

InnerFight

Show No Weakness

OCR

Obstacle Course Racing

Academy

InnerFight

Show No Weakness

OCR

Welcome. . . .

To the InnerFight Obstacle Course Racing Academy

Our objective is “to make you better at obstacle course racing”.

Our approach to obstacle course racing is “simple yet effective”.

We will coach you to your goal by looking at all factors of performance.

We care about data but we also care about how you feel and your enjoyment of obstacle course racing.

InnerFight

Show No Weakness

OCR

How does it work?

You will connect with one of the InnerFight OCR coaches who will kick things off through an extensive questionnaire so that we are all aligned on goals and objectives from the outset.

Based on your goals your coach will “program” for you a relevant number of training and recovery sessions per week. We will also monitor your nutrition, recovery, and support you from a mindset standpoint.

Our Obstacle Course Racing academy boasts some of the best resources to make you the best OCR athlete possible. You will go through a series of online seminars learning more about how the body and mind work. You will have access to some of the latest coaching technology as well as tried and tested InnerFight OCR methods.

InnerFight

Show No Weakness

OCR

Getting going

Step 1

Intake questionnaire: your first step in the obstacle course racing academy is to go through our intake questionnaire. This is a detailed process for us to be able to fully understand you as a person and athlete as well as understanding your goals. Please be as detailed as possible in this process as the information you give will have a big impact on your tailor made program and how we manage you as an athlete.

InnerFight

Show No Weakness

OCR

Getting going

Step 2

Your assigned coach will go over your questionnaire in detail and come back to you with any clarifications either by email or in the form of your one on one kick off meeting. By going through this process both athlete and coach will be on the same page from the start and everyone's expectations will be clearly laid out.

InnerFight

Show No Weakness

OCR

Getting going

Step 3

Coaching set up: We use various platforms to manage your performance, collect data and deliver one of the most advanced and personal online coaching systems in the world today.

Prior to your kick off meeting with your coach you will be asked to go through the “coaching set up”.

During this time your coach will support you every step of the way from ensuring you have the correct heart rate monitor to having all of your data systems in sync. If anything is causing you issues please ask.

InnerFight

Show No Weakness

OCR

Getting going

Step 3.1

Coaching set up: **Heart Rate Monitor**

In order for your program to be tailor made for you the possession of a compatible heart rate monitor / GPS device is essential.

The devices that we recommend are:

Garmin Fenix 5 and Garmin Forerunner 935 [click here](#). They both can be purchased on the Garmin site, Amazon or in Dubai locally at [Marine Sports](#)

There are many other options available, the required functionality of your device is: Chest strap heart rate data, GPS function, compatibility to Training Peaks.

[Click here](#) for a full list of compatible devices

InnerFight

Show No Weakness

OCR

Getting going

Step 3.2

Coaching set up: **Training Peaks**

Through the use of [Training Peaks](#) which is available as an app on both [IOS](#) and [Android](#) as well as online you will see your programmed sessions a week in advance. Once your session is complete your heart rate device will push the data to training peaks so your coach can analyze it and give feedback where necessary. When you have set up your (free) Training Peaks account [click here](#) to link it to the InnerFight OCR team account so that your coach can access your data and program your workouts. To sync your heart rate device account to Training Peaks [click here](#).

InnerFight

Show No Weakness

OCR

Getting going

Step 3.3

Coaching set up: **HRV4 Training**

Your bodies recovery is very important to us and to your training progression. We therefore use HRV4Training which is an [IOS](#) and [Android](#) app. You will take a sample heart rate reading through your smart phone on waking each day. From this your coach will be able to see your heart rate trends and your heart rate variability trends and adjust your training for you as required.

Please download this app (links available depending on device above) and sync it with Training Peaks [here](#).

*Note: There is a small fee for this app

InnerFight

Show No Weakness

OCR

Getting going

Step 3.4

Coaching set up: **My Fitness Pal**

Through the My Fitness Pal ([IOS](#) & [Android](#)) app you have the option to log all of your daily food and share this information with your coach by [adding them as a friend](#) and selecting to [share diary](#) with them. Using My Fitness Pal is especially important for those clients who are looking to develop their body composition as well as for us to be able to guide you to fuel your body in the optimal way. My Fitness Pal also syncs with Training Peaks, to link the two please [click here](#).

InnerFight

Show No Weakness

OCR

You are set



InnerFight

Show No Weakness

OCR

Getting going

Step 4

Kick off meeting: For Dubai based clients this will take place at IFHQ, we will normally carry out a body analysis at this time to determine any body composition goals.

For remote clients your kick off meeting will be via a Skype call.

By the time your kick off meeting takes place all of the set up procedures will have normally taken place, if you are having issues with any part of the set up in steps 3.1 onwards then ask your coach or talk over it in your kick off meeting.

InnerFight

Show No Weakness

OCR

Check in & Feedback

In Training Peaks there is an option for both you and your coach to comment on a workout and or ask each other questions.

You will also see in your Training Peaks a weekly feedback option that should be completed.

For UAE based athletes a monthly face to face meeting is always preferred and if you need help on your body composition this is a great opportunity to do the test at IFHQ.

For international clients a monthly Skype call will be scheduled.

Your coach remains on hand by email or Whatsapp for any day to day questions or concerns.

InnerFight

Show No Weakness

OCR

Session structure

Training 1

Based on your goals and the time you are able to commit to your training your coach will program your sessions into Training Peaks for you. If you have any questions related to the sessions please reach out to your coach for clarification.

Once you are done with a training session please sync your data so that your coach is able to pick it up in Training Peaks and feedback to you where necessary.

InnerFight

Show No Weakness

OCR

Group classes

Training 1.1

If you are Dubai based and have chosen the package to take online programming along with the InnerFight OCR specific classes you will find these entered into your Training Peaks weekly. If at any time you cannot make a class please inform your coach in advance so that they can program something else similar for you to do on that day. Each class will be programmed for you by your coach and you will find out on that day what's in store for you.

InnerFight

Show No Weakness

OCR

Group classes

Training 1.2

If you are Dubai based and have chosen the package to take online programming along with the InnerFight OCR specific classes you will find Grip & upper body strength classes programmed into your weekly plan for every Sunday. These classes are held at IFHQ and will last for one hour. This is a class you may want to bring gloves, tape or hand protectors to until your hands get used to the movements carried out in the class.

InnerFight

Show No Weakness

OCR

Group classes

Training 1.3

If you are Dubai based and have chosen the package to take online programming along with the InnerFight OCR specific classes you will find OCR specific track classes programmed into your weekly plan for every Thursday. These classes are held at [Sport City running track](#) and will last for one hour. This is a class you may want to bring gloves, tape or hand protectors to until your hands get used to the movements carried out in the class.

For this class there is a small fee to be paid for access to the track. This will give you access at your own leisure along with access for these classes. This can be paid on site or by bank transfer upon your first session. The price for access is 105AED for one month and 265AED for three months. You will also have access to the showers and changing rooms when you become a member.

InnerFight

Show No Weakness

OCR

Group classes

Training 1.4

If you are Dubai based you will find Track Tuesday classes programmed into your week. This is held at [Sports City running track](#) and will last for one hour. This class is running only so you will want to wear light running gear and comfortable running shoes. This class will be pre-programmed into your training peaks in advance so that if you cannot make the 6am start time you can do this in your own time. We do recommend to do these sessions at a 400m running track for best results.

InnerFight

Show No Weakness

OCR

Group classes

Training 1.5

If you are UAE based then you will also have the chance to join us on our trail runs and training adventures. Each month we run a group trail run or training session in a scenic location across the UAE. You will be given the option by your coach if you would like to join these sessions. If you cannot make the session you will just need to inform your coach so they plan your program accordingly.

InnerFight

Show No Weakness

OCR

Resources

We are here to coach you and work out together how to make you the best OCR athlete you can be. If we get a little geeky on you from time to time don't worry, just slow us down and ask us questions. At the same time please trust that between the InnerFight coaching team we have over 40 years of experience in coaching athletes and human performance. That said we treat every client as a new case and what works for you may be different to what works for others. We are therefore always learning. If you also want to learn more about how we coach, how the human body works and why we do the things that we do in the way we do, we have compiled a list of useful resources here for you to use as you wish.

InnerFight

Show No Weakness

OCR

Resources

Podcasts & Audio books that we like

- Marathon Talk (Pure running chat)
- Obstacle Dominator (OCR chat US based)
- OCR Audio (OCR chat UK based)
- OCRM (Obstacle Racing Media)
- The Natural Running Network (Running & OCR science)
- Spartan Up (With CEO of Spartan Race)
- The Health & Fitness Podcast by InnerFight (of course)

- Born to run – Christopher McDougall
- Endure: Mind, Body, and the curiously elastic limits of human performance – Alex Hutchinson
- Bad Science – Ben Goldacre

InnerFight

Show No Weakness

OCR

Resources

Things to read & watch

[Sleep big or go home](#) – Tom Walker

[Training, Risk vs Reward](#) - Joe Friel

[A guide to using HRV](#) – Tom Walker

[The best time to train](#) – George Crewe

[Competition mindset](#) – Andre Houdet

[Growth mindset](#) – Carmen Bosmans

[Adaptation](#) – Marcus Smith

[The sun always rises](#) – Marcus Smith

InnerFight

Show No Weakness

OCR

THANK YOU

innerfight.com/ocr

Instagram & Facebook - [@innerfightocr](#)

#innerfightocr

gc@innerfight.com