

SUMMARY:

Training is systematic and planned process. It is a long term process and involves the use of various methods and means. Planning is necessary to make what is available so as to achieve the immediate and long term aims. The principles of planning as discussed here depends to a great extent on the total system of planning for the training and competition system in a country. A training conception is a carefully formulated concept about how the training process should be carried out over a number of years. It does not give any detailed information but only guidelines and principles for the formulations of the training process. The yearly plan is essential to optimize an athletes performance. They are made for effective formulation of training for a period of one year. It is prepared on the basis of training conception. It lays down the general outline for organizing and implementing the training process of one year. Meso-cycle plan are the most important training plans. These plans are made for carrying out training for 3-6 weeks. Meso-cycle plan is also called operative plan. Micro-Cycle cycle is a short term plan and forms the basis of meso-cycle plans. The duration is too short to achieve the desired adaptation. But by systematically loading the sportsman in a number of micro-cycles this effect is achieved in meso-cycle. Training session is the basic unit of training process in which the actual education and preparation of sportsman takes place. Though a training session always forms a part of micro-cycle, yet it is complete in itself. Training has to be reviewed and assessed in the light of the changes in the personality, performance and other things, and adjustments modifications have to be made.