

**Training before a competition in relation
to an annual plan**

By:

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(Slide #2: Plan of the presentation)

1. Long term plan
2. Medium term plan
3. Annual Plan
4. Immediate competition preparation

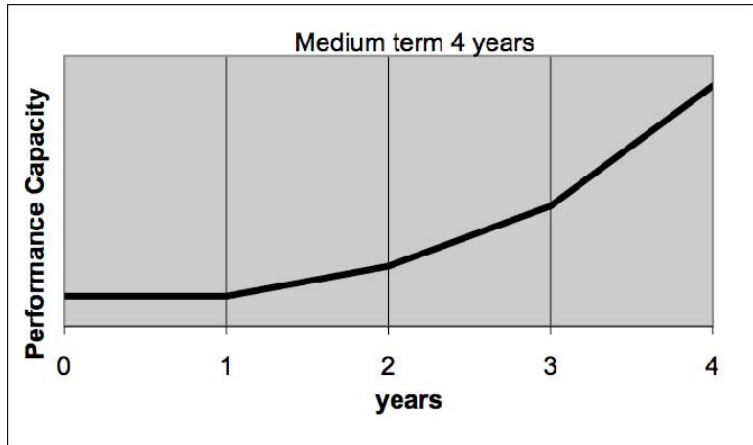
(Slide #3-6: Long term plan & medium term plan)

1. Long term plan

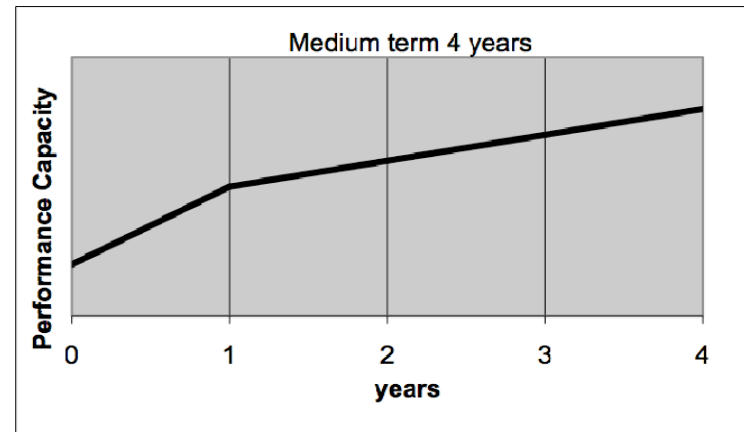
- 5-10 years
- LTAD plan
- Sport: goals, tasks, means - when?
- Realization: fencing development phase
- Private: school, job, family
- What do I have to do to be World Champion?

2. Medium term plan

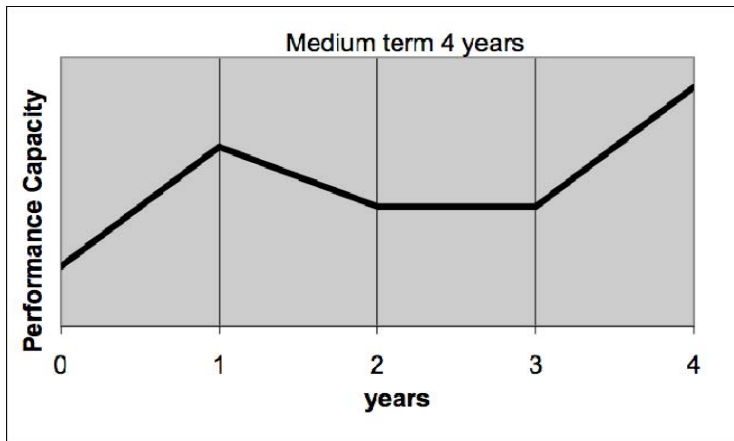
- 2-4 years – Olympic cycle
- Age, abilities
- Development phase
- Learn to fence
- Learn to win
- Timetable: 1-2-3-4 years



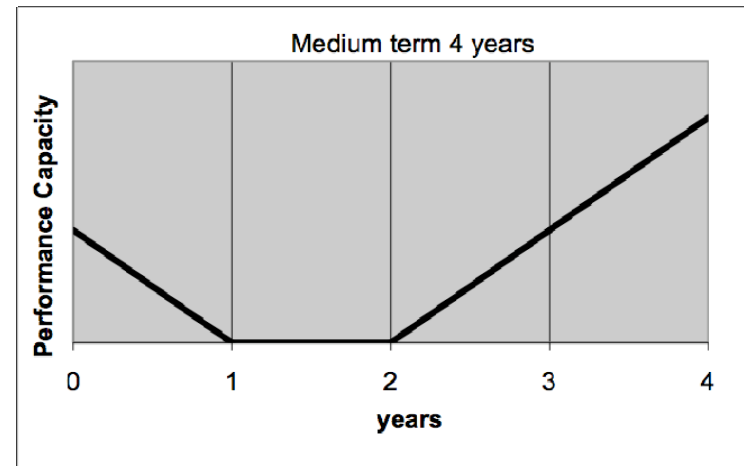
Old fencers after good Olympic result



Young candidate for the team

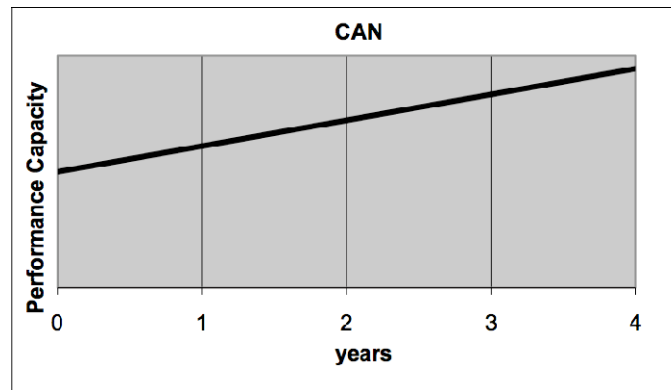
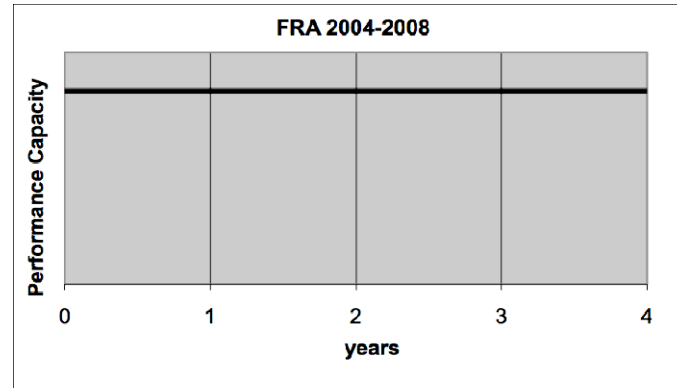
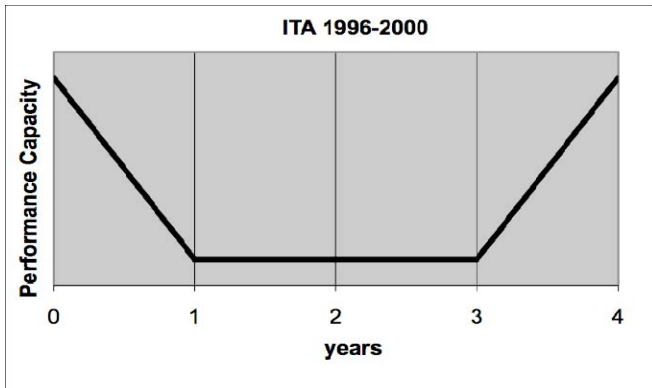


Team member after a bad result



Sherraine?

Team Development



Team Plan Olympic Quadrennial

<i>Year 1</i>	<i>Year 2</i>	<i>Year 3</i>	<i>Year 4</i>
Test the new team member	Stabilizing new member performance	Confirm order within the team. Build the basic results to prepare for qualification.	Preparation together Qualification and Olympic preparation
Old member regeneration	Old member activation	No experiment. Start the qualification	Important: psychological preparation, confidence, motivation
Selection (8)	Selection (6)		

(Slide #8-10: Annual plan)

3. Annual plan (season)

- Competitions
- Training load concept
- Periodization
- Form building, peak competition

(Slide #11-14: Designing the annual plan)

Designing the annual plan

1. Collect all information

- Competition, camp, private, school, job
- Highpoint (1-2-3 peaks)

2. Define the goals

- Specific fencing development: physical, technical, tactical, mental
- Find the most appropriate methods

3. Sorting competitions

- Training, preparation, test, important, qualification
- World Championships, Olympic Games

4. Build the blocks

- Coordinate the 3 most important training load components: fitness, lesson, fencing
- Training load planning and managing

IMPORTANT

- Courage to set limits to competition (WR)
- Periodic complete abstinence from comp.
- Physical recovery after difficult competition phase
- Work load----recovery systematically (3/1)

Weekly schedule (example):

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Szepesi 8</i>	1	2	2	1	2		
<i>Gabor Tig. 8</i>	2	2	1	1	2		
<i>Brebeuf ep.</i>	1	-	1	1	1		
<i>Brebeuf elit.</i>	L+1	L+1	1	1	L+1		
<i>Gabor Ger. 10</i>	2	2	1	2	2	1	
<i>TC Fr-Su</i>	1		1		1	2	2
<i>TC Sa-Su</i>	1	1	1			2	2
<i>TC Sa-Su</i>	1	1		1		2	2
<i>Germany</i>	X		X	X			X Jun WC
<i>Competition in Europe</i>	X		X	X		X Sen WC	X Sen WC
		X	X		X GP	X GP	X GP

4. Immediate Competition Preparation (ICP)

- Tapering-peaking-ICP
- Task: stabilize the existing performance level and try to mobilize possible reserves
- Bring together

- | | Physical | Mental | Technical |
|---|----------|--------|-----------|
| - Other sport experience (boxing, karate, tennis, golf) | | | |

How long have to be the ICP?

Training comp.	--
Provincial comp.....	3 days -1 training
NAC, CSC	6 days
WC.....	10 days
Pan Am, World Championships, Olympics	21 days

Training components in ICP

Fencing:

- No competition simulation (3-8-10-20 hits)
- No pool but 1 touch, yes (ex: pentathlon)
- Fence with tactical task. Enjoy fencing

Lesson:

- Not long (15-30 min) possible with repeating
- 3 min lesson 1 min break, X times (3X3)
- Slowly, easy, simple actions, no new things
- Give a good tempo and distance feeling
- Don't be overmotivated (coach)

Physical:

- Mobilizing: sprint (short) jump
- Recovery: slow jogging
- Stretching, stabilizing, light strength ex.
- Working with weight?

Footwork:

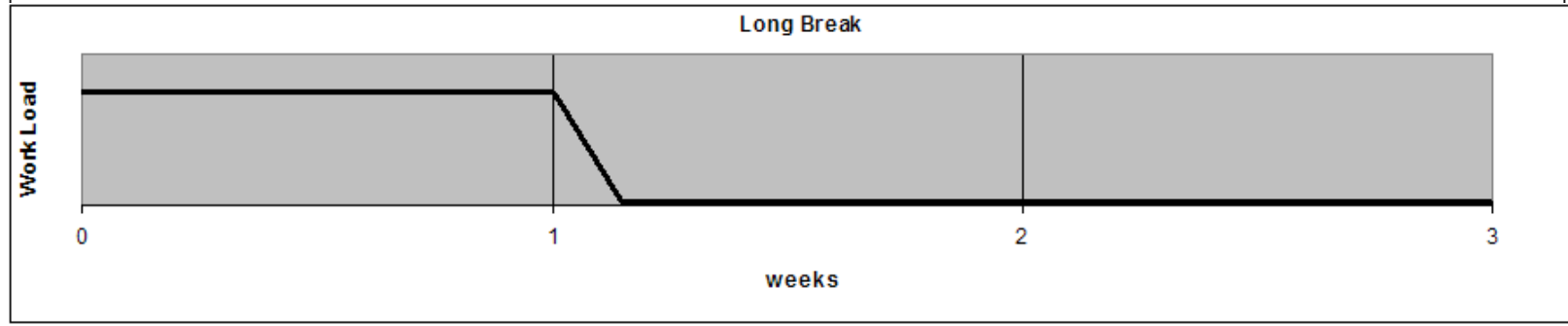
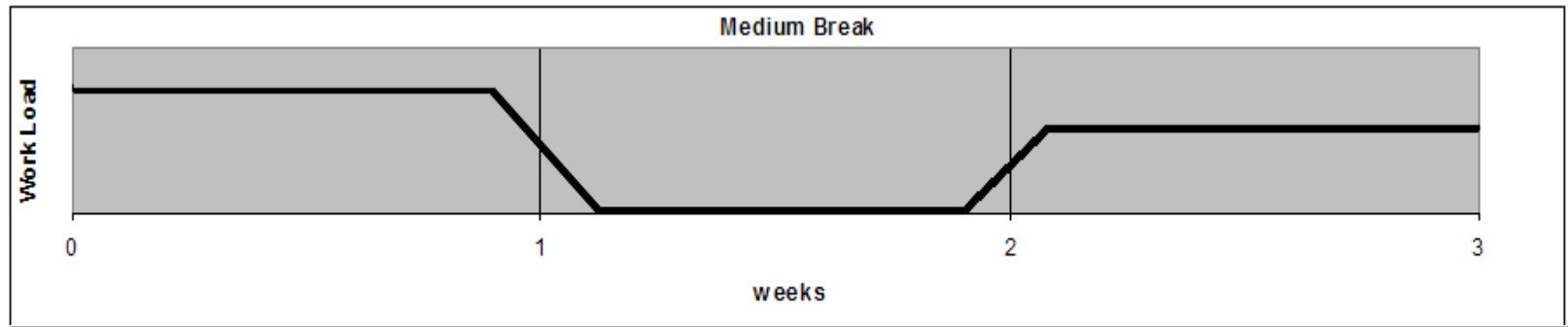
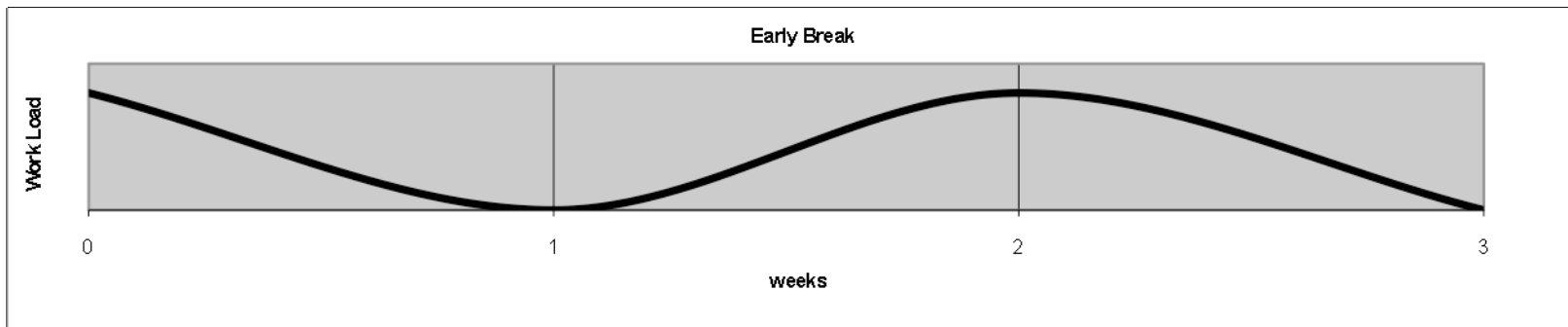
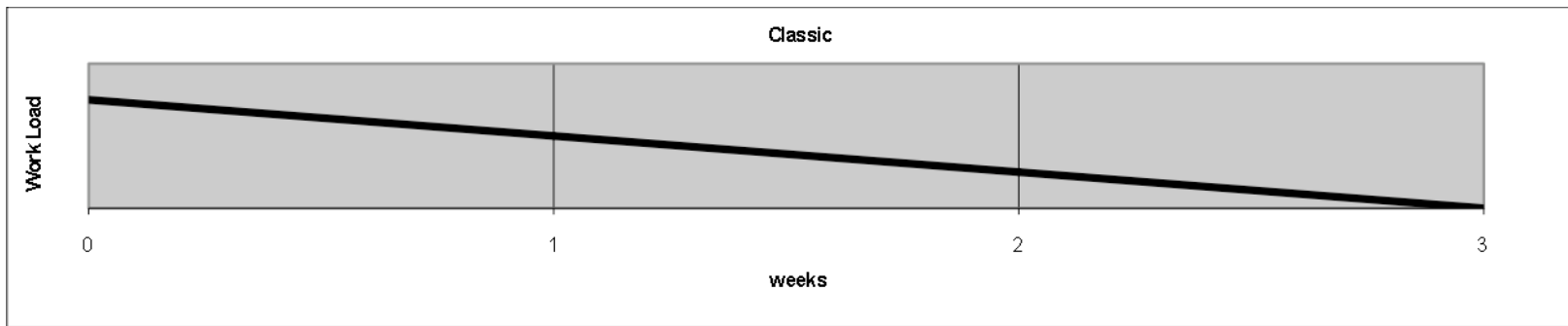
- Medium duration and/or short and intensive
- Coordination, feeling, rhythm,

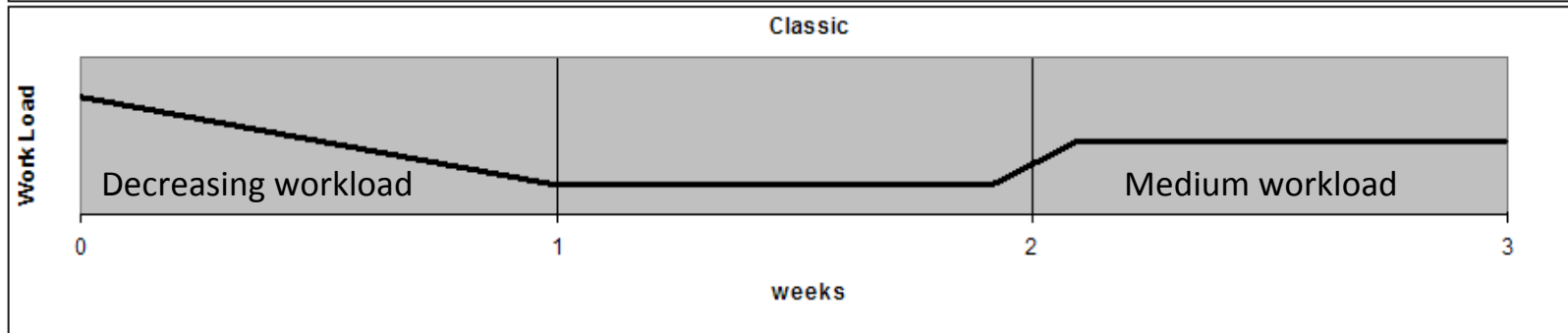
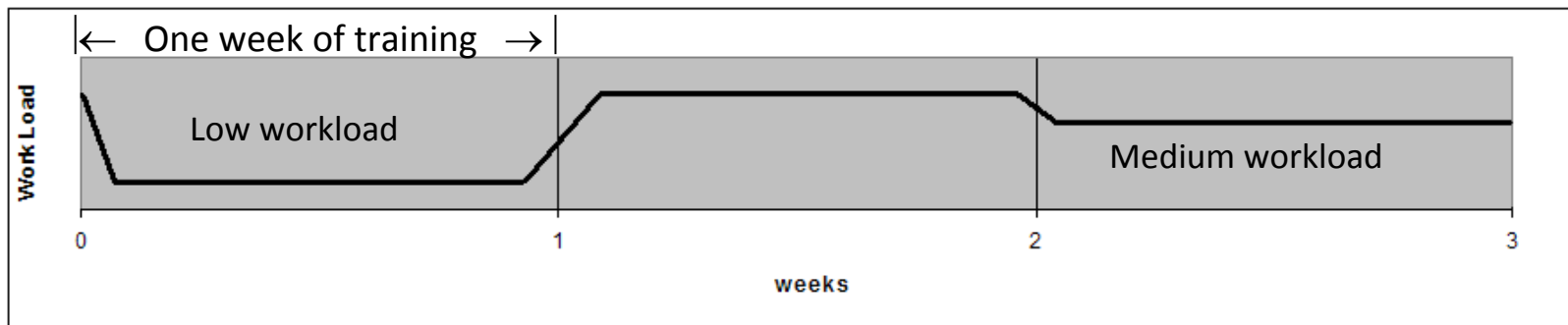
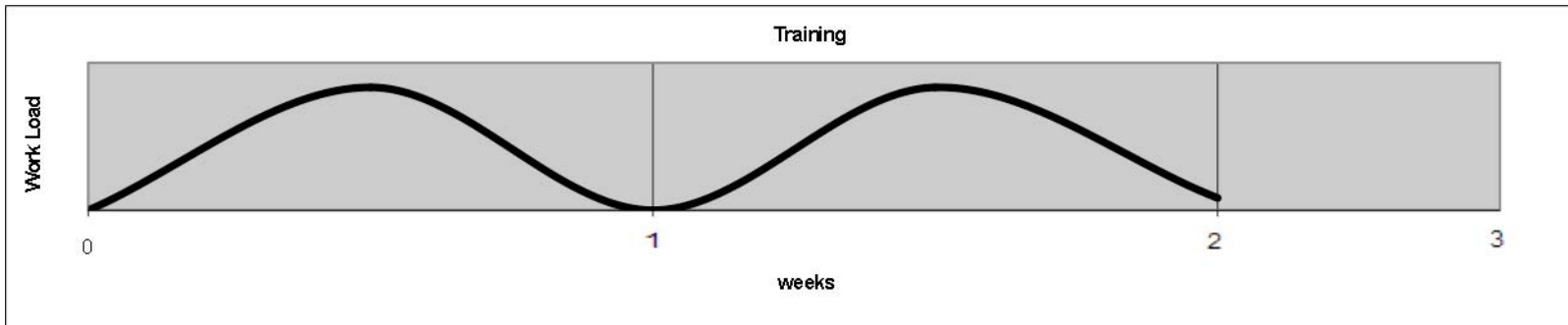
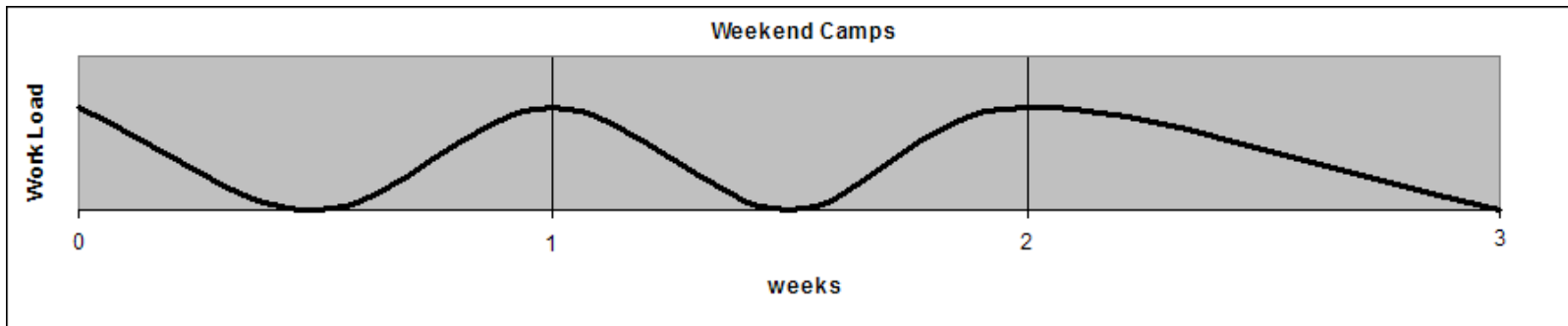
Mental:

- Concentration on the performance.
- Positive mental engagement program
- Fence your best form, want to win
- Mental training (A. Kogler)
- Special preparation for the Olympic Games---Video

ICP Design process

1. What kind of competition, how long ICP
2. Planning the work load structure
3. Logistic plan
4. Schedule - how many sessions
5. Content, timetable
6. Information on the fencer
7. Documentation





Summary

- It is not possible to make up for what was missed during the training year
- Do individual plan, experiment
- Plan is only the base, change if it's necessary.
- Mental preparation is the most important factor
- Create partnership with the fencer
- Documentation (training-competition)
- Analyzing-optimizing

Fencing Literature on this theme:

- The complete guide to fencing Barth/Beck (Eds.)
Meyer & Meyer 2007
- Clearing the Path to Victory Aladar Kogler
CounterParry Press 1994
- One touch at a time Aladar Kogler
SwordPlay Books 2004