



2019 COACHES CONFERENCE

JANUARY 10 – 12
INDIANAPOLIS, IN
2.0 CEUS

#COACHES19

Conflict of Interest Statement

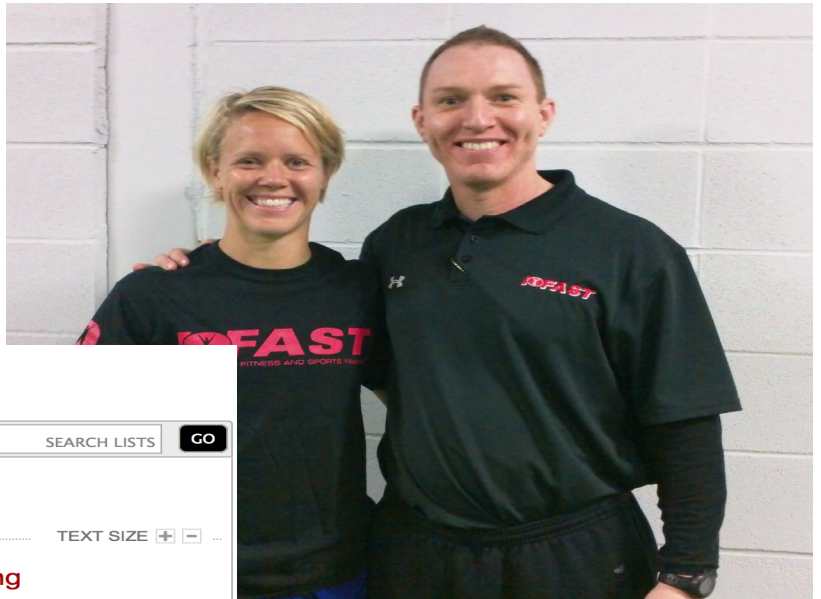
I have no actual or potential conflict of interest in relation to this presentation.

A Little Bit About Me...



Who is Mike Robertson?





MH LISTS

FITNESS | SEX | NUTRITION | HEALTH | WEIGHT LOSS | GUY WISDOM

SEARCH LISTS **GO**

America's 10 Best Gyms

TEXT SIZE

<ul style="list-style-type: none"> Overview Mike Boyle Strength & Conditioning Results Fitness Peak Performance 	<p>Indianapolis Fitness and Sports Training</p> <p>Indianapolis Fitness and Sports Training (IFAST) Indianapolis, IN</p> <p>57</p>
---	--

Why Do I Do, What I Do?



My Philosophy: Efficiency

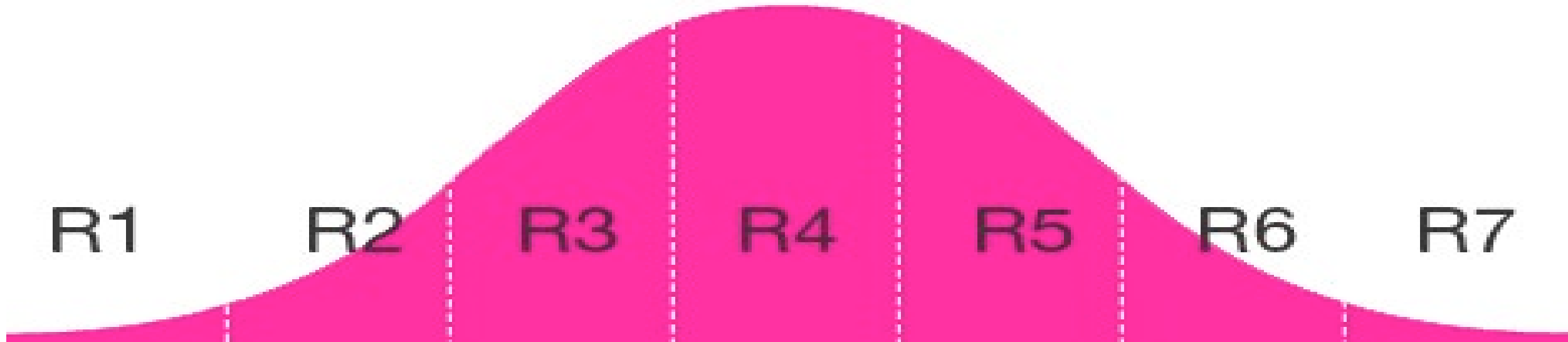
The R7 Approach to Training

Superior programs in less time. Period.

The R7 Protocol

1. Release
2. Reset
3. Readiness
4. Reactive
5. Resistance
6. Resiliency
7. Recovery

The R7 Protocol



Release

Foam Roller/ Ball	Frequency	Reps	Timing
Calves (ball)	Daily	30 s.	Pre-workout
Hips (ball)	Daily	30 s.	Pre-workout
Quads	Daily	30 s.	Pre-workout

Reset

Exercises	Sets and Reps	Time Under Tension	Comments
Lat Hang	1x4-5	4-5 breaths	See attached
Wall Squat in FA IR with Balloon	1x4-5	4-5 breaths	See attached

Readiness

Exercise	Repetitions
Rockback Breathing on Elbows	8 Breaths
Core Engaged Hip Flexion	5 Reps/Side
Alternating Supine Elbow-to-Knee	5 Reps/Side
Alternating Supine Toe Touch	5 Reps/Side
Turkish Get-up to Elbow	5 Reps/Side
Pull Back Butt Kicks	5 Reps/Side
Push-up to Downward Dog	8 Reps
Groiner with Overhead Reach	5 Reps/Side
Lateral Split-Squat	5 Reps/Side

Weekly Layout

Day	Training
Monday	Weights
Tuesday	Conditioning
Wednesday	Strength
Thursday	Conditioning
Friday	Weights
Saturday	Active Recovery
Sunday	OFF/Light Recovery

Reactive - Lateral Acceleration

	▲ Intensity	▼ Recovery	Repeats	Comments
Week 1		15-20 minutes		
Week 2		15-20 minutes		
Week 3		15-20 minutes		

Resistance

Exercise	Tempo	1	2	3	Comments	Rest
1) Trap Bar Deadlifts		2x3	2x3	2x3		3 minutes
		RPE 8	RPE 9	RPE 9.5		
2A) Resisted Push-ups	201	3x6	3x6	3x5		90 s.
2B) DB Split-Squats	Dyn	3x8	3x6-8	3x6		90 s.
3A) Half-Kneeling Landmine Press	Dyn	2x8	2x8	2x6		60-90 s.
3B) Reaching Dead Bugs	301	3x8	3x8	3x10		60 s.

Resiliency - Prowler Sprints

	▲ Intensity	▼ Recovery	Repeats	Comments
Week 1	Length of Turf	HRR \leq 130 bpm	6	Max effort each rep. 5' rest in between series Weeks 2 and 3
Week 2	Length of Turf	HRR \leq 130 bpm	6, 3	
Week 3	Length of Turf	HRR \leq 130 bpm	6, 6	

Recovery

Exercises	Sets and Reps	Time Under Tension	Comments
90-90 Breathing	3 minutes	N/a	N/a

What Can R7 Do For YOU?

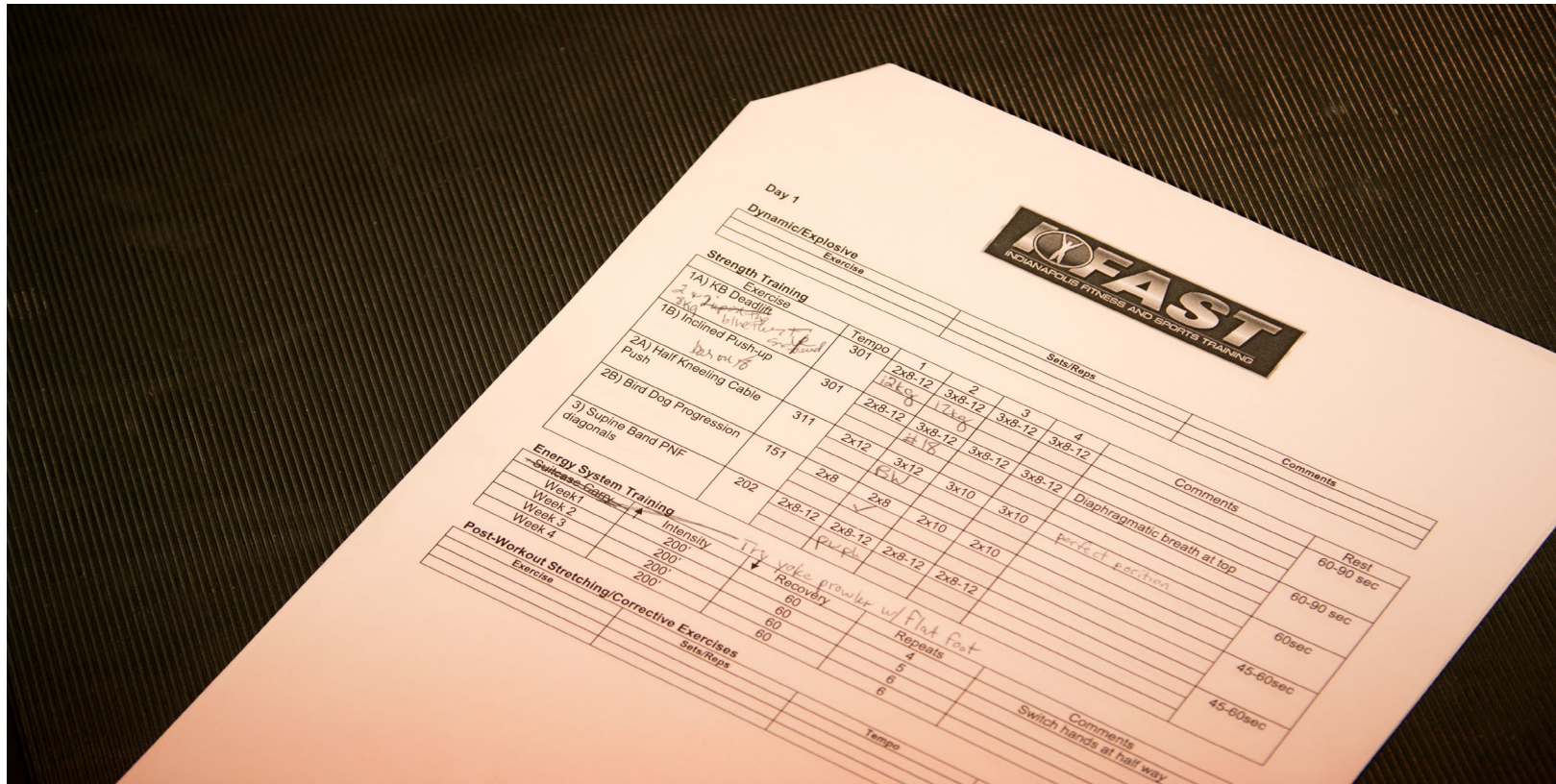
Improve Athlete Buy-In



Streamline Programming Across Multiple Coaches



Great Programs, Less Time



Three Step Process

1. Prepare
2. Train
3. Recover



Prepare

Release

Goal: Decrease stiffness via foam rolling, lacrosse ball, massage, etc.

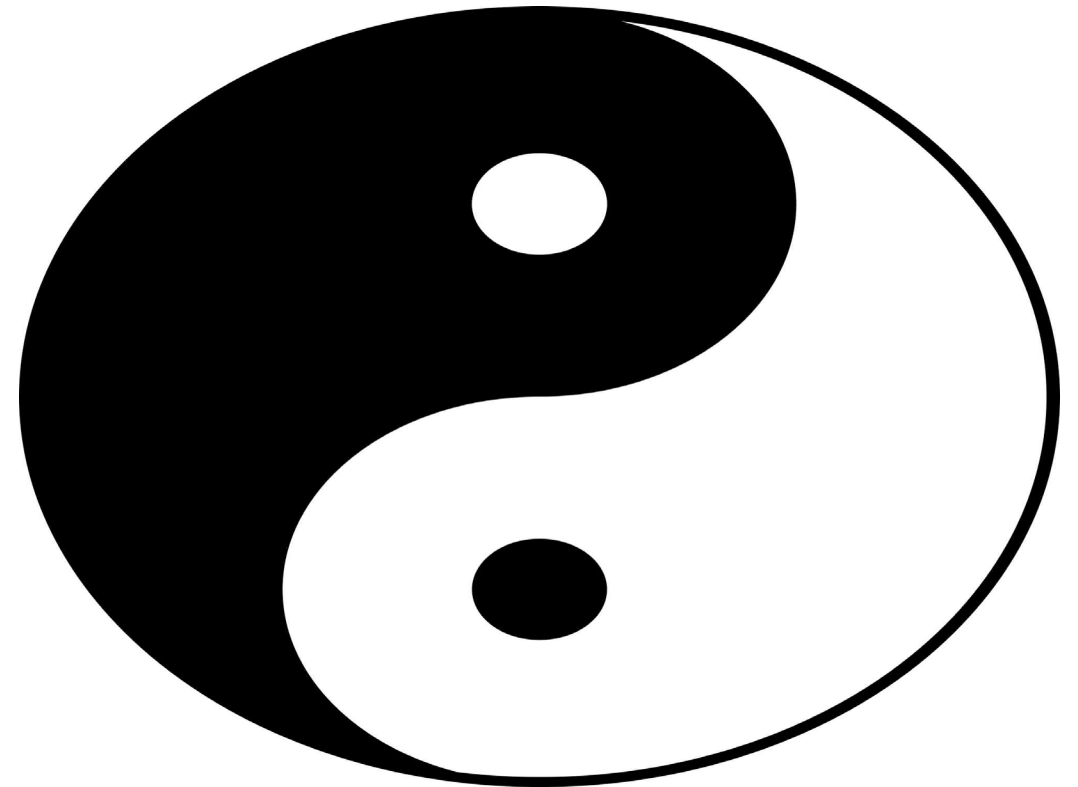


What does foam rolling really do?



Reset

Goal: Optimize biomechanical
position/
Autonomic nervous system
balance



Big Question:

How well can your athletes tolerate and adapt to stress?



Adapted from Al Vermeil and Robbie Bourke

A Different Perspective...

Sympathetic

- “Fight-or-flight”
- Accessory/altered breathing
- High intensity exercise
- “Toned up”/ system extension
- Tension

Parasympathetic

- “Rest and digest”
- Diaphragmatic breathing
- Low intensity exercise
- “Toned down”/system flexion
- Relaxation

Reset

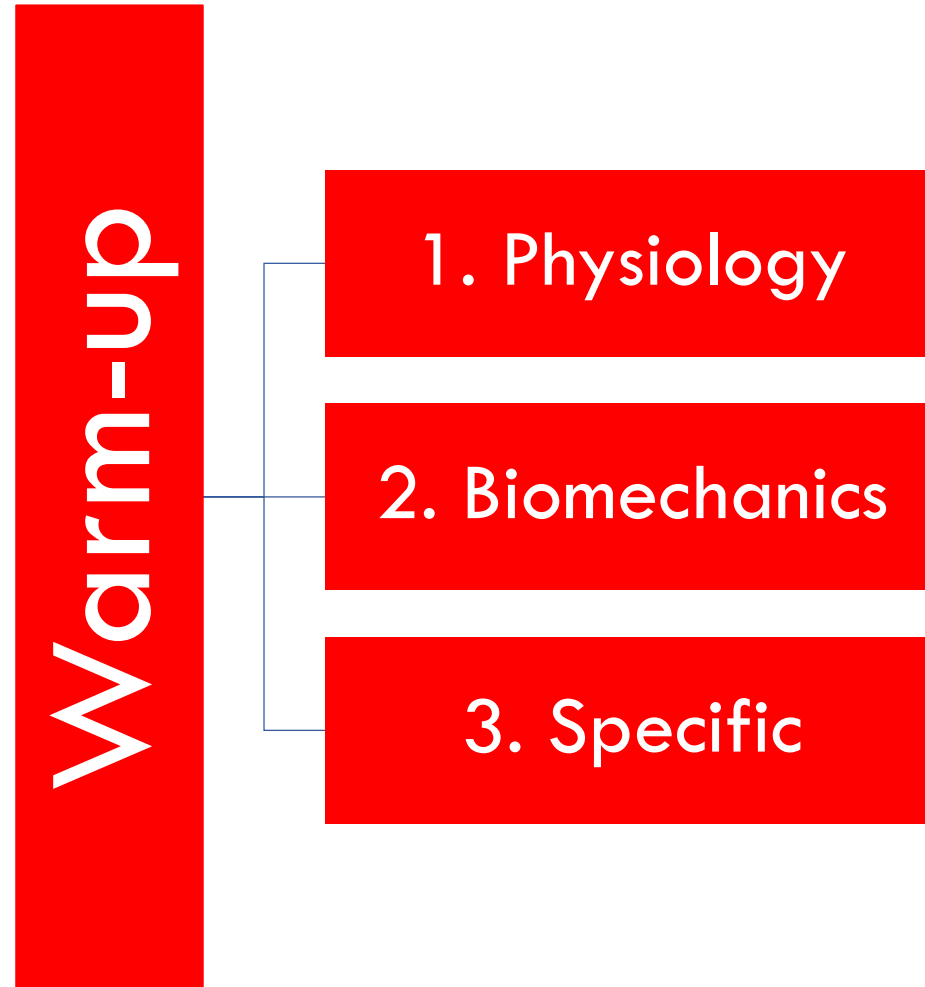
- Tools in the Toolbox:
 - Postural Restoration Institute (PRI)
 - Developmental Neuromuscular Sequencing (DNS)
 - Breathing Exercises
 - Crawling Patterns

Readiness

Goal: Prepare for an epic training session



Readiness



Physiological Readiness

- Increased tissue temperature
- Improved joint lubrication
- Improved nerve conduction/nervous system firing



Biomechanical Readiness

- Improve/optimize alignment
- Isolated → Integrated
 - Low → High ROM
- Integrate nervous and musculoskeletal systems



Specific Readiness

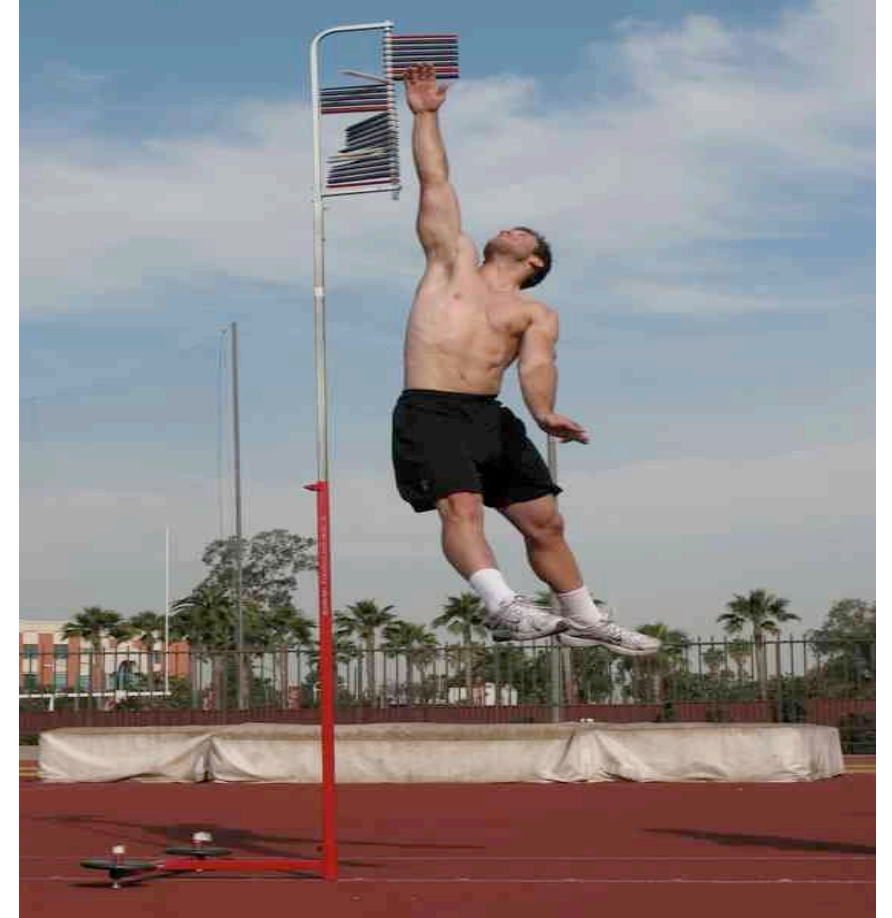
- Prepare for sport-specific:
 - Loading
 - Ranges of Motion
 - Speed/Power
 - Etc.

Train



Reactive

Goal: Improve power & explosiveness



Dan New



Reactive

- Tools in the Toolbox:
 - Speed Work
 - Jumps
 - Throws
 - Olympic Lifts
 - Anything that is fast/explosive



Resistance

Goal: Get STRONG(ER)



Lil' Stevie



Resistance

- Strength training helps nearly EVERY goal...
 - Strength Development (and the spillover effect)
 - Fat Loss
 - Muscle Development



Resistance

- Tools in the Toolbox:
 - Barbells
 - Dumbbells
 - Kettlebells
 - Bands
 - Chains
 - Bodyweight



Resiliency

Goal: Develop sport- (or life!)
specific work capacity



The KDawg Story



Resiliency

Sympathetic

- “Fight-or-flight”
- Accessory/altered breathing
- High intensity exercise
 - Anaerobic energy system
- “Toned up”/ system extension
- Tension

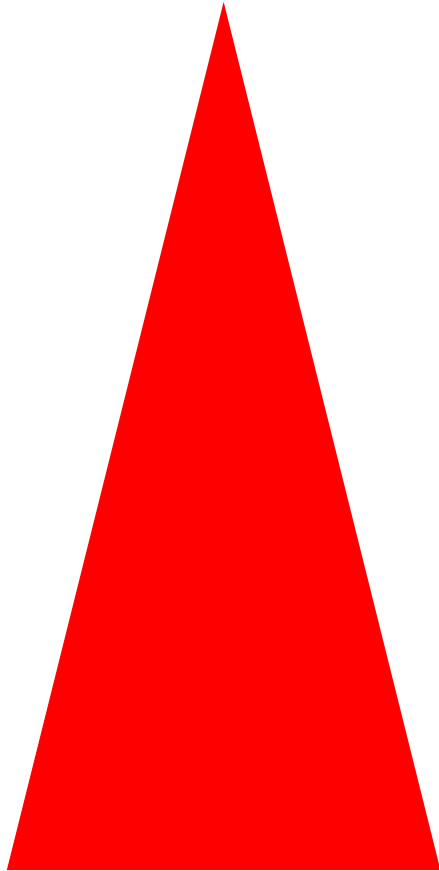
Parasympathetic

- “Rest and digest”
- Diaphragmatic breathing
- Low intensity exercise
 - Aerobic energy system
- “Toned down”/system flexion
- Relaxation

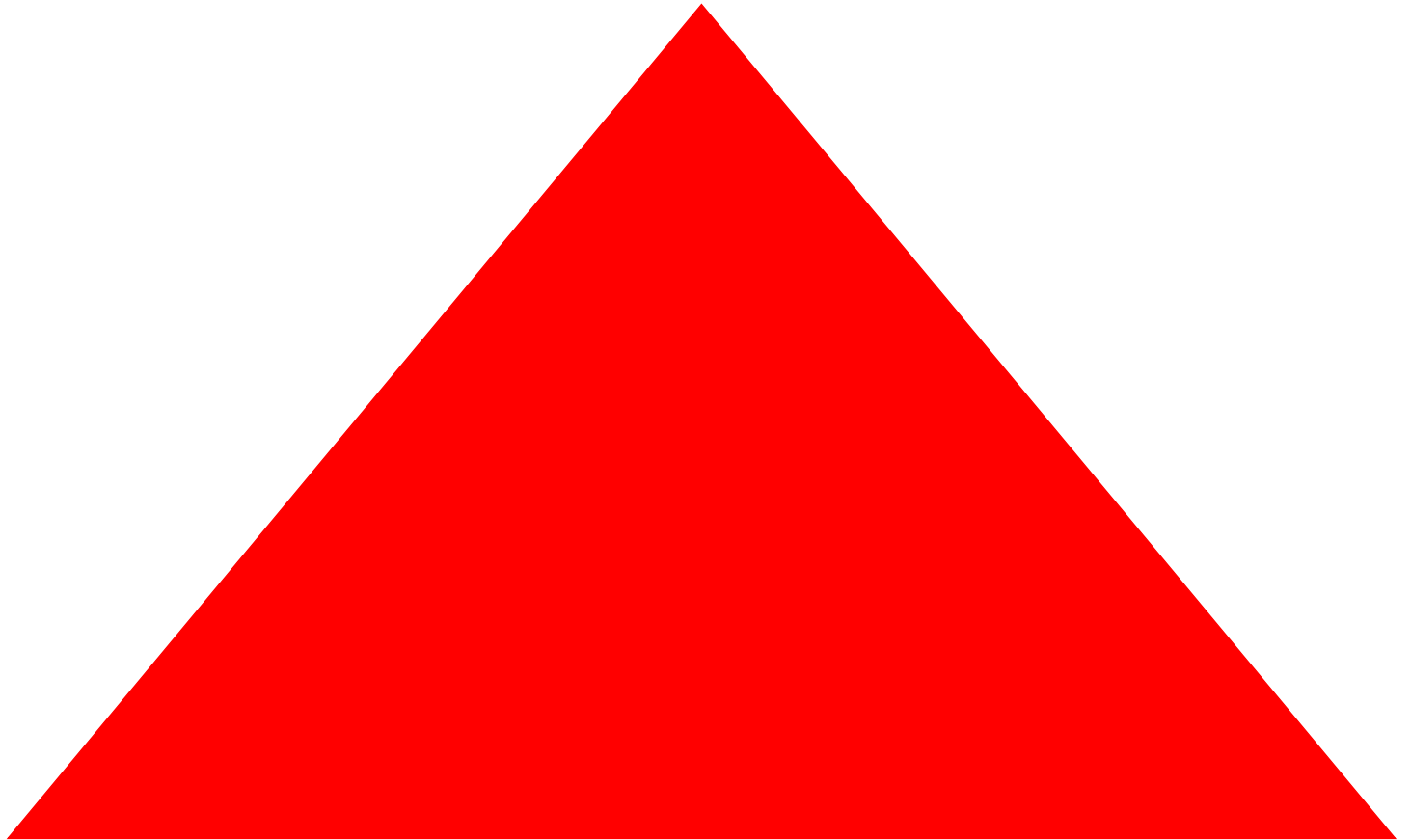
Resiliency



Resiliency



Small Aerobic Foundation



Large Aerobic Foundation

Key Point:

High-intensity/anaerobic performance in field sports
is built from a low-intensity/aerobic base!

Resiliency

- Tools in the Toolbox:
 - Cyclical tools (treadmill, bike, etc.)
 - Prowler
 - Sled
 - Ropes
 - Sledgehammer
 - Kettlebells
 - Sport-specific work/movements/drills
 - Just about anything!

Recover



Recovery

Goal:
Shift to parasympathetic dominance



Recovery

Recovery and the supplement industry....



Recovery

- Tools in the Toolbox:
 - Breathing
 - Traditional cooldown
 - Cold plunge
 - Stretching
 - Relaxation drills
 - Pool session



Recovery

When in doubt...

Bang out 10 good breaths and move on!

Questions?

Don't Forget – 3 Easy Steps!

1. Prepare
2. Train
3. Recover

One Final Message...



ROBERTSON TRAINING SYSTEMS

ELITE PHYSICAL PREPARATION & PERFORMANCE ENHANCEMENT

Thank You!

Free Resources!



<http://RobertsonTrainingSystems.com>



Physical Preparation Podcast



RobTrainSystems on YouTube

Let's Connect on Social!



TheRobertsonTrainingSystems



@RobTrainSystems



@RobTrainSystems