

BASE FIT PERFORMANCE WHEEL

A basic analysis of why our programmes work!

EXPLOSIVE POWER

What is Explosive Power Training? - It is training that combines strength and speed to increase your power output.

- Used to generate a quick bursts of maximum effort by using your fast twitch muscle fibres (type II)

E.g. - Manoeuvring bike out of a stuck or difficult position / 100 Sprint / Short sprint to line of cycling race.

- Can reduce risk of injury during activities that require powerful bursts & quick acceleration movements such as vertical jumps, sprints & quick changes of direction.
- Beneficial training for aging populations to prevent muscle loss. (sarcopenia)
- More effective when combined with other types of training.
- Training can be tough and "push through" mindset can be simulated.
- Works predominantly Anerobically and uses ATP-PC energy system (not sustainable for very long periods)

PERIODIZATION

What is periodization? - Creating a training plan that increases in difficulty level to achieve higher fitness goals.

- This is done in 4, 12 week cycles at Base Fit.
- Each week starting with more intense workouts and tapering off to easier sessions toward the end of the week.

Why do we do it? - To prepare the best possible fitness for our client specific sport needs. Base Fit prepares clients to peak thier performance at specific times for best results.

Base Fit does this by,

- Constantly varying training to maximise fitness and performance
- Tapering off training for rest and avoid over training
- Avoiding boring, repetitive training sessions for long-term motivation

- Periodization can be applied to short, medium and long-term goals

NUTRITION

Cornerstone of every training regime
Ref to Gail

MINDSET

Outlook of task verus the actual task
Ref to Mandy

STRENGTH ENDURANCE

What is Strength Endurance? - Strength endurance is the strength output in activities which will require a relatively long duration of work with minimal decrease in efficiency.

- Can be measured by how you can continuously sustain a movement or task without getting exhausted.

- Increases your ability to do activities without getting fatigued too quickly.
- Reduces the risk of injury.
- Helps keep a healthy body weight.
- Leads to healthier, stronger muscles and bones.
- Allow you to vary your exercise program.

CARDIOVASCULAR TRAINING

What is Cardiovascular Training? - Also known as aerobic training, is exercise that increases your muscular endurance by improving the performance of your lungs and heart so they can distribute oxygen to the muscles more efficiently.

Different types: (many more)

- **HIIT** - involves pushing your body well out of its comfort zone, depending on the workout.
- Improves performance, improves insulin sensitivity, burns more calories all day (EPOC/Afterburn Effect), helps burn belly fat, improves health, Shorter workouts.

- **Steady State Cardio** - Involves exercising at a consistent speed and level of intensity for the entire workout. Has some advantages in certain sports, increased risk over overuse injuries, Boredom! (Running marathons)

CORE

What is Core Training? - The core is all of the muscles of the midsection which work as stabilizers for the entire body and help the body function more effectively. All core muscles work together in unison to supply strength and coordinated movement.

- Core training improves functional fitness allowing you to perform everyday tasks more easily.
- Reduces the risk for low back pain and other health factors.
- Improves athletic performance as all powerful movements originate from the core.
- A strong core will enable you to generate more powerful and rapid arm and leg movements. It is the linkage between the upper and lower body.

REST

The recovery time required to allow for best performance to be achieved and avoid overtraining leading to injury or reversal of fitness.

