

SUMMARY:

The aim of sports training is to win in competitions. The sportsman must give his best performance in the main competition. If best performance is given before or after the competition, it is of no use. In order to achieve this, the training has to be formulated according to the principles of periodization. The principles and laws of development and achieving of top form provide the base for periodization. To understand periodization it is obligatory to understand top form. Top form is a temporary phase of optimum performance capacity. The development of top form takes place in three different phases in a training cycle. The first phase is the base creation, the second is the phase of achievement and maintenance of top form and the third is the phase of temporary loss of form. One cycle of base creation, form achievement and temporary loss of form is called one training cycle or one macro-cycle. The maximum duration of a training cycle, theoretically, can be more than a year but practically it is 12 months or less. In periodization, the whole training cycle is divided into three periods i.e., preparatory period, competition period and transitional period. These three periods correspond, in aims and objectives, to the three phases of top form. Depending on the number of training cycles in a calendar year the periodization can be of two types, single and multiple. Generally single periodization is suitable for developing the base for sports performance and multiple periodization is better for faster development of performance. It is therefore, advisable to use both types in rotation.