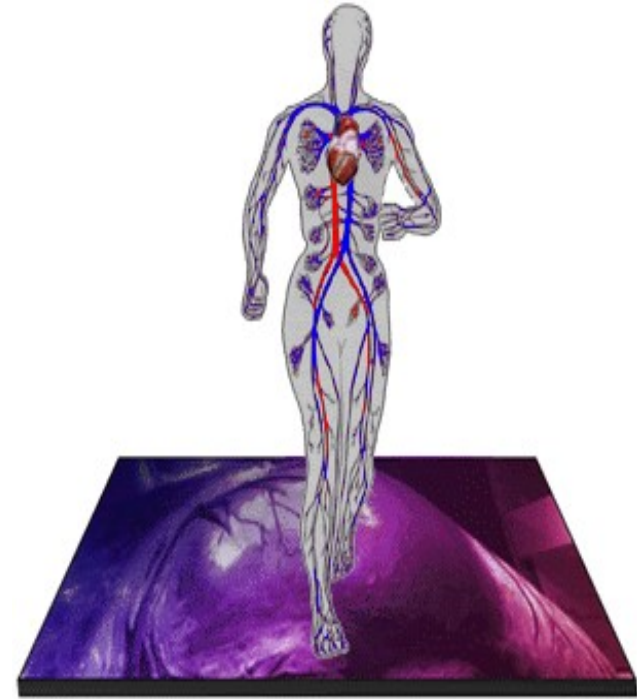




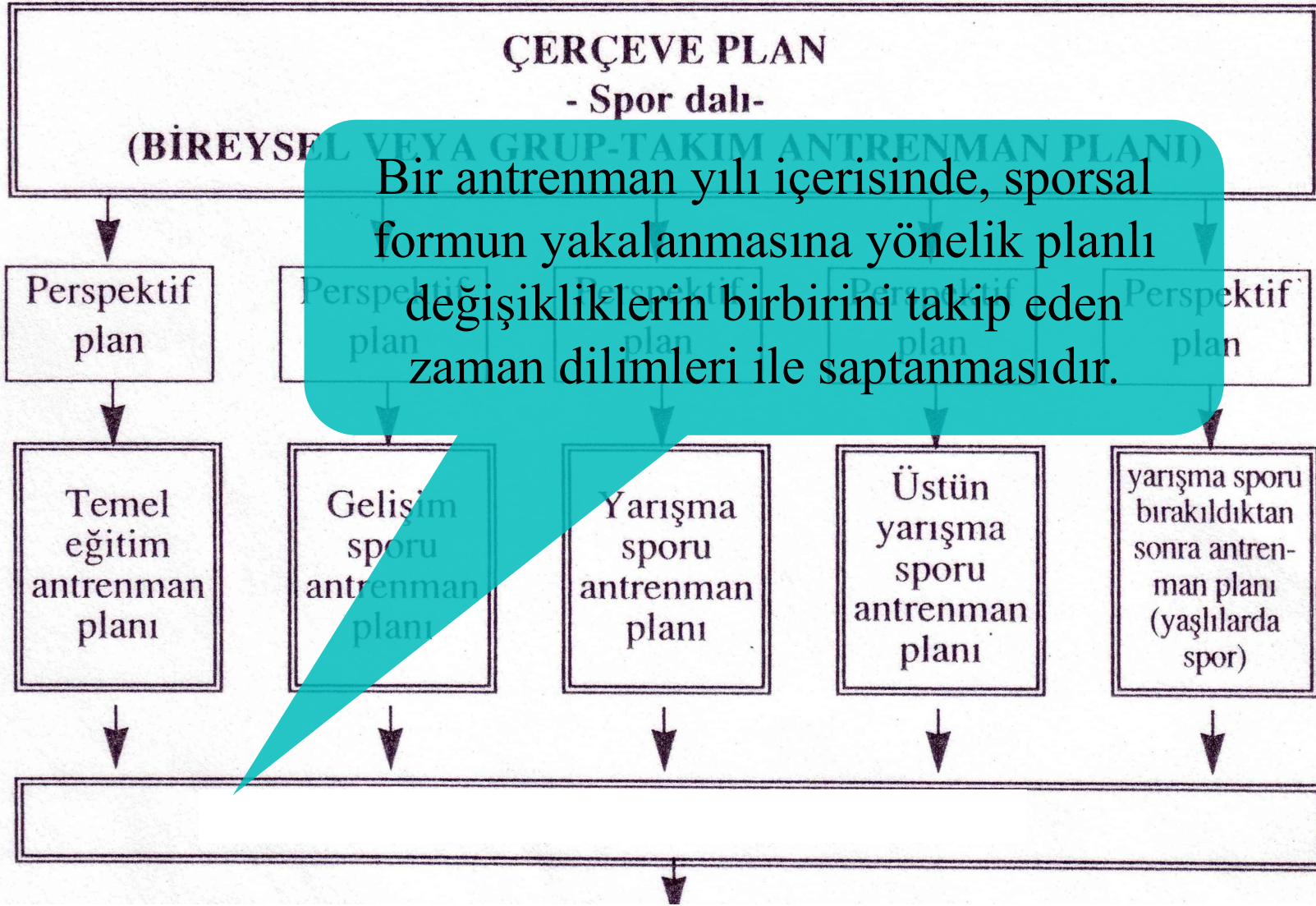
ANTRENMAN PLANLAMASI





YILLIK ANTRENMAN PLANI

YILLIK ANTRENMAN PLANI

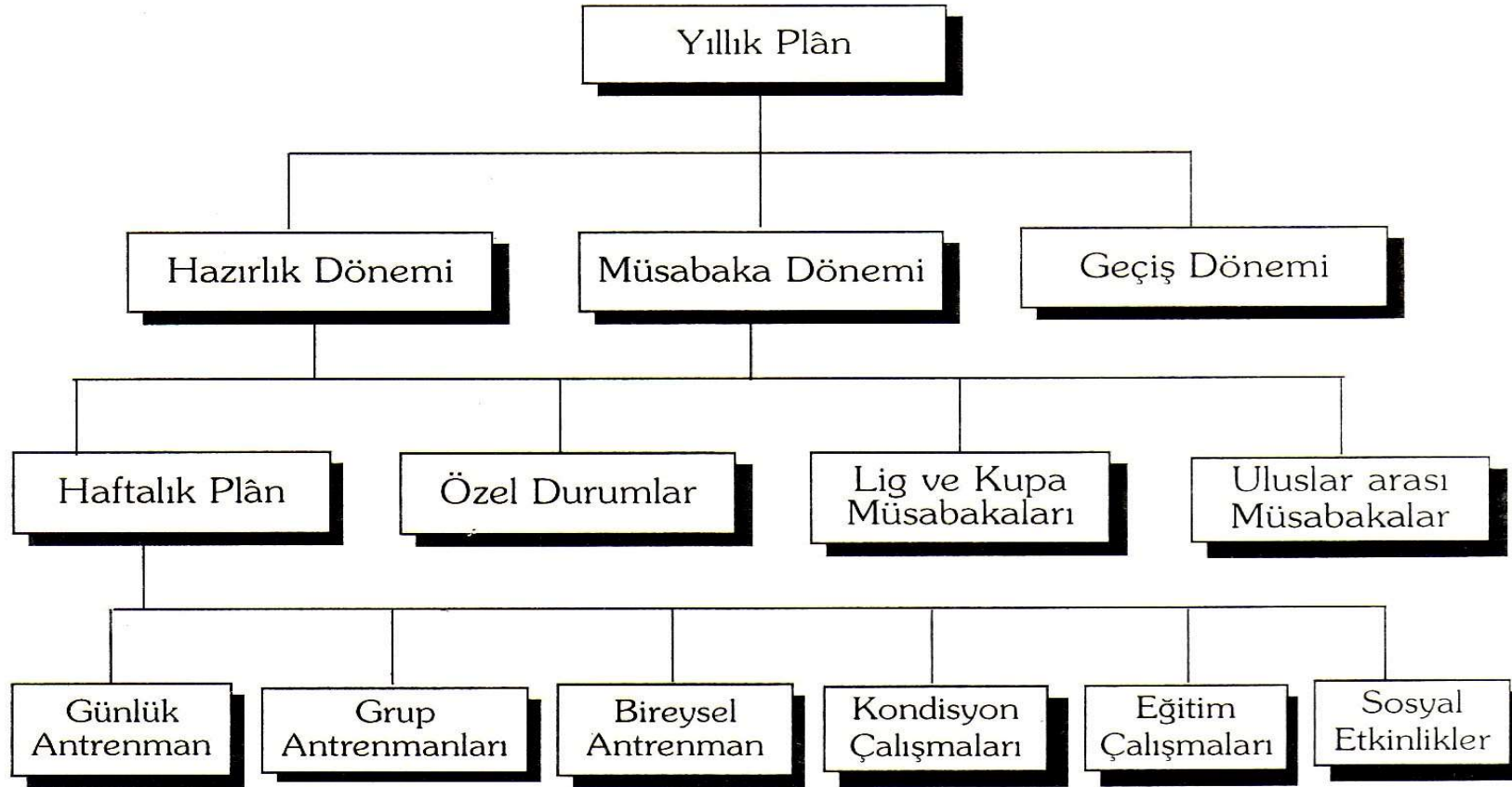


YILLIK ANTRENMAN PLANI

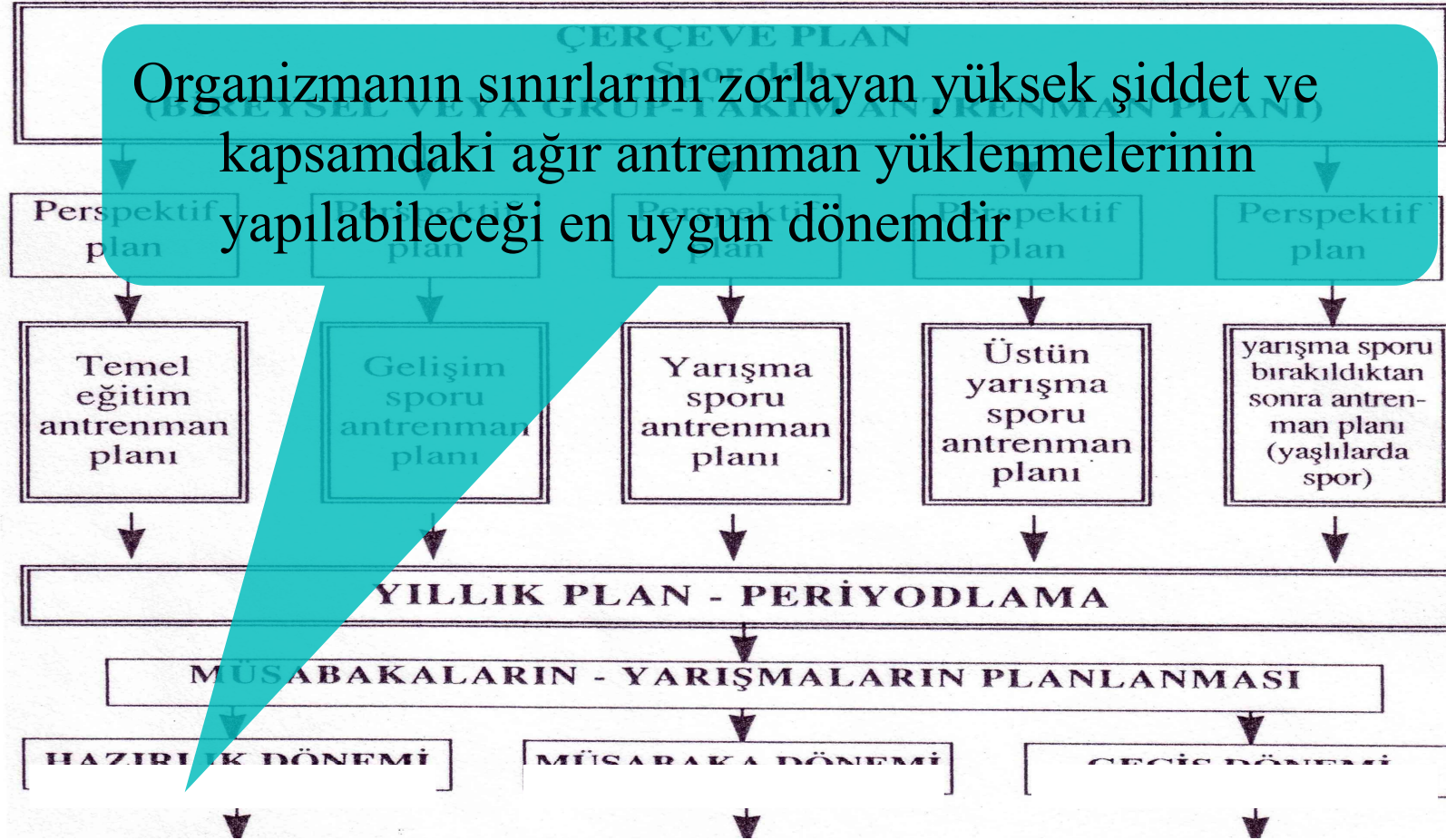
Bir antrenman yılı içerisinde, sporsal formun yakalanmasına yönelik planlı değişikliklerin birbirini takip eden zaman dilimleri ile saptanmasıdır

	Y I L L I K P L A N													
Antrenman Evreleri	Hazırlık					Yarışma				Geçiş				
Alt Evreler	Genel Hazırlık			Özel Hazırlık		Ön Yarışma		Yarışma		Geçiş				
Makro Döngü														
Mikro Döngü														

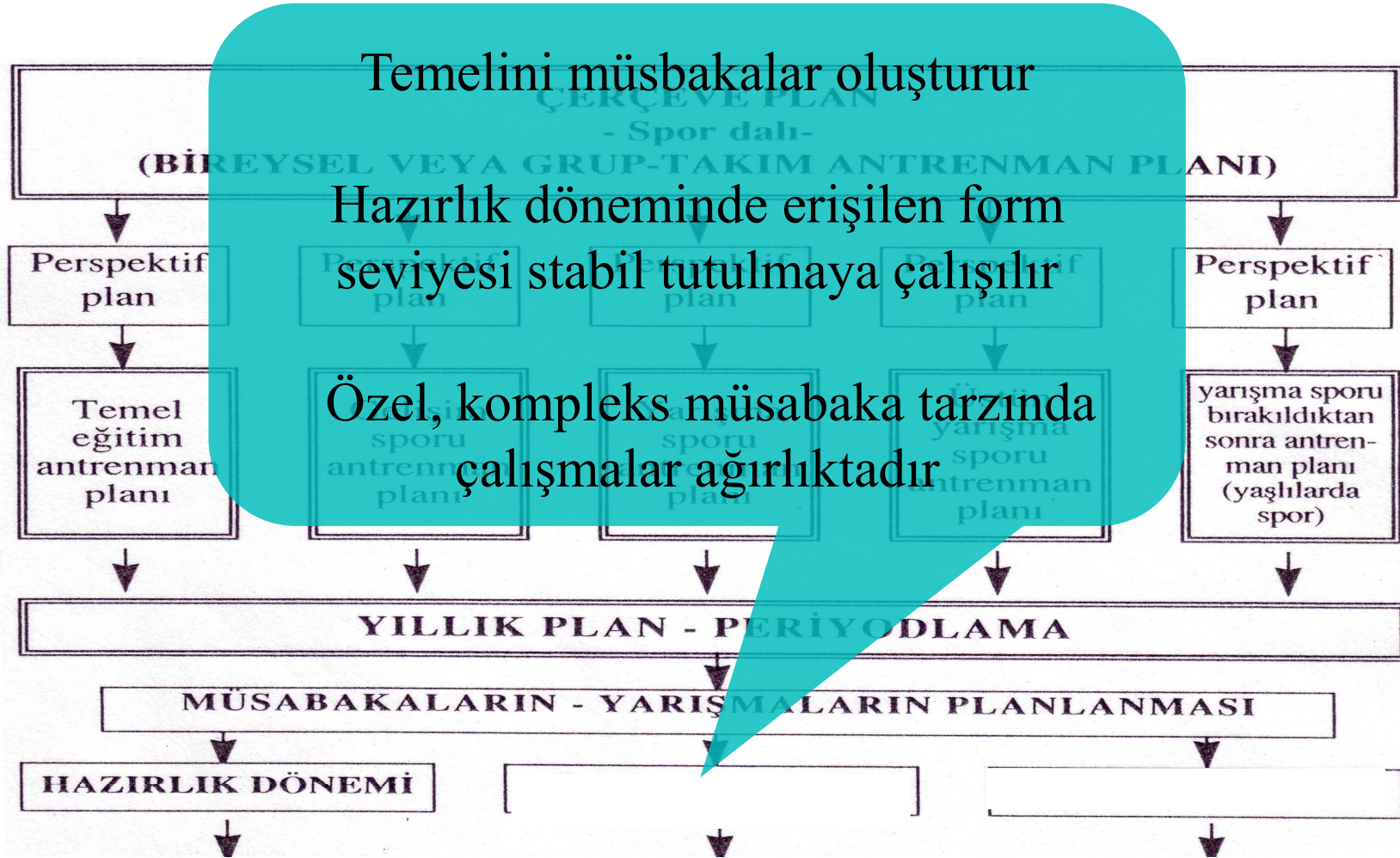
YILLIK ANTRENMAN PLANI



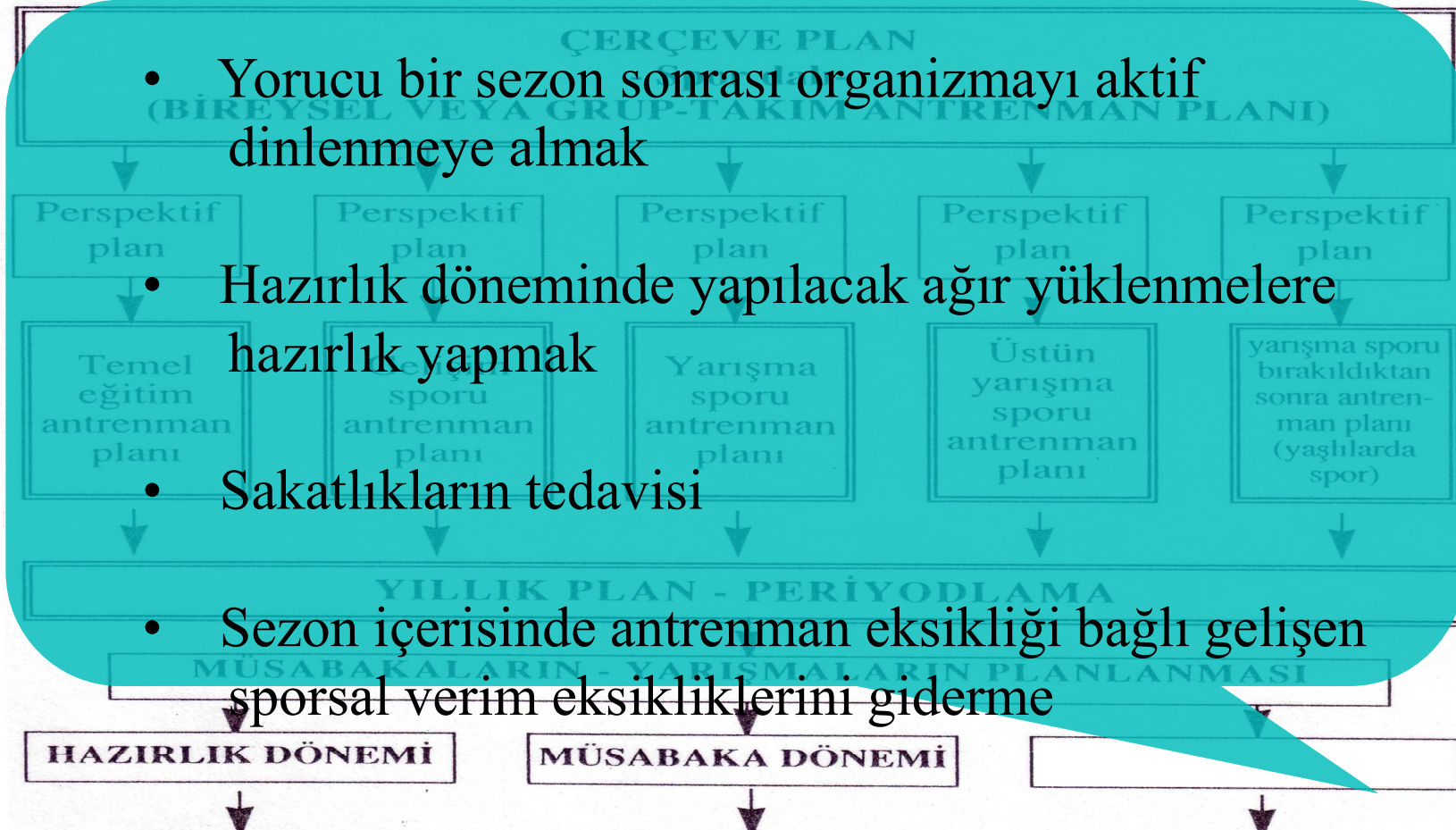
HAZIRLIK DÖNEMİ



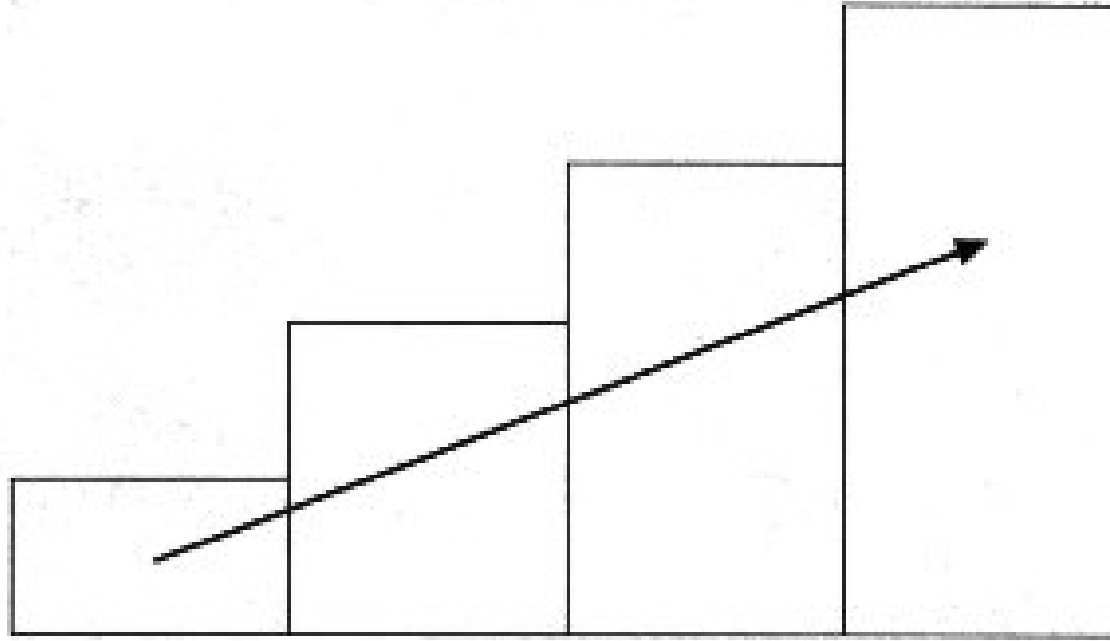
MÜSABAKA DÖNEMİ



GEÇİŞ DÖNEMİ

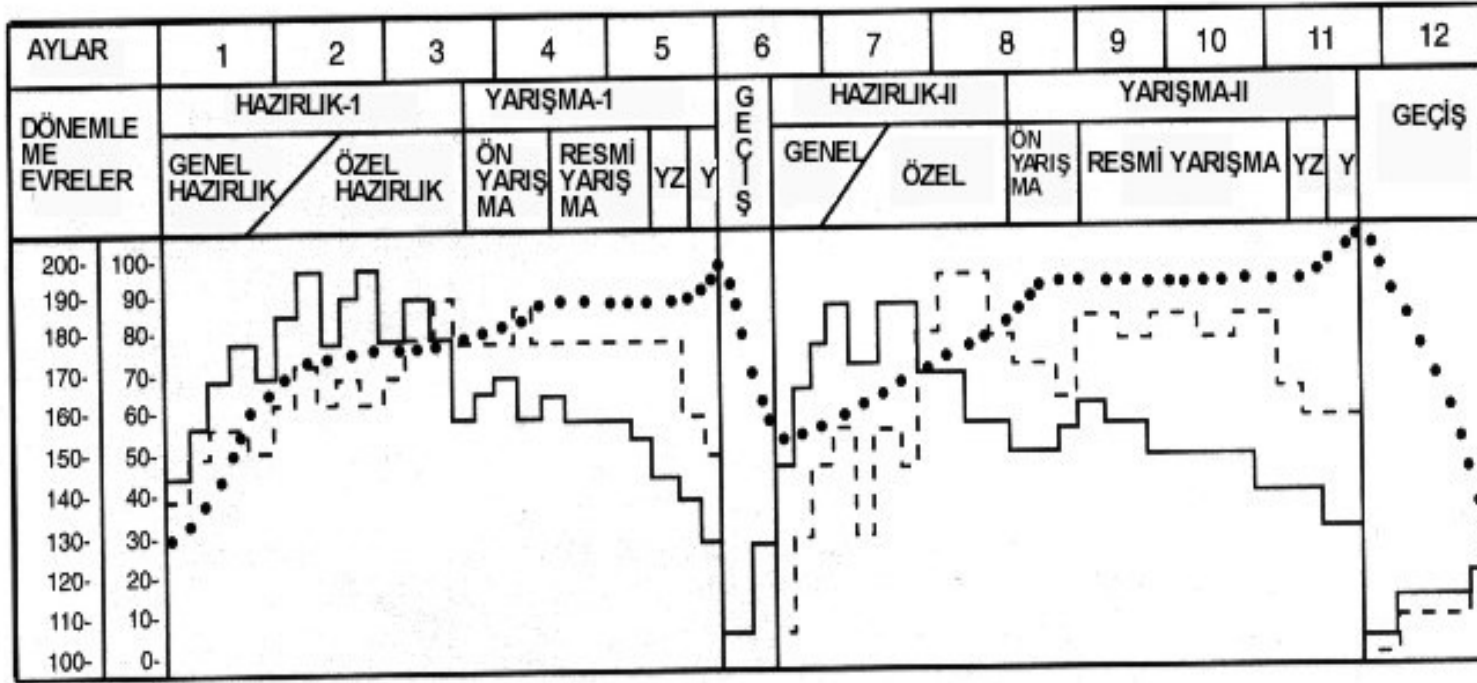


MAKRO VE MİKRO DÖNGÜ



Şekil 9.5: Tek uçlu gelişimin gösterilmesi

MAKRO VE MİKRO DÖNGÜ

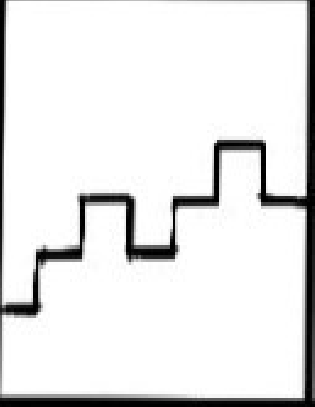
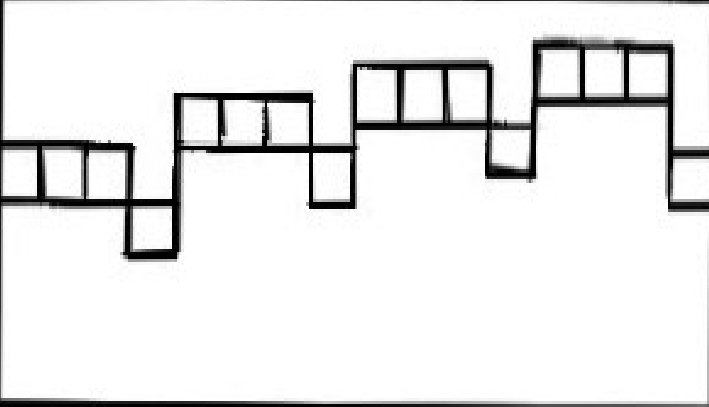
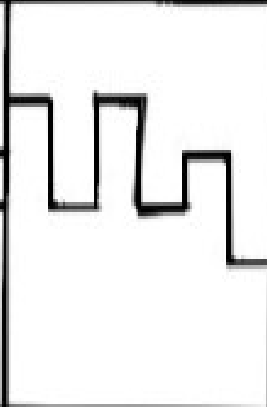


KAPSAM-KM YEĞİNLİK

YZ:YÜKLENMESİZ EVRE
Y: YARIŞMA

— KAPSAM
- - - YEĞİNLİK
••••• DORUKLAMA

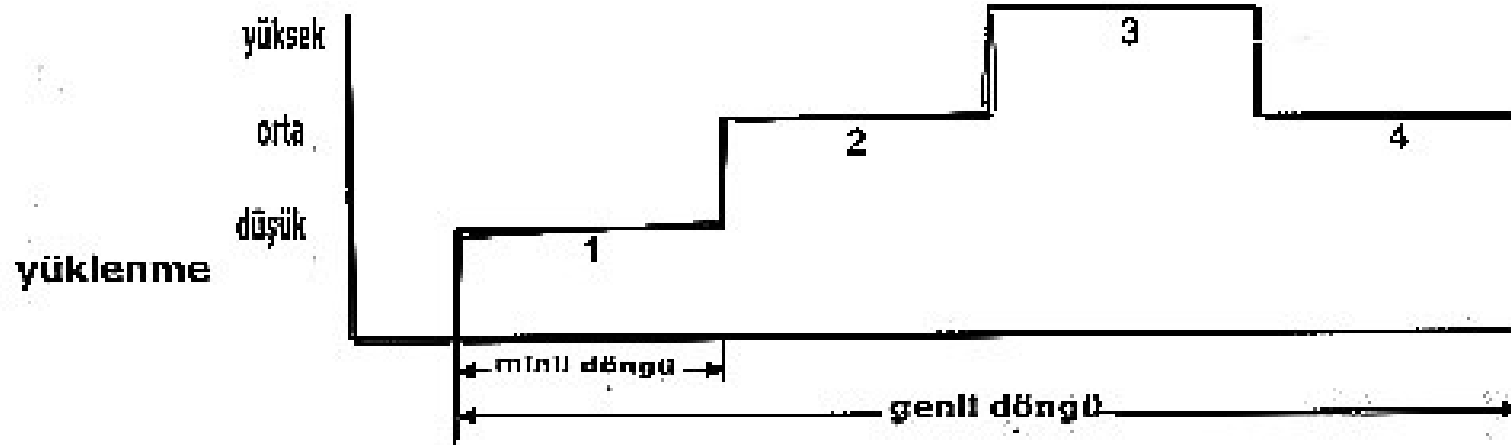
MAKRO VE MİKRO DÖNGÜ

Evre	Hazırlık		
Alt Evre	Genel	Özel	Önyarışma
Antrenman Amacı	Uyum	Birikim	sağlamlaştırma ve Doruklama
Yüklenme Biçimi			

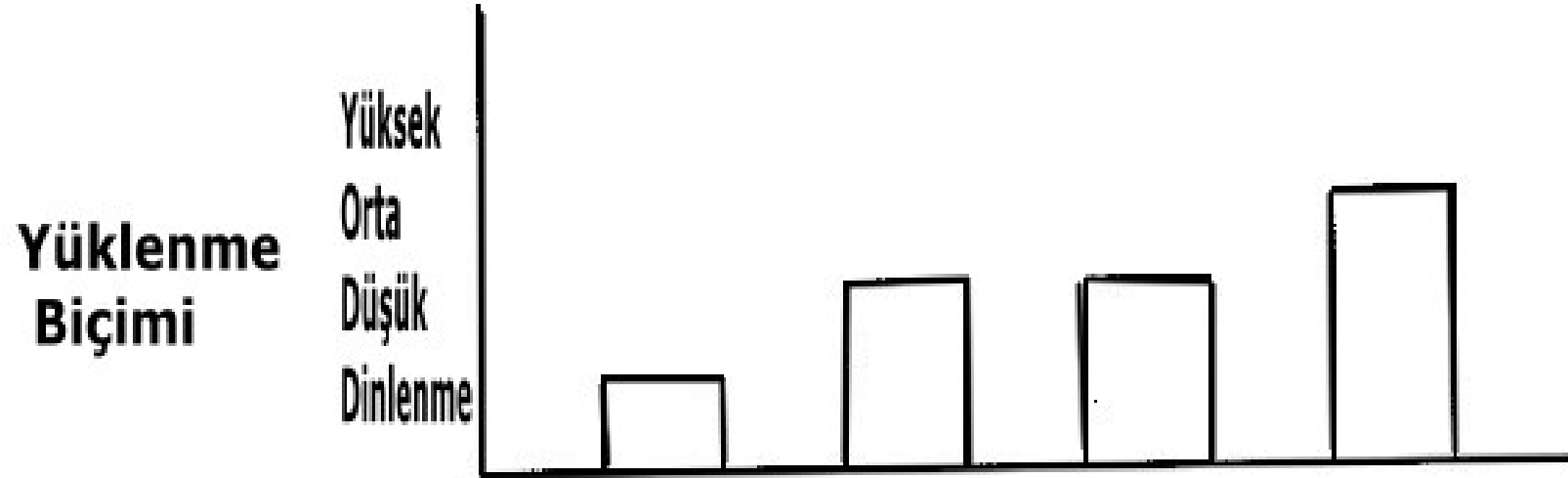
MAKRO VE MİKRO DÖNGÜ

	Pazartedi	Salı	Çarşamba	Perşembe	Cuma	Cumartesi	Pazar
Öğleden Önce	5	3	5	4+5	3	1+5	/
Öğleden Sonra	4+5	4+5+1	/	2	1	/	/
Fazla Tamamlama							

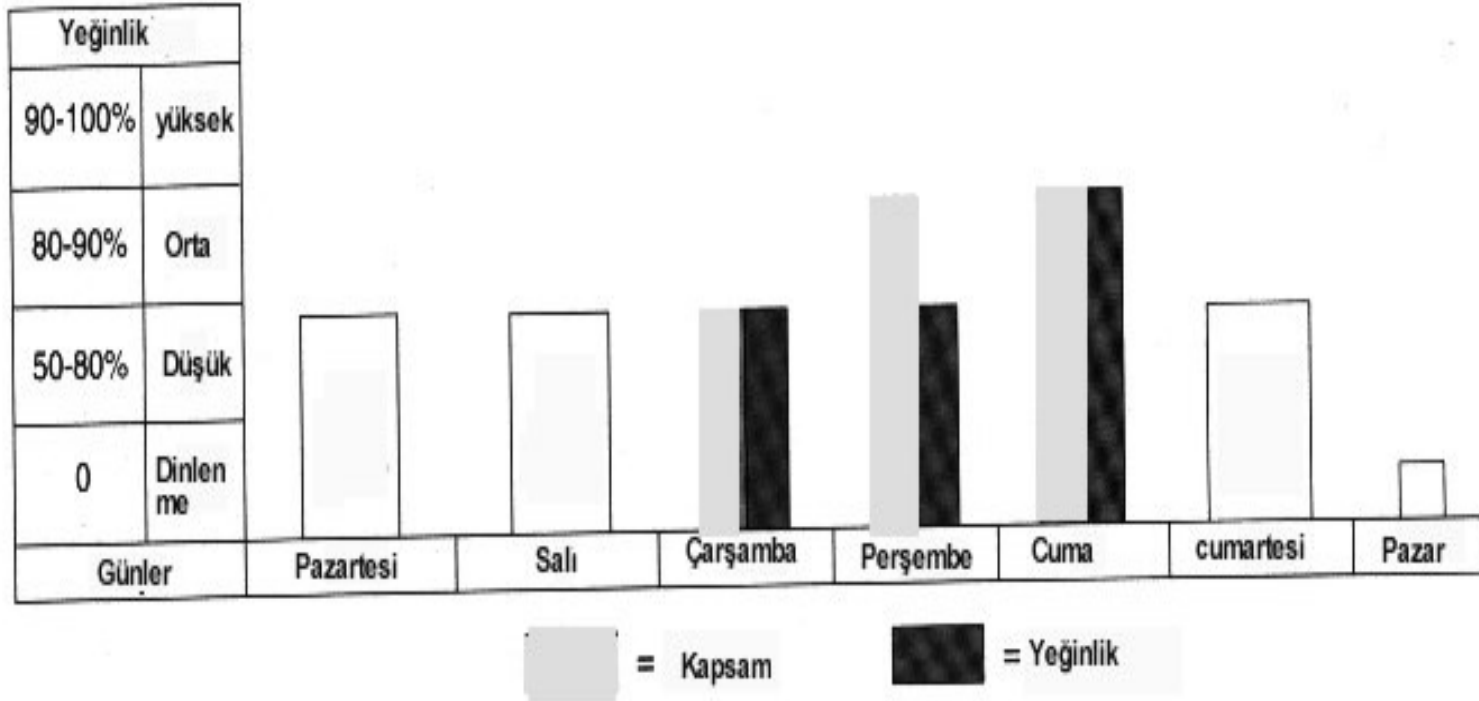
MAKRO VE MİKRO DÖNGÜ



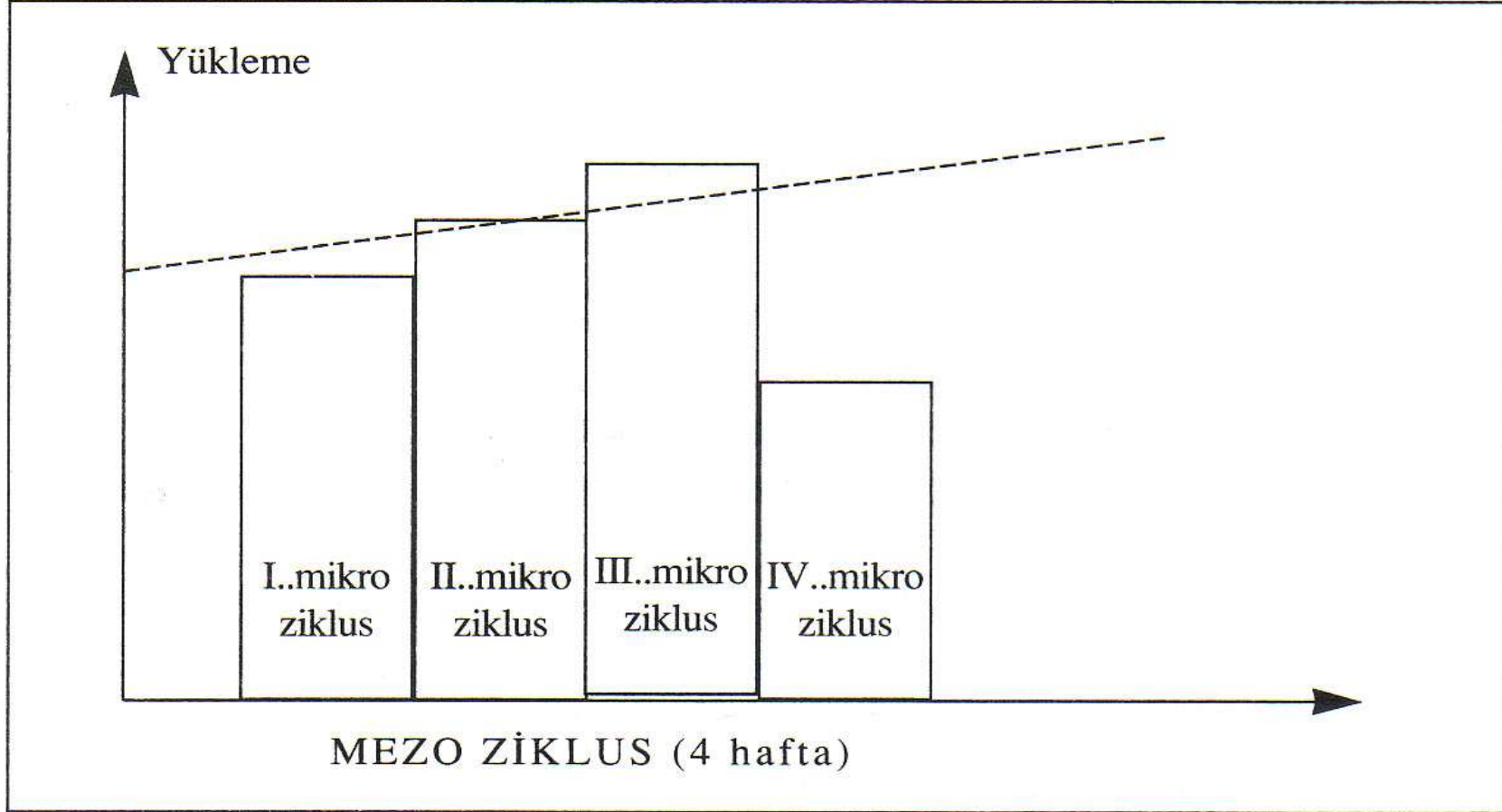
MAKRO VE MİKRO DÖNGÜ



MAKRO VE MİKRO DÖNGÜ



MAKRO VE MİKRO DÖNGÜ



Tab. 13. Mezo ziklusta dalgalanma yöntemi uygulaması - 3 hafta arttırılıp, 1 hafta düşürülen yüklemeler- (Y.YÜCETÜRK, 1993)

MAKRO VE MİKRO DÖNGÜ

