

Slaying Sacred Cows

Training Truths & Lies

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



91 Years

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

Train speed before speed
endurance

Lactate is your friend!

Train strength before strength
endurance

Understand Shapes

How to make them

How to change them

Aerobic Base?

Beware of GS
AKA Garbage Strength

Dumb Strength

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

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

Steve Myrland

Drills Skills

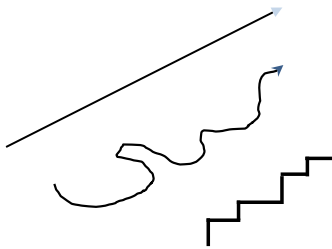
Understand & establish a
technical model for each event
– Then adapt that model to the
individual athlete

Exploit Commonalities of Movement

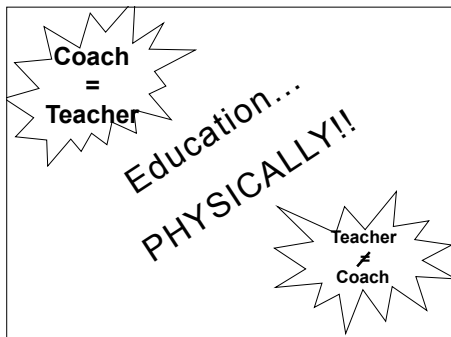
"Perfect Technique"
may work in very controlled practice environments
but seldom will withstand the chaos of competition

ROBUST TECHNIQUE

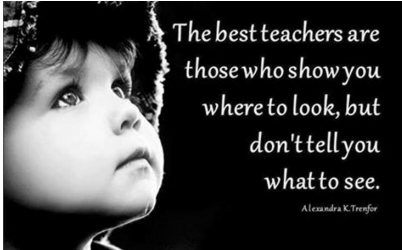
Understand Progression



Keeping Your Job
Vs.
DOING Your Job



Paving the Way ≠ Fostering Pathways



Feed them a fish.....

...Or...

Teach em' how to fish



Do not draw profound conclusions from isolated physiological variables

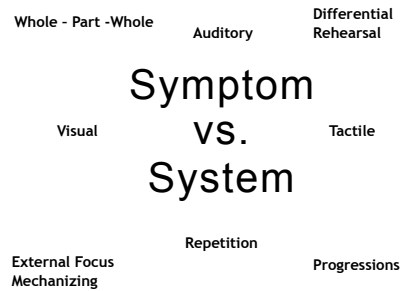
La

HRV

Isometric Mid

Thigh Pull

"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



Injury avoidance is not a strategy

Corrective Exercise ?

Why?

Correctives ≠ Coordination

What are we correcting?

What are we correcting for?

Forget Muscle Activation & Individual
Muscle Firing

Instead Think
Coordination & Muscle Synergies

Are we monitoring what we can
or what we should?

Tony Strudwick

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

Dan Hawkins, FB Coach UC Davis

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?

Medical Model

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

Concepts vs. Exercises

“SKILLS”

Not
Drills

Train the concept

Don't just repeat exercises

Hard Work \neq Quality Development

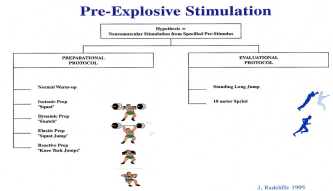
EXPECTATIONS

Become an expert in learning

Challenge yourself

Learn how to learn better

Coordination is what ultimately limits the ability to express force



**1 size
fits all**

But a Systematic Structure Does!

Symptomatic =
Constantly adjusting the
Path for the athlete.

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

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



Culture is the greatest scalable
opportunity for a competitive advantage

“Figuring IT Out”
