

### Annual Conditioning Curriculum

Periodisation Phase:	Time:	Focus:	Goal:	Month:	Duration, Volume, Intensity
Recovery	End of Season	Rehabilitation of previous/current injuries. We want to begin strengthening up the joints & ligaments	Allow the body to recover from strenuous competition season. Goal is to get remotivated	November	Volume: low Intensity: low
General Strength	Rest – 2 weeks Beginning of session	Foundational Strength & Endurance. Prepare the Agonists and Antagonists muscles (ex: hamstrings/ quadriceps or biceps/ triceps)	Start increasing the intensity applied to joints, ligaments, & muscles.	December	Volume: medium Intensity: medium
Max Phase	Pre-season 1	Adding resistance and weight to increase strength gains.	Get strong!	January	Volume: medium Intensity: heavy
Conversion (Power) Phase	Pre-season 1	Convert our strength gains into Gymnastics Specific Strength.	Convert strength into power. Looking to see improvements in our punch power/ casting, etc.	February	Volume: medium Intensity: medium
Repeat Max	Pre-season 1	Focus being on using resistance/ weight to increase the difficulty of strength exercises, resulting in increased strength	Get stronger than the first Max Phase. Be able to increase weight and resistance.	March	Volume: medium Intensity: heavy
Convert 2	Season 1	Again, we will convert our strength gains into Gymnastics Specific Strength	*good opportunity to test strength and see how the athletes improved from the first conversion phase	April	Volume: medium Intensity: medium
General Strength	Post Season	Foundational Strength & Endurance. Prepare the Agonists and Antagonists muscles (ex: hamstrings/ quadriceps or biceps/ triceps)	Start increasing the intensity applied to joints, ligaments, & muscles.	May	Volume: medium Intensity: medium
Max Phase	Off Season	Adding resistance and weight to increase strength gains.	Get strong!	June	Volume: medium Intensity: heavy
Conversion (Power) Phase	Summer / Off Season	Convert our strength gains into Gymnastics Specific Strength.	Convert strength into power. Looking to see improvements in our punch power/ casting, etc.	July	Volume: medium Intensity: medium
Repeat Max	Pre-season 2	Focus being on using resistance/ weight to increase the difficulty of strength exercises, resulting in increased strength	Get stronger than the first Max Phase. Be able to increase weight and resistance	August	Volume: medium Intensity: heavy
Convert 2	Pre-season 2	Again, we will convert our strength gains into Gymnastics Specific Strength	*good opportunity to test strength and see how the athletes improved from the first conversion phase	September	Volume: medium Intensity: medium
Maintenance	Season/Post Season	Physical Abilities +Emphasis on Body Shaping.	Maintain our strength, while also increasing quality form & execution of exercises	October	Volume: low Intensity: low

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