

# Slaying Sacred Cows

Training Truths & Lies

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Credibility is established through demonstrating a high standard of performance sustained over time



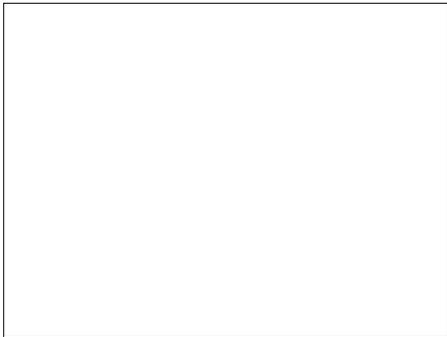
91 Years

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You don't get speed through endurance - you get speed by working on speed

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Train speed before speed  
endurance

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Lactate is your friend!

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Train strength before strength  
endurance

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Understand Shapes

How to make them

How to change them

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Aerobic Base?

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Beware of GS  
AKA Garbage Strength

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Dumb Strength

Too often what happens in the weight  
room stays in the weight room

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"Build strength in, don't build strength on."  
Steve Myrland

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Drills Skills

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Understand & establish a technical model for each event  
– Then adapt that model to the individual athlete

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Exploit Commonalities of Movement

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"Perfect Technique"  
may work in very controlled practice environments  
but seldom will withstand the chaos of competition

## ROBUST TECHNIQUE

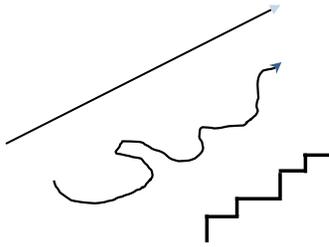
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### Understand Progression



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### Keeping Your Job Vs. DOING Your Job

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**Coach**  
=  
**Teacher**

Education...  
**PHYSICALLY!!**

**Teacher**  
≠  
**Coach**

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Paving the Way ≠ Fostering Pathways



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Feed them a fish.....  
...Or...  
Teach em' how to fish

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Do not draw profound conclusions from isolated physiological variables

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HRV

Isometric Mid  
Thigh Pull

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"It's backward, it's making something important because we can measure it; It's not measuring it because it is important."  
David Epstein - In Search of Greatness

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Whole - Part -Whole      Auditory      Differential Rehearsal  
**Symptom**  
Visual      VS.      Tactile  
**System**  
External Focus      Repetition      Progressions  
Mechanizing

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*Injury avoidance is not a strategy*

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Corrective Exercise ?  
Why?  
**Correctives ≠ Coordination**  
What are we correcting?  
What are we correcting for?

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Forget Muscle Activation & Individual  
Muscle Firing

Instead Think  
Coordination & Muscle Synergies

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Are we monitoring what we can  
or what we should?

Tony Strudwick

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“One time is a mistake,  
the second time is behavior”

Dan Hawkins, FB Coach UC Davis

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Ask yourself ?

Does your training look like the competition in  
terms of intensity and concentration required?

Is what you are doing something  
meaningful or just doing work?

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## Medical Model

Focused on  
limitations - What  
can't be done  
versus what can  
be done

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## Concepts vs. Exercises

**“SKILLS”**

Not  
**Drills**

Train the concept

Don't just repeat exercises

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Hard Work  $\neq$  Quality Development

**EXPECTATIONS**

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Become an expert in learning

Challenge yourself

Learn how to learn better

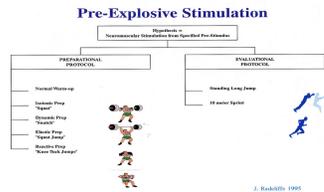
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Coordination is what ultimately limits the ability to express force



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**1 size  
fits all**

But a Systematic Structure Does!

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Symptomatic =  
Constantly adjusting the  
Path for the athlete.

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Systematic =  
Differentially educating  
the athletic organism to  
negotiate the best path.

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What do you have to do to get results?

Do It Better?

Do More or Do Less?

Make it Harder or Make it Easier?

Do it Differently or Stay The Same

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Culture is the greatest scalable opportunity for a competitive advantage

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“Figuring IT Out”

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