

Structuring Your Season To Reach Your Peak When It Counts

Training For The Roller Derby Skater



What Does Reaching Your Peak Mean and Why Does It Matter?



Peak Performance: 'A state in which a person performs to the maximum of their ability, characterised by subjective feelings of confidence, effortlessness and total concentration on the task.'

According to the medical dictionary.



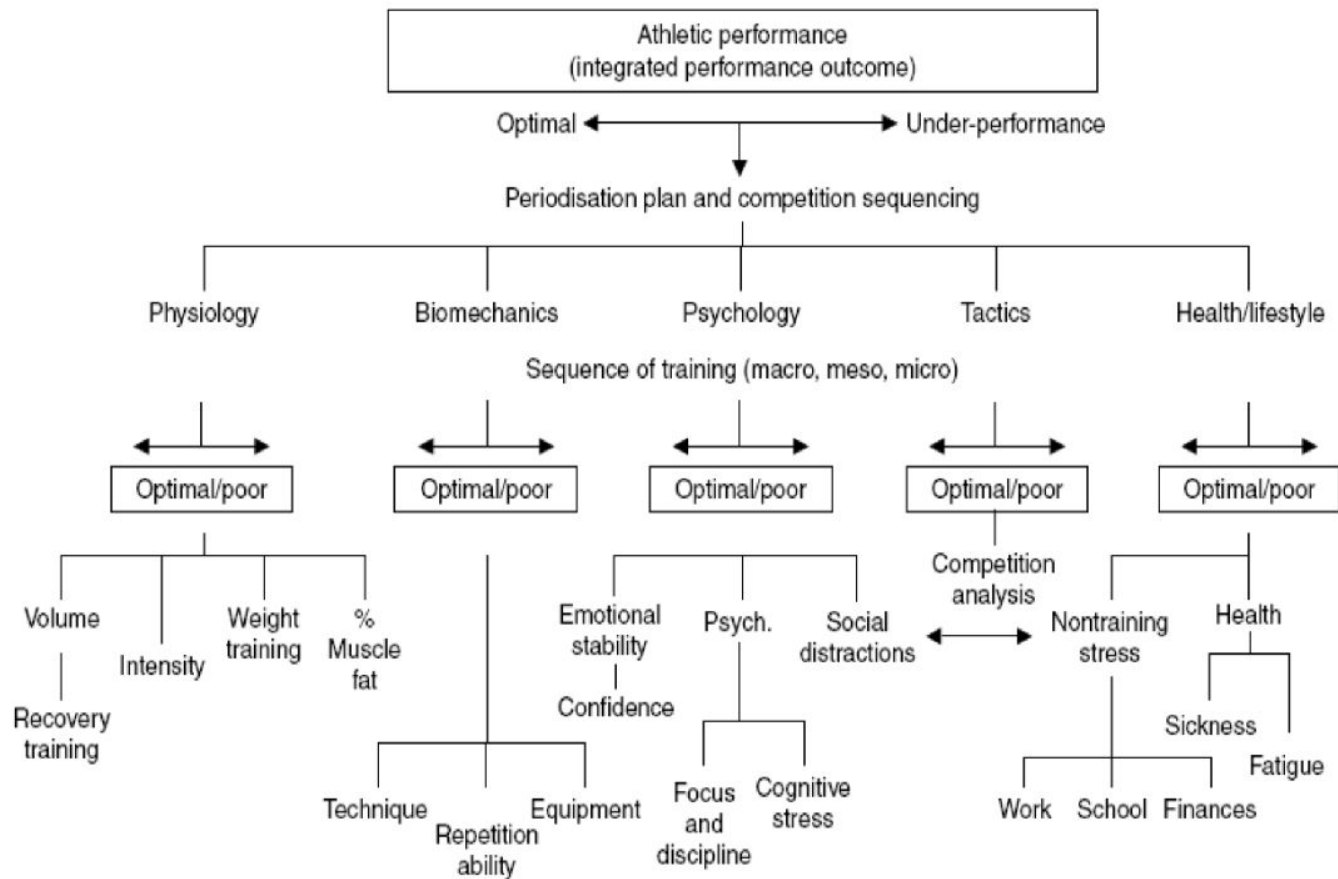
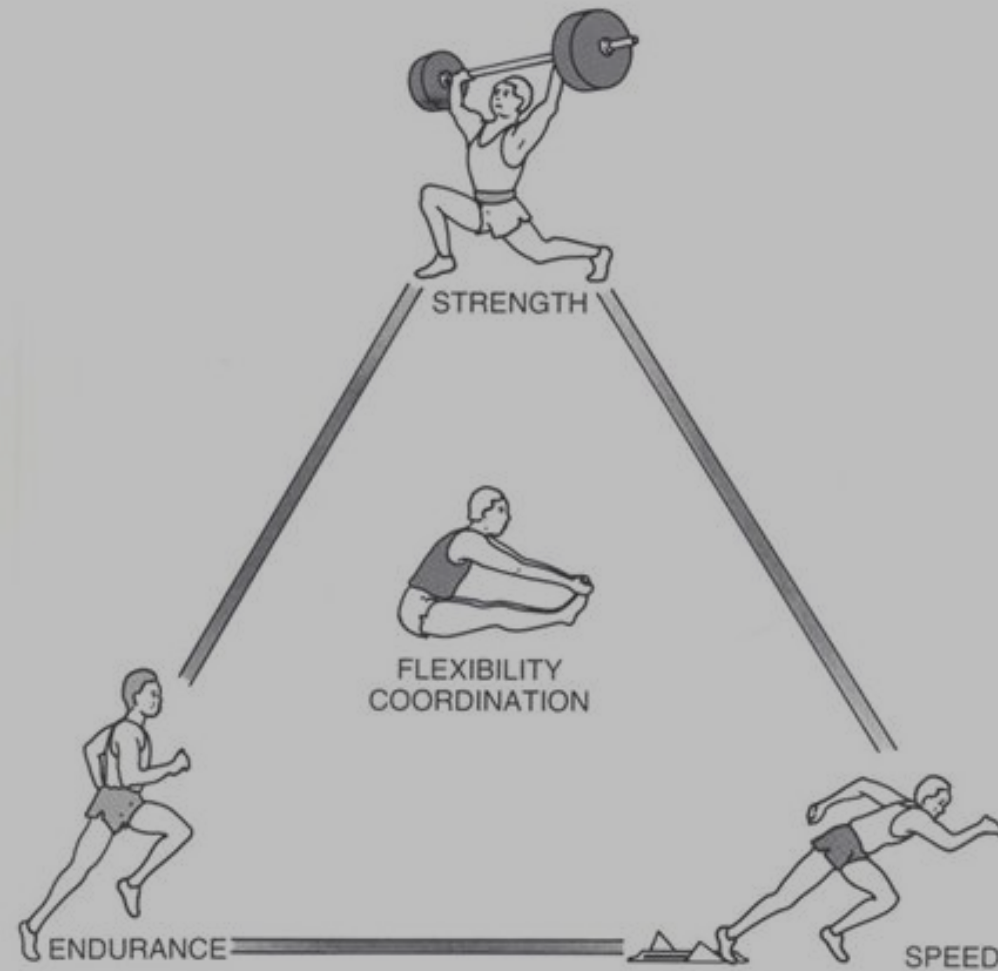


Fig. 5. A model of the contributing components to a measurable sport performance outcome called 'athletic performance'. Psych = psychological.



Relationship of the biomotor abilities

Physiological/Biomechanical Elements

We are concerned with Performance improving, for this we must consider:

Volume

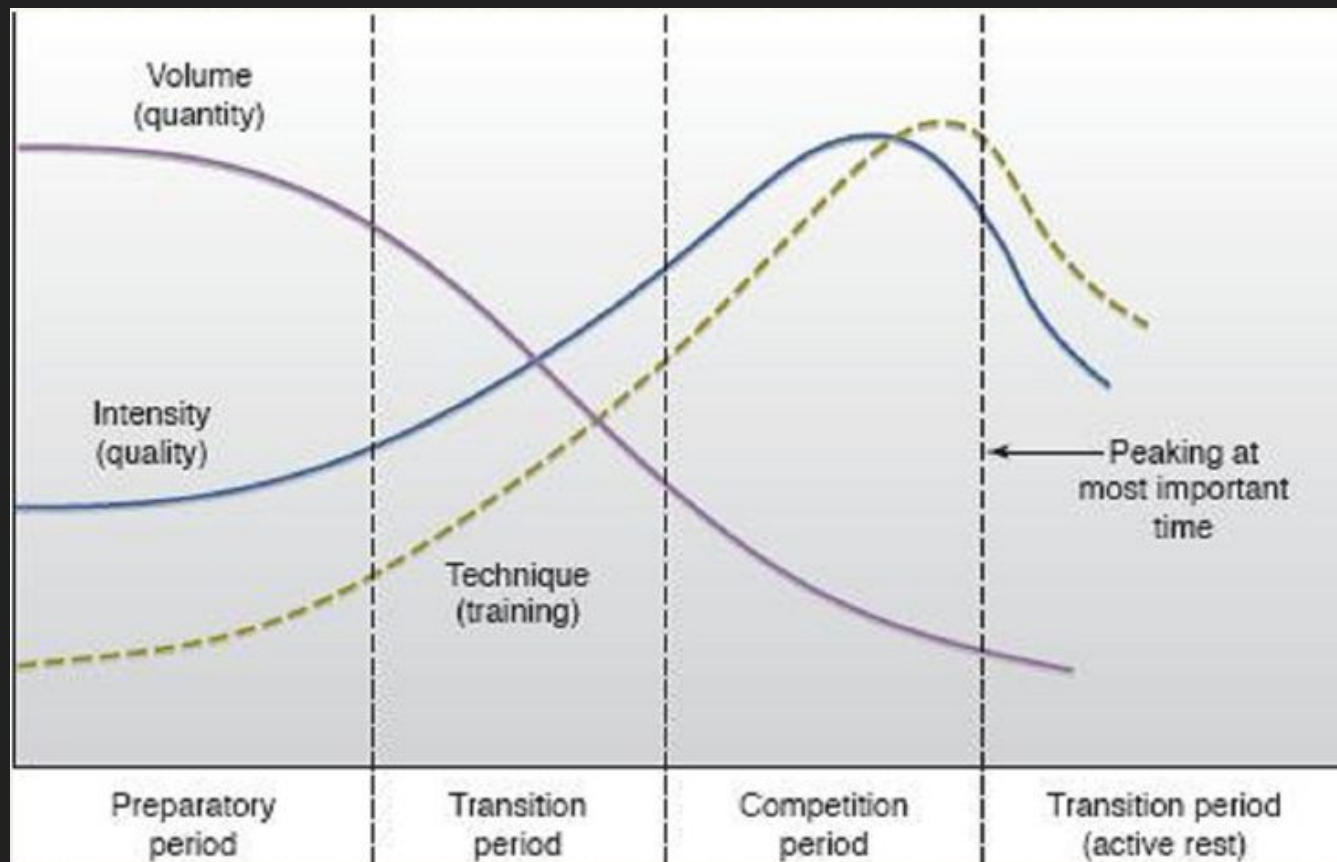
Intensity

Technique

Repetition ability

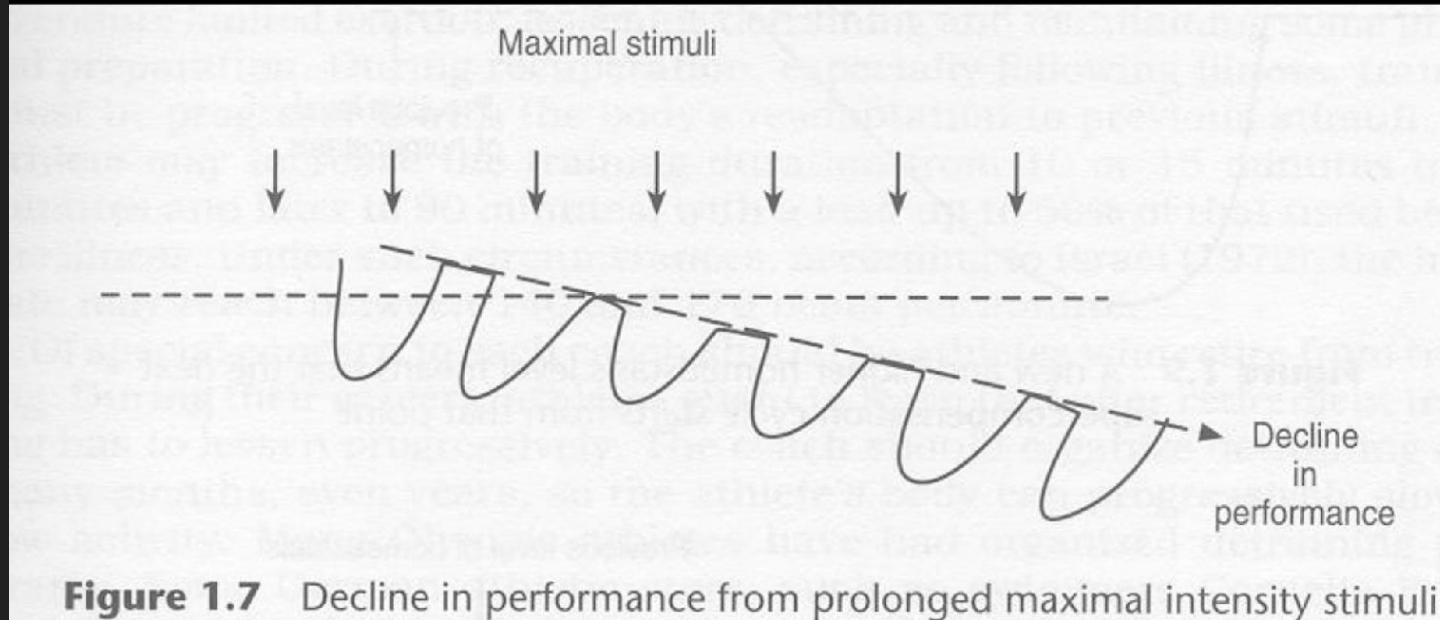


Periodisation



Overtraining

Effects not only our physiological state but also our psychological, immunological and biochemical state



Maintaining Continuous Progression

Maintaining a continuous progression throughout the season is all about finding the balance and identifying when is best to look at each element. Paying attention to recovery.





Rogue Runner founder of Fitness Gone Rogue is dedicated to researching the best way to train for this wonderful sport and educating skaters in the best practices.

For More information visit

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