

## **FAQs:**

**Q1.** How many times Top form can be achieved?

**Ans.** Top form can be achieved in every training cycle.

**Q2.** What are the three phases of top form?

**Ans.** The three phases of top form are i) phase of base creation, ii) phase of achievement and maintenance of top form, iii) phase of temporary loss of form.

**Q3.** Why is competition calendar important in periodization?

**Ans.** Competition calendar gives the date and time of the competition in which the sportsman must participate with top form.

**Q4.** What is periodization?

**Ans.** The process of preparing the sportsman to give his best performance in a particular competition is called periodization.

**Q5.** Who propounded the concept of sport form or top form?

**Ans.** The concept of sport form or top form was propounded by the famous Russian scientist L.P.Matveyev, in 1965, as an updating of work which he first introduced in 1962.

**Q6.** What should be the minimum and maximum duration of macro-cycle?

**Ans.** The minimum duration should not be less than three months and maximum duration can be up to one year or even more. Macro cycles of more than one year duration are not advisable as these lead to long preparatory and competition periods which are not practically effective.

**Q7.** Which type of periodization is better single or multiple?

**Ans.** It is often a point of discussion regarding which type of periodization is better. It is however, generally accepted that both types have their advantages and disadvantages. Single periodization is suitable for developing the base for sports performance and multiple periodization is better for faster development of performance.

**Q8.** Discuss the means and methods of training used in the training cycle?

**Ans.** The means and methods of training used in a training cycle largely determine the duration of a training cycle. If specific means and methods are used, the training becomes intensive and specific and as a result the training cycle becomes shorter. For longer duration of a cycle the means and methods have to be general. The duration of each period, particularly the competition period depends largely upon the means and methods used in that period.

**Q9.** What is the main aim of training in competition period?

**Ans.** The training in the competition period aims at achieving top form and to maintain it for a sufficiently long period.

**Q10.** What is the duration of transitional period?

**Ans.** The duration is normally from 4-6 weeks. Shorter duration is not adequate to ensure efficiency recovery and relaxation. A longer duration, however, will lead to significant decrease in the training state.