Restoration for Speed and Power Athletes

Andy Eggerth

2015 USTFCCCA Coaches Convention
Gratitude

- Connor Sports
- Mentors/Colleagues
- Humbling
Why Restoration?
Overtraining is a Myth

• Occasionally it’s poor training design or execution

• Sometimes it’s life lol
  – #1 thing our kids neglect
  – Sadio-Altis

• Ideal world vs. Real world
Neurotransmitters

- Serotonin
  - ↑ levels result in fatigue/laziness

- Dopamine
  - ↑ levels associated with motivation
    - Interactions similar to insulin/glucagon

- The body doesn’t understand different stressors. ...mental rest
Sleep

• Reestablish neurotransmitter levels
• Recharge
Multi-System Training

- Soldiers = Neuromuscular
- Mechanics = Connective tissue
- Medics = Endocrine
- Cooks = Energy Systems
Restoration must be Planned

<table>
<thead>
<tr>
<th>ATHLETE: Raminos Bocks</th>
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<table>
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<tr>
<th>MONTHS</th>
<th>Aug</th>
<th>September</th>
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<td>PHASE</td>
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<td>Pre-Comp II</td>
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<tr>
<th>MESOCYCLE</th>
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**MICROCYCLE WORK**

<table>
<thead>
<tr>
<th>Theme</th>
<th>Biomotor Primary</th>
<th>Biomotor Secondary</th>
<th>Technical double</th>
<th>Strengh Training</th>
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<tbody>
<tr>
<td></td>
<td>Work Capacity</td>
<td>Acceleration</td>
<td>Fundamentals</td>
<td>Foundation</td>
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<td>Acceleration</td>
<td>Strength</td>
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<td>Stamina</td>
<td>Synthesis</td>
<td>Power I</td>
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<td>Stabilization</td>
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**STRENGTH TRAINING**

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<th>Peaking Index (1-5 low-high)</th>
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**EVENTS**

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<td>Contrast / SPS</td>
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**10:33, 20.88, 39.70, 7.60m**
# Acute Relieving Syndrome

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**DOUBLE PERIODIZATION**

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**PHASE**

- General
- Specific
- Pre-Competition
- Main
- Championship
- Pre-Comp II
- Main II
- Championship

**MESOCYCLE**

1. Intro week
2. Warm-up
3. Race
4. Rest week
5. Competition
6. Recovery
7. Paper
8. Teams
9. Finals
10. Keynote
11. Final
12. Championship

**MICROCYCLE WORK**

- High
- Moderate
- Low

**Theme**

- Biomechanics
- Work Capacity
- Acceleration
- Strength
- Speed
- Stamina
- Speed
- Skill

**STRENGTH TRAINING**

- Foundation
- Off-Season
- Indoor
- Outdoor
- Off-Season
- Indoor
- Outdoor

- Peaking Index (1-5 low-high)
  - 1
  - 2
  - 3
  - 4
  - 5

- Full-Range
- Single-Jump
- Multi-Jump
- Sprints
- Hurdles
- Power
- Strength
- Speed
- Agility
- Coordination
- Balance
- Core
- Endurance
- Specialization
- Mix
- Crossfit
- Nutrition
- Recovery
- Relaxation

- 100m
- 400m
- 800m
- 1500m
- 3000m
- 5000m
- 10000m

**ATHLETE:** Resinix Proba
Lactate Kinetics

- **Glycolysis**
  - Intensity Dependent
  - Enzymes heavy in FT fibers
Lactic Acid

• Does not cause fatigue
• Dissociates almost immediately
• La\(^-\) is an energy source
• La\(^-\) is anabolic
  – Correlated with rises in HGH
  – Consequently aids in recovery
• Prime the CNS
• Can shut down the CNS (micro & macro)
• 100% dependent upon the type of athlete you’re working with
  – Mulder
Recovery

• Distance Runners?
  – 1–3 mmol/L

• Jumpers/Sprints - Circuits. 3–6 mmol/L
  – 70–80% effort, short recoveries
    • Glycogen Loading
    • Accl. Dev. may build over 20 mmol/L
How? – through training design

• Multisystem training
  – Train 1 system while another rests
  – Complimentary training design
  – 100 mph → 70 mph on the freeway
  – Everything may be 100 mph for low training age

• Multilateral training
  – Balance in the biomotor abilities
Example – 8 hour week

• Monday (High CNS)
  – Ascending WU
  – MJ - Short, explosive
  – Short Steep Hills
  – MT - explosive w/SP
  – CD (lactate)

• Tuesday (Mod-Ext CNS)
  – Dynamic WU
  – Technique
  – MJ - Rudiment
  – Int. Tempo
  – CD (flushing)

• Wednesday (low CNS)
  – Mobility WU
  – HM circuit
  – MB circuit
  – Swiss ball circuit
  – CD (flexibility)

• Thursday (High CNS)
  – Similar to Monday

• Friday (Mod-Ext CNS)
  – Similar to Tuesday

• Saturday/Sunday
  – Active Rest
Circuit Design

- “Body Building” - Hypertrophy
- 8-12 reps
- 20-60 sec. rest
- 8-12 exercises
- 1-3 sets
- 2-3 x per week
- Alternate body parts or move through fascial trains
Circuit 1

- (legs) Rotational Lunge
- (abs) V-Sits
- (chest) Pushups
- (back) Backhypers w/twist
- (legs) Rocket Jump
- (abs) Leg Toss
- (chest) Plyo Pushups
- (back) Wrestler’s Bridge
- (legs) Lying eccentric psoas
- (abs) Ab Crunch
- (chest) Decline Pushups
- (back) Prone Straight Leg Hip Extension
Circuit 2

- Resisted V-Sits
- Bulgarian Split Squat
- Leg Extensions
- Heel Walks
- Toe Pulls
- Calf Extensions
- Leg Curls
- Romanian Deadlifts
- Russian Hamstrings
- Backhyper Roll Ups
River Circuit

100m Backward run
Pedestal Circuit
Back Exercises
Mobility

3 x 10h Alternate Leg Walkovers
Questions?

Andy Eggerth
aeggerth@kennesaw.edu