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SPORTS MEDICINE GROUP

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Development, Plan, Nutrition

10 Key points for achieving Best performances

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Top 10 Steps to High Performance

1. Put in the time
2. Long term and short term plan
3. Train all year long
4. Focus on weaknesses not strengths
5. Process and Outcome
6. Pay Attention to details - Nutrition
7. Strength is important
8. Control and Stability
9. Build a Cardio Base before AA
10. Sleep, Eat, Train, Recover, Repeat



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Put in the Time

- The amount of time that you put into your training and recovery is directly related to level of success you will have. Research has linked fitness to longevity.
- At some point you should make the decision if you want to develop and live a long and healthy life.



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Put in the Time

- Training volume is dependent on level and experience
 - National 900-1620 hrs/yr
 - Black Belts 450-900 hrs/yr
 - 3rd year KYU Belts 360-450 hrs/yr
 - 2nd year KYU Belts 270-360 hrs/yr
 - 1st year KYU Belts 202-270 hrs/yr



Put in the Time

- A training year is based on a 45 week year with natural breaks
 - Weekly hours include:
 - 3 classes at the Dojo,
 - 15 mins. daily meditation,
 - 2 * 45 min. sessions of individual skill development, flexibility, core training, and cardio training,
 - 1 hr of massage therapy and Physio Therapy
- | | |
|----------------------------------|-------|
| – National/International | 20-36 |
| – Black Belts | 10-20 |
| – 3 rd year KYU Belts | 8-10 |
| – 2 nd year KYU Belts | 6-8 |
| – 1 st year KYU Belts | 4.5-6 |