

## PEAKING FOR MAJOR COMPETITION

**COACHES:** Pee Wee and Bantam players should learn how to “peak” for a major tournament, if they want to maximize their chances of performing their best. These guidelines will help achieve that. The goal is for every player to enter the tournament on a physical peak.

**FLUID INTAKE** Three days before the tournament, start hydrating with at least 8 glasses of water per day. Count all fluids except alcoholic beverages in the 8 glasses. This will contribute to better performance by flushing the system and aiding digestion.

Monitor your level of hydration by the colour of the urine. If it is clear, you are fully hydrated. If the urine turns yellow, you need to increase your fluid intake. Sustain maximum hydration level until the tournament starts.

**DIET** Monitor your diet from now until the end of the tournament.

- Tournament minus 10 days* - High protein meals for five days, to build muscle cells lost during hard workouts.
- Tournament minus 5 days* - Switch to high carbohydrate meals to start building energy reserves.
- During the tournament* - Eat balanced meals with emphasis on carbohydrates, especially the meal immediately following a game.

### WORKOUTS/WORKLOADS/INTENSITY

- Tournament minus 10 days* - Several heavy workouts, (to exhaustion) with gradual tapering (reduction).
- Tournament minus 5 days* - Reduce work and intensity with shift to skill and technique. The last few days should be very light with focus on technique.

N.B. The Hitting Power Program with high reps would be ideal for the heavy workout days. Reduce the sets and reps as the tournament approaches.

### REST

This is the least applied and most abused concept in the world of training. The simple fact is....players need rest!! During the peaking process it is critical that players get a full night’s sleep every night for at least 7 days prior to the tournament. That means 8 to 9 hours sleep per night. Sleep deprivation is one of the main causes of sub-par performance in all sports.