**Training Philosophy**

The Western Dubuque Men’s High School Track and Field Program’s training philosophy is based on sound scientific training principles. The Western Dubuque High School Track Program is designed to develop the “total” athlete. Periodization is one aspect of our philosophy. It is the continuous cyclic structure of training to achieve optimal development of performance capacities. It consists of periodic changes of the objectives, tasks, and content training. It can be further explained as the division of the training year to meet specific objectives, these objectives are:

1. Preparation for optimal improvement in performance.

2. Preparation for a definitive climax to the competitive season.