

From: Atko Viru, *Adaptation in Sports Training*. This book, by the Estonian author, is compelling because it is a review of the highest levels of current sports physiology and is supported by 100s of footnotes from, in particular, all the eastern European and Soviet sources, previously largely unavailable to us.

Point 1 of Conclusions

The design of a macrocycle should closely follow the long-term training plan. Emphasis... should be placed on the planned changes to the body and the development of the planned physical capacities in a given year. If there is a conflict between the long-term plan and competition demands, the first must take priority. (p.295)

From a German training text with equally comprehensive research background:

With one's personal performance and the number of competitions it is as with a pail of water which I have to distribute into several smaller vessels – the fewer the vessels the more water is present in each one. You know many athletes who produce 85-90% of their potential all year long, but because of their “race craziness” [Vielstarterei = constant race starts] never reach the 100% necessary for a particular major win or a personal PR.