

Evolveperformance

The clock is ticking

Turbo Newsletter 1



Introduction

You only have so much energy. The clock is ticking on all of us. The founding company which powers SKIES Athletic Development, Evolve Performance Shane Cronin started in 2007, is about Performance Enhancement in all areas of life, including human kinetics. With hard work and the right strategies, every person can go beyond what they thought possible. The world is competitive. Athletics being one of the most direct competition oriented pursuits one can undertake. Most coaches in Speed-Movement, Sports Performance, Strength & Conditioning, will work backwards from

whatever point in time they want their athletes to peak to plan and structure their training. The truth is to optimize your performance, every second the clock is ticking, every little thing counts. You chose to take your time and energy and direct it into what's in front of you. Don't let yourself down by not bringing attentiveness, hard work, and actions that reflect your dreams and goals. Choose carefully where you put your time and energy.

Time is a fixed resource. Once spent, you can't recover it; nor can you store it up for future use. Success is not determined by how much time you have, but by what you do with the time you have. Today is a gift; you will not get a second chance at it. Invest your time wisely.

- Tim Kight Founder of Focus 3

Training specificity - run, react, and change direction fast to get faster, strength train, at high intensity and train explosively to be explosive

The specificity principle in fitness science states that one should train specific to the adaptations they are trying to achieve. For us this means, one way to get fast, react, change direction fast is to run, react, and change direction fast. Relative to strength training, it means training at high intensity and explosively to get explosive. We train fast and we train explosive both in our Speed, Agility, Quickness (SAQ) training and Strength training. This means maximum quality efforts each repetition and set when the focus is to shift the physiology to the far end of the speed-power to endurance spectrum. Oftentimes this will mean employing full recovery of the body energy systems required for maximum output efforts.

SKIES Athletic Development news

The SKIES Athletic Development team will be training at Colorado SKIES Academy twice a week and off site once a week during the days of Mondays, Wednesdays, and Fridays. We will use our training mats and remain inside the school for the time being running sprints indoors and utilizing the grass field behind the school. For the end of our sessions we will utilize the "Cyclone Performance Center" (Mr. Cronin's room, turned, physical therapy style athletic development office). Our focus has been in the following areas: 1) Remedial acquisition of skill/coordination, sprint drills, and neuromechanics 2) General strength routines during warmups and hip activations to cause anatomical shifts 3) Low volume introductory Speed training using maximum velocity training of Fly 10's and uphill sprints between 5-10 meters 4) Weighted vest squats and lunges for strength and strength endurance. As the summer progresses so will the training to higher volumes and stimulus applied.