

# Importance of having a Plan

Having a plan is by far the most important thing that you can do to get from where you are now to where you want to be.

- **Skill development plan** ( classes, individual sessions)
- **Psychological Plan** (meditation, mental training)
- **S & C Plan** (assessments, base cardio, AA, strength, Programs, Monitoring progress)
- **Nutrition plan** (loosing weight, eating well, improving performance, recovery nutrition)
- **Recovery and Regeneration Plan** ( massage, physiotherapy, sleep, nutrition, hydrotherapy, Rest periods, meso cycle week plan)
- **Physical health Plan** (warm up, core, flexibility, correcting imbalances, physical literacy) (health care practitioners)

# Performance and longevity

- Increases in volume are needed to improve.
  - Hours per week devoted to your health including
    - meal and snack planning
    - goal setting
    - + the actual workouts. ( 4-7 novice, 8-18 Belts)
- Volume increases should be 10%/year maximum
  - Larger increases will result in injury and overtraining
- Start now because it is hard to catch up
- Fitness decreases morbidity rates significantly
  - Research shows 30 mins of high intensity training 5 times a week decreases morbidity rates **by 20%!**
  - Triple that to 1.5 hours x 5 days and add another **4 %**



# Train with intent all year long

- There are short breaks built into every training year but you need to be a Martial Artist 365 days a year
- Training does not stop when when you miss a class –You must substitute that missed class with supplementary training
- Make a choice to go hard. Classes may be completed with low, med, or high intensity. It is a choice to go hard
  - Perceived exertion scales
  - HR monitoring for level of intensity
  - Recovery HR are you performing repeated 3-5 second bursts efficiently



# Train all year long

- Need the mindset of getting better everyday
- No good reason for plateaus in performance when your plan is to develop physicality and health

# Focus on weaknesses not strengths

- Everyone likes to do the things they are good at (why stretch if you are flexible? lift when you are strong?)
- The best do the things they are not good at
  - Need to develop the ability to look at your performance and determine the weaknesses in order to keep moving

# Process and Outcome

- As a developing Martial Artist, the process is more important than the outcome
- It is the effort and time
  - Focus on how to do things and the outcome will eventually take care of itself
  - Sport Nutrition is something that I have been asked to speak about today.



# Pay Attention to details

- At the top levels or in very healthy individuals everyone eats well
  - It is the little details of how they plan their meals and when they eat that separates the very best from the rest
  - Performance nutrition is when you look at the physiological effects of food and supplements as it relates to your training day
  - Goal is to get the most out of your training and classes and recover for the next challenge.