

microcycles

short training cycles containing specific details and usually cover a period of about 7-10 days

overtraining

a chronic psychological and physiological condition caused by training loads that are too demanding for an athlete to manage

peaking

the phase of training in which performance is optimised to meet the demands of a race

periodisation

the process of structuring training into manageable phases

plyometrics

a special range of exercises in which a muscle is lengthened using an eccentric contraction and this is rapidly followed by a shortening or concentric contraction

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| power | the rate at which force is produced per unit of time |
| starting strength | the ability to 'turn on' as many muscle fibres as possible in the performance of a movement |
| static stretching | a safe form of stretching in which the stretch is held for a period of 10-30 seconds |
| steroids | derivatives of the male sex hormone testosterone and cause development of masculine characteristics |
| strength | the ability of a muscle or muscle group to exert a force against a resistance |

strength training

a general term that encompasses all types of exercise designed to improve strength and increase muscle size

subroutines

the individual components that collectively comprise a skill

tapering

the period immediately before competition when the volume and intensity of training is reduced

temporal patterning

the ability to execute the subroutines in correct sequence