

HOW TO OPTIMISE TRAINING PLANNING (MICROCYCLE)

30.November 2021

THE DETERMINING FACTORS OF PERFORMANCE	<u>WORKSHOP</u>
- 400m / 800m	
- XC / STEEPLE	
- 5000m / 10000m	
- MARATHON	
PLANNING OF TRAINING (MACRO- MESO- MICROCYCLE; SESSION; UNIT)	<u>CLASSROOM</u>
CONSTRUCTION OF MICROCYCLE	<u>CLASSROOM</u>
EVALUATION OF MICROCYCLE (CHECKLIST)	<u>CLASSROOM</u>
INTRODUCTION TO MICROCYCLE PUZZLE	<u>CLASSROOM</u>

01. December 2021

GENERAL PHASE (INTRODUCTION) FEATURES OF A "GOOD / BAD" MICROCYCLE (GENERAL PHASE)	CLASSROOM
PRODUCTION OF MYCROCYCLE I (GENERAL PHASE / 9 days)	WORKSHOP
- 400 m / 800m	(Group 1)
- XC / STEEPLE	(Group 2)
- 5000m / 10000m	(Group 3)
- MARATHON	(Group 4)
EVALUATION OF PRODUCED MICROCYCLE I	WORKSHOP
- 400m / 800m	(Group 4)
- XC / STEEPLE	(Group 1)
- 5000m / 10000m	(Group 2)
- MARATHON	(Group 3)
QUESTIONS AND ANSWERS	CLASSROOM

02. December
2021

SPECIFIC PHASE (INTRODUCTION) FEATURES OF A "GOOD / BAD" MICROCYCLE (SPECIFIC PHASE)	CLASSROOM
PRODUCTION OF MYCROCYCLE II (SPECIFIC PHASE / 6 days)	CLASSROOM
- 400m / 800m (Group 3)	WORKSHOP
- XC / STEEPLE (Group 4)	
- 5000m / 10000m (Group 1)	
- MARATHON (Group 2)	
EVALUATION OF PRODUCED MICROCYCLE II	WORKSHOP
- 400m / 800m (Group 2)	
- XC / STEEPLE (Group 3)	
- 5000m / 10000m (Group 4)	
- MARATHON (Group 1)	
QUESTIONS AND ANSWERS	CLASSROOM

03. December
2021

TAPERING PHASE (INTRODUCTION) FEATURES OF A "GOOD / BAD" MICROCYCLE (TAPERING PHASE)	CLASSROOM
PRODUCTION OF MYCROCYCLE III (TAPERING PHASE / 10 days)	WORKSHOP
- 400m / 800m (Group 1)	
- XC / STEEPLE (Group 2)	
- 5000m / 10000m (Group 3)	
- MARATHON (Group 4)	
EVALUATION OF PRODUCED MICROCYCLE III	WORKSHOP
- 400m / 800m (Group 3)	
- XC / STEEPLE (Group 4)	
- 5000m 10000m (Group 1)	
- MARATHON (Group 2)	
QUESTIONS AND ANSWERS	CLASSROOM