

# Coaching Education & Certification System

## Planning and Periodization Workshops

# Planning and Periodization Workshop for Athletics Coaches

Organized by the Curaçao Athletic Federation

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## Why You Should Attend

The Planning and Periodization Workshop is a critical training opportunity for coaches who are committed to optimizing athlete performance. Structured training isn't just for elite programs—it's essential for every level of development. Whether you're working with emerging athletes or national champions, mastering periodization helps you lead them to peak form at the right time.

"Failing to plan is planning to fail."  
This workshop ensures you're always prepared.

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## Workshop Goals

- Learn how to organize short- and long-term training for athletes.
- Apply the principles of periodization using macro, meso, and micro cycles.
- Build strong foundations in strength, endurance, speed, and competition planning.
- Use digital tools to manage, track, and visualize training plans and athlete progress.
- Strengthen the quality of coaching in Curaçao through shared knowledge.

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## Workshop Content

Session 1 – June 11 (18:00–21:00)

- What is necessary to get good results?
- Goal setting
- How to reach these goals?
- Introduction to planning
- What is a micro cycle?
- What is a macro cycle?
- What is an annual plan?
- Structure of a micro cycle
- Structure of a macro cycle
- Structure of an annual plan.
- Contents of a simple micro cycle.
- Correct order of exercises in a micro cycle
- Task for Session 2!

#### Session 2 – June 21 (15:00–18:00)

- Evaluate together the micro cycles received
- Micro cycle in the General subphase
- Developing in this Subphase
- Tests in this Subphase
- Micro Cycle in the Special subphase
- Micro Cycle in the Competition subphase
- Requirements before making the next Micro Cycle
- Difference of the Micro Cycles in different phases
- How to construct an annual plan
- Contents of a Diary
- Task for Session 3!

#### Session 3 – June 28 (15:00–18:00)

- Evaluate together the Micro Cycles, the Annual plan and the Diary received
- Graphing training data in Excel
- Monitoring athlete progress
- Final discussion & practical exercises

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### Presenters

Jairo Duzant and Wendell Prince

Two of Curaçao's most experienced and respected athletics coaches, both with a strong background in coaching high-level athletes and mentoring upcoming trainers.

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### Location & Schedule

Venue: Meeting Room, SDK Stadium

Time: 18:00 – 21:00 and 15:00 – 18:00

Dates:

- Session 1: Wednesday, June 11 (18:00 – 21:00)
- Session 2: Saturday, June 21 (15:00 – 18:00)
- Session 3: Saturday, June 28 (15:00 – 18:00)

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### Who Should Attend

- All coaches enrolled in the current CAB Coaching Course (free of charge)
- All other interested coaches (participation fee: XCG 50.00)
- Strength & conditioning trainers

- Club technical leaders and team planners

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## Final Task – From Knowledge to Real-Life Application

As a vital part of the Planning & Periodization Workshop, all participants are required to complete a comprehensive periodization plan for one or more athletes for the 2025–2026 season. This task is a practical opportunity to apply what you’ve learned and receive personalized feedback.

What the Final Task Involves:

Each participant must develop a full annual plan including:

- Athlete Profile: Name, discipline, goals, background
- Macrocycle: Full season overview (preparation and competition phases)
- Mesocycles: Monthly breakdowns (e.g., general prep, special prep, pre-comp, competition)
- Microcycles: Weekly and daily training structure
- Diaries: Weekly volume and intensity
- Key Components:
  - Target competitions (local & international)
  - Strength, speed, endurance & technical training
  - Volume, intensity, and load distribution graphs
  - Mental training, medical checkpoints, rest periods
  - Training camps and tapering plans

Continuous Monitoring and Mentoring


After submission, facilitators Jairo Duzant and Wendell Prince will:

- Review and discuss your plan during live feedback sessions
- Offer corrections, suggestions, and professional advice
- Monitor your progress throughout the 2025–2026 season to ensure your periodization is implemented correctly
- Help you adjust plans based on athlete performance, competition results, and feedback

This approach guarantees real-world skill development and ensures you are ready to manage athlete development at every level.

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## Registration Details

- Deadline: May 31, 2025
- Fee: XCG 30.00 (free for current coaching course participants)
- Register via:  
 <https://curacaoatletiekbond.com/courses/>
- Payment Info:  
Account Number: MCB 278.960.04  
Account Name: Curacaose Atletiek Bond

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## Tools Provided

- Digital templates for planning
  - Performance diaries & tracking sheets
  - Excel graphing models for training analysis
  - Real athlete case studies and examples
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## Appendix

- A. Registration form
- B. Contact information

## A. Registration Form – Planning and Periodization Workshop

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Workshop Fee: XCG 30.00 (free for current coaching course participants)

Registration Deadline: May 31, 2025

Personal Information:

Full Name: \_\_\_\_\_

Date of Birth (DD/MM/YYYY): \_\_\_\_\_ Gender: ☐ Male ☐ Female

Nationality: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## **B. Payment Details and contact information:**

Course Fee: XCG 30.00

Payment must be made before June 4, 2025.

Bank Transfer Details: MCB 27896004

Proof of Payment must be sent to [treasury@curacao-athletics.com](mailto:treasury@curacao-athletics.com)

For any questions, contact us at [board@curacao-athletics.com](mailto:board@curacao-athletics.com)