



EASTIEFIT

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Quality Standard

Explanation and Practice

What is Training Quality? It is the concept or idea that all work or workouts are not created equal. A movement or exercise has a standard for range of motion, points of performance and level of consistency that needs to happen to maintain a quality standard. At EastieFit we want athletes to move well and understand the movement that they are performing. Hence, the coaches are patient, follow the programming and give the athletes accurate progressions according to their Skill, Speed and Strength.

How are we going to Practice it? Every day in the programming, there will be standards for Skill, Speed and Strength that the athletes will meet based on the TRAIN track. Lets review quickly the TRAIN tracks based on GPPS or Fitness Skills.

- The SWEAT track focuses on improving and increasing the base of the following GPPS
 - Flexibility: full range of motion through multiple joints to meet the movement standard of an exercise without external load.
 - Cardiopulmonary Endurance: the ability to pump blood to working muscles and vital organs during a workout or long duration physical activity.
 - Stamina: the ability to distribute the energy in your body to complete the required work.
- The TRAIN track meets all of the GPPS of the SWEAT track and add the following:
 - Strength: increase tensile and contraction properties of the muscular system including tendons and ligaments.
 - Accuracy: the ability to complete the same task or repetition over and over again without significance different from the prior rep.
 - Balance: to move your center of mass in all planes of motion without falling or stepping out of your base of support
 - Coordination: the ability to control your body or limbs and external tools to perform a movement that involves multiple joints at once.
 - Agility: the ability to move in all planes of motion quickly based on a reaction to an external stimulus or to complete a specific pattern of movements quickly.
- The COMPETE tracks is the highest standard for our athletes. The COMPETE athlete meets all of the previous GPPS or Fitness Skills, has outstanding movement patterns and understands how to increase or decrease intensity based on their recovery or preparedness for the workout. Their focus is on the following skills:

- Speed: the ability to move and complete a repetition at a high rate through full ROM with optimal movement standards.
- Power: is force x distance over time. The challenge or quest to increase power by lifting/moving more mass, increasing acceleration or decreasing the time to complete the repetition/movement.

The Training Quality will be summarized in each workout with standards for speed, skill and strength.

- The standard for speed will allow the athlete to maintain the stimulus of the workout and the coach to have a range to progress the athlete based on how long it will take for the athlete to complete the prescribed volume (reps x sets). For example a set of 50 double unders should take 30 seconds. So I can give a TRAIN athlete a progression of as many double unders as they can in 30s or 25 Double Under. They can choose to do single-single-double progression during the MetCon.
- The standard of skill requires the ability to perform a movement. For example a hang clean vs a clean from the ground. The most difficult skill of the clean is pulling from the ground. So I will remove that part to allow the athlete to move more consistently with good form.
- The standard for strength will allow the athlete to choose the correct stimulus based on time under tension, fast reps or load stimulus that meets their ability. For example; it could be that the 30 pushups have to be completed in 3 sets or less. So now the athletes with the coach have a decision to make based on their ability to do long sets of pushups on the floor, box or other alternative like shoulder taps.

The objective of the Training Quality standard is to be consistent with the stimulus that the athlete is getting no matter who the coach is or the class that they come to. It allows all of the Coaching Team to be on the same page with the programming and delivery of the workouts. It allows the athlete to progress at their own pace and for the body to adapt to the training. All athletes will have different thresholds to adapt and progress through training. Coaching the athlete too quickly through progressions will lead to boredom, injury and frustration. Then, we will eventually lose that athletes' trust and we will lose them as a member of the community.