

Block Periodization

By

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Block Periodization

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

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- LTDTE
 - How long training effect (improvements/gains) from CL lasted for various qualities
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Goal	Length of Training Effect in Days
Aerobic Endurance	30 +/- 5
Maximal Strength	30 +/- 5
Glycolytic Endurance	18 +/- 4
Strength Endurance	15 +/- 5
Power/Speed	5 +/- 3

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- LTDTE in the real world
 - Generally the length of the LTDTE = Length of CL phase
- Proper sequencing = synergy
 - LTDTE Strength-Power-Peak
 - Strength maximizes at peaking phase
 - Power maximizes in peaking phase
 - Results in a synergistic peak in speed during peaking phase
 - $1+1+1=6$

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- Some guidelines
 - If you need to combine CL in 1 week pick 2 that fall next to each other on FV Curve
 - Strength + Power
 - Power + Speed/Velocity

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- Guidelines
 - In season programming
 - Cut volume of CL in $1/3 - 1/2$
 - Remove 1-2 training days
 - 3 days/wk → 2 days/wk
 - 4 days/wk → 2 days/wk
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