3.5 Training Seasons and Periodisation: 10-minute Pack

AQA 8582 · Calculator allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Which phase of the training year usually focuses mainly on building general and sport-specific fitness ready for competition, rather than on match play or tapering?

- ☐ A) Pre-season
- ☐ B) Peak/competition season
- ☐ C) Post-season/transition
- ☐ D) None of these

(Total for Question 1 is 1 mark)

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2 During the transition phase, a 20-year-old athlete does light aerobic recovery sessions at only 50 to 60 per cent of their maximum heart rate (MHR), using the formula MHR = 220 minus age.

(a) Calculate this athlete's estimated maximum heart rate. **(1)**

.....

(b) Calculate the lower and upper limits of this athlete's recovery training zone (50 to 60 per cent of their MHR). **(2)**

.....

(Total for Question 2 is 3 marks)

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3 Explain why an athlete's training intensity is usually LOWER during early pre-season than during the peak of pre-season, even though both phases come before the competitive season starts.

.....

.....

.....

(Total for Question 3 is 2 marks)

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4 State two reasons why a coach might re-test an athlete's fitness (e.g. using the multi-stage fitness test) at the START of pre-season and again at the END of pre-season, and explain one of them.

(Total for Question 4 is 3 marks)

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5 A swimmer has 16 weeks before their main competition of the year, having just finished a 3-week post-season break.

(a) Suggest an appropriate training focus for weeks 1-8 (the pre-season build-up). **(2)**

(b) Suggest an appropriate training focus for weeks 9-14, as training moves toward competition-specific preparation. **(2)**

(Total for Question 5 is 4 marks)

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Mark scheme · 3.5 Training Seasons and Periodisation: 10-minute Pack

Question 1

A (pre-season) **B1**

Answer: A (pre-season)

Question 2

(a) 200 bpm (220 - 20 = 200) **B1**

(a) Answer: 200 bpm.

(b) 0.5 x 200 or 0.6 x 200, oe **M1**

(b) 100 bpm and 120 bpm, both correct **A1**

(b) Answer: 100 bpm to 120 bpm.

Question 3

this follows the principle of progressive overload: training should build up gradually rather than jumping straight to high intensity, oe **B1**

starting at a lower intensity allows the body to adapt safely to increasing demands as pre-season progresses, reducing the risk of injury early in the training year, oe **B1**

Answer: This follows the principle of progressive overload: training should build up gradually rather than jumping straight to high intensity. Starting at a lower intensity allows the body to adapt safely to increasing demands as pre-season progresses, reducing the risk of injury early in the training year.

Question 4

to measure whether the pre-season training programme has been effective, oe **B1**

by comparing the two results to see whether fitness has actually improved as planned, oe **B1**

and to help set appropriate, individualised starting intensities for the athlete's competition-season training programme, oe **B1**

Answer: To measure whether the pre-season training programme has been effective, by comparing the start-of-pre-season and end-of-pre-season results to see whether fitness has actually improved as planned, and to help set an appropriate, individualised starting intensity for the athlete's competition-season programme.

Question 5

(a) building a general aerobic/fitness base and reinforcing technique, oe **B1**

(a) gradually increasing training volume and intensity across these weeks, following progressive overload, oe **B1**

(a) Answer: Building a general aerobic fitness base and reinforcing technique, gradually increasing training volume and intensity across the weeks, following progressive overload.

(b) more race-pace/event-specific sets (matching the swimmer's competition distances and strokes), oe **B1**

(b) with training becoming more specific and intense, and overall volume reducing compared with the base-building weeks, oe **B1**

(b) Answer: More race-pace, event-specific sets matching the swimmer's competition distances and strokes, with training becoming more specific and intense while overall volume reduces compared with the earlier base-building weeks.

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