A PEAKING PLAN TO END THE SEASON STRONG

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PEAKING

WHAT IS IT?

Ben Flanagan - 10,000 meter NCAA champion 1 minute PR



STATE CHAMPION, DISTRICT CHAMPION, CONFERENCE CHAMPION?

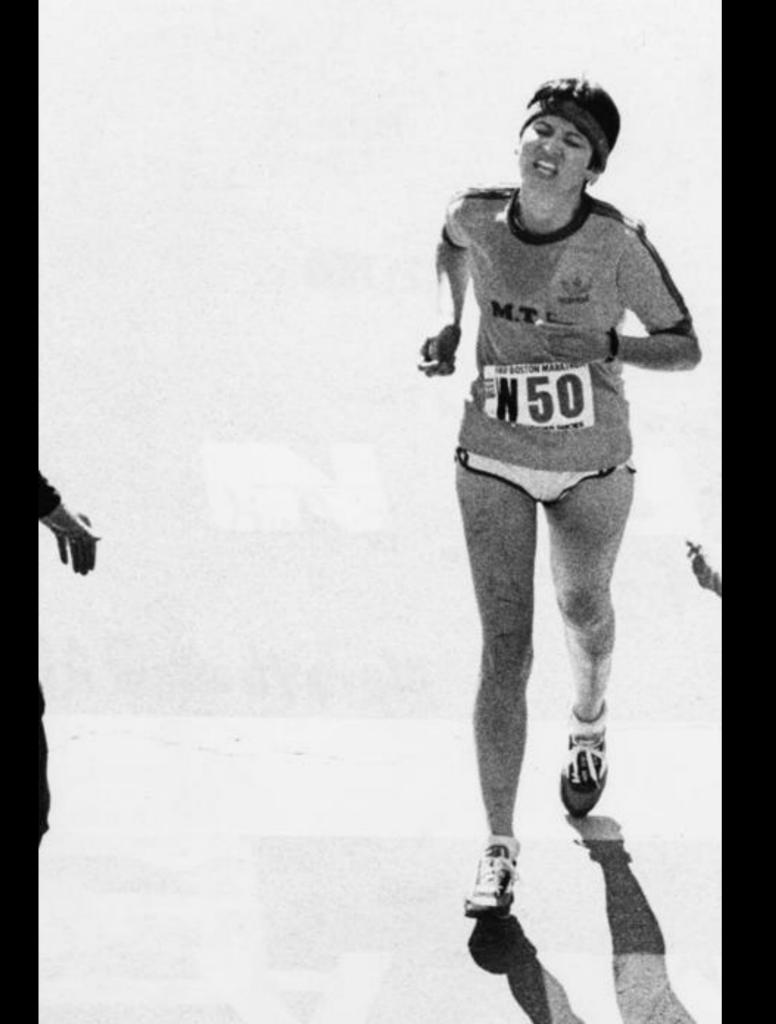
Lasse Viren - 1972, 1976,1980



OR JUST
INCONSISTENT FROM
ONE MEET TO
ANOTHER?

- Lydiard: pick a date
- Early meet importance





PLAN TRAINING TO SUCCEED BIG!

Don't sell them short



BOTH PHYSIOLOGICAL AND PSYCHOLOGICAL

- Lydiard: 21 important things for an athlete to consider
- 21: "what is the date of the championship"

LEARN TO RUN WITH CONTROL

- Training
- Even pace/Negative split





MAXIMAL STIMULUS VS MINIMAL STIMULUS

- Optimal: best possible result
- Maximal: Peak date

TEAM DYNAMICS

- Practice it in training
- Get clusters to develop
- Force leaders in workouts



PEAKING EXAMPLES



UCLA

1992 NCAA DIVISION II

- Adams State College
- Perfect Score





DANA COLLEGE 1998