



# Programming Fundamentals

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*"My philosophy as a coach is to create an environment that enables athletes to develop confidence in their abilities and to have opportunities to understand their tendencies, while developing them to be their best in sport."*







Every athlete has a goal.

What's your plan to reach it?

# Objectives

- + Understand the purpose of periodization & programming
- + Apply periodization principles to planning
  - + Types of workouts and benefits of each
  - + Order of workouts and understanding why
  - + Factors to consider while customizing a program
- + Create a personalized training plan





# Today's Goal

*Provide athletes with a basic understanding of the factors that influence programming design, and the confidence to make educated adjustments to set plans, as needed.*



# Purpose of Periodization & Programming

- + There are many strategies for creating a training plan—the recommendations in today's presentation comes from years of personal racing and coaching experience
- + Training is purposeful. There should be a goal for every workout and a reason for every recovery.
- + Training follows a planned pattern of alternating stress and recovery to avoid overtraining, minimize injury, and allow time for a balanced lifestyle.

# Steps in Structuring Your Year

1. Select races
2. Determine training goals
3. Set periodization structure
4. Set weekly workouts



# Step 1: Select Races

- + Determine “Key” races
- + Add “Training” races & “Hardening” races





# Step 2: Determine Training Goals

## New Triathlete

- + Fitness development
- + Volume-building



## Experienced Triathlete

- + Performance-based goals for improved race results
- + Increased intensity



# Step 3: Set Periodization Structure

- + Offseason
  - + What to address, invest in
  - + Why this differs for each athlete
- + Pre-season
- + Competition season
- + Taper
- + Race blocks



# Step 4: Set Weekly Workouts

## + Key Sessions

(Include Year-Round)

- Sport-specific strength sessions
  - Bike: “Big Gear” training
  - Run: Hill training
  - Swim: Paddles
- Sessions focusing on High RPM (turnover rate)
- Core & injury prevention
- Long distance workouts (high volume)



# Step 4: Set Weekly Workouts

## + Periodized Sessions (Strategic Placement of These)

- Tempo workouts
- Threshold
- Race-specific “Main Sets”
- $\text{VO}_2$  training
- Strength training
  - Plyometrics, coordination, agility, skill development
- Base training
- Brick workouts

# Step 4: Set Weekly Workouts

- + Periodized Sessions  
(Strategic Placement of These)
  - High intensity workouts
  - Single sport blocks
    - Offseason
  - Race data projection sessions
  - Test sets
    - Rested testing or non-rested testing?

# Step 4: Set Weekly Workouts

## + Recovery Sessions

- Active recovery
  - Common mistakes
- “Rest Day” vs. “Day Off Legs”

### REST & RECOVERY DAYS:

1. Rebuild & Repair Muscle Tissue
2. Strengthen Joints and Ligaments
3. Replenish Fluids & Energy Stores
4. Refresh Our Mental Energy
6. Reduce Risk of Injury
7. Avoid Overtraining



# Race Planning

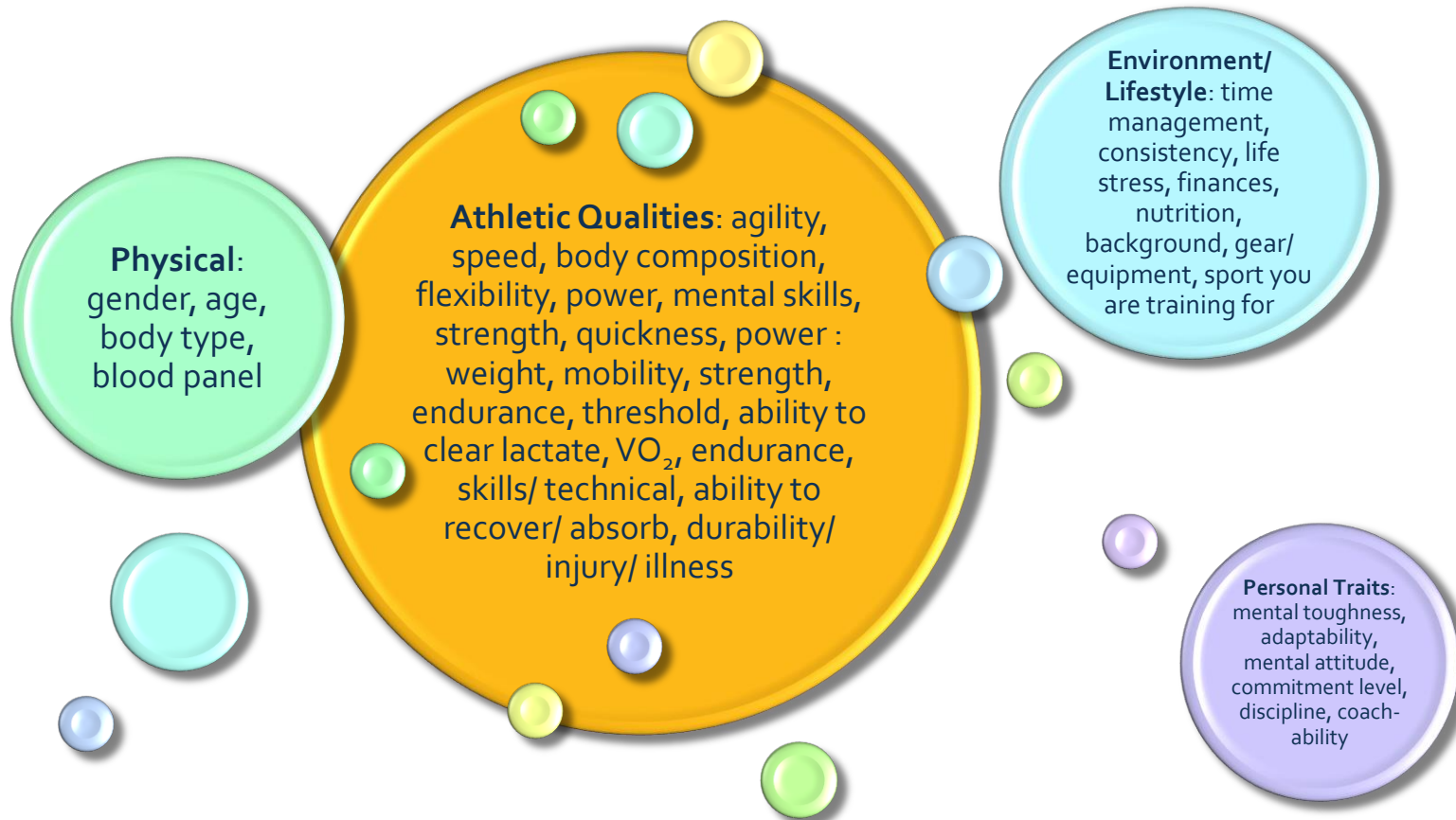
- + Travel
  - + Timing
  - + Common mistakes
  - + International travel
- + Taper
  - + Long taper (3 weeks)
  - + 10-day taper (classic)
  - + Drop taper (3-4 days)



# Special Considerations: Customizing Your Plan

- + Timing of sessions
  - + AM, PM, or back-to-back workouts?
- + Time-limited athletes
- + Injury-prone athletes
  - + “Every 2<sup>nd</sup> Day” method
- + Volume training vs. “Intensity-only” training

# Special Considerations: Look at the Athlete as a Whole





# Special Considerations: Customizing Your Plan

- + Male vs. Female
- + Chronological Age vs. Athletic Age
- + Total load
  - + Training, life, stress, etc.
  - + Affects volume, intensity, frequency, recovery



# Activity

	Morning	Mid-day	Afternoon
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

- + Fill in table with key weekly workouts
- + Repeat and adjust for different training periods:
  1. Off season
  2. Pre-competition season
  3. In competition season – race ready specific
  4. Taper



# Final Thoughts

Questions?