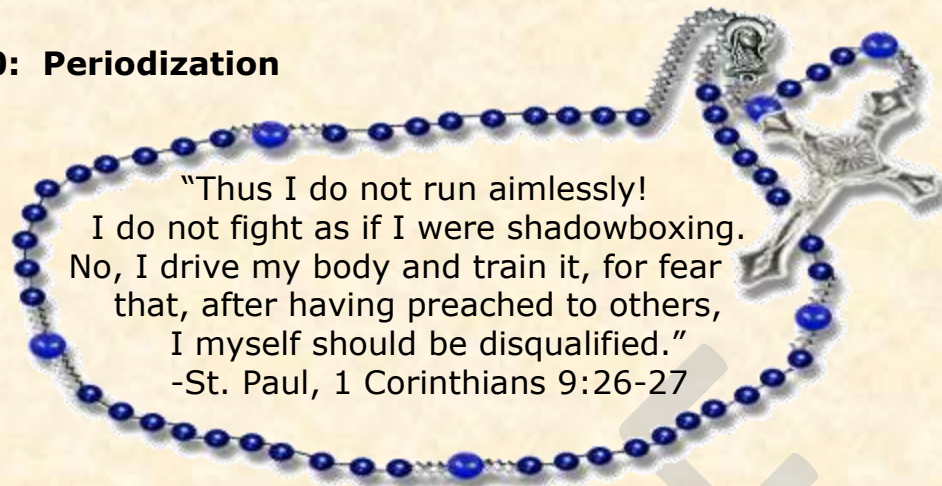


## Chapter 10: Periodization



Periodization is a systematic approach to varying the volume and intensity of a training program in order to achieve optimum results. Many sports coaches and competitive athletes implement periodized workouts, but the concept can be applied to the recreational or beginning exerciser as well.

Periodization prevents random, unplanned and unstructured workouts as well as boredom, stagnation and plateaus. It eliminates a "stabbing in the dark" approach by providing a plan with goals and a means to achieve them. A lack of variety in exercise produces limited results. If you always walk the same distance at the same pace in the same amount of time, you'll reach a point where no improvements in fitness are made. Workouts that are always at an easy pace won't provide a challenge, yet a steady string of tough workouts never allows for recovery and leads to burnout and possible injuries. Periodization solves these problems.

The Rosary Workout™ uses a simplified model of periodization. Each of the nine levels is progressively more challenging, forming a **macrocycle** (or "large cycle"), lasting about nine months to a year. It's designed to bring a beginning exerciser to an advanced level. Of course, progression through the entire macrocycle is not necessary. The program includes modifications to improve fitness without demanding more time for workouts.

The macrocycle consists of 3 **mesocycles** (or "medium cycles"), each lasting about 3 months. These are the Beginner, Intermediate and Advanced programs. Each has a defined structure and specific goals.

Finally, the mesocycles are subdivided into **microcycles** ("small cycles"), lasting 4 weeks. Intensity, frequency or duration increases slowly each week, with the third week as a "peak" week. The fourth week is relatively easy and is designed as a recovery. Each successive microcycle, or level, builds on the fitness gains made during the previous one.