

The Principles of Fitness 2

Training of any kind must begin with general training. This is training which looks to increase all aspects of physical preparedness, strength, endurance, speed, flexibility and skill.

It should be totally non specific and encourage a lot of big functional movements using universal motor recruitment patterns designed to increase the amount of training you can recover from and adapt positively to. (ie make you stronger faster and spend less time feeling tired in between sessions)

This, as with most things fitness related is actually very simple. Move, pull, push, jump, climb, throw etc as much as possible, as often as possible.

The aim is to enhance the bodies quality of movement whilst improving its ability to handle greater workouts whilst preventing imbalances which will cause problems later on.

It provides a solid base of fitness on which we can then if needed build any specific fitness we need for our sport.

The underlying theory is that if you develop a well rounded base your overall motor potential (or simply put your ability to move efficiently) will improve. This neurological efficiency will then allow them to specialise into any sport.

Without this general foundation you're always going to be training with the brakes on, due to inefficient motor skills, poor body balance and a lack of underlying strength.

Simply put you have to feel how it feels to move well (this is called your kinaesthetic awareness).

From here the basic idea is simple. We start learning to run, push, pull and jump (basic functional movements). Then we learn to do more of these things, increase intensity, time or frequency of the training.

If you are just looking for health and general all round fitness you can remain in this phase indefinitely adding more and more stimulus, more weight, more time.

Basically put to improve we MUST consistently expose our bodies to stimuli to which it is not adapted.

However it is most important to remember there is only a certain amount of stress, stimuli and adaption you can fit in to a day without becoming overtrained.

This is why at some point if we are training for a specific sport we must move from general training (ie being good at everything) to specialised training for our chosen sport.

So for example a marathon runner specialised training program will look very different to a weightlifters although the general program would be the same.

So the methodology we will be following in our workouts is simple

- 1) General training phase (move, push, pull and jump)
- 2) Do more of these things
- 3) Specialist training phase (if required)

Building a specialist training program is beyond the scope of this program simply given the amount of different sports you guys do but if you're interested in having me build one for you, book yourself in for a 1 on 1 session with me and I'll sort you out.

The Anaerobic Threshold

Your anaerobic threshold is a posh way of saying the level above which you cannot maintain your intake of oxygen, which results in lactic acid accumulating which makes it difficult to maintain the level of intensity you are currently working at. Basically put if you were exercising for 3 hours you couldn't manage it working above your anaerobic threshold.

Below your anaerobic threshold you can continue to work at the same intensity for a much longer time. This is the level we are at when walking, light cycling, light swimming etc.

Simply put if you're exercising and can maintain a conversation you're below your anaerobic threshold. If you can't you're above it.

The 80/20 Polarised Training Concept

In any general exercise program aimed at longevity of performance, to ensure you train intelligently and get the quickest results you want to aim to:

- Spend 80% of your time working below your anaerobic threshold to train movement mechanisms, consistency and volume.
- Spend 20% of your time working fast and above your anaerobic threshold to train intensity.

Time and time again this has proven to be the most effective way of building fitness and efficiency (*which are really part of the same thing*) fast.

You'll notice that our workouts have this built in. So for most of the week you'll be training in the 80% bracket and then several times a week you'll be pushing in to the 20%.