

A: (90%/1,95%/1,100%/1)2
B: 2 sets of 2 reps at 100%
C: 3 sets of 2 reps at 110%
D: 3 sets of 8 reps at athlete choice
E: 5 sets of 15 reps at athlete choice