

## **3 Peaking - Manipulating the Deficit**

**Did we improve relative to objective**

# Occam's Razor

*The simplest explanation is preferable to one that is more complex*

Shane Parrish

# Objective

*Infantry wins battles, Logistics wins wars*

**Objective - Increase or Decrease Deficit**

- **Make Objective Clear/Understandable and Agreed Upon**
  - **Explain Why**
  - **Layout How**
  - **Discuss What**

# Key Results

## *Handle the 'Dip'*

It's going to be bad before its good

- **Key Results - Explain Fatigue & Fatigue**
  - **Increasing - CMJ (Height/RSImod/Peak Ecc Force)**
    - **RPE/Wellness - Dictate Rate/Amount of Progressive Overload**
    - **Body Composition - Have a target BF% Loss (.25-.5%/wk)**
  - **Decreasing - NCM (Height/Impulse/Peak Force)**
    - **RPE/Wellness - Dictate Rate/Amount of Progressive Overload**
    - **Body Composition - Have a LBM target (.5-1lb/wk)**

# Training Inputs

## *Training Validity*

- Efficacy of plan
  - Hypothesis behind training proved/disproved
- Remove Bias - We want what we do to matter
  - Human Instinct is to attach emotionally to what we are doing
- Make a decision on training inputs and fight to prove
  - Continuous Testing
    - Week to Week
    - Week to Baseline
    - Baseline to Outcome

# Training Inputs

## *Training Reliability*

- Execution of plan
  - Was the intervention performed consistently and to standard
- We cannot assess the Validity without Reliability
  - If we cannot execute we cannot accurately measure
- Quality Control - Find the the Bottleneck, Increase Throughput
  - Rep Integrity - ROM/Position/Velocity
  - Set Integrity - Rep Count/APRE/Avg Velocity
  - Session Integrity - Critical Drop Off/Work to Rest

# Training Inputs

## *Valid/Reliable*

- Need Both
  - Great Plan combined with Great Execution
  - Plan your work/work your plan
- Got to constantly tease back and forth
  - Understand a plan is only as good as it is applied
  - Dont confuse activity with accomplishment

# Resources

[Measure What Matters](#)