

PERIODIZATION

A periodized program is one where fitness activities progress from general to specific over a set period of time, usually starting 4 to 5 months prior to the start of the season. A program for softball would typically start in January and include three pre-season phases, followed by a competition phase and a transition phase.

PHASE

- | | | |
|----|----------------------------|---|
| 1. | General Preparation Phase | Early pre-season activity which is designed to lay the foundation for further training. (3 - 5 weeks) |
| 2. | Specific Preparation Phase | Pre-season conditioning more specific to softball needs (4 - 6 weeks) |
| 3. | Pre-Competition Phase | Highly specific conditioning with emphasis on technical and tactical training. (4 - 6 weeks) |
| 4. | Competition Phase | In-season conditioning to maintain game fitness level throughout the season. (season duration) |
| 5. | Transition Phase | Post-season activity designed to maintain a minimum fitness level while allowing the athlete to recover and regenerate from the season. |

While beneficial and preferred, it is not necessary to start in Phase 1. But if you start in a later phase, initial workloads should be low enough to avoid stiffness and allow for progression to the suggested targets. SEE ***“GOLD MEDAL SOFTBALL CONDITIONING”***

The program offers a wide variety of options based on current conditioning literature. Some are more suitable for home use and others work better outdoors, but all will achieve the desired results. Select any option or combination that suits your needs, or if you prefer, design your own program using the forms provided. The important thing is that players be in top physical condition at the start of the season.

FITNESS IS THE RESPONSIBILITY OF THE INDIVIDUAL PLAYER.

FITNESS IS A MEASURE OF ONE'S SELF DISCIPLINE, COMMITMENT TO THE GAME AND DESIRE TO EXCEL. INCREASED CONDITIONING IMPROVES PERFORMANCE, REDUCES INJURY RISK AND MAXIMIZES ENJOYMENT OF THE GAME. IT'S UP TO YOU.!