

# Block Periodization

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- Key Principles
  - Concentrated Loading (CL) vs Mixed Training (MT)
  - Long Term Delayed Training Effect (LTDTE)

# Block Periodization

- Mixed Training vs Concentrated Loading
- MT Dilutes training effect
  - Adaptation spread over many goals
- MT Requires higher training volumes
  - Sum of loads for speed, conditioning, power, strength are greater than when training for 1 goal

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- MT low level stimulus
  - Cant train high intensity and high volume for multiple goals
  - Not suitable for advanced athletes
- MT Leads to only 2-3 peaks throughout the year
  - Gains come too slowly

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- Mixed Training (MT) vs Concentrated Loading (CL)
- CL Concentrated training effect
  - Train for strength and get stronger
- CL has lower training volume
  - Sum volume for training for 1-2 goals at any one time = lower volume than many goals

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- CL Higher stimulus
  - More intensity and volume given to 1 specific goal = higher stimulus
  - Less overall training volume
- More peaks in the year
  - Using the LTDTE you can program cycles as short as 6 weeks
  - Can peak multiple times in season, at start of playoffs, and for championship game

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- Summary
  - CL has a number of advantages over MT
    - In season and out of season