

FEEL GOOD FRIDAY WEEK 10

PERIODIZATION

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We do not often hear the word periodization in the performing arts world. **Periodization is the concept that divides strength training and cardiovascular training into specific phases or periods.** By dividing up your training into phases, you can make changes to your program to **maximize your performance and prevent over training.**

Periodization is a common term used in the sports world to optimize an athlete's strength and peak performance to match with the height of their season. In the performing arts world, there is no "off season." Performers often take time off to attend dance intensives, festivals, auditions, or take additional classes. The lack of rest to the body can set dancers up for overtraining and injuries. Even if you cannot take rest breaks due to your schedule, you can **adjust your training program to prevent over training.** The concept of periodization is to divide your schedule up on a yearly cycle or longer if you are on tour or long running show.

PHASES

1. Preparatory Phase: 2-4 weeks

Goal : Tune into the body, improve alignment and mental strength

Time Frame : Prepare to return to classes/rehearsals

2. Build-Up Phase: 3-5 weeks

Goal : Increase the resistance and strength

Time Frame : Either prior to rehearsals or during rehearsals

3. Maintenance: during performance season or semester

Goal : Condition to keep what you have gained

Time Frame : During performance season

4. Deconditioning / "Rest" : 2-3+ weeks 2-3x/year

Goal : Allow the body to rest. You may continue to condition but rest from dance

Time Frame : Occurs if/when we get a break

