

UNIT 2: HOW TO PLAN MY OWN TRAINING?

1. VERY IMPORTANT THINGS TO CONSIDER

To make a good planning of our own training, firstly we need to know:

- The main goal of the training: page 2, unit 1.
- How many times are you going to train a week?
- Arnold Shultz Law and Principles of Training: page 2 unit 1.
- Using the different methods (traditional methods and Crossfit): from page 3 to the end, unit 1.

2. PERIODS OF TRAINING.

A training is planned using different kinds of "time divide":

- Session: a training or wod.
- Microcycle: seven days (a week).
- Mesocycle: three or five microcycles (around a month).
- Macrocycle: a couple of mesocycles, it is the biggest part.

We will focus on the first three: session, microcycle and mesocycle.

2.1. The Session: Parts.

- Warm up: 7 - 10 minutes.
- Main lesson: this is the more important part of the session. **It may be composed by only one part or two parts.** For example:
 - o WOD 1: specific training. For example: core, strength, speed, stamina, etc.
 - o WOD 2: general training.
- Calm down: 5 - 10 minutes stretching

2.2. The Microcycle.

- Along the week, we will make different training, using different training methods.
- We won't put more than two consecutive training, to allow us to recover it.
- We will consider the Principles of Training.

2.3. The Mesocycle.

- We will make a four weeks mesocycle, like one month.
- Along the month, we will have to change the trains. Remember the Variety Principle!!!

3. HOW TO COMBINE MAIN COMPONENTS, GOALS AND METHODS?

Depending on the goals of the training, we will use different methods and components. Next table give you a general guiding information about that.

Goals	Loose weight	Get fit	Get stronger	Improve estamina	Improve velocity
Volume	Middle-high	Middle-high	Middle	High	Middle
Intensity	Middle-high	Middle-high	High	Middle	High
Recovery	Low	Low-high	High	Low	High
Frecuency	3-4 days	4 days	4 days	3 - 4 days	4 days
Methods	Endless running, fartlek, Crossfit, etc.	Endless running, fartlek, Crossfit, etc.	Crossfit, lifting weight.	Endless running, fartlek, some Crossfit.	Short distance sets, Crossfit.

ACTIVITY 2: Make a mesocycle training. You have to know:

- Goals of the training: Loose weight, get fit or get stronger.
- Frecuency a week.
- Use diferent methods (traditional and Crossfit).
- Use the next microcycle example as a guide.

4. ONE EXAMPLE OF MICROCICLE (DON'T COPY, PLEASE!!!!)

Name		Anonymous		Age	17
Main goal(s)		<ul style="list-style-type: none"> - getting fit - getting stronger 		Times per week	4
Days of the microcicle	Monday	Main part: WOD 1: <ul style="list-style-type: none"> - 3 sets of 10 minutes running (150-160 beets). - 3 minutes recovery between sets. 			
	Tuesday	Main part: WOD 1: Emom 10 minutes. <ul style="list-style-type: none"> - 10 sit ups - 7 push ups WOD 2: <ul style="list-style-type: none"> - 2 sets of 12 minutes fartlek. 2 minutes slow - 1 minute high - 3 minutes recovery between sets. 			
	Wednesday	Day off			
	Thursday	Main part: WOD 1: Speed. <ul style="list-style-type: none"> - 3 sets of 50 metres. 1 minute recovery. - 2 sets of 100 metres. 1,5 minutes recovery - 1 set of 200 metres. 3 minutes recovery - 2 sets of 100 metres. 2 minutes recovery - 3 sets of 50 metres. 1 minute recovery. WOD 2: AMRAP 15 minutes <ul style="list-style-type: none"> - 10 burpees - 10 sit ups - 10 push ups - 20 squats - 50 jump rope (comba) 			
	Friday	Day off			
	Saturday	Main part: WOD 1: TABATA (core) WOD 2: AFAP <ul style="list-style-type: none"> - 1000 metres - 50 push ups - 50 sit ups - 50 squats jump - 50 triceps push ups - 1000 metres 			
	Sunday	Day off			