



Periodization in an Urban Market
Presented by Caroline Dawson
cadawson@cadawson.com
Friday, May 30, 2008 11:00 AM–12:00 PM

Sure, periodizing sounds great in theory, but how do you truly apply it in a health club setting? With new gyms opening up and an excess of fitness opportunities available to our clients, the competition for members is fierce. You might not have the same group of regulars in your class week after week, so how do you teach a periodized program? In this session, you'll learn how to program rides that will allow your students to benefit from simple periodization principles, even in those classes where:

- 1) You don't teach the same time slot every day of the week or
- 2) You don't see the exact same population every single week in your class

Periodization Revisited

- Periodization is the art of planned variation
- Periodization phases or stages are usually conducted in this order during the course of a calendar year:
 - Aerobic
 - Strength
 - Anaerobic
 - Rest
- What is the purpose of a periodized training program?
- Who does a periodized training program benefit?

Education, Education, Education

- Educate yourself (see www.spinning.com for a complete list of current continuing education workshops related to periodization or heart rate training in your area)
- Educate your students on the concept of periodization and stress its importance for training longevity
- Vary your rides, balancing high-intensity rides with lower intensity rides for maximum goal attainment
- Provide your students with micro-periodization, educating on macro-periodization principles
- Practice what you preach
- Encourage heart monitor usage for truly systematic training
- Give goal-oriented opportunities for your students to develop as athletes
- Encourage responsible training
- Enhance your one-on-one coaching skills to develop individual long-term and short-term goals
- Use Spinning® handouts (available on www.spinning.com) to communicate specifics on the Energy Zones™

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