



Train Smart: What Is it? How To Do It!

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**Thank
You!!!!**



Functional Academy of Sports Training & Rehab



Training Smart: What does it mean?



Listen to your body.



Training Smart: What does it mean?



*Every athlete should have, as a minimum,
ONE complete day OFF from structured
training each and every week.*

Recovery is the most under-rated aspect of a
training program. It is during REST and
RECOVERY when you improve.



Training Smart: What does it mean?



Trust your intuition.

You will know what it is telling you to do; will you
listen to it or ignore it?



Training Smart: What does it mean?



The devil is in the details.

(or the **magic** is in the details...whichever way
you want to think about it...) 😊



Training Smart: What does it mean?



Avoid relying solely on one training metric or device such as a heart rate monitor, etc.

They're not only unreliable, the ultimate goal with these “tools” is to improve our self-awareness (making us better without the tools) and intuition – to better understand our body and how it responds to stress.



Training Smart: What does it mean?



*Differentiate intensity within training sessions and
from day to day:*

Easy when it should be EASY;

Hard when it should be HARD.

Know when to do what. Avoid the “in-between.



Training Smart: What does it mean?



*Focus on the basics and fundamentals
first, before progressing to more
challenging exercises.*

Everything ELSE will be much easier if
the basics and fundamentals are covered,
first.



Training Smart: What does it mean?



Don't judge, just do.

We waste energy and sacrifice opportunity, when we let our mind fall into a negative trap of judging during training. Focus on being in the moment and executing. Don't judge, just do.



Training Smart: What does it mean?



Just getting OUT the door is often the hardest part, so be willing to start or begin every training session.

Similarly, also be willing to STOP if things don't progress as you expect or hope.

THINK LIKE A GARDENER, WORK LIKE A CARPENTER

“We all want to improve our skills quickly—today, if not sooner. But the truth is, talent grows slowly. You would not criticize a seedling because it was not yet a tall oak tree; nor would you get upset because your skill circuitry is in the growth stage. Instead, build it with daily deep practice.

To do this, it helps to ‘think like a gardener and work like a carpenter.’ I heard this saying at Spartak. Think patiently, without judgment. Work steadily, strategically, knowing that each piece connects to a larger whole.”

– Daniel Coyle
from [*The Little Book of Talent*](#)



Training Smart: What does it mean?



Be willing to bail on a workout or race in an instant, if what you feel IS NOT effort pain, but perhaps is injury-related pain.

(It's better to lose a few days for a necessary short rest to recover, versus losing weeks or months because you decided to push through pain).



Training Smart: What does it mean?



*Think “holistic” and “total-body” in
everything you do in training.*

*It’s never about one muscle or one body
part.*

Or one exercise.



Training Smart: What does it mean?



Nutrition and body-fat:

*Don't look to exercise or to “burning more calories” to improve body-composition.
How lean you are is a direct reflection of
what you put in your mouth.*

Period, end of sentence. 😊



Training Smart: What does it mean?



Two seemingly opposite “truisms”:

1. *Less = more.*

2. *A little of something is often (or always?)
better than nothing at all.*

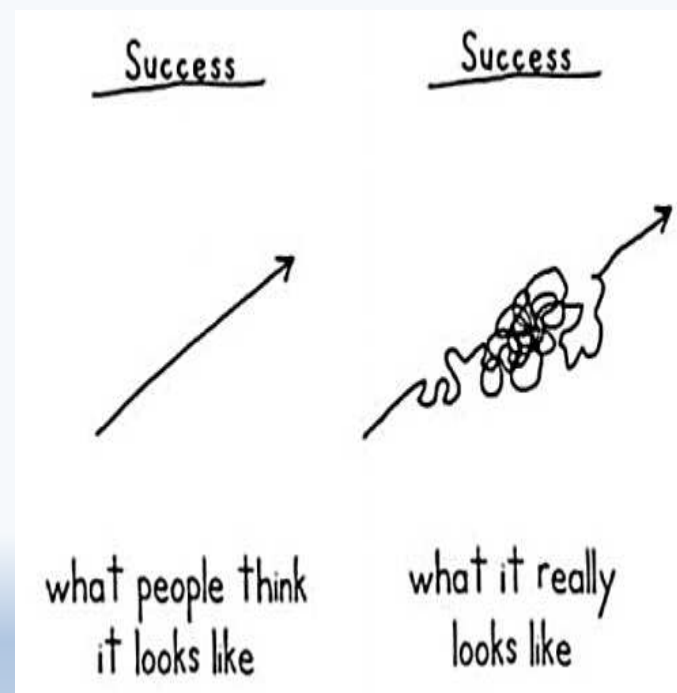


Training Smart: What does it mean?



Improvement is NEVER about a single workout or a single training period, and it's rarely ever linear.

It is almost always a long-term process (with ups and downs) and the result of an entire body of work.





Training Smart: What does it mean?



When you are feeling the most “bulletproof” and invincible.....is very often the exact time when you’re closest to going over the edge to injury or burnout.



Training Smart: What does it mean?



Challenge yourself daily, but always leave a little something “in the tank.” (Always be able to do 1 more rep).

The goal is just the “right” amount of stress to elicit an adaptive response, and then quickly and efficiently and effectively RECOVER to allow for consistent training.



Training Smart: What does it mean?



The 10% rule is a rule, for a reason.

Be patient. Proceed with caution.

Inch by inch, anything's a cinch.

*Go back and read the slide about feeling
“bulletproof”... 😊



Training Smart: What does it mean?



*Going out for a longer training session
or on a different route?*

*It's always smart to let someone know
where you're going (what route you
are planning to take), especially if
you're going to be going longer than is
typical or routine.*



Training Smart: What does it mean?



“Know thyself.”

That is, remember that your greatest **strength** is (very likely) also your greatest **weakness**.

The things about you that have contributed to your success are also the things that can get you into trouble. 😊



Training Smart: What does it mean?



Mobility first.

Everything else comes after.

(Most of the time). 😊



Training Smart: What does it mean?



*Should you stretch? Or not? If so, what, where,
how?*

FIND OUT IF you need more flexibility or less
of it - more mobility or less of it - and where.
Now.

Start today!



Training Smart: What does it mean?



Seek the most appropriate terrain or environment for whatever kind of training session you're doing.

For example, hilly terrain is appropriate for strength and fitness, but not speed development.



Training Smart: What does it mean?



*Commit to being a **life long learner**, not just about things related to training, but also about yourself.*

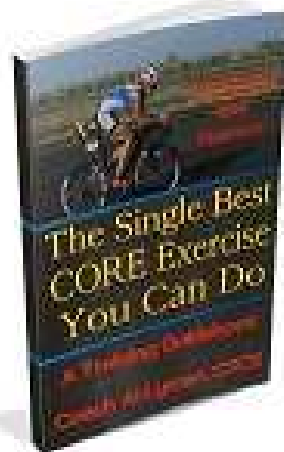
And...

Take care of your body and treat it like a temple, so that when you reach the age where you have the wisdom from all those years of mistakes, you can still go out and have fun doing the things you love!

50% COMPLETE

I love to share but I promise not to email too often or spam you. Of course you can opt out at any time.

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