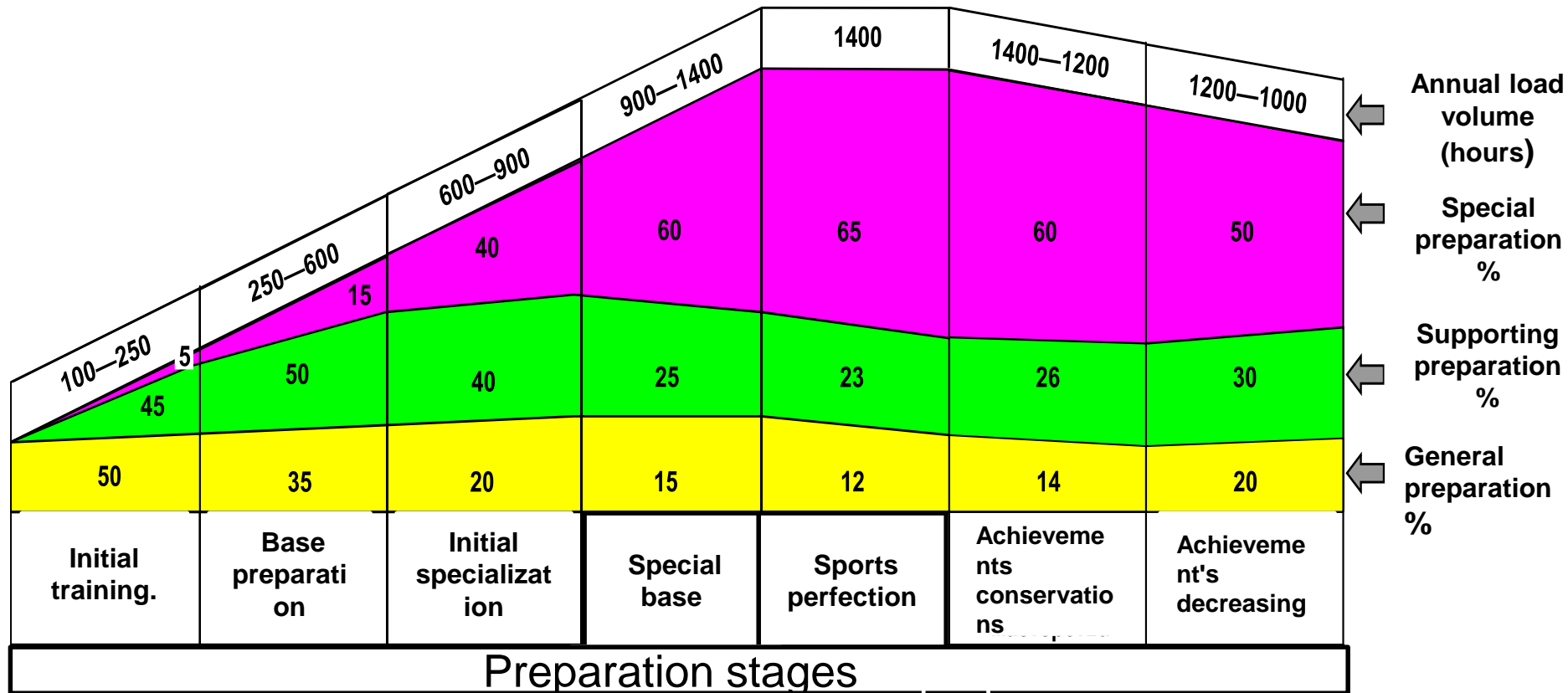


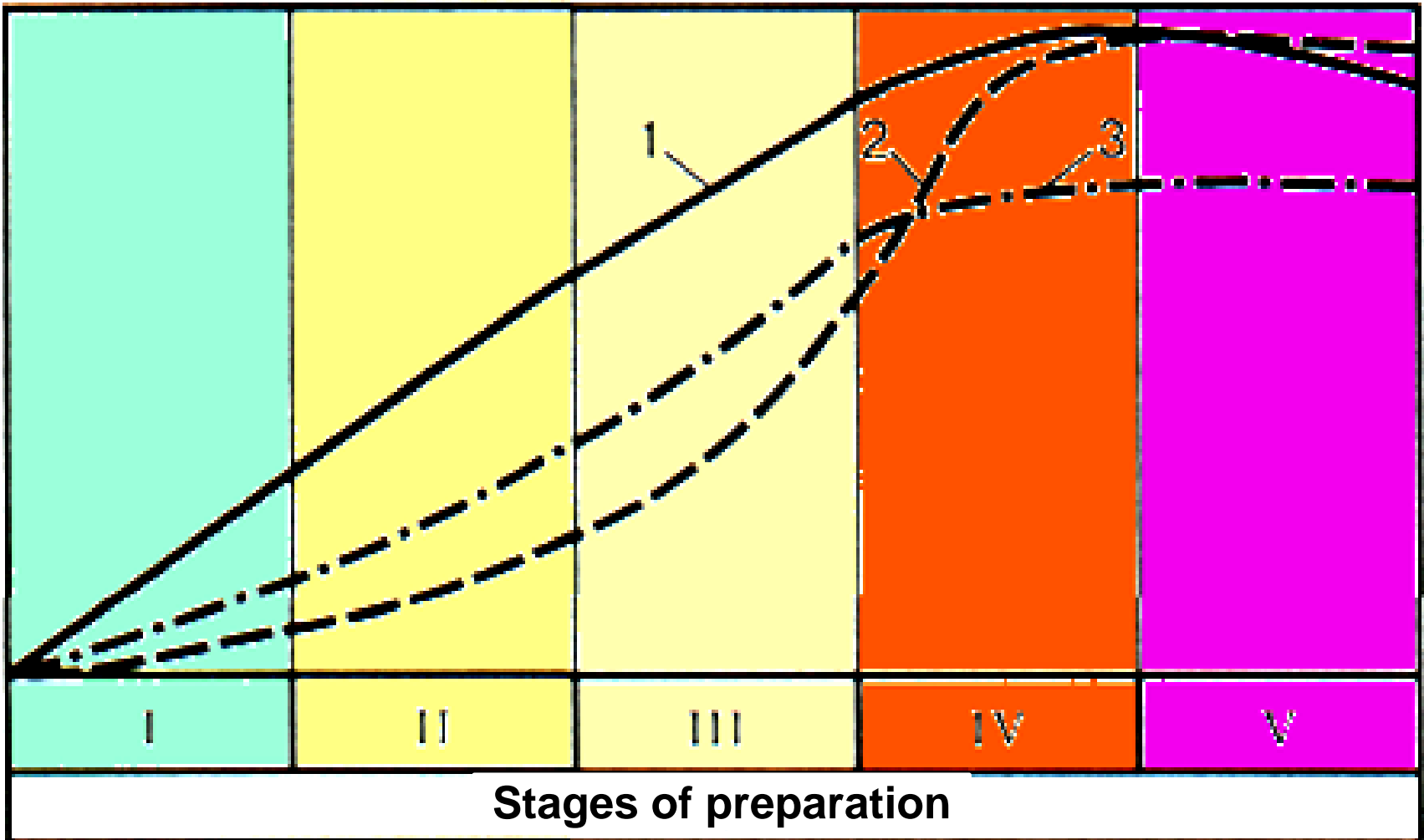
# The approximate ratio of the general, auxiliary and special preparation in the process of long-term training process (by Platonov 2005).



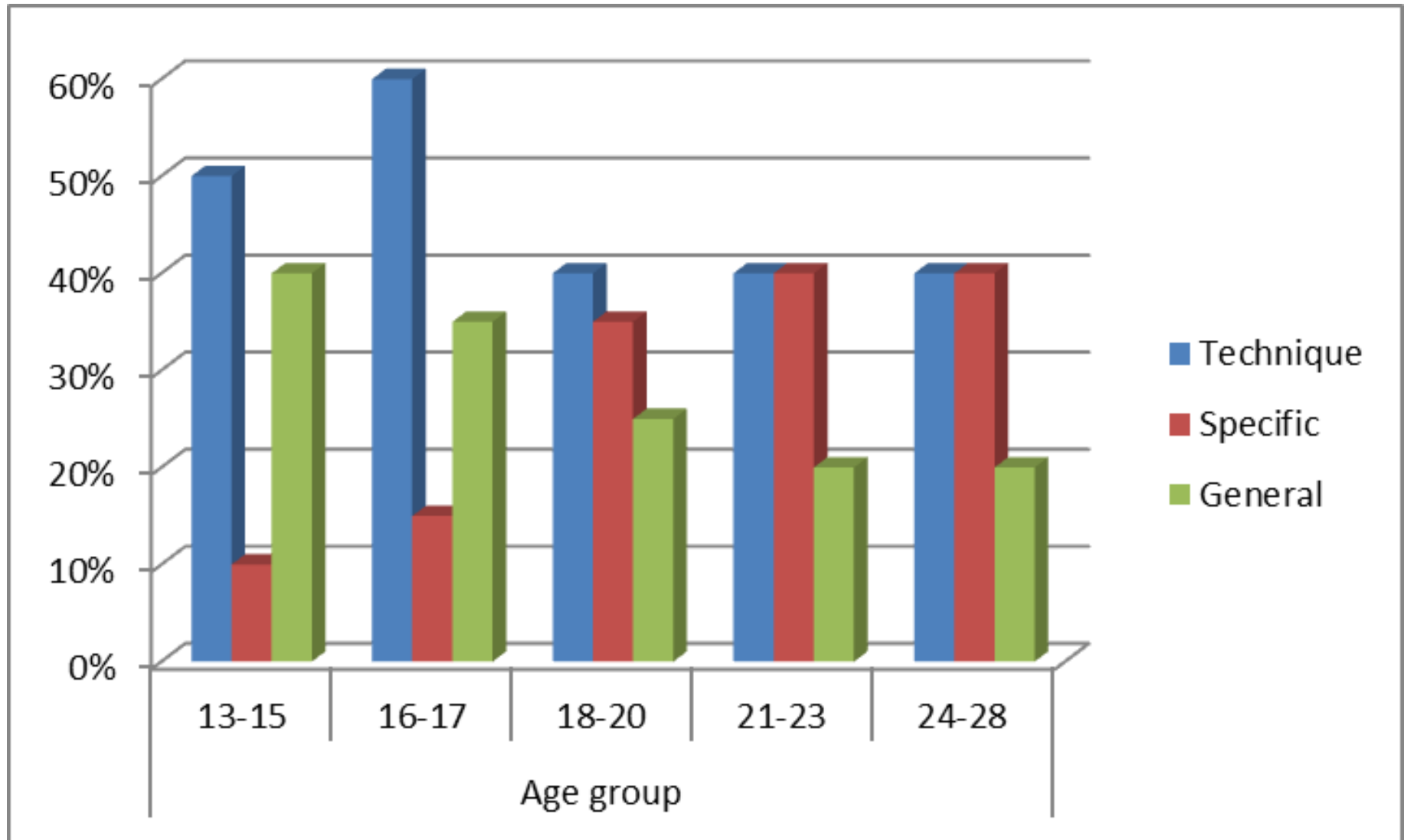
# The approximate ratio of the general, auxiliary and special preparation in the process of long-term training process (by Platonov 1997).

	100-250	250-600	600-900	900-1400	1400-1100	
	5	15	40	60	65	Annual load volume (hours)
	45	50	45	25	20	Special preparation %
	50	35	20	15	15	Supporting preparation %
				x		General preparation %
Initial preparation	Basic preparation	Special base preparation	Maximum performance (achievements)	Achievement's conservation		
Preparation stages						

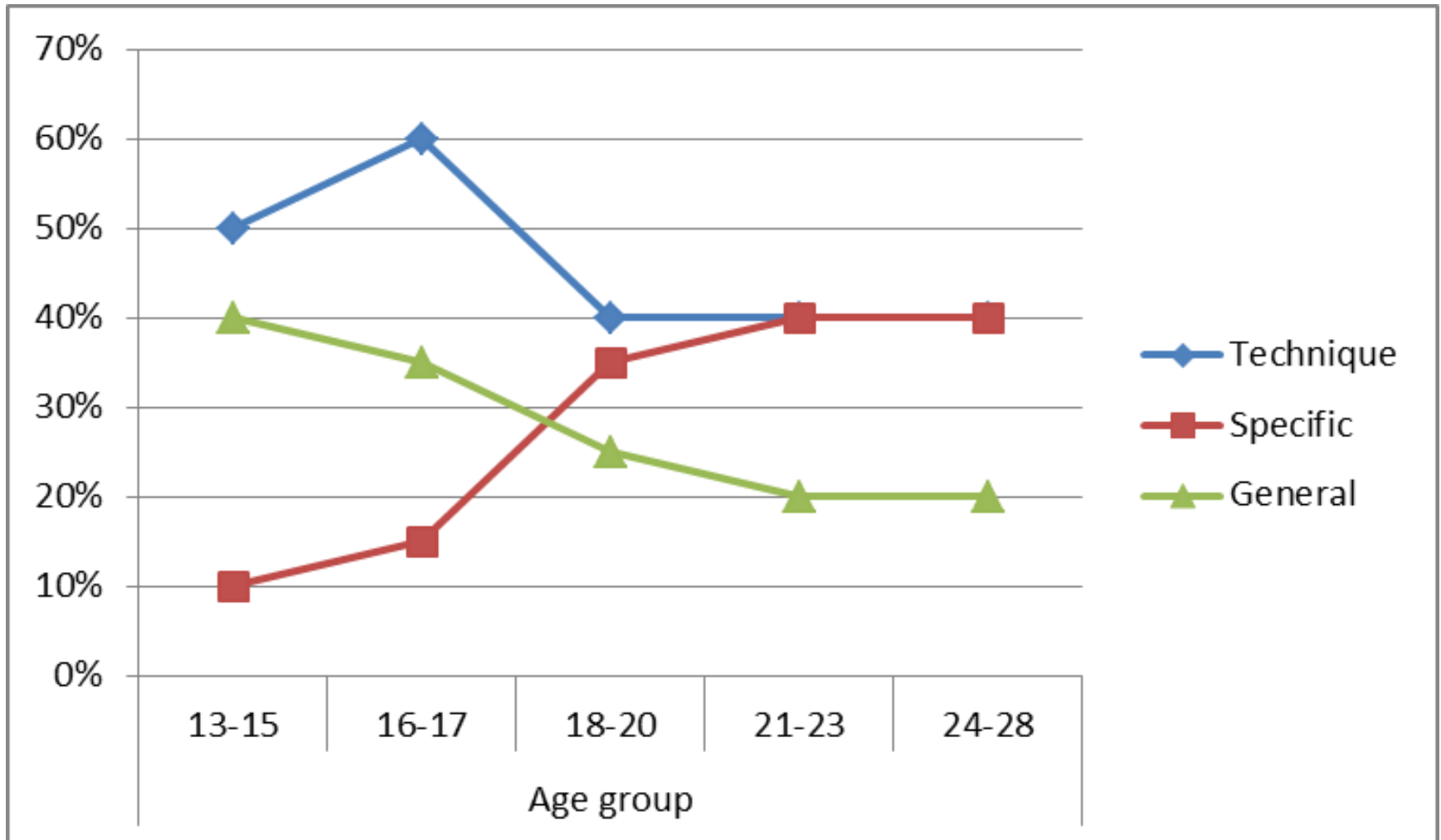
# Dynamics of volume (1), intensity (2) & percentage of intensity work in general load (3) at the different stages of long term preparation



# Combination of technical, specific and general preparation in different age groups



# Combination of technical, specific and general preparation in different age groups



# Stage preliminary, or initial, training (duration 1-3 years)

## **Goals:**

- *Strengthening the health of children;*
- *Getting the physical fitness;*
- *To overcome the disadvantages of physical development;*
- *Getting the variety skills of the fundamental exercises*
- *Getting interest in sports;*
- *Definition of event in athletics for the next stage*

## **Training tools.**

*Specific preparation - 5%*

*Supporting preparation – 40 – 45%%,*

*General preparation – 45 - 50%.*

*Total load volume – 150 - 200 hours.*

## **Basic methods:**

*Playing games and exercise, development of technical skills - a holistic method.*

*Training sessions are held 2-3 times a week for 40-60 minutes and should if possible be combined with the lessons of physical education in school.*

# Stage of initial specialization, or pre-basic (duration 2-3 years)

## **Goals:**

- *General physical training and health promotion;*
- *Increasing the level of physical development and physical fitness;*
- *Creation of motor potential (regarding the specificity future specialization);*
- *Choice of sports specialization;*
- *Getting the experience of participation in the competition;*
- *The creation of interest for the long-term sports perfection.*

## **Training tools.**

*Specific preparation - 15%*

*Supporting preparation – 50%,*

*General preparation – 35 - 40%.*

*Total load volume – 350 - 600 hours.*

## **Basic methods:**

*Game, competitive and strictly regulated exercise - the repeated, alternating, circular, etc.*

*In addition to technical training with a holistic method, dissected method of teaching widely used.*

*Training sessions are held 3-5 times a week, by 1.5-2 hours.*

# Stage depth specialization or a special base (2-3 years)

## **Goals:**

- *Improvement of special physical preparation*
- *Improving the technique of chosen athletics event;*
- Improvement of psychological preparedness;*
- Getting experience of participation in important competitions.*

## **Training tools.**

*Specific preparation - 40-45%*

*Supporting preparation – 35-40%,*

*General preparation – 20 - 25%.*

*Total load volume – 600 - 900 hours.*

## **Methods:**

- *Widely used the whole arsenal of different methods.*
- *When planning functional training apply high training loads.*
- *They should be planned taking into account the differentiated specialization and individual characteristics of the athletes.*
- *Training sessions are held 5-8 times a week for 2-2.5 hours.*



# Stage of sports perfection, or maximizing the individual capabilities (duration 2-4 years)

## **Goals:**

- *To achieve the highest level of special physical and functional training;*
- *Improvement of technical skill;- Improving tactical skills;*
- *To achieve maximum results in the chosen sport discipline.*

## **Training tools.**

*Specific preparation - 60%*

*Supporting preparation – 25%,*

*General preparation – 15%.*

*Total load volume – 900 - 1400 hours.*

# Stage of conservation achievements. (Duration is not limited as long as the results remain at a high level)

## **Goals:**

- *Improvement of technical skill;*
- *The maintenance of the previously achieved level of physical and features;*
- *The elimination of the disadvantages of private physical and*
- *technical preparedness;*
- *Improving mental readiness.*

## **Training tools.**

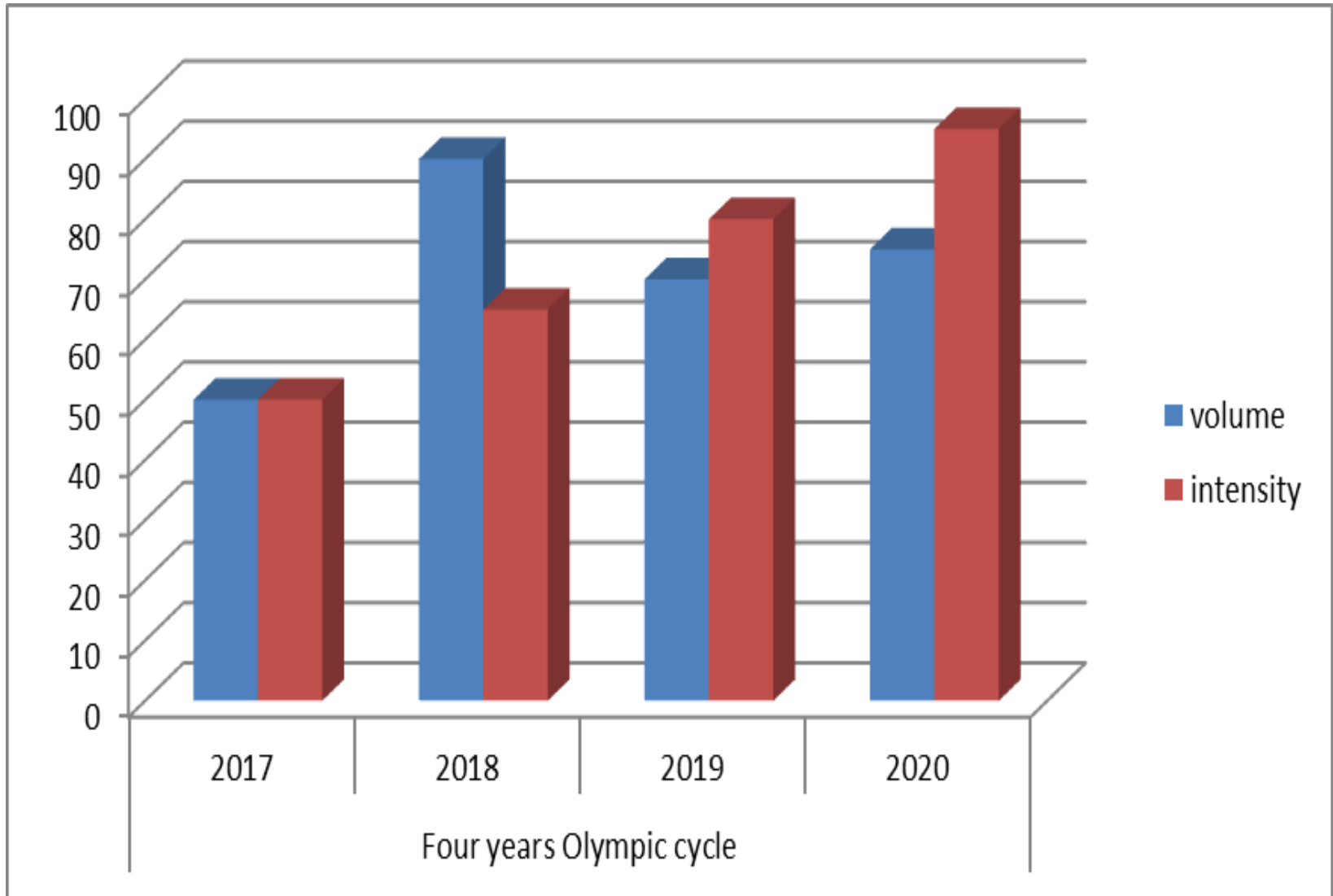
*Specific preparation - 65-70%*

*Supporting preparation -20%,*

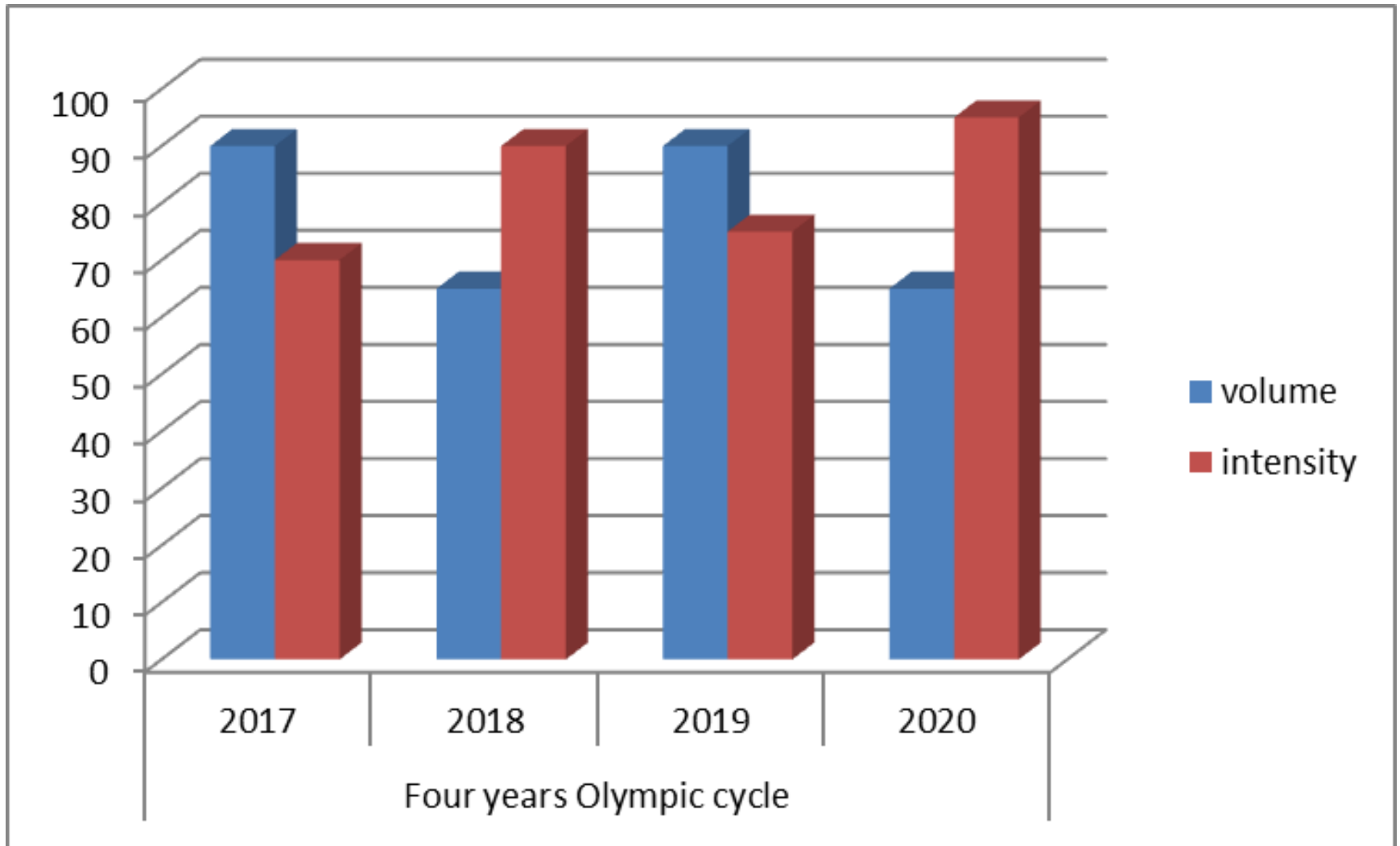
*General preparation -10-15%.*

*Total load volume - 1100-1400 hours.*

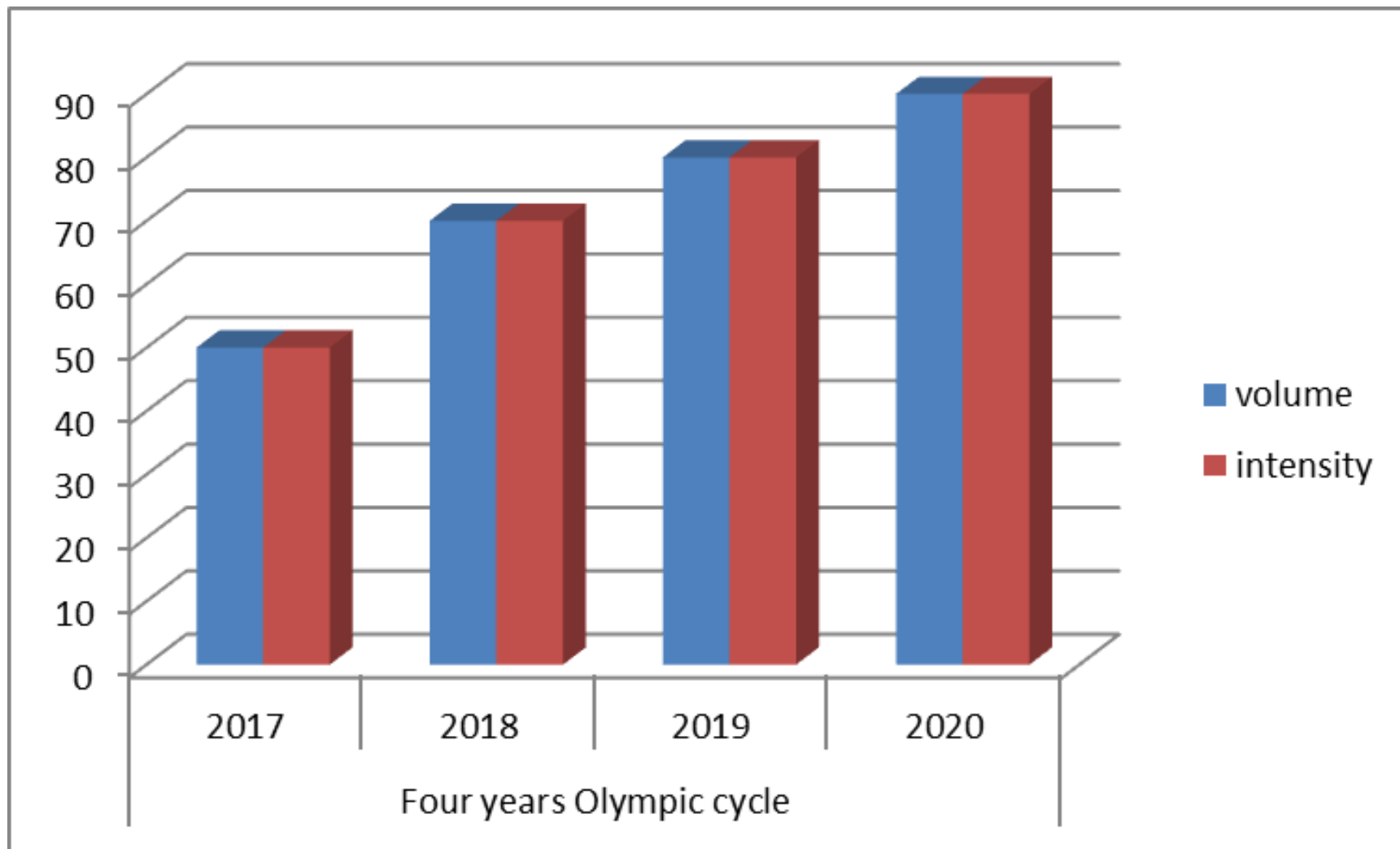
# Dynamic of volume and intensity for advanced athletes after Olympic Games (variant).



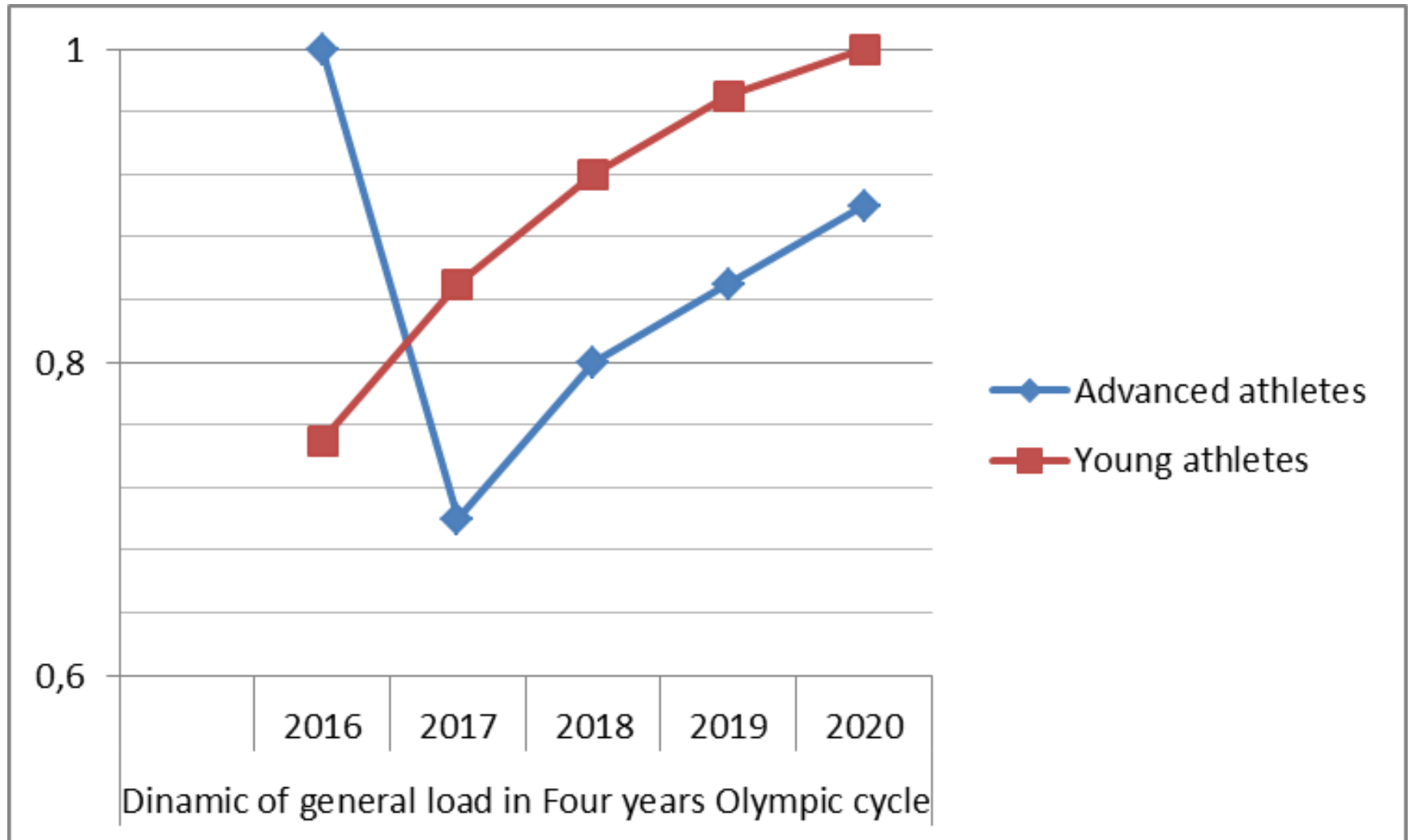
# Dynamic of volume and intensity for advanced athletes who did not get previous Olympics (variant).



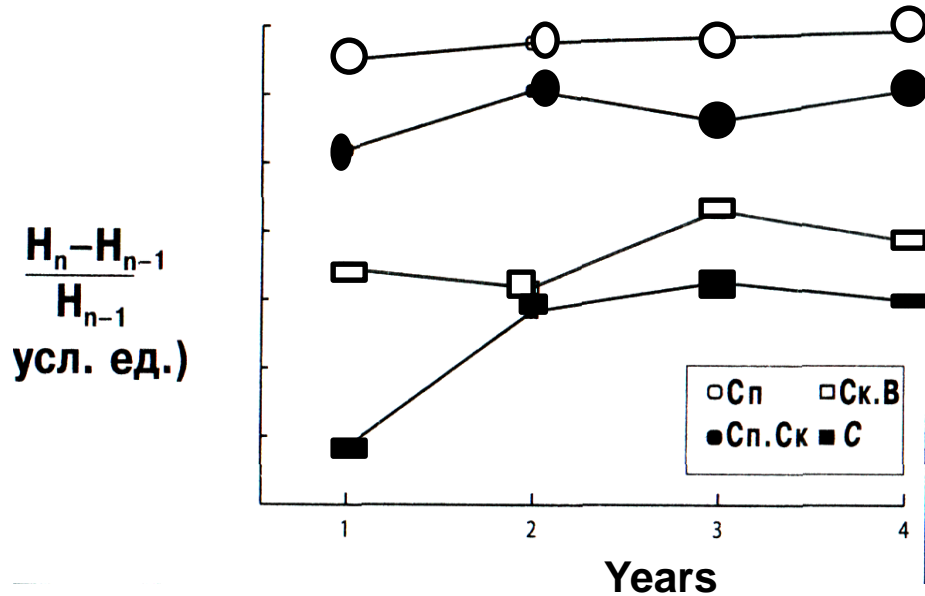
## Dynamic of volume and intensity for young perspective athletes for preparation to Olympic Games (variant).



# Differences in the total load's volume in the Olympic cycle for experienced athletes who participated in the previous Olympic Games, and more young athletes preparing for the next Olympic Games



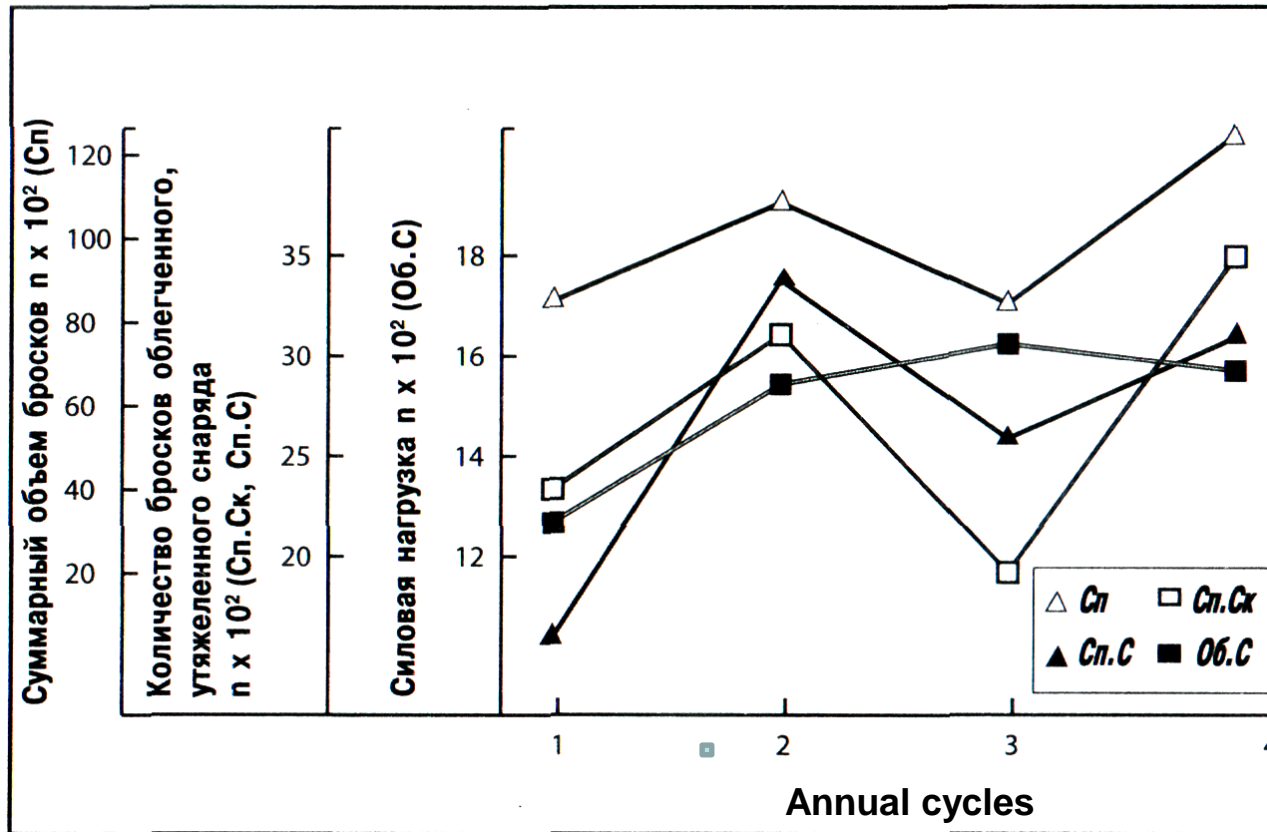
# Load's dynamic in different kind of preparation by years in Olympic cycle



- *The results of scientific researches in strength - speed sports showed unjustified peak load power orientation in the first year of Olympic cycle, as well as excessively high rate of increase in the load in the special preparation.*

- (○) – Special preparation;
- (●) – Specific speed preparation;
- (□) – Speed – endurance preparation;
- (■) – Strength preparation

# Load's dynamic in different kind of preparation by years in Olympic cycle



- ( $\Delta$ ) – Technical preparation
- ( $\square$ ) – Specific speed preparation;
- ( $\blacktriangle$ ) – Specific strength preparation;
- ( $\blacksquare$ ) – General strength preparation