

Periodisation: The Golden Formula of Training, Stress & Recovery

By Dr Jason Karp

Periodisation: The Golden Formula is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn how to design training programs using programmed variation of training loads and rest periods to elicit improvements in fitness and performance. The information covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

Periodisation: The Golden Formula explores:

- The importance of recovery during training for improved fitness
- Estrogen's role in recovery
- Research conducted on periodised vs non periodised strength training
- Types of training loads used in a periodised program
- Cycles of training
- Building a periodised program
- Training emphases and sequencing guidelines

Upon successful completion, course participants will:

- Be able to structure training programs into periods or phases using programmed variation of training loads and rest periods to elicit improvements in fitness and performance
- Know the key factors that affect recovery
- Understand how muscle tissue responds to a stimulus and helps regenerate and get stronger
- Be able to use Jason's 7 steps to build a periodised program
- Understand the different types of training loads and when to use them in a periodised program
- Know how to write a periodise program for strength and cardio

Course Creator Bio

Jason is an internationally acclaimed running coach, speaker and writer. He contributes to numerous international running, coaching, and fitness magazines, is the author of four books, and is a frequent presenter at fitness and coaching conventions worldwide. The 2011 IDEA Personal Trainer of the Year, he owns RunCoachJason.com, a valuable resource for trainers, runners and running coaches.