



### THE GAMEPLAN

Just like any cooking recipe is much more than the individual ingredients, effective training is much more than exercises, sets and reps. Critical to effective results is the optimal application of training within a framework that maximises adaptation on multiple levels. This requires a deep understanding of the science underpinning training, and the application of this science to the optimal programming of training. This also requires the ability to craft training solutions to the unique challenges facing athletes and coaches in the real world. All coaches therefore, need to develop their own “gameplan”; the ability to design and apply effective training programmes in a range of environments and situations. This workshop provides both a scientific and applied approach to the problem of programme design, allowing coaches to integrate science and experience to maximise athlete performance.