



Periodization: The Long Game

WOW, look how far you've come! You have gained so much insight into making your body stronger, leaner, more balanced, coordinated and flexible. You have really accomplished something amazing! Be sure to take time to celebrate yourself and think back to where you were physically just 8 short weeks ago. While you may feel like you just crossed the finish line, you're really just on the threshold of your bold new life adventures with newfound vitality. If you were a board game, the square you'd be on now wouldn't say "FINISH", it would say, "START HERE". Now you get to plot your path of Vitality Moves so you can win big and win often. When it comes to physical fitness, it's important to vary the duration, intensity, and types of exercises you do. Doing this will prevent you from plateauing and feeling frustrated with diminishing results in relation to the work you put in.

Having seasons of ebbs and flows of your fitness is critical to assure you keep getting more fit and functional so you can expand your lifestyle with greater freedom. Periodization is a tactic to help you with this. In short, this means to plan cycles of fitness vs. fatigue for predictable performance outcomes. This can be a very complex subject and is often times the reason why some teams are always in the winner's circle and most never get there. Periodization will help to prevent injury, boredom, overtraining and even bailing out on your fitness altogether.

Here's the take-home I want for you; long-term results require a long-term plan. Therefore, to plan for your body to continuously and positively adapt, be certain that your fitness has cyclical changes based on fitness vs. your fatigue and time. The focus is on how hard you exercise, how long you exercise, how you scale that and how the program progresses over the weeks and how those weeks fit into your quarter. This is even more critical if you have a wedding, reunion, vacation or competition you want to look and be your most fit for. Bottom line is to keep things fresh by varying your work:rest / fitness:fatigue ratios in the time scale of both the weeks and how those weeks crescendo into multi-week chunks and where the recovery takes place. If you need detailed support with this and you wish to have a consult with a skilled fitness professional who has created my fitness periodization, I'll be happy to connect you.

Congrats on all your progress and all that's before you!