

## **Training for Sport**

Operational Output vs. Maximum Output

### **Lecture Contents:**

- Operational Output
- Maximum Output
- Sport Structure- Biodynamic and Bioenergetic
- Biodynamic/Bioenergetic Structure of Team, Combat, and Mixed Motor Regime Sports
- Biodynamic/Bioenergetic Structure of Cyclic and Acyclic Olympic Sports
- Identify the Athlete's Outputs
- Athlete Selection vs. Training
- Morpho-Biomechanics
- Morpho-Biomechanical Application
- Reserves
- Speed Reserve
- Power Reserve
- Strength Reserve
- Improve the Relevant Maximums
- Reserve Differentials
- Speed-Power Training Considerations
- Training for Speed
- Hierarchy of Speed Training Elements
- Speed Training vs. Strength Training
- Lecture time is 1hr 6min