

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**