

Training Considerations to Commence the Training Year

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DANCE SPECIFIC TRAINING AND CONDITIONING

It is important that dance specific staff and conditioning staff are aware of the training loads that dancers are being exposed to in both dance training and in conditioning across the training day and week. Fatigue and injury may occur if both dance training loads and conditioning loads are high and not balanced.

TO BEGIN THE TRAINING YEAR

The beginning of the training year is often an optimal time to train for strength and cardiovascular fitness to support dance training across the rest of the year. To avoid overtraining and to allow for positive training adaptations, it would be wise to consider lowering dance training loads to allow for strength training at this time.

GRADUATED RETURN TO DANCE

A graduated return to dance training at the start of the year may allow for strength training to be the focus. Dance specific training is often skills based, neglecting strength and cardiovascular components of fitness.

OTHER TIMES FOR A GRADUATED APPROACH

A graded increase in performance work across pre-professional training may be useful. Performance work has been shown to be at a higher intensity than class work and rehearsal,⁸ also working at night can be challenging.

References

8. Wyon MA, Abt G, Redding E, et al. Oxygen uptake during modern dance class, rehearsal, and performance. *J Strength Cond Res* 2004; 18(3): 646-649. DOI: 10.1519/13082.1.

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