

PERFORMANCE

# WOODWAY Periodization Software

## WORK SMARTER, NOT HARDER

### THE ULTIMATE PERSONAL TRAINING & SPORTS PERFORMANCE CARDIOVASCULAR DEVELOPMENT TOOL

You want the best for obvious reasons. With the Periodization Software you can be confident that you are providing your clients or athletes with custom workout progressions that are designed to get results. The software is intuitive and automatically creates true interval workout progressions based on each individual's actual VO<sub>2</sub> submax test results.

#### TOTAL ASSESSMENT & TRAINING PACKAGE

Through our extensive knowledge and resources in fitness and sports performance training, Woodway has partnered with Paul Robbins and Cosmed to develop the Periodization Package which effectively assesses, prescribes workouts and monitors cardiovascular strength.

#### ANY FITNESS ASSESSMENT DEVICE

The Periodization Software can be used with any fitness assessment device or even used based on 220 minus your age.

Importing data is easy and only requires 2 key data points, Peak HR and VT acquired through a submax assessment.

Gathering 2 additional data points, VO<sub>2</sub> data and HR Recovery will provide an even more accurate fitness score for measuring improvements and creating customized workouts.

#### PERIODIZATION SOFTWARE & TRAINING PROGRAMS

The Woodway Periodization Package's Software is an exclusive fitness assessment and training program, providing a series of custom workout progressions, developed by Paul Robbins, that are based on the individual's true heart rate training zones to maximize effectiveness. Each individual workout plan is based on true interval training protocols that are used in the development of cardiovascular strength and athletic enhancement.

Periodization workout progressions are based on "True Interval Training" which is a technique that alternates between short intense exercise efforts with periods of "True" recovery. Workouts will take the individual from 65% of max heart rate to 95% and back to 65%.

Periodization helps athletes manage fatigue and avoid over-training and improve components of muscular fitness (e.g. strength, strength-speed, and strength-endurance) Coaches, athletes and club members can rely on the greater the duration of a training program, the more stable its residual training effects will have.

## PERIODIZATION SOFTWARE

The Periodization Software offers a variety of workouts and endless ways to prescribe progressions depending on goals & fitness levels. Progressions range from fitness goals (Weight Loss, Low/Med./High Cardio, Leg Strength, Endurance, etc) to more specific progressions focused on sport related workouts (Pre-season Prep, Triathlete/Runner/Cyclist, Cardio, Football, Soccer, Tennis, Plateau, etc). There are even goal specific progressions for health & rehabilitation purposes (During Pregnancy, Post Pregnancy, Return from Rehab, Power Circuits).

All progressions consist of three workout levels to avoid overtraining:

1. **Recovery:** These are workouts designed to keep the client in a recovery zone for long periods. Used every third day for recovery.
2. **Medium:** The goal of medium intensity is to spend time around AT
3. **Interval:** The goal of these workouts is to push the client to the next level. It will work on the energy system that is needed for this client base on the time at every interval.

### Conveniently Enter Result Data From Any Assessment Device

Enter data from any submax fitness assessment into the Periodization "Edit VT Assessment" option. You can even create workout progressions with HR zones by using the default to 220 minus age method.

- For best results HR data should come from a submax assessment
- Peak HR is key, some assessments only provide this number
- VT is important but many assessment do not provide this data. If you have a peak HR and no VT then use 90% of peak HR as the VT HR to start. You can always adjust this number if needed.
- VO2 numbers are not necessary for creating progressions but recording them can help track improvements
- HR recovery is also unnecessary but aids in tracking improvements
- The clients fitness score will be adjusted only within a peak VO2 is entered
- % peak to VT will not populate unless both VO2 peak and VO2 VT information is entered

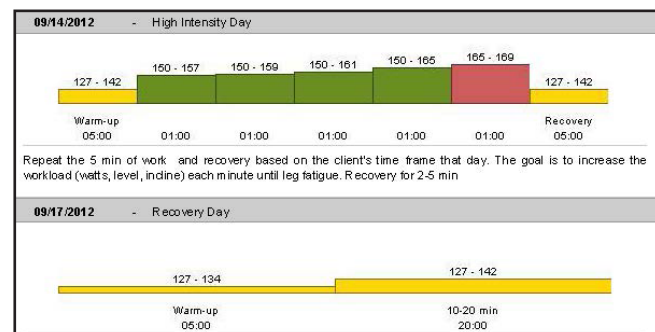
### Prescribing New Assessment/Workout

Periodization programs are broken down to help coaches & athletes plan long-term, intermediate and short term goal strategies for strength/power training.

- Mesocycle: 3-6 week program
- Microcycle: the actual training week within the Mesocycle

### Ability to Custom Edit Workouts Specific to Client

### Clear Workout Cards to Effectively Train



**TO LEARN MORE, VISIT [WWW.WOODWAY.COM](http://WWW.WOODWAY.COM) OR CALL 800.WOODWAY TO TALK TO A REPRESENTATIVE.**