



# SET THE TONE

SPORTS PERFORMANCE & ADULT GROUP TRAINING

## ***Training and Recovery***

*The best way to get the fastest results on your body development is to hire a strength coach or personal trainer that works with athletes. This will prepare you for what is about to come. They can teach you how to lift for efficiency as well as injury prevention. They can develop a program for you to track your progress. They will also hold you accountable and keep you consistent even though the work will be increasingly challenging.*

*Nutrition, training, and recovery are essential parts of becoming the “Whole Athlete” and they all work together. If your nutrition lacks, so will your performance. If your recovery lacks, so will your performance. It’s important to view these things as a “part of how you live” rather than “offseason chores.” The reason most high school athletes typically don’t reach their full potential is because one or more of these areas are insufficient. It’s not an easy process, but either is winning championships.*

*Here are some easy-to-follow pointers about training in a weight-room to make sure you’re maximizing your time and potential:*

- *Be consistent with your attendance – Some days will feel better than others and some workouts will produce more than others...But being there consistently and lifting with effort shows, work ethic, dedication, creates positive habits, makes you stronger mentally and physically, keeps you healthy, prevents injury, conditions your body, and produces results along with countless other benefits. Lifting with consistency is a positive life habit that you will never regret!*
- *Form and Technique when lifting any amount of weight is ABSOLUTELY CRUCIAL! There are thousands of different SAFE exercises that your body can accomplish. All those exercises immediately become DANGEROUS when you do not focus on the specific position of your body and the complete movement. This is one reason why hiring a trainer will benefit you. Injury prevention keeps you on the field!*

- *Your nutrition is your fuel. The fuel you use will have a direct impact on your results in the weight room and on the field. Keep a whole-food nutrition plan that's high in protein. A good dose of protein immediately after a workout is ideal. Check out our Nutrition page for more information.*
- *Avoid Pre-workout, energy drinks, and powdered supplements before a workout. Instead, eat a small/healthy snack such as fruit, small portion of protein, and light carbohydrates. If your doctor/physician recommends a specific supplement, investigate it.*
- *Focus on large muscle groups (Core, Legs, Back, Chest/Shoulders). Offseason lifting: 4-5 days/week, In-Season lifting: 2-3x/week.*
- *DO NOT "max out" as much as everyone else. Two times per year (or less) is sufficient. In the simplest way to explain it, to build muscle, you should use a weight that you can lift with excellent form/technique for 4-6 reps, but beginners should find a weight they can do 10-12 reps and focus on proper form before increasing weight.*

*(Our training model focuses more on creating the "Whole Athlete." We do not focus on muscle building only. We mix it in with all the other factors that come with becoming a whole athlete. We work with athletic movements, jumping, changing direction, resistance, balance, strength, power, conditioning, and more. We want you to be strong in the last 2 minutes of the game with a clear mind).*

- *A good, focused, productive lifting session should last 45-60 minutes. Get uncomfortable. That's where progress, results, and winning happens! You will not get stronger, faster, or more powerful by doing comfortable things. Your comfort-zone is your only enemy!*
- *Conditioning is important. To maximize your performance, you should match your conditioning to whatever that sport requires. If you're playing soccer, long distance running with short sprints mixed in. If you're playing baseball, longer sprints across the outfield or around the bases will help. But never stop lifting weights.*
- *Work as hard on RECOVERY as you do in the weight room – Your body needs rest whether you want to keep going or not. The human body will skip rest and enter "survival mode" if you force it to, but it will not perform nearly as effectively as it would with a fully charged battery. Listen to your body. It won't lie to you.*

***Ways to Help Improve Recovery:***

- *Stay hydrated all day (even at night – drink 8-10 oz of water before bed)*
- *Get 8+ hours of sleep every night.*
- *Have a nutrition plan that includes sufficient amount of protein.*
- *Avoid foods that cause inflammation like sugar, red meat, alcohol, etc.*
- *Stay lightly active on rest days (walking, stretching, yoga, jogging, etc.)*