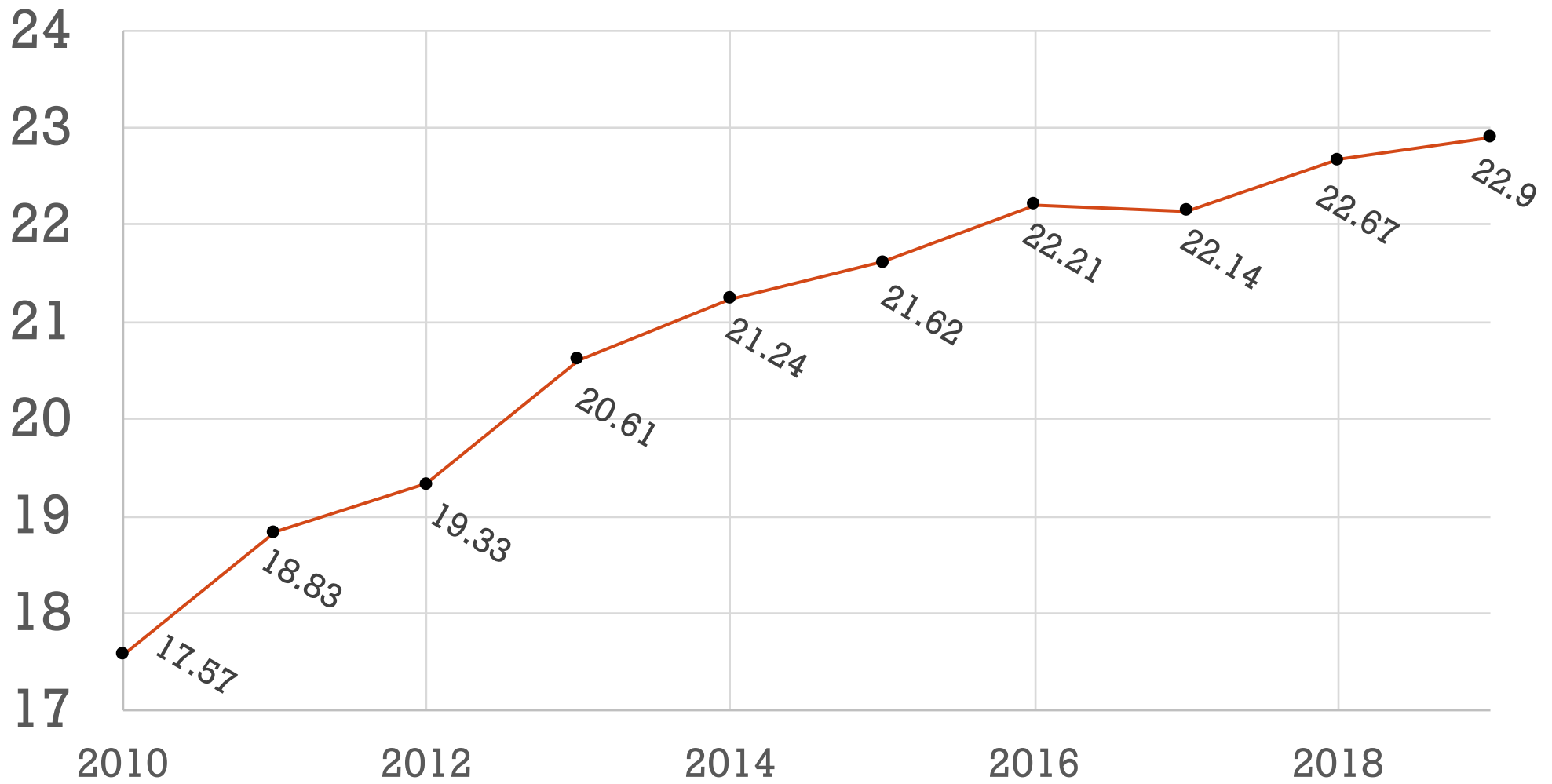


PLANNING OF TRAINING



PB (7.26kg)



MOVING PUZZLE

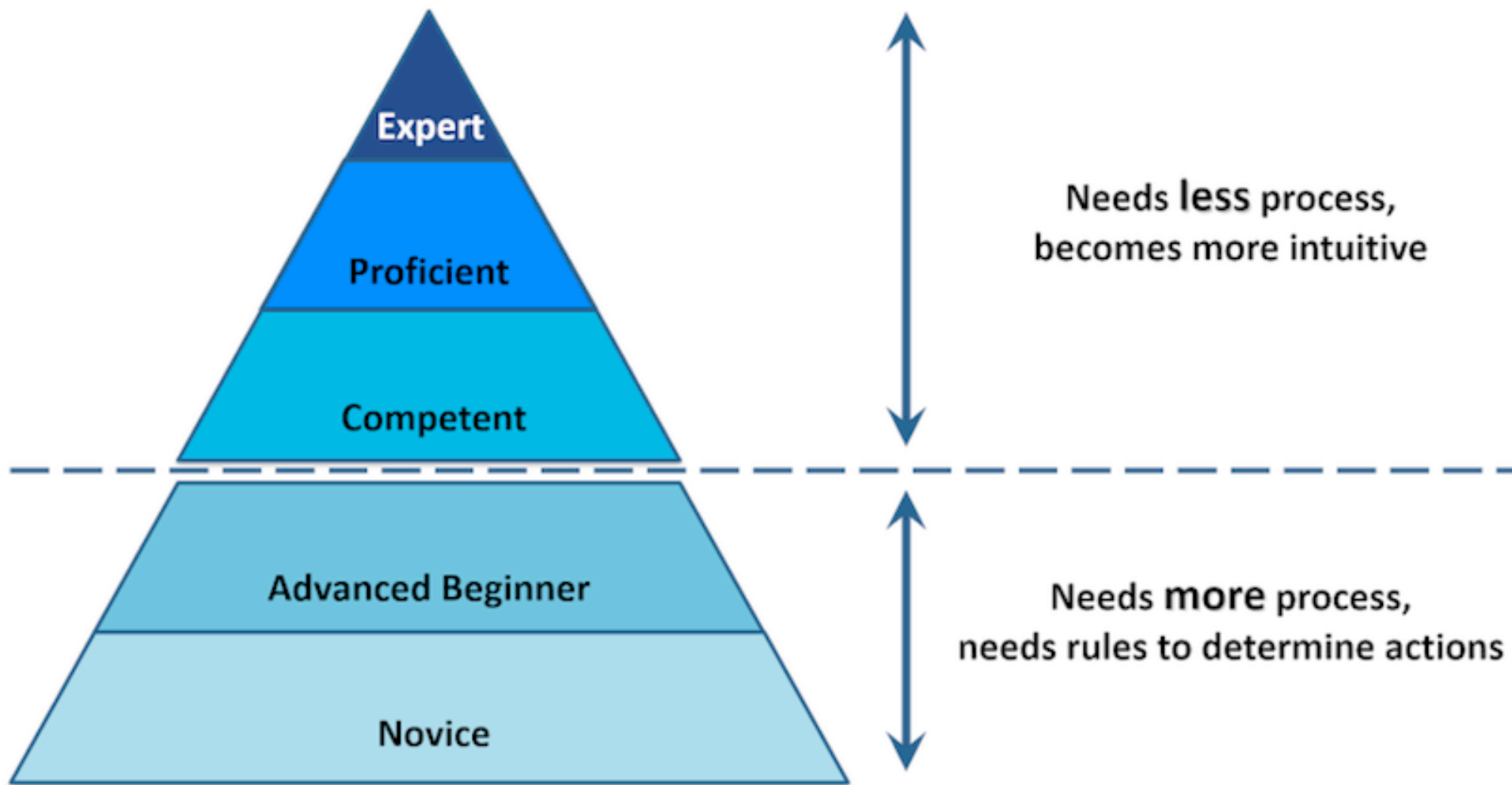
2015 – 22yo

- 12-15 day overshoot lag
- Moderate strength reserves
- Needed proof to throw far
- Very impatient, numbers obsessed
- 25-50 day phases w very little modulation
- Longer anabolic stress windows
- Proving, spite, comparison

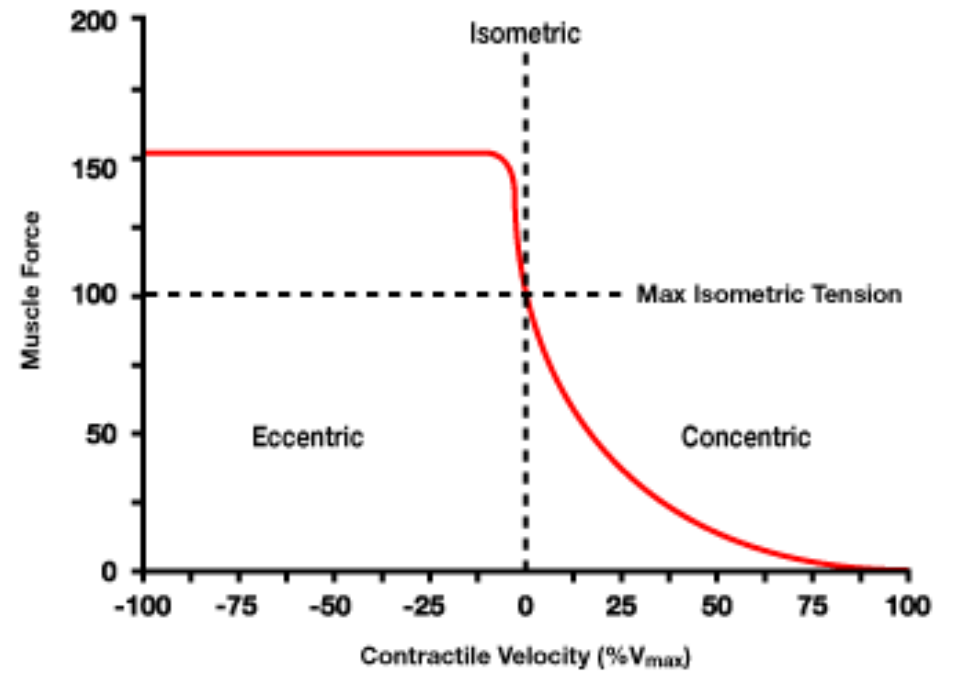
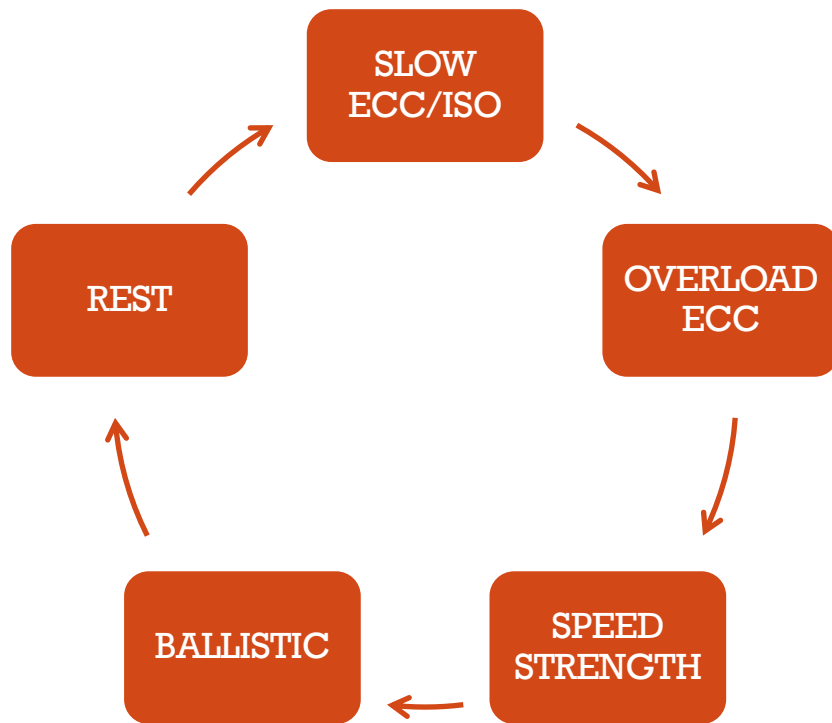
2019 – 27yo

- 20-35 day overshoot lag
- High strength reserves
- Moderately patient!
- Need competition
- 6-12 day phases w relatively severe modulation
- Shorter anabolic stress windows
- Identity, challenge, business



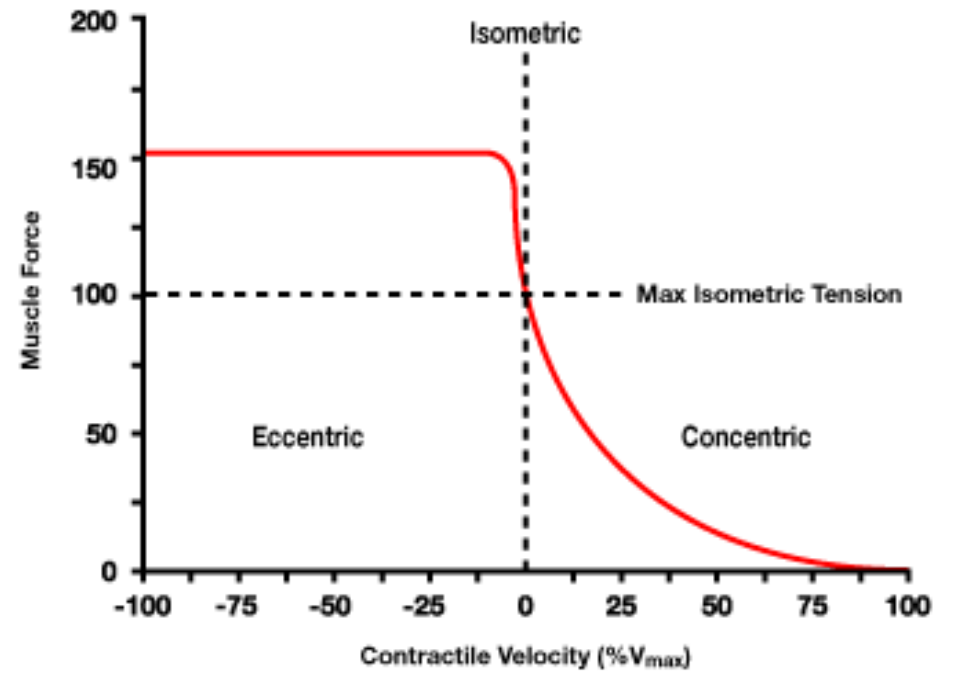
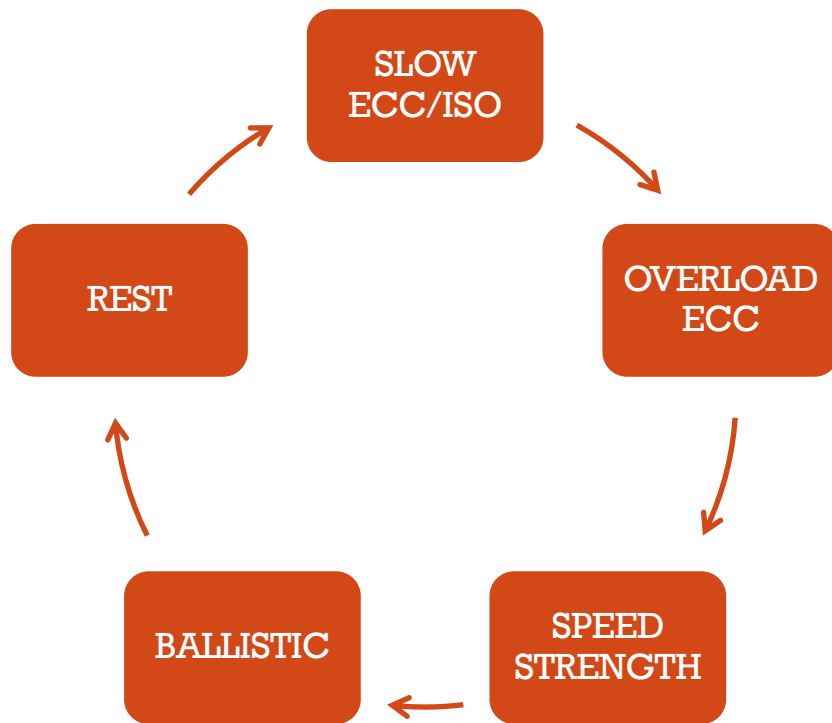


TRAINING PHASES



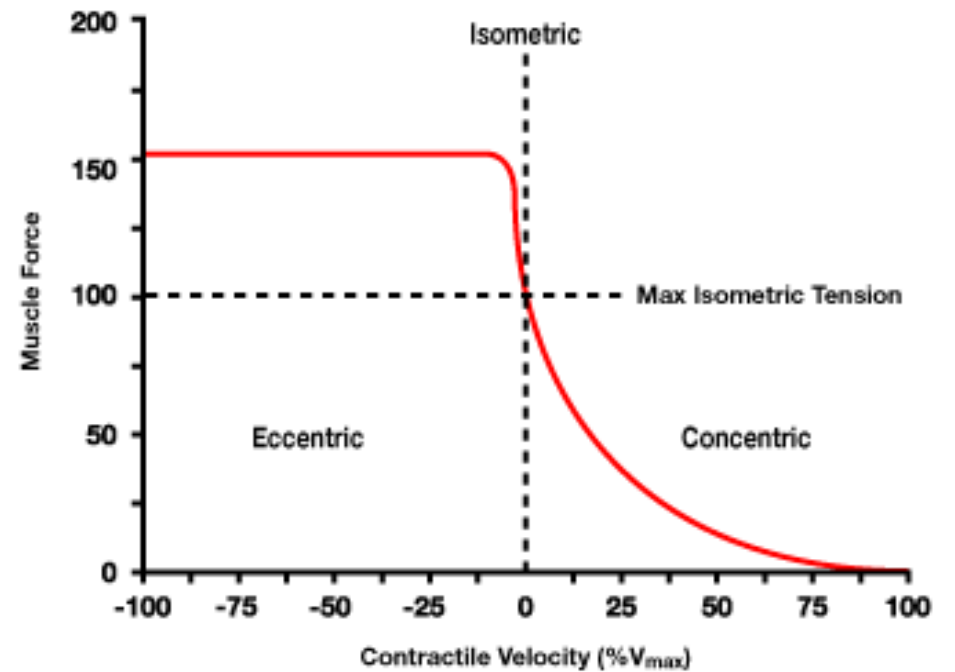
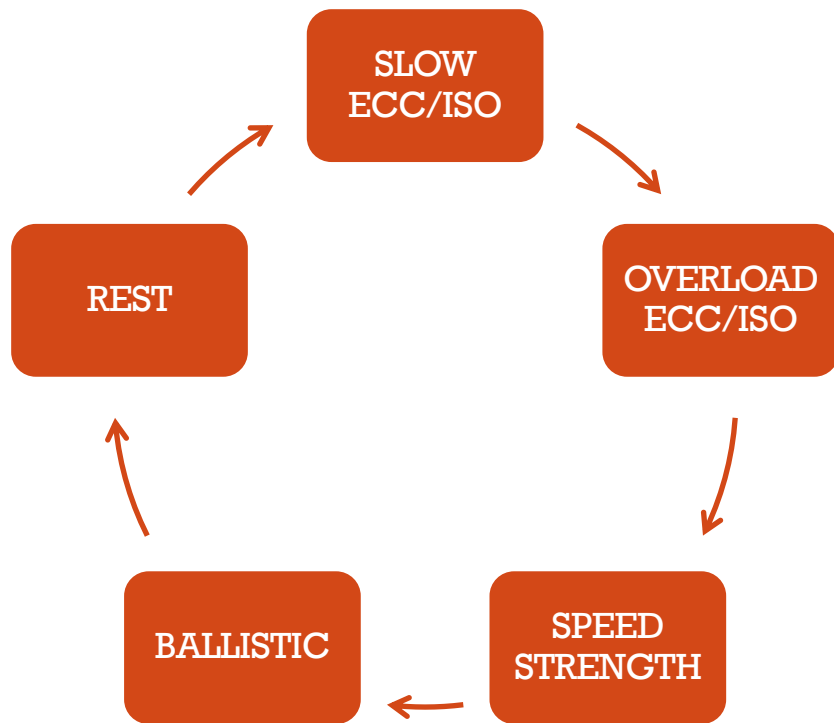


TRAINING PHASES



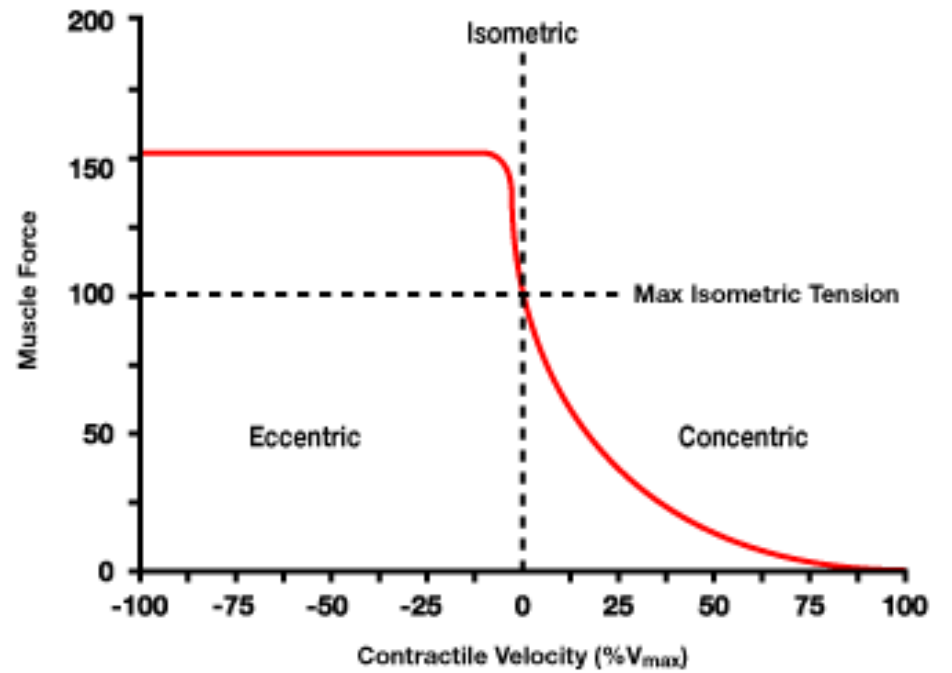
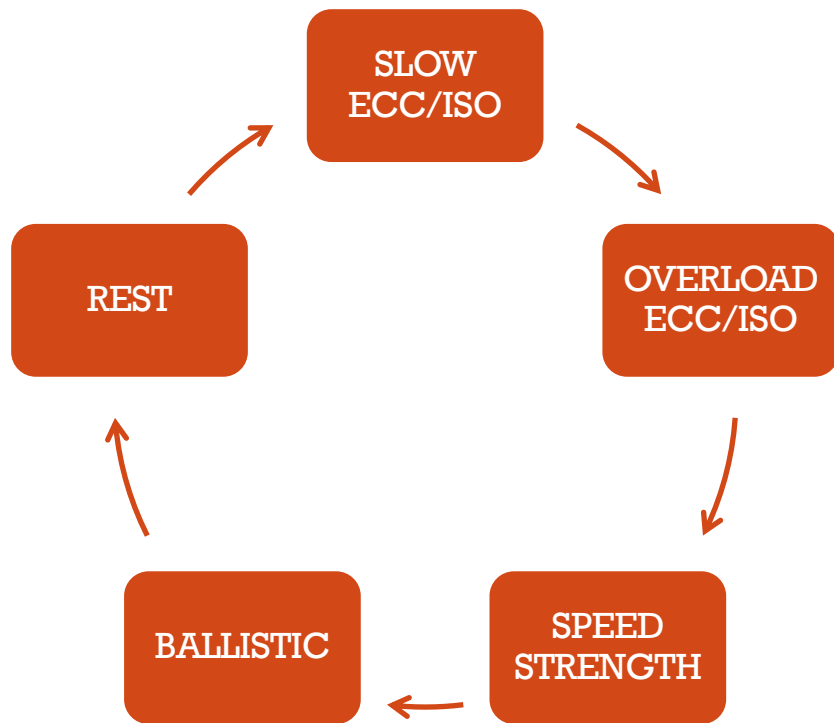


TRAINING PHASES



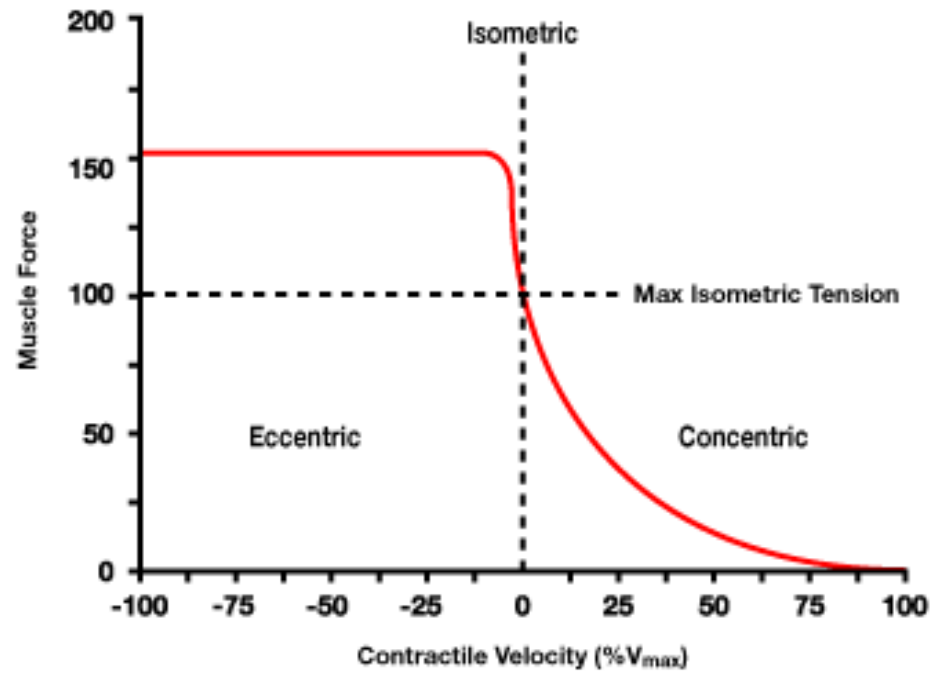
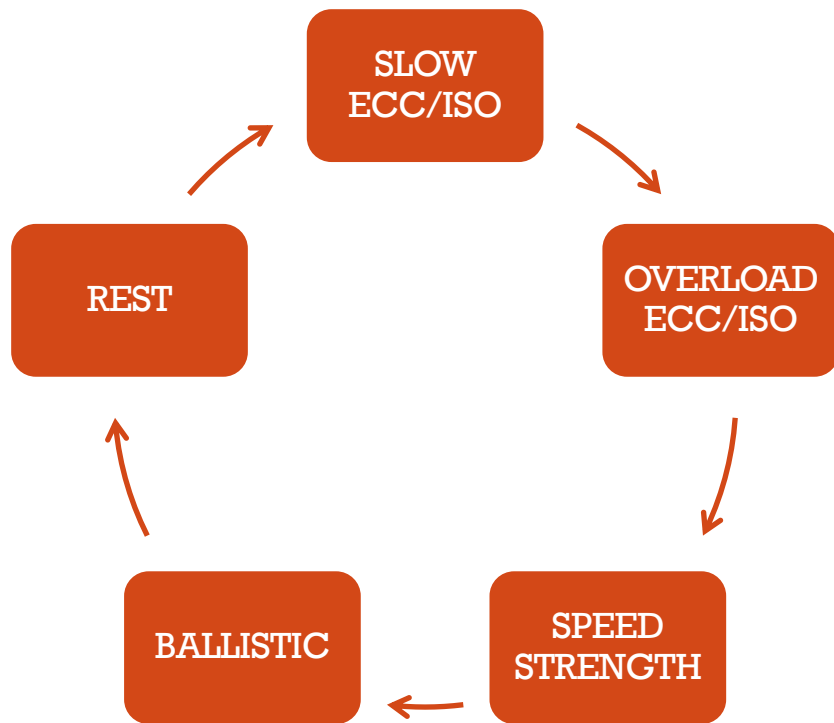


TRAINING PHASES



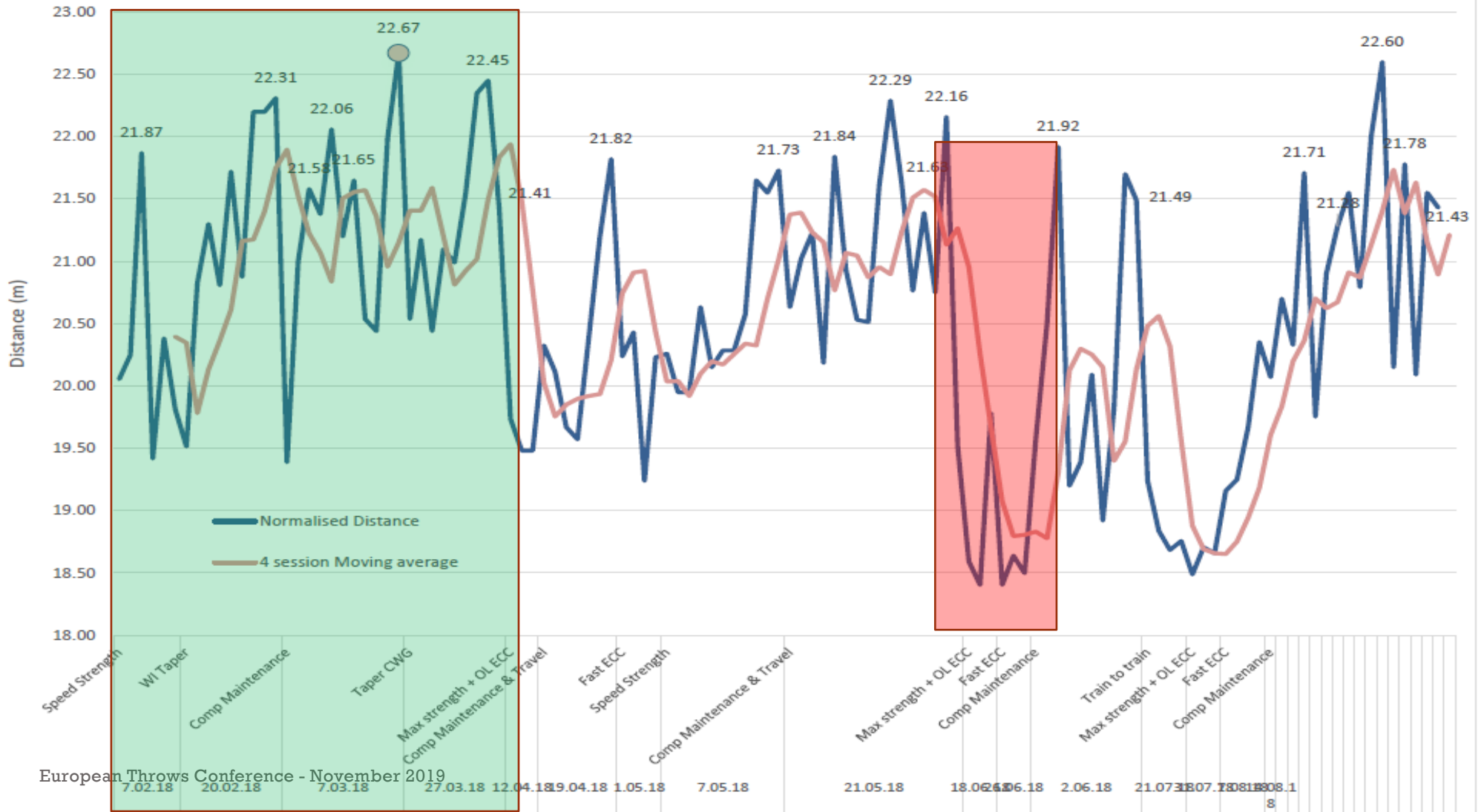


TRAINING PHASES

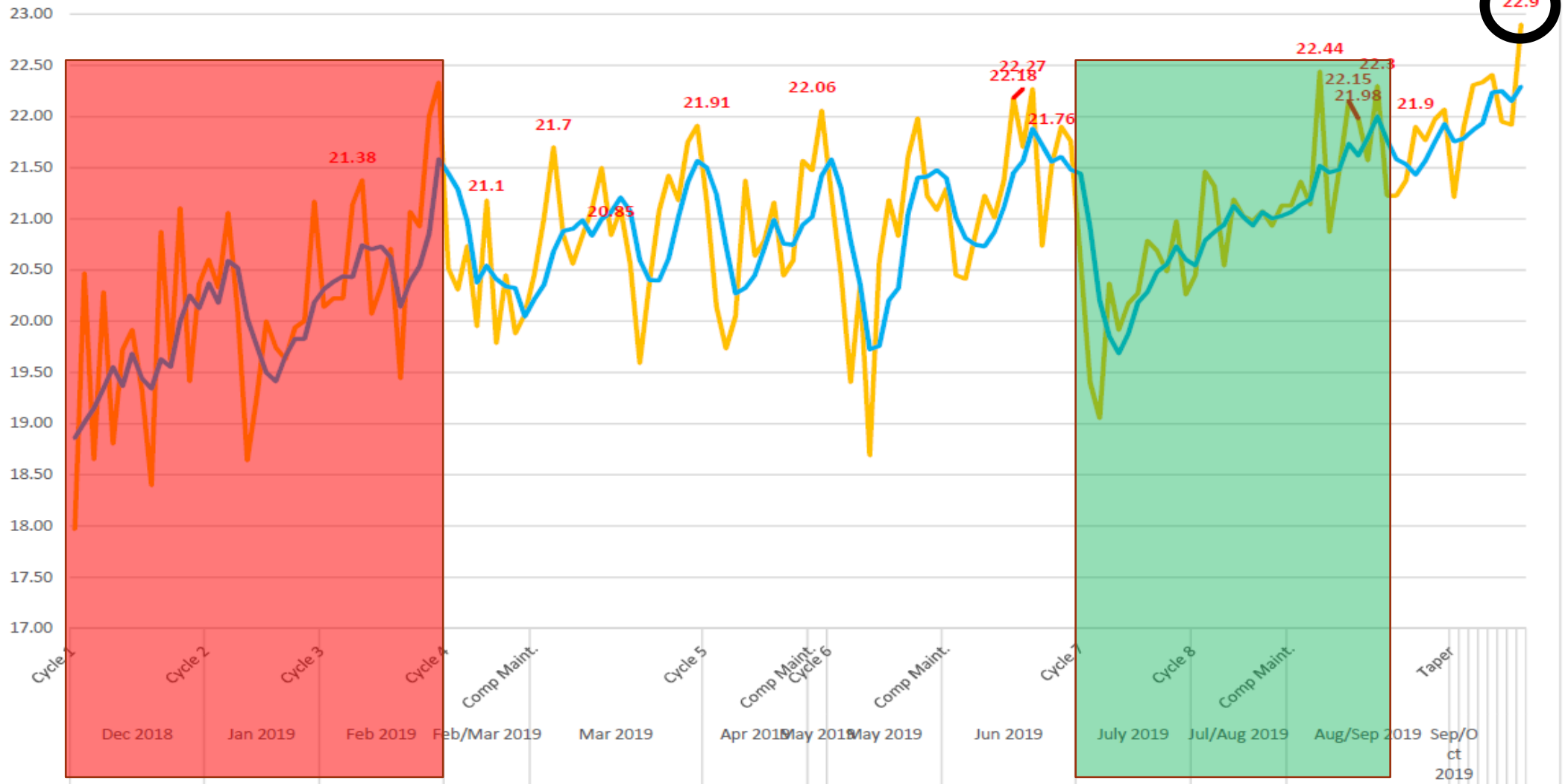




Tom Walsh - 2018 - Performance vs Training Phase



Tom Walsh Training Distances vs Competition Results Nov 2018 - Oct 2019





ntices
es.

p your apprentices
- so they can progress
your business.

Week Starting	Weeks from Pinnacle	Phase	Program #	Location	Gym/wk	Competition	Date	Resu
1-Oct	52	Rest						
8-Oct	51	Rest						
15-Oct	50	Rest						
22-Oct	49	Intro	153		2			
29-Oct	48		153		2			
5-Nov	47		152		2			
12-Nov	46	Train to train	154		3			
19-Nov	45	Str Reload	155		4			
26-Nov	44	Cycle 1	156		4			
3-Dec	43	Cycle 1	157	Cambridge 4 + 6	3			
10-Dec	42	Cycle 1	158		2			
17-Dec	41	Cycle 1	159		4			
24-Dec	40	Cycle 2	160	Melbourne	4			
31-Dec	39	Cycle 2	161	Cambridge	3			
7-Jan	38	Cycle 2	162		2			
14-Jan	37	Cycle 2	163		4			
21-Jan	36	Cycle 3	164	Hawkes Bay	4	Potts Classic	26-Jan	21.38
28-Jan	35	Cycle 3	165	Cambridge	3			
4-Feb	34	Cycle 3	166		2			
11-Feb	33	Cycle 3	168		4			
18-Feb	32	Cycle 4	169	Cambridge	3	23 Cant Champs	23-Feb	21.1
25-Feb	31	Cycle 4	170		2			
4-Mar	30	Comp Maint	170		1 to 2	NZ Champs	8-Mar	21.7
11-Mar	29	Comp Maint	170		1 to 2			
18-Mar	28	Comp Maint	170		1 to 2	ATC	21-Mar	20.85
25-Mar	27	Comp Maint	171					
1-Apr	26	Comp Maint	172			AUS Champs	8-Apr	21.91
8-Apr	25	Reload	173	Melbourne	4			
15-Apr	24	Reload	174	Melbourne	4			
22-Apr	23	Reload	175					
29-Apr	22	Comp Maint	176	29-4 Doha		Doha DL	3-May	22.06
6-May	21	Cycle 6	177					
13-May	20	Cycle 6	178					
20-May	19	Cycle 6	179	Athens 20/5	3			
27-May	18	Cycle 6	181	Athens	3			
3-Jun	17	Comp Maint	182	Athens	2	Churzow	16-Jun	22.18
10-Jun	16	Comp Maint	182	Athens	2	Ostrava	19-Jun	22.27
17-Jun	15	Comp Maint	183	West Coast, USA	2			
24-Jun	14	Comp Maint	183	Athens	2	Eugene DL	27-Jun	21.76
1-Jul	13	Cycle 8	184	Athens	4			
8-Jul	12	Cycle 8	185	Athens	4			
15-Jul	11	Cycle 8	186	Athens	2			
22-Jul	10	Cycle 8	187	Athens	4			
29-Jul	9	Cycle 9	188	Athens	4			
5-Aug	8	Cycle 9	189	Athens	3			
12-Aug	7	Cycle 9	190	Athens	2			
19-Aug	6	Comp Maint	191			Paris DL, Thum	24/08, 30/8	22.44, 22.15
26-Aug	5	Comp Maint	191		1 to 2	Zagreb WC	2-Sep	21.98
2-Sep	4	Comp Maint	192		1 to 2	Brussels DL	5-Sep	22.3
9-Sep	3	Comp Maint	192	Cyprus 8/9	3	Churzow	14-Sep	21.9
16-Sep	2	Comp Maint	193	Cyprus	1 to 2			
23-Sep	1	Taper	193	Cyprus 28/9	1 to 2			
30-Sep	0	Taper	194		1	DOHA WC	3+5/10	22.9
7-Oct	-1	REST						

2019 Season Plan

1. START AT THE END.
2. NON NEGOTIABLES
3. NEGOTIABLES
4. DETAILS
5. LOGISTICS



TOKYO?

Serve the craft.

Problem > Ego.

Walk towards it.

