

As requested, some insights into our current EGT training phase:

As some of you will be aware, program design @ B32 is in-depth. There are so many factors we consider before designing training plans, whether for individuals or groups. Some would say its like the movie Inception - interrelated layers and textures, each to be considered and integrated with with one another. Having said that, we synthesise these layers to design a clear framework for each training phase. Below are SOME of the things that have been considered and implemented for the current EGT (Exclusive Group Training) layout @ B32.

- Testing results from the Winter Test Series - we had the most EGT participants we've ever had for our test series in July. This influences rep ranges and tempos chosen, volume, and the overall feel of the training cycle. Training reached a peak in July for the WTS, in order to test participants and gain some insight into where folks were at with their fitness at that point in time. Based on those results, training sessions became more posturally-based with a focus on learning new skills/movements to develop those postures.
- We received feedback from folks wishing to play in both the up and coming Smash Clash and the Summer Test Series events. Using this info, we created a training layout that would accommodate both postural work and some aspects of CF-style training, with our usual attention to the energy systems/gears needed in known and unknown fitness testing situations (like the events mentioned above.)
- Structurally we have been addressing:
 1. Single leg function
 2. A discrepancy between static core capacity (e.g. FLR, side-bridge) and trunk-bending core capacity (e.g. sit ups.)
 3. Posterior/LB bending endurance
 4. Upward scapular rotation

You will typically see these structural elements addressed on the first day after a rest day to create the most potential change for participants. Some of these progressions are linear, while others are varied and just touches that build volume and learning of

new or weaker motor patterns.

- Energy system work has been devised to build on the aerobic foundations we worked on leading into the WTS. This cycle, we have layered some more CF-looking things into our breathing (aerobic) work, to challenge you to MOVE & BREATHE in mixed modality scenarios (remember the 10min box jump test earlier this week? (These scenarios include external load, self loaded and cyclical modalities.)

There is the occasional touch on the lactate system to maintain familiarity with the feeling of what it's like to use lactate for fuel, but it's not our current focus. We have dialed this back to allow the body to rejuvenate and leave plenty of CNS resources for other adaptations we've deemed a priority at this point- things we feel are more vital for folks to balance their fitness and health. The lactate system will be ramped up again closer to a competition or when the time is right for harder testing training phases.

- The cycle is actually bi-weekly at the moment. This is essentially a 10 day micro cycle that allows for us to fit more variety, skill and energy system spread in a given week of training.

As an example of how this works, LB bending (DL, power cleans, KBS, back ext etc.) will be heavy/ max effort/ intense one week, then there will be another 10 training sessions done before going heavy again. During that 10 day micro cycle there will be dynamic work (eg banded KBS, power cleans) and volume/postural work (eg Russian KBS, back ext) and other movements to create adaptation and progression prior to going heavy again. The high TUT (time under tension - e.g. 40X0 tempo) helps create the posterior chain endurance/capacity that I mentioned earlier. This is one of those layers I discussed earlier.

- Why skateboard, bear crawls, lateral running drills? Our take on balanced fitness encompasses constant learning and an evolving skill set worked into life and training. Modern day living has made some aspects of primal coordination dormant. To nurture and nourish some primal neurological pathways we address these things with playful

and challenging movements (e.g. bear crawls activate a primal cross crawl neurological pattern.)

Hope this helps shed some light on why you come in and do what you do. If you want more insight into these sorts of things, see [Breaking down a B32 training session](#) or post your questions to comments now and ANYTIME you have a question. We read all the comments! See the blog as a fabulous FREE resource at your disposal.

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