

Pel ot Performance Coaching

Sport Specific Conditioning

Cardiovascular conditioning is key ingredient to be a high performing athlete. It is EXTREMELY important that the conditioning drills and workouts simulate the demands of games. Depending upon the type of conditioning exercise, an athlete can make or break his on the field ability. Most field or court based sports require quick sprints ranging from 5-40 yards dependent upon the game situation with little to zero rest in-between sprinting efforts. For this type of activity the body uses its fast twitch muscles when performing maximal effort sprints. This is important to understand when designing and participating in conditioning workouts. For example: running and jogging at slow speeds for greater than 5 min at time can be detrimental to the sports specific speed needs of a sprint based athlete. When running or jogging for long distances (2+ miles) the body primarily uses slow twitch muscles. Slow twitch muscles lack the ability to fire with maximal bursts of explosion. In addition, participating in long slow distance type of conditioning a fast twitch (explosive) muscle can begin to change into a slow twitch (non-explosive) muscle. So when incorporating conditioning workouts, it is best to incorporate exercises and drills that last between 10-45 seconds with little rest in-between. This will promote the development of fast twitch muscles, simulate the demands of the game, promote game speed endurance and reduce the likelihood of becoming a non-explosive athlete. A good visual example would be comparing an elite 100 m track athlete or elite soccer player vs. a marathon runner.

**Which Bodies are more
EXPLOSIVE?**

