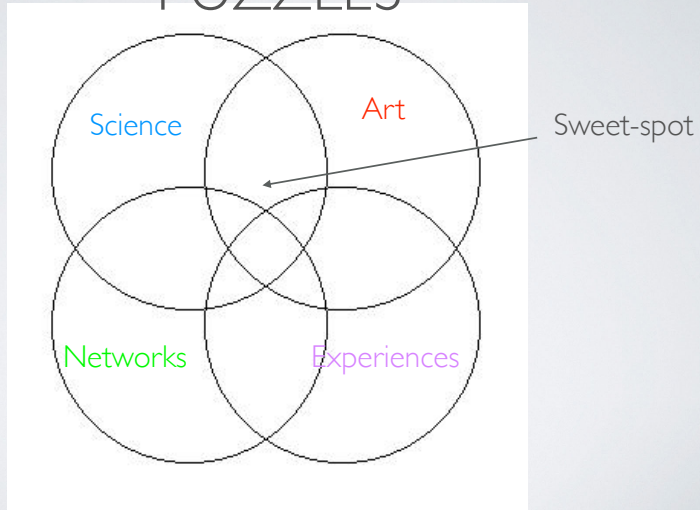


HIGH PERFORMANCE PUZZLES



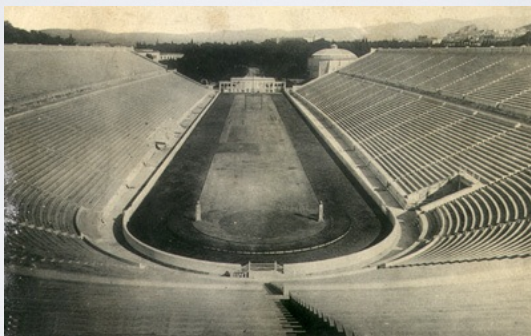
THE JOURNEY

Little support staff, resources and bus station talent pools.
Always building teams.



MY JOURNEY, THUS FAR

Majority of my work based in the sport of track and field.



No place to hide, work is analyzed by millions.



Record keeping has been an endless chase for coaching evolution.



MY STANCE, TODAY!

My work is **holistic, generalist** in nature and above all, **universalist** in pursuit.

We utilize a **mechanical driven model** of training whereby **mastery** drives program changes.

Biochemistry, Central Nervous System, Fascial Trains and the Collagen Matrix serve as **foundational touchstones** of training design.



MARGINAL GAINS

- Fashion is enamored with the 1% dialogues.
- I am more concerned with the essentials and fundamentals. What are the BIG ROCKS?
- Defining these well allow for deeper KPI systems.
- We must constantly monitor essentials and fundamentals in order to properly rank the KPI hierarchies for programming.



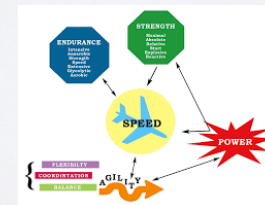
MORE THOUGHTS

- Template designs with **prescriptive** implementation, high usage of ranges!



Power/Speed sports have lots of **commonalities**

- **Wellness factors** have become more prevalent in training designs

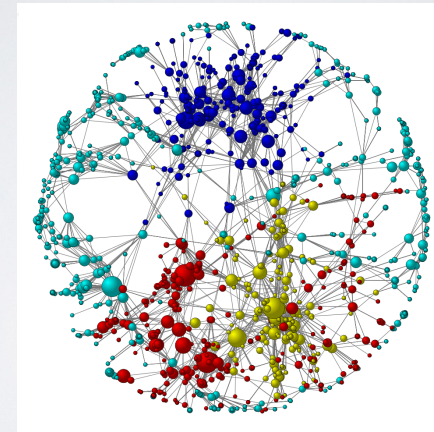


SPECTRUMS AND FRACTAL PATTERNS

Most paradigms and concepts are more spectral than absolute. I struggle with absolutists. Complex systems demand skills in fractal geometry.



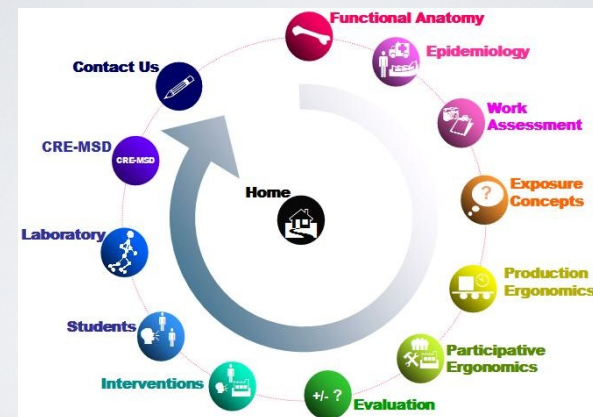
NETWORK DRIVEN RESOURCE SYSTEMS FOR ALL AREAS OF INFLUENCE



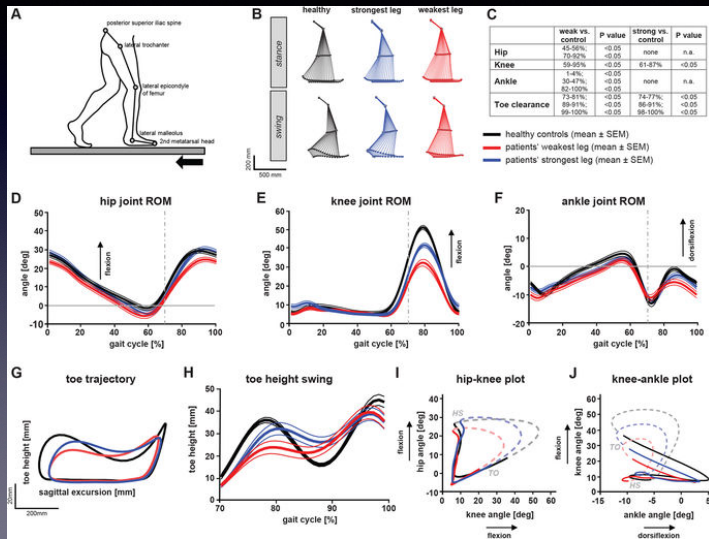
NEVER ENDING SEARCH FOR TASK MANAGEMENT SCHEMES



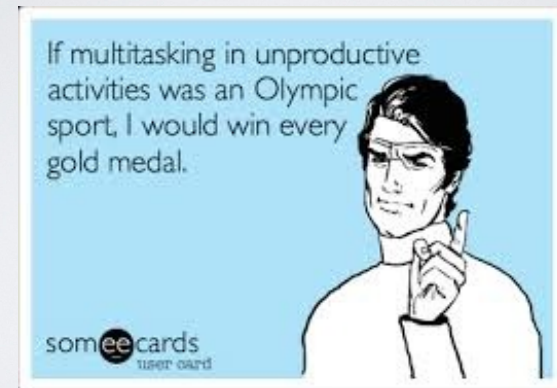
ERGONOMICS ARE A CONSTANT PERCEPTUAL GRID FOR ANALYSIS.



Movement Signatures



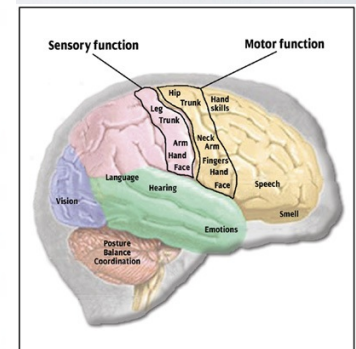
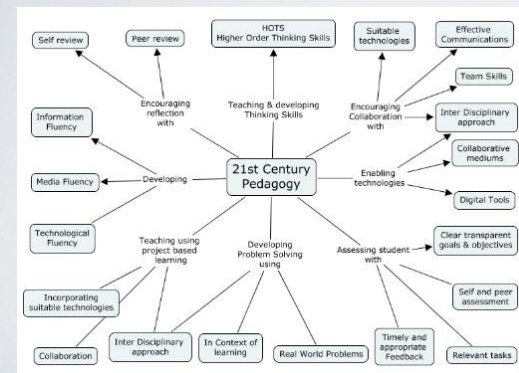
WE STRIVE FOR ONE TASK TO COVER MANY COMPONENTS.



EMBRACE ALL SPORT SCIENCE DISCIPLINES EQUALLY.



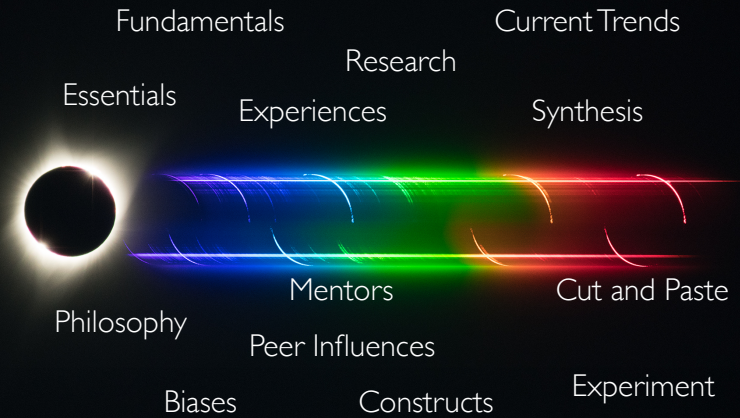
PEDAGOGY AND MOTOR CONTROL ARE CENTRAL TENANTS OF ALL WORKS.



PROGRAMMING IS LINUX THEORY IN DESIGN: UTILIZES ATHLETES, EXPERTS AND PERSONAL GROWTH COLLABORATIONS.



How we coach, Rehab and Plan



© 2017 Yujing Qin

PROGRAM MANAGEMENT

*Monitoring Systems and Methodology are in **constant flux**

***Debriefs**: after each practice session, microcycle, meso-cycle and macrocycle; **military research** key driver

***Outside audits, internal evaluations and peer reviews** are constant.



ORGANIZATIONAL FORMAT

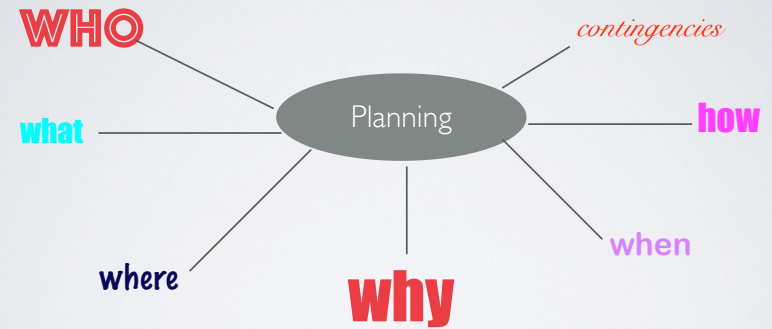
We use a hybrid periodizational model to structure programming. **One has to start somewhere!**



MY VIEW OF PERIODIZATION

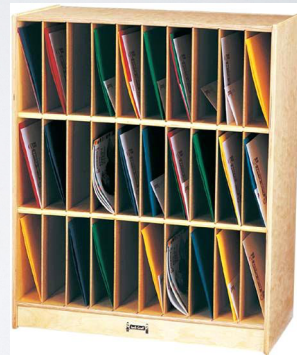


THE CONUNDRUM OF PLANNING



MAILBOX SYSTEM “COACHING IN GROUPS”

- Injury/Wellness Status
- Postion
- Skills both general and specific
- Virus Commonalities
- Personalities



Name of Lesson: _____

Grade Level: _____ Subject: _____ Prepared By: _____

Overview & Purpose	Education Standards Addressed
--------------------	-------------------------------

	Teacher Guide	Student Guide	
Objectives <small>(Specify each objective that will be taught.)</small>			Materials Needed • •
Information <small>(Consider additional necessary information.)</small>			
Verification <small>(Steps to check for student understanding.)</small>			Other Resources <small>(e.g. Web, books, etc.)</small>
Activity <small>(Describe the intended activity to reinforce the lesson.)</small>			
Summary			Additional Notes

Note: printable courtesy of LessonPlans4Teachers.com

It manipulates exercise prescriptions.



Stressor Management

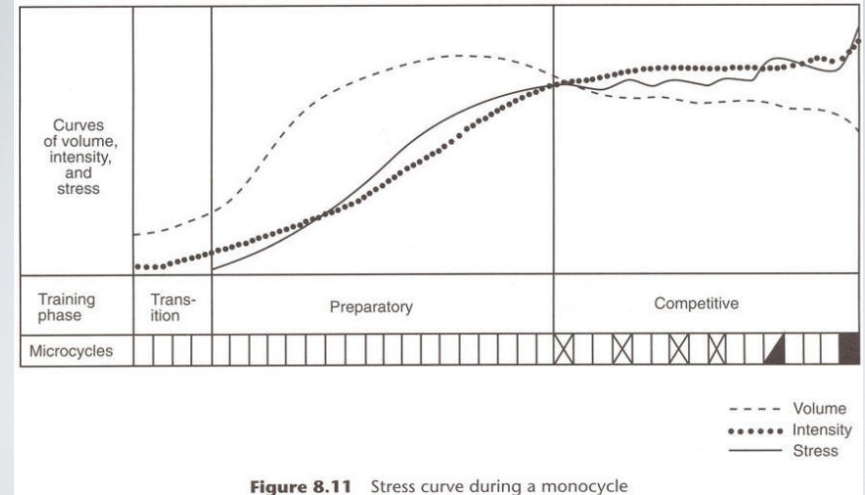


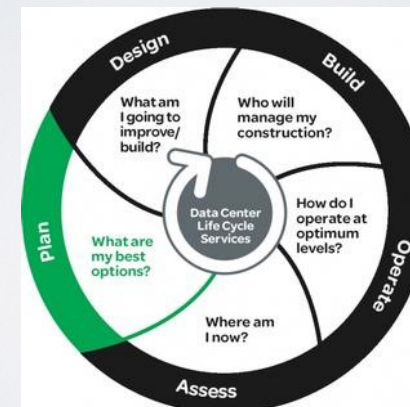
Figure 8.11 Stress curve during a monocycle

LEAVING CERTIFICATE FROM THE UNIVERSITY OF THE SCHOOL OF HARD KNOCKS

Minimal Effective Dose for each and every menu item, cycle, phase and training year!



ENERGY MANAGEMENT IS CRITICAL AND MUST HAVE MANY METRICS FOR MONITORING PURPOSES.

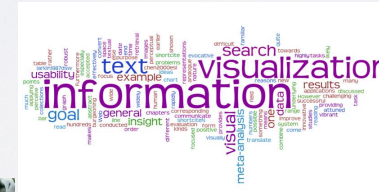
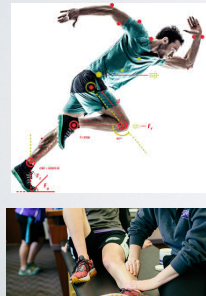


ATHLETES ARE INJURED AT BIRTH AND ITS
DOWNHILL FROM THERE. COMPENSATION
OF MOVEMENT IS A PUZZLE.



THE 4 DRIVERS OF INJURY

- Programming
- Lifestyle Factors
- Biomechanics
- Sports Medicine Strategies

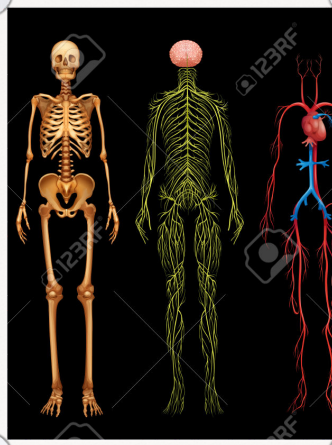


American Football Yearly Plan

Week	Game	Practice	Rest	Travel	Recovery	Medical	Performance	Strategy	Communication	Community
1	Week 1	Week 1	Week 1	Week 1	Week 1	Week 1	Week 1	Week 1	Week 1	Week 1
2	Week 2	Week 2	Week 2	Week 2	Week 2	Week 2	Week 2	Week 2	Week 2	Week 2
3	Week 3	Week 3	Week 3	Week 3	Week 3	Week 3	Week 3	Week 3	Week 3	Week 3
4	Week 4	Week 4	Week 4	Week 4	Week 4	Week 4	Week 4	Week 4	Week 4	Week 4
5	Week 5	Week 5	Week 5	Week 5	Week 5	Week 5	Week 5	Week 5	Week 5	Week 5
6	Week 6	Week 6	Week 6	Week 6	Week 6	Week 6	Week 6	Week 6	Week 6	Week 6
7	Week 7	Week 7	Week 7	Week 7	Week 7	Week 7	Week 7	Week 7	Week 7	Week 7
8	Week 8	Week 8	Week 8	Week 8	Week 8	Week 8	Week 8	Week 8	Week 8	Week 8
9	Week 9	Week 9	Week 9	Week 9	Week 9	Week 9	Week 9	Week 9	Week 9	Week 9
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14	Week 14	Week 14	Week 14	Week 14	Week 14	Week 14	Week 14	Week 14	Week 14	Week 14
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51	Week 51	Week 51	Week 51	Week 51	Week 51	Week 51	Week 51	Week 51	Week 51	Week 51
52	Week 52	Week 52	Week 52	Week 52	Week 52	Week 52	Week 52	Week 52	Week 52	Week 52

MOVEMENT CONTROL FACTORS: A HARMONIC SYMPHONY

- Muscle Systems
- Skeletal System
- Fascial Systems
- Tendons, Ligaments, Bursae, Fat Pads and Capsules
- Joint Hydraulics
- Brain, Spinal Cord and CNS
- Proprioceptors
- Lymphatic System
- Organs



JOINT HYDRAULICS AND THE FASCIAL MATRIX



BIOCHEMISTRY IS DELICATE, NOT WELL UNDERSTOOD AND IS EASILY INFLUENCED.



WE ABHOR TRAINING GAPS

Sports Medicine practitioners seldom understand the complexity of world class training systems.

They have zero understanding of training gaps!



TRIAGE VERSUS CLINICAL PRACTICE DEBATES



PLAN B MENU ITEMS MUST REMAIN AS CLOSE TO PLAN A AS POSSIBLE. THIS ISSUE IS A MAJOR MISTAKE IN MANY SPORTS MEDICINE PARADIGMS.



PROPER MOVEMENTS PROMOTE PROPER HEALING.
PROGRESSION SCHEMES AND LANDMARKS ARE
MORE INFLUENTIAL THAN TIME LINES.



Fundamentals are Critical and Essential



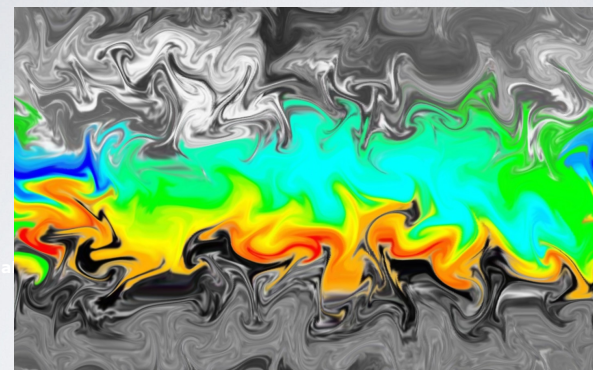
KPI'S, A DOUBLE EDGE SWORD! REAL AND
MUST BE ACCOUNTED FOR DAILY.

Key Performance Indicators

Key Performance Inhibitors



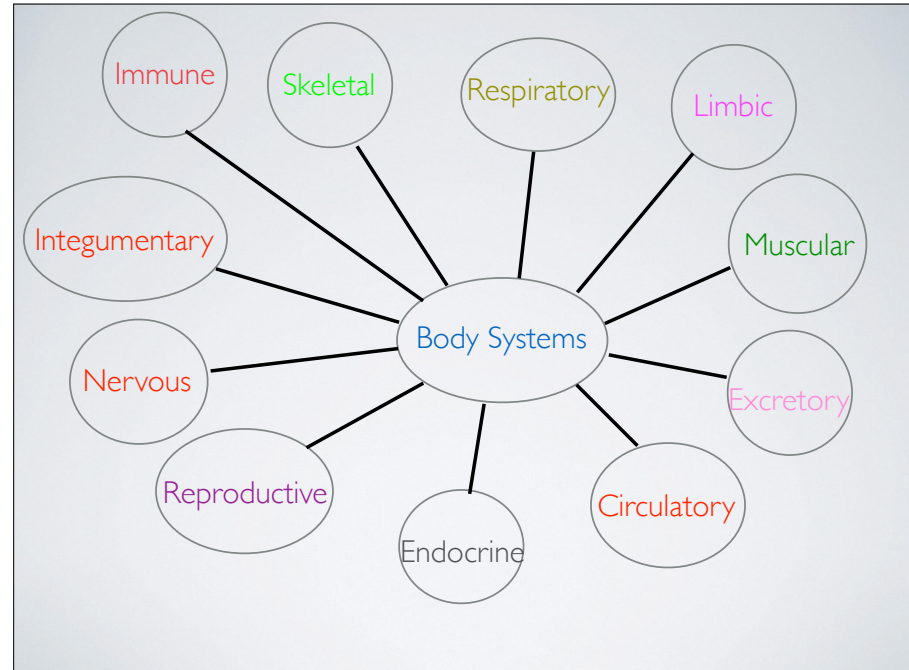
KPI'S ARE FLUID, DYNAMIC AGENCIES



Computational

GENERAL CLASSIFICATION OF KPI'S

- Technical/Tactical
- Physiological/Genetics
- Wellness
- Lifestyle
- Mental
- Emotional
- Environmental and Sport Knowledge



WE USE GENERATIONAL MENU ITEM SELECTION SCHEMES WITH ALL TRAINING QUALITIES

GENERATIONAL CLASSIFICATION SCHEMES



GENERATIONAL EXAMPLE: POLE VAULT

1st: Competition Length Jumps

2nd: Various shorter run jumps and event specific exercises

3rd: Acceleration, Speed and Jumps exercises

4th: Weight Training, Plyometrics, Throwing, Gymnastics, Alactic Runs, Wellness Exercises

*note: very little general or 5th generation work

MONITORING: FIELD SYSTEMS

Posture

Body Language

Rhythm

Coordination

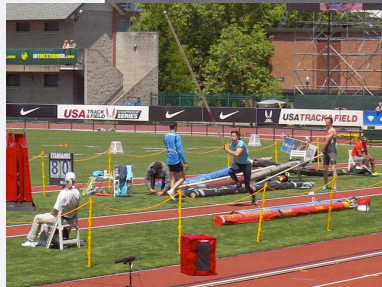
Feedback and tone of voice

Perceived Exertion

*****Evaluated against normative maps!**

Build Individual Movement Maps!

THE BEST FORM OF TRAINING IS DOING
EVENT SPECIFIC WORK.

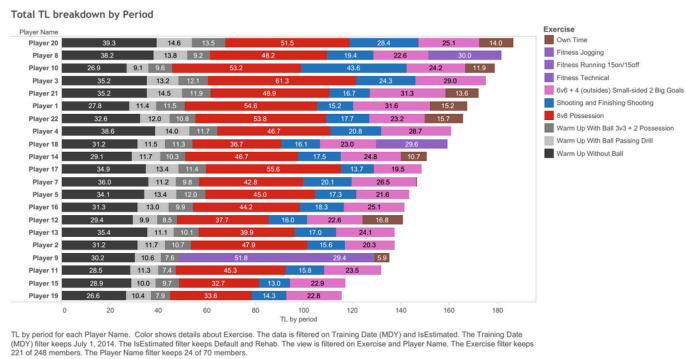


THE BEST FORM OF EVENT SPECIFIC
TRAINING IS COMPETING!

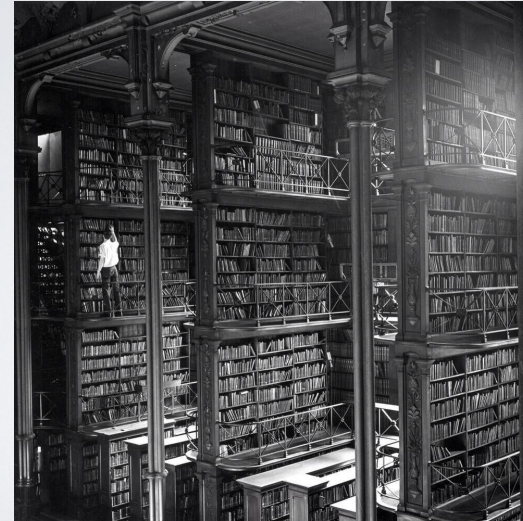


COMPETITIONS TRAIN MANY SYSTEMS AND MENU ITEMS.

It must be a huge accountability factor in training design.....



THE VALUE OF CONTEXT

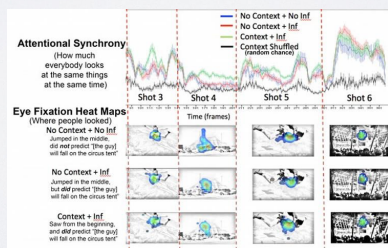


CONTEXT FOR GENERATIONAL CONSTRUCTS

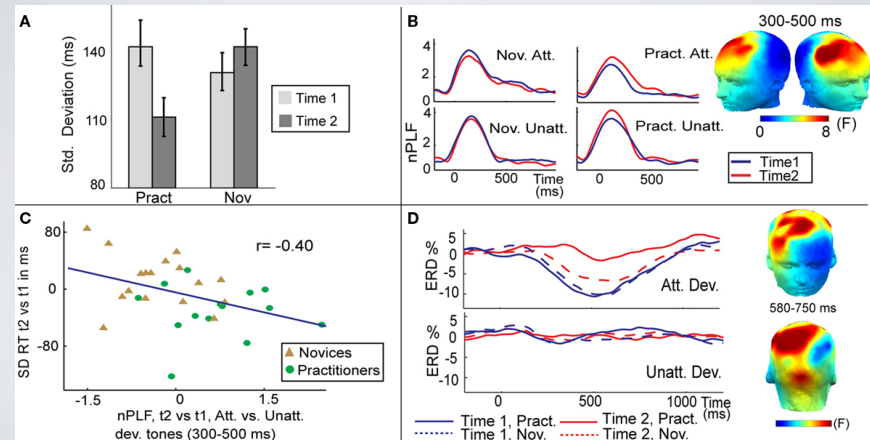
Some training menu items are teaching progressions to higher degrees of specificity.

Some training menu items serve as mental, neurological or brain plasticity reference points; "perceptual grids".

Some training items may serve to build platforms for more specific work qualities.



MENTAL TRAINING MUST BE COMPLEX, SYSTEMATIC AND REGULARLY PRACTICED TO BE EFFECTIVE.



TRAINING GROUPS AND INTEGRATED SUPPORT TEAMS ARE ESSENTIAL. NO MAN IS AN ISLAND.



WE DEMAND THAT ATHLETES BECOME TOTAL STUDENTS OF THEIR EVENT. A PHD IN EVENT SPECIFICS IS THE GOAL. WE ALL WEAR MANY HATS DAILY.



ATHLETES MUST TAKE EXTREME OWNERSHIP OF THEIR SPORT/LIFE JOURNEY.



© Can Stock Photo - csp11824623

THE COACH AND SUPPORT STAFF HAVE TO REPROVE THEMSELVES DAILY. NO MATTER WHAT THE RESUME, ITS A DAILY TRUST PROJECT!



IS STRENGTH A GET OUT OF JAIL FREE CARD?

- What and how do we strengthen?
- Systems inputs and reactions?
- Movement Expression Effects?



WE CONSTANTLY MONITOR STAFF AND ATHLETES FOR CONFORMATIONAL BIAS.



"WE KNEW THAT ALREADY! SEEMS LIKE WE DIDN'T NEED TO DO THE RESEARCH AFTER ALL!"

THANKS

