

# **How To Introduce a Power Training Periodization Program**

By: Doug Rusho

## **Training Variables**

## **Training Principles**

**“Introducing the Lion”**

## **Power**

### **A. Advantages**

### **B. Disadvantages**

### **C. FTP Testing**

**8m test**

**20m test**

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## D. Zone Calculations / Intervals

Zone	Description	% FTP	%FTP HR	RPE	“Typical”Duration of interval efforts
1	Recovery	< 55	< 70	< 2	N/A
2	Basic Endurance	55 -75	70 - 85	2 -3	N/A
3	Primary Endurance	75 - 90	85 - 95	3 - 4	N/A
4	Threshold	90 - 105	95 - 105	4 - 5	8 - 30m
5	VO2max	105 - 125	105 - 110	6 - 7	3 - 8m
6	Anaerobic Capacity	125 - 150	N/A	7 - 9	30s - 3m
7	Neuromuscular Power	>150	N/A	10	<30s

## Periodization For Competitive Sport

### A. Background

### B. Conclusions

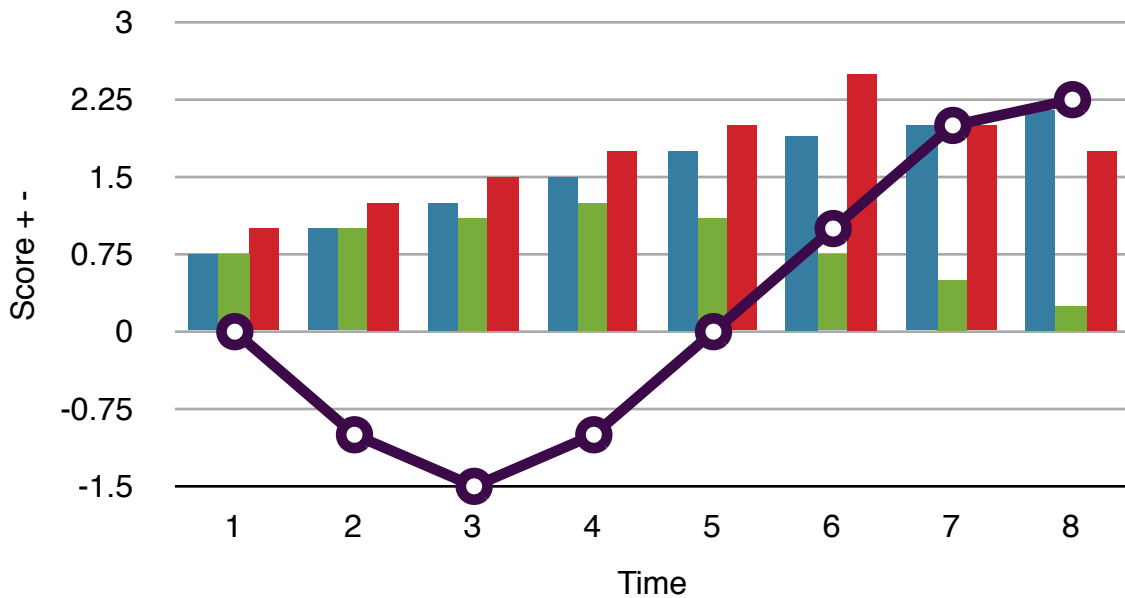
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## C. Description

Macrocycle Road map	>	>	>	>
Off-Season	Pre-Season	In-Season	Championship	Transition
General Trg.	Sport Specific	Maintenance	Peak	Active rest
Mesocycle 1	Mesocycle 2	Mesocycle 3	Mesocycle 4	Mesocycle 5
m1 - m20	m21 - m35	m36 - m45	m46 - m48	m49 - m52

### 1. Goals



- Form
- Spec. Fitness after effect (VO2mx)
- Non-Spec. Fitness after effect (NP)
- Avg. Fitness

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## **2. Decisions**

## **Game Theory**

### **A. Definition**

#### **1. Game Theory**

#### **2. Game**

#### **3. Goal**

## **Coaching And Periodization**

### **A. Rational “Bandwidth” of System Choices**

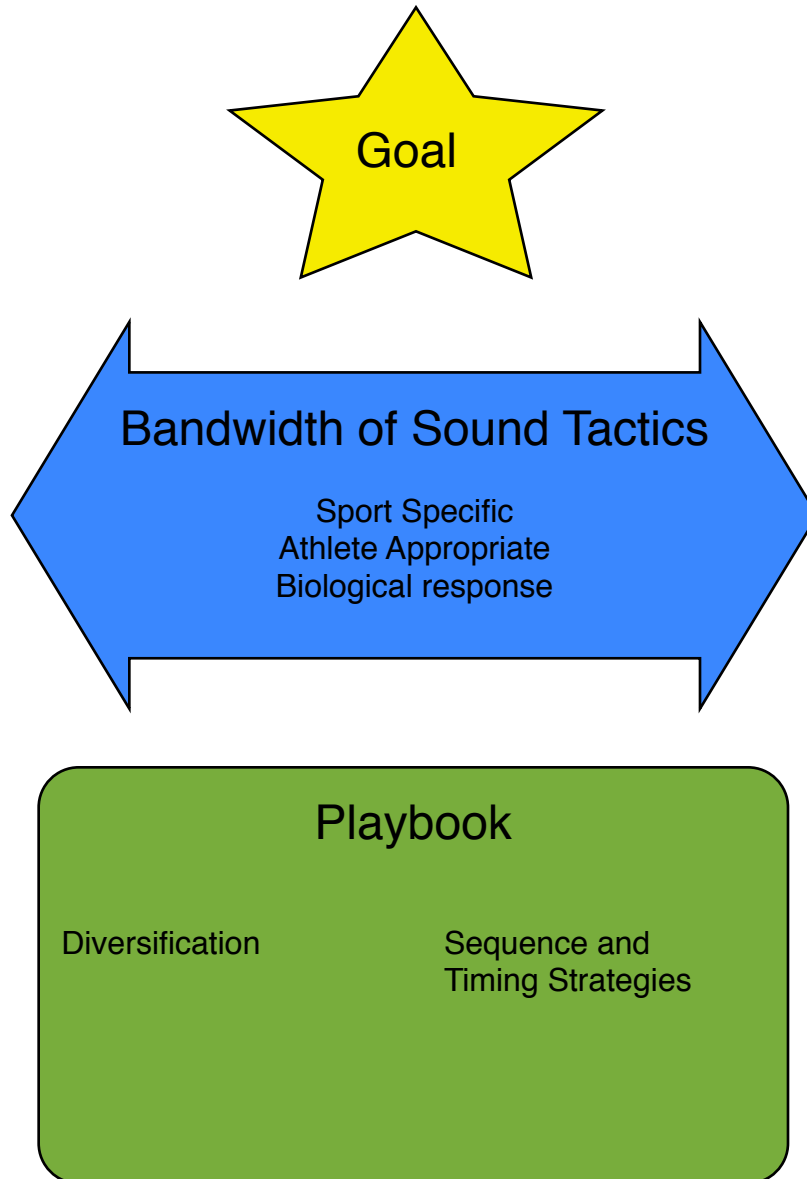
### **B. “Playbook” Development**

#### **1. Diversification**

#### **2. Sequence and Timing Strategies**

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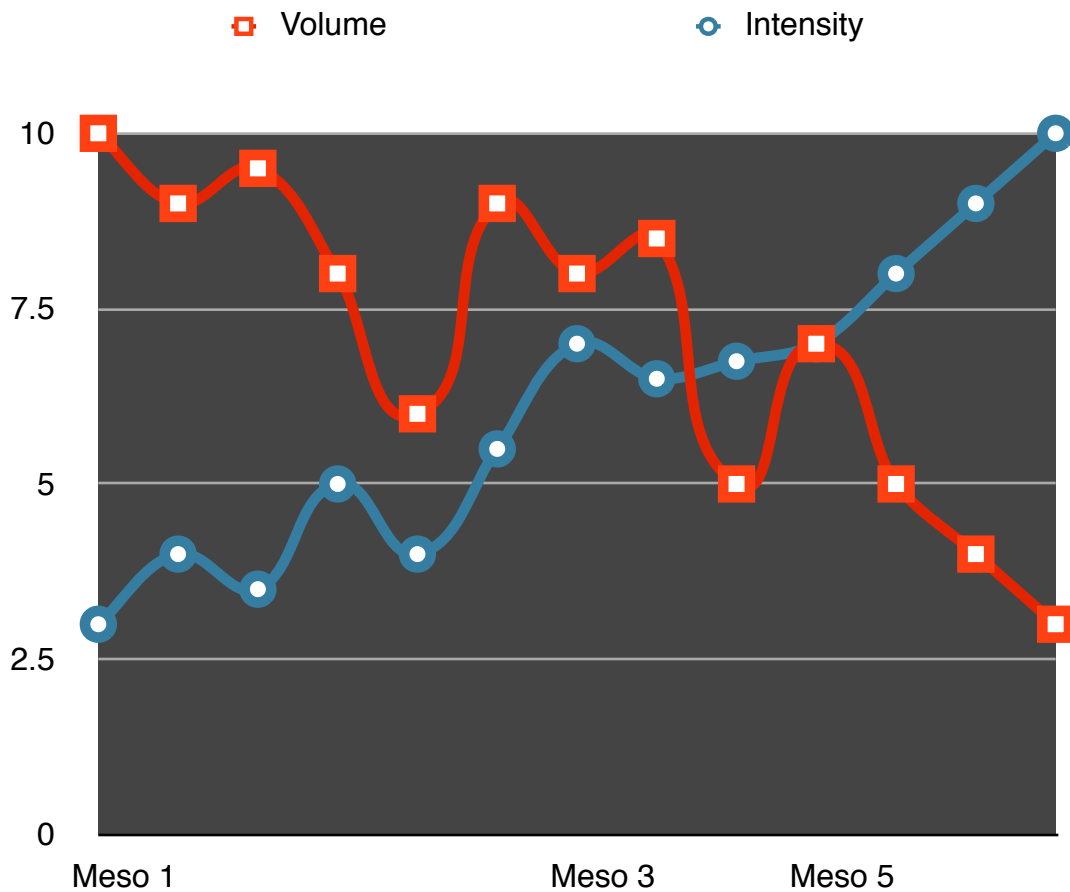
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## Periodization Linear(traditional) Model

### A. Volume / Intensity Relationship

## Linear Periodization Model(1 year)



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B. Timeline

C. Advantages

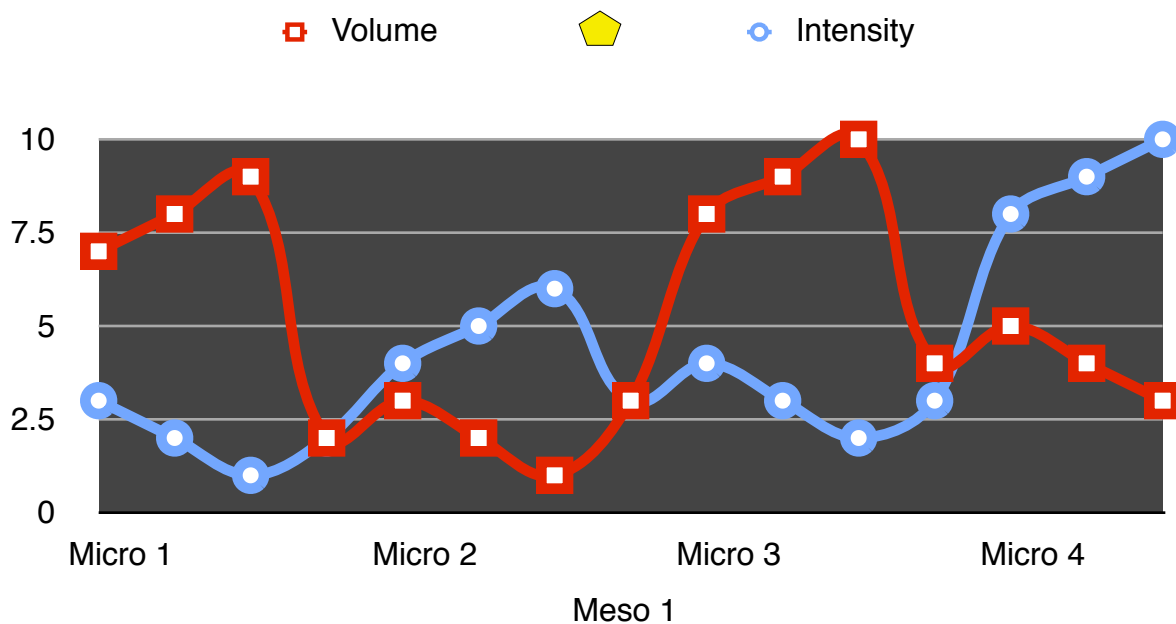
D. Disadvantages

E. "Lion Running Championships"

## Periodization Non-Linear (non-traditional) Model

A. Volume / Intensity Relationship

### Non-Linear Periodization Model(4 wks)



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B. Timeline

C. Advantages

D. Disadvantages

E. "Lion Running for Survival"

## IDC Periodization

A. IDC Hurdles / Solutions

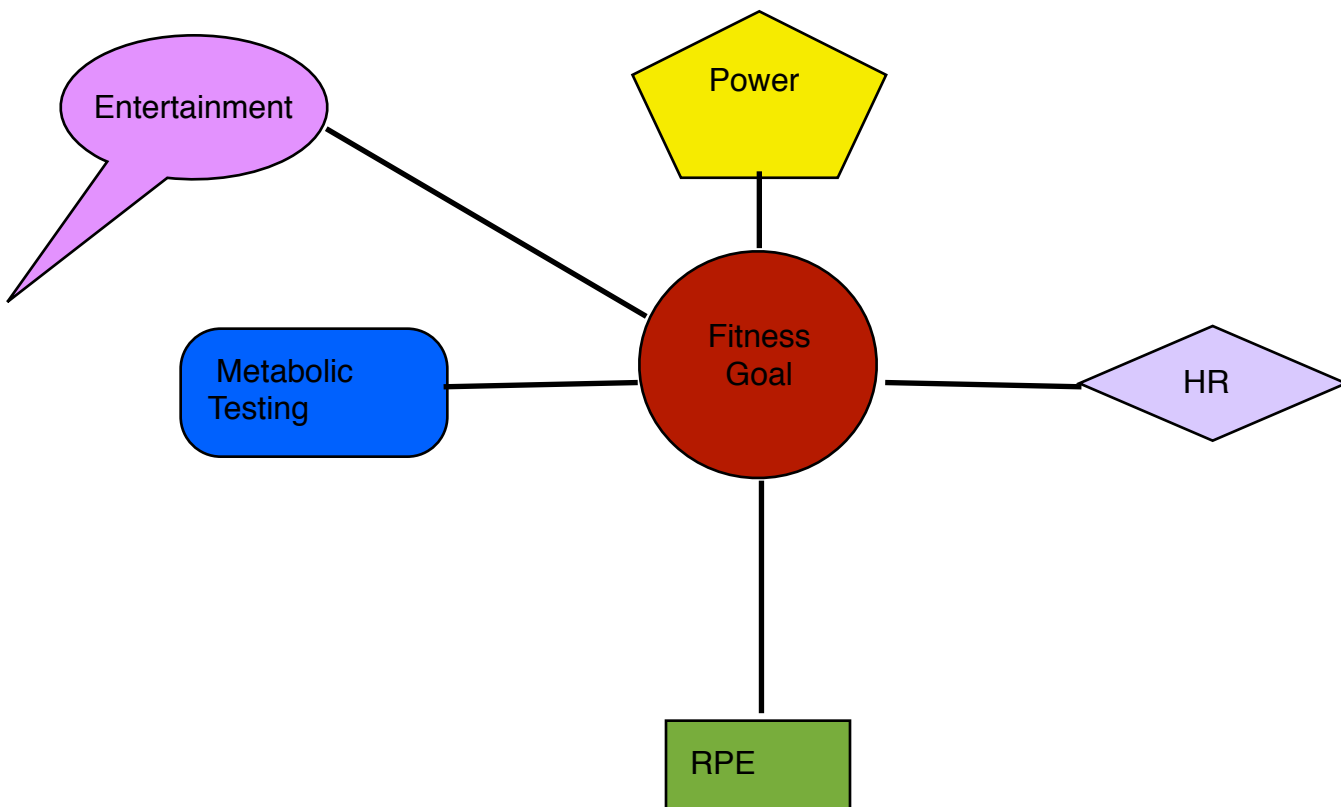
1. Volume

2. Athlete status

3. Sport Specific

4. Peaking Form

B. "Tools" Atom





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## **Why Periodization and Power for IDC?**

- A. Sets a Schedule**
- B. Tangibles (short/long term)**
- C. Provides direction, structure, goal setting**
- D. Accountability**
- E. New challenges**
- F. Become an “Artist”**
- H. Special Programming (\$\$\$\$\$)**

## **Marketing Strategies**

- A. “Ride the Experience, Experience the ride”**
- B. Creative Advertising**