

GENERAL TRAINING GUIDELINES

4 Areas of Emphasis

1. **CONSISTENCY** – Working out consistently is imperative your success as an athlete. There is no good excuse for missing a workout. Your body reacts and adapts to the stress that is put on it. If the stress placed on your body (training) is sporadic, you will get little positive results. If the stress is consistent, your body will consistently adapt (grow stronger). You must do every workout! NO EXCEPTIONS!
2. **INTENSITY** – Giving the greatest possible amount of effort may be the single most important factor for successful training. The athlete who works the hardest most often wins when the “chips are down.” You should give maximal effort on every repetition of every exercise you do while training. This will not only allow you to see greater results faster, but also, you will develop good habits. A great athlete never has to “turn it on,” but rather a great athlete is “on” all the time.
3. **NUTRITION** – One of the biggest downfalls of athletes is a lack of proper nutrition. Pay close attention to the nutrition guidelines included in this packet. You may train very intensely and consistently, but if you do not supply your body with raw materials to grow and fuel for energy, you will fail to improve your physical ability. Be sure to plan ahead for each day. You will need bring food with you to your job, and you will have to supply yourself with enough water. A good rule of thumb is to eat before you are hungry, and drink water before you get thirsty. Be conscious of what and when you eat.
4. **SLEEP** – An often overlooked factor in training is rest. Rest periods are the times when your body does its remodeling and growing. You will need to maximize these periods of time. The best time for rest is when you are sleeping. You must dedicate 8 hours per day to sleep! Simply count backward from the time you need to wake 8 hours, and this will be the time that you must go to bed. You should also try to rest as much as possible throughout the day. This may not be easy, as you should sleep 8 hours per day, and most likely you will work 8 hours per day, you will train for 1 – 2 hours per day; this leaves you 6 to 7 hours per day for rest and recreation. Be sure that much of that time is spent allowing your muscles to rest.