Sample One Year Periodization Training Schedule – Novice, Junior and Senior

TRANSITION or ACTIVE REST
(** 2-4 weeks – Mid January – February)
• Purpose: to recover physiologically and psychologically from the in-season competitive phase (overuse of skating related injuries to include muscle fatigue, psychological fatigue, etc.)
• Flexibility: several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)
• Aerobic Conditioning: utilize cross-training emphasizing physical activity in other sports.
• Anaerobic Conditioning: none
• Strength Training: 2 times per week.
• Plyometrics: none
• Other: skate 2-5 times per week to maintain abilities as desired, review past season and develop goals for next season, search for new music.

EARLY OFF-SEASON
(** 8 weeks – Mid February – Mid April)
• Purpose: to develop strength and aerobic base
• Flexibility: several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)
• Aerobic Conditioning: continuous activity 70-85% MAX HR, 3-5 times/week for 30 minutes.
• Anaerobic Conditioning: none
• Strength Conditioning: 3 times per week.
• Plyometrics: none
• Other: set future goals and master calendar, begin to learn new moves, choose final music, off-ice dance classes to improve presentation, increase knowledge of nutrition.

LATE OFF-SEASON
(** 8 weeks – Mid April – Begin Summer Ice)
• Purpose: to increase strength, begin power base, power and aerobic conditioning, begin anaerobic training.
• Flexibility: several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)
• Aerobic Conditioning: 1-2 times per week at 70-85% MAX HR for 30 minutes.
• Anaerobic conditioning: 2 - 3 times per week at 85-95% MAX HR.
• This conditioning can be done on-ice with program run-throughs.
• Strength Training: 2-3 times per week.
• Plyometrics: 2 times per week.
• Other: further develop and improve new moves, begin to set program to music, continue dance presentation, incorporate sport psychology skills into practice sessions.

PRE-SEASON
(** 12 weeks – Mid June – Mid September)
• Purpose: emphasis on sport specific training, peak levels in skills training, strength, power, endurance conditioning
• Flexibility: several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)
• Aerobic Conditioning: 1 time per week.
• Anaerobic Conditioning: 3-5 times per week at 95% MAX HR. This conditioning can be done on-ice with program run-throughs.
• Strength Training: 1-2 times per week.
• Plyometrics: 1 - 2 times per week.
• Other: refine choreography on-ice, design costume, begin to run through complete program, sport psychology skills applied to completing program each time.
IN-SEASON:
(** 12-18 weeks – Mid September – U.S. Championships)

• Purpose: to maintain strength, power, aerobic, anaerobic conditioning throughout season.

• Flexibility: several times daily, pre-practice warm-up, post practice cool-down (additional ballet classes, etc.)

• Aerobic Conditioning: none.

• Anaerobic Conditioning: 3-4 times per week at 95% MAX HR. This conditioning can be done on-ice with program run-throughs.

• Strength Training: 2 times per week.

• Plyometrics: 1 time per week.

• Other: constantly refine and improve program choreography and additional new moves, develop nutritional knowledge for meals while traveling and pre-competition, improve sport psychology

• skills for focus and program performance.

** Dates based on U.S. Championships qualification