BASICS OF TRAINING FOR SPORT OR COMPETITION

By Jeremy Roden, MS, CSCS, PES, NSCA-CPT, Assistant Director
University Wellness
Components of Training

- Assessment
- Flexibility
- Core Training
- Balance Training
- Reactive Training
- Speed, Agility, Quickness
- Resistance Training
- Nutrition
- Rest & Recovery
Any Kinetic Chain imbalance increases risk of injury and decreases performance.

If you’re not assessing, you’re guessing!

- Postural Screens
- Functional Movement Screens
- Sports Specific Testing
Flexibility

- Optimum flexibility and muscle balance ensures optimum performance and decreases the risk of injury
- Self Myofascial Release
- Static Stretching
- Dynamic Stretching
  - Mobility Drills
  - Activation Drills
  - Movement Prep
Core Training

- WHAT IS THE “CORE?”
  - Lumbo-Pelvic Hip Complex
  - Thoracic Spine
  - Cervical Spine
- Stabilization is key
- Training Strategy
  - Anti Rotation Core: Pallof Presses, Landmines, etc.
  - Anti Flexion Core: Plank, Stir the Pot, Ab Rollout
  - Anti Lateral Flexion: Side Plank, TGU’s
  - Hip Flexion: Reverse Crunch/Leg Raise Variations
Balance Training

- Neuromuscular efficiency
  - Reduce force, Stabilize, Produce force
  - Better muscle recruitment, greater force production

- How to get it in
  - Include single leg work in all your training
  - Warm-up
  - Active rest in between sets
  - Off days
Enhanced performance in most activities is directly related to the rate of force production.

More closely mimics sport or activity

Almost any movement can become reactive
- Stretch Shortening Cycle
- Explosive Concentric

Plyometric

Med ball throws
Speed, Agility Quickness

- Improving “playing speed”
- Straight Ahead Speed
  - Sprinting
- Lateral Speed and Agility
  - Court/Field Drills
  - Agility Ladder
- Reaction Time
- Play/Practice your sport
- Incorporate into conditioning/cardio work
Resistance Training

- **Endurance/Stabilization**
  - 1-3 sets 12+ reps
- **Hypertrophy**
  - 3-4 sets 6-12 reps
- **Max Strength**
  - 4-6 sets 1-5 reps

- Movement patterns not muscle groups
- Bang for your buck/Training economy
- Ask why?
- Focus on function
Nutrition

- Plays a big role in performance
  - Even bigger role in body comp
- Focus on the basics
  - Lean protein
  - Fruits and veggies
  - Healthy fats
  - High fiber, whole grain carbs
  - Water
  - Simple Sugars
    - Limit to workout/competition window
- Supplementation
All adaptations to training happen during this phase

Specific needs will vary by
- Individual
- Program design and structure
- Nutrition
- Other life stressors

Active rest can speed recovery
- Light aerobic activity
- Low intensity circuits
QUESTIONS???

jroden@uta.edu
References


THE ESSENTIALS OF INTEGRATED TRAINING
References


THE ESSENTIALS OF INTEGRATED TRAINING
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