Periodization training is a method to organize volume, intensities, and cycles of training for a sport throughout the season. It is a process of training an athlete in an incremental manner from the post season to peak performance in competitions. The purpose of this article is to show how periodization training can be utilized in Acrobatic Gymnastics to develop a highly organized training program. The periodization table and accompanying graph presented here can be of benefit to those athletes competing at the National level.

The macrocycle, as seen in the top row of Figure 1.0, comprises the entire acrobatics season. Mesocycles divide the macrocycle into more specific training periods lasting anywhere from a few weeks to a few months. Figure 1.0 arranges this particular Acrobatic training program into seven mesocycles, and outlines the appropriate training modules which should occur within those mesocycles. The smallest incremental training period is the microcycle, which breaks down mesocycles into periods ranging from a few days to one or two weeks. Microcycles are used to structure specific daily - weekly workouts which will increase in intensity over the length of the macrocycle. Of course though, microcycle training depends on individual athletes and the coach's preference of training. Microcycles are not included in illustrations due to this level of detail and variability.

When using the periodization table in Figure 1.0, or one produced on your own, it should be noted that it will

![PERIODIZATION TABLE ORGANIZING MAJOR TRAINING COMPONENTS AND FOCUS POINTS. THIS TABLE IS A MODEL OF HOW PERIODIZATION CONCEPTS CAN BE USED TO BRING A HIGHER LEVEL OF STRUCTURE TO TRAINING DURING THE ACROBATIC GYMNASTICS SEASON.](image-url)
need to allow for some variations in the training schedule. This is because Acrobatic Gymnastics is a sport with two entirely different types of athletes, bases and flyers/tops. For instance, while bases are aiming for muscular hypertrophy, it is more important that a flyer builds lean muscle mass and increases in flexibility. Therefore when designing a periodization program as a coach for your own team, it is important to acknowledge these differences in the athletes and allow for base specific and top specific training. The periodization outline in Figure 1.0 incorporates this concept with the 6th and 7th rows of the table. For most teams the last row of the table will be the primary focus of their training since it outlines the appropriate progression of acrobatic pair/group skills.

The accompanying line graph, Figure 2.0, is a visual representation of training intensities during the season. Figure 2.0 includes fluctuations in training intensity during the in-season portion of the graph. This undulating training is beneficial due to the length of the competition season in Acrobatic Gymnastics. Training athletes by this model allows for a peaking of skills right before a competition, followed by a temporary reduction in training intensities after which training intensities will resume to insure a higher peak for successive competitions. It has been shown that incorporating undulating training for sports with longer competition seasons helps to prevent fatigue and overtraining during the season. In addition this method may aid in reducing the occurrence of overuse injuries. By combining the organizational concepts in Figure 1.0 and Figure 2.0 you will be able to build a successful and structured training program for your athletes that will minimize over training and insure them to peak in their technique level at the appropriate time during the competition season.