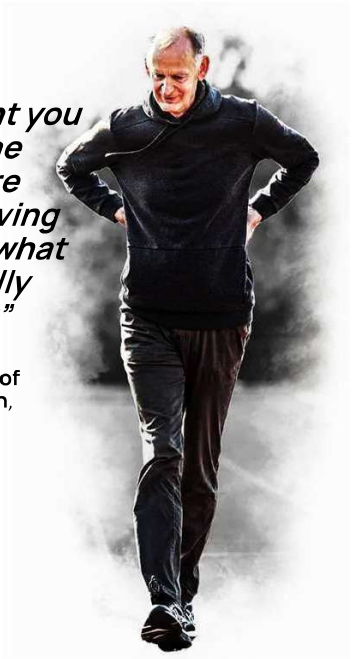
LILA® HUMAN PERFORMANCE

HYBRID TRAINING
A MODEL FOR THE FUTURE

The moment you step into the gym, you are already moving away from what you are really training for"

— Henk Kraaijenhof
Elite Sprint Coach,



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If STRENGTH IS SUCH A POOR PREDICTOR OF MOST SPORT PERFORMANCE, WHY DOES IT STILL DOMINATE TRAINING TIME?

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
AM (8-11)	- LSR -TRT	-T&T - SPARQ	- HIIT -TRT	- T&T - SPARQ	-INTERVAL - TRT	- LSR	RECOVER
PM (3-6)	- T&T	- T&T	- T&T	- T&T	- T&T	-ACTIVE REST	RECOVER
NIGHT (30-45 MINS)	-ACTIVE REST	-ACTIVE REST	RECOVER	-ACTIVE REST	-ACTIVE REST	RECOVER	RECOVER

TECH & TACTICAL	STRENGTH	ENDURANCE	SPEED	ACTIVE REST	TOTAL
18 HOURS	6 HOURS	3-4 HOURS	3 HOURS	2-3 HOURS	33-34 HOURS
54%	18%	12%	8%	8%	100%

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IMAGINE THIS INSTEAD
WHAT WOULD YOU DO WITH THAT EXTRA TIME?

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
AM (8-11)	- LSR -TRT	-T&T - SPARQ	- HIIT -FREE	- T&T - SPARQ	-INTERVAL - FREE	- LSR	RECOVER
PM (3-6)	- T&T	- T&T	- T&T	- T&T	- T&T	-ACTIVE REST	RECOVER
NIGHT (30-45 MINS)	-ACTIVE REST	-ACTIVE REST	RECOVER	-ACTIVE REST	-ACTIVE REST	RECOVER	RECOVER

TECH & TACTICAL	STRENGTH	ENDURANCE	SPEED	ACTIVE REST	TOTAL
18 HOURS	2 HOURS	3-4 HOURS	3 HOURS	2-3 HOURS	29-30 HOURS
60%	**6%**	**14%**	**10%**	**10%**	**100%**

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HYBRID TRAINING

- Hybrid Training is an (r)evolution
- Reduces reliance on TRT to focuses on specific strength
- Emphasis what wins & what doesn't (injuries)
- (R)empowers the sport warm-up as a primary conditioning period

As an elite speed athlete the last thing I need in the season is to be buried under a squat bar. Yes, I'm stronger but I'm way tighter and injury prone.

- *MYSTIQUE RO TEAMUSA, SKELETON*



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Hybrid training, a model for the future: Joe Dolcetti

Notes