

James Smith May 2008 Elite Fitness Systems VIP Seminar Lecture

Lecture Subjects:

- The significance of believing in the training system AND ensuring that the programming is optimized
- The importance of having a focused training environment
- The commonalities between the most successful training camps
- Investigating the physiological basis of training effects
- His rationalization of the significance of Block Training
- Imparting the totality of his knowledge when programming the training for his athletes
- Accounting for the stress incurred by the athletes, via the sport training that is out of control of the physical preparation coach, when regulating the daily loading
- The heightening of squat strength via the improved motor unit synchronization, rate coding, and recruitment via sprinting
- Managing and accounting for high intensity training components
- Sprint speed improvement and heightened neuromuscular efficiency
- The paradox of 'strength and conditioning'
- Incongruent sport training systems as a result of the incomplete knowledge base of sport coaches
- The club setting presenting the most feasible realization of an efficient sport training model in the US
- Concentrated loading within the Block Training model
- Distinguishing between Block Training, Complex-Parallel, and what is recognized as the Western model of periodization
- The criteria for selecting the Block or Complex-Parallel Model
- Programming retaining loads
- Providing his athletes with the option to auto-regulate the GPP load during periods of intensive SPP
- Accounting for the stress of SPP when programming the GPP
- The need for providing specific context when defining 'strength'
- The distinction between developing high levels of strength and power and the mastery of skill in specific disciplines
- The different training effects of SPP relative to the varied positional demands of American Football
- An exchange with Jim Wendler regarding spending the least amount of time and energy necessary to maintain GPP during periods of intensive SPP
- One of his barometers for measuring the success of the training program for his American Football players
- A look at the squat, press, and auxiliary exercises from the standpoint of motor unit recruitment
- Potential vs. Readiness during the competitive season
- Sufficient levels of strength vs. a non-usable abundance and the Explosive Strength Deficit
- The reason why GPP training furthers the sports results of many already high level team sport athletes in North America
- Managing workload vs. recovery within the Block system
- The non-correlation between vertical jump, standing long jump, and the 40yd dash
- The prerequisites for jumping ability vs. sprinting ability
- The speed requirement for American Football players
- The significance of time: motion analysis and research and the lack of it in the American Football sport training institution
- The reason why so many 'trainers of athletes' are able to make a living
- The importance of youth training in a non-competitive environment
- The value of selection
- The risks of exposing pre-adolescents to glycolytic training environments
- Appropriate training loads for pre-adolescents
- Causes of early burnout in youth athletes
- The early specialization and late generalization of western athletes
- The specialized sport science curriculums in Russian and Eastern Europe
- The state of western academia and exercise science/physiology curriculums
- An ideological look at what the physical education and sport training system could be in America
- Basic selection indicators for youth athletes