

Training For Guys 101

In this document you'll see some of the info covered in the blog post, but expanded upon.

Any questions, email mike: info@mikecampbell.com.au

The general plan

Right, details below (links to YouTube clips of exercises embedded with each title).

See below the program for all the information on rest, recovery and what all the numbers mean, as well as how to set this out.

Workout A- High Intensity Resistance:

- **A1:** [Dumbbell squat and overhead press](#); **30seconds**- aiming for 10-12reps
- **A2:** [Kettlebell dead lift](#); **30seconds**- aiming for 10-12reps (*Too easy- Try KB swings*)
- **A3:** [Bodyweight squats](#); **15reps** (*Too easy- try jump squats*)
120 seconds rest. Complete 3 rounds (*Too easy- decrease the rest & add a 4th round*)
- **B1:** [Kettlebell/dumbbell Romanian dead lifts](#); **30seconds**- aiming for 12-15reps
- **B2:** [Dumbbell reverse lunges](#); **20reps** (*Too easy- try walking lunges*)
120 seconds rest. Complete 3 rounds (*Too easy- decrease the rest & add a 4th round*)
- **C1-3:** [Inverted bodyweight row](#) (6-8reps), [incline push ups](#) (*too easy- go full push ups*) (8-10reps), [reverse crunches](#) (8-10reps); **5minutes**- as many rounds as you can

This workout is using a mixture of timed sets, with a reasonably heavy weight, relatively short rest and a lot of compound movements targeting many muscles. The idea is to have a high intensity session, create an element of strength training whilst aiming to promote a high lactate environment in order to deplete energy in the muscles and get your hormones and metabolism working in the right way. That is- burn body fat, build lean muscle, increase your strength and create a beneficial hormonal profile.

Finding this too easy or too hard? This can be regressed by lightening the load or increasing the rest time or progressed keeping the same exercises and adding weight, work time, or decreasing the rest time. Your first port of call here to make it harder is to add rounds, weight and decrease the rest time- get more done in less time. To lessen the intensity, because you've collapsed and can't finish- choose a lighter weight and have a little more rest.

Remember to challenge yourself though! *Risk v benefit (see below)*

Workout B- Man sprints:

You'll need to be at a hill:

- *Start off with 5-10 minutes getting warmed up. Make sure to include some dynamic stretching*
- *Then you're going to sprint up the hill at close to 100% effort. This should be 15-20seconds. Go for a shorter distance until you're familiar with your level and ability on this*
- *Walk down to the bottom slowly making sure to breath from your diaphragm and give yourself 2 minutes recovery*
- *Aim for at least 6 repetitions of this and remember you need to be blowing and should be yearning for the end!*
- *Take some time to cool down by slowing walking and have a stretch*
- *To make harder, decrease your rest until you can start each effort on 60 seconds and do more- up to 12 reps. Need it to be easier- work harder at it and you'll improve!*

This should be over in less than 30 minutes and have you looking forward to refuelling which you'll need to be on top of throughout the remainder of the day.

Workout C- Bend/push:

- **A1:** [Barbell dead lift](#) (RDL); 4x5, 30X0, TUT- 20s (5 reps x 5s/rep), rest 10s then move onto A2
- **A2:** [Dumbbell Romanian deadlift](#); 4x10, 3010, rest 10s then move onto A3
- **A3:** [Kettlebell swing](#); 4x20, 20X0, rest 75s then back to 4x10, then back to A1 Rest 2 minutes then onto B1-B3 (as you'll see by the 4x10- the 4 is your sets and the 5, 10 or 20 is your reps- so 4 rounds of this)
- **B1:** [Barbell military press](#); 4x5, 30X0, rest 10s then move onto B2
- **B2:** [Dumbbell flat bench press](#); 4x10, 3010, rest 10s then move onto B3
- **B3:** [Assisted dips](#); 4x20, 2010, rest 75s the back to B1 Rest 2 minutes then onto C1-B3

The aim for this is control over the heavy A1/B1s and a bit more intensity of movement through the A3/B3s. A2/B2 are still to be controlled movements. See below for the description of the tempo (e.g. 2110) and other loading parameters. As above, is this is too easy or hard then pop a question on the [facebook page](#) and we'll see what the group thinks, and come up with a solution tailored for you.

Workout D- Squat/lunge:

- **A1:** [Barbell back squat](#); 4x5, 31X0, rest 10s then move onto A2
- **A2:** [Dumbbell walking lunge](#); 4x10/leg, 2010, rest 10s then move onto A3
- **A3:** [Leg press](#); 4x20, 2010, rest 75s then back to A1
Rest 2 minutes then onto B1-B3
- **B1:** [Neutral grip chin ups](#); 4x5, 4010, rest 10s then move onto B2
- **B2:** [Pendalay row](#); 4x10, 3011, rest 10s then move onto B3
- **B3:** [Cable facepull](#); 4x20, 3010, rest 75s then back to B1
Rest 2 minutes then onto B1-B3

You will pick your weights according to the time under tension and tempo you do, so let's look at a 50second set with a tempo of 4-0-1-0 (eccentric -hold-concentric - hold), so you should get 10 reps. You want this tenth rep to be **almost** too hard to do with perfect form. Complete A1 then straight into A2 and the same onto A3, rest between sets for 75 seconds, before repeating for all sets. Depending on your energy, strength and time and so on as you progress through the workout onto the B's and Cs you might have to start with 2-3 rounds and progress. C1/C2 is a finisher, so you're going to set the timer and get it completed as fast as you can. Email Mike if you need more information.

Here's how your week is going to look:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
D	Mobility	C	Mobility	A	B	Rest

The info

With hypertrophy we are looking to increase muscular size and volume. What will happen, given appropriate nutrition coincides, is that the muscles you are working will be subject to small micro tears and depletion of ATP (energy) which will result in increases in their size as well as strength (and even some others due to the global hormonal response). This will increase your resting metabolic rate, giving you the ability to burn more fat at rest and immediately after exercise. One of the keys here is progressive overload- continually doing more work each training session.

1. **Take home 1:** hypertrophy training will not only increase your lean muscle size and volume, but encourage and promote your body to burn fat!

With strength training we are looking to train the central nervous system to overcome the large weights, resulting in an anabolic environment which will also stimulate testosterone and HGH production, both vital pieces in the fat burning and muscle building puzzle. So instead of damaging the muscle and stimulating growth of new muscle, we are creating an environment that causes a nervous system response to get stronger and overcome that weight easier next time. This kind of training will result in a strong body, including muscles, bones and connective tissue as well as all the positive effects from the hormonal response created and amazing mental benefits.

2. ***Take home 2:*** strength training will not only fortify your entire body, but help to toughen your mind. This nervous system training will also act to promote anabolic hormones to get you lean, muscular and healthy.

With High Intensity Interval Training (HIIT) we are looking to train specific energy systems and produce a large amount of exertion and output in a short time period. We do this by using high intensity work intervals paired with rest periods to allow adequate recovery in order to produce high output again in the next interval. This work:rest style of training is a fantastic way to increase fitness levels, increase metabolism, fire up the right energy systems and get your body consuming oxygen at a higher rate for long periods even after you've stopped exercising! This anabolic state is created by a high work to low rest ratio, which results in high levels of lactate in the body. You'll also be firing up your fast twitch muscle fibres which will enhance the anabolic state and again encourage this positive hormonal activity.

3. ***Take home 3:*** HIIT will not only increase your fitness levels and help to improve your cardiovascular and respiratory systems, but it is an amazingly time efficient training tool that also promotes fat loss *and muscle building*. Easily the best bang for your buck cardio exercise, leaving time excuses irrelevant.

With metabolic resistant training we are looking to essentially combine elements of the above three training techniques and therefore combine the benefits of each. This style of training is what is heavily used in the training world of *Crossfit* and while it can vary greatly in its application and desired outcomes, for our purposes it is basically *circuit training*. We use elements of resistance training with heavy lifting, and at times it also combines short bursts of intense cardio exercise and some technical moves sometimes seen in the

world of gymnastics. For your purposes this training will be kept simple, so the gymnastics moves are out; you can practice them in the bedroom.

What we create here is something similar to the HIIT above, where we are looking to produce a high amount of work and energy output in short periods. The result is everything working to torch fat and build muscle.

- 4. Take home 4:** metabolic resistance training is all about hard work- high output in short times. Promoting fat burning, muscle building, positive hormonal environment and the beneficial high *Excess Post-exercise Oxygen Consumption*- EPOC.

All of these modalities we're covering in your training program. Depending on exactly what your goals are will differ to what degree and proportion you'll do them. However, it is important to note that we have chosen these training styles because of the amazing and varied benefits they bring when performed properly. Of course we'll be aiming to burn unwanted body fat, increase lean muscle and get fitter, but you'll also see increased mobility, energy, sex drive and vitality. You'll see better mood and concentration as well as improved mental health and endless improvements to your overall health and wellbeing.

Everyone has different lives and demands which can raise a few questions about what fit is best for you:

- *What level are you currently at?*
- *How long have you been resistance training? (This is your training age)*
- *What are your specific goals*
- *How do you move?*
- *What is your daily life like? Time, workload, stress, energy, nutrition, commitments.*
- *What is available to you? Are you a gym member? Services of a trainer?*

There are a few things to take into consideration right? For some people it's easy, for others it's diabolical. So I'll tell you what, let's agree that regardless of where you are you need to **set aside one hour four times per week initially**. Once your knowledge, strength and ability grow and you can fine tune your workouts and become efficient with your training time, then perhaps you can decrease this to 45 minutes and then add more sessions in if you're capable. The list goes on right? Hence the need for simplicity, which is what we'll be doing. There is no one size fits all when it comes to training, however, if you

cover the basics and learn how to progress then you'll have an infinite number of room to keep improving.

Before we get into the training and what you're going to do there are some fundamentals and crucial points that need addressing and mastering; the nuts and bolts!

So just because you may have been lifting weights and training for a while that doesn't mean you have these basics covered. It also doesn't mean that any workout can't be altered to you. Sometimes the bare basics are all it takes, just a bit of manipulation of some of our training variables such as weight, tempo and rest. For example if a workout is too easy, decrease your rest or add extra weight- simple.

Every exercise can be regressed or progressed, depending on your ability or desired outcome, so this is another option- making the exercise a harder alternative, for example a squat can be regressed to a box squat from a seat and progressed by adding weight. ***Always challenge yourself but work within your boundaries.***

5. ***Take home 5:*** One very important thing to remember with weight training is that *there is always a risk*. However, we simply **make sure that the benefit always outweighs the risk involved.**

So let's run through some quick guidelines:

- **Always use correct technique and never sacrifice this for weight.** It simply defeats the purpose of what you're trying to achieve whilst sending the risk/benefit equation plummeting towards you visiting the physio on a regular basis and rolling out of bed like an old man.
- **Never train past failure.** At times with resistance training failure is a good thing, causing the right kind of reactions in the body for what we desire, however, trying to push past this will more often than not lead to bad form and the potential for injuries increases dramatically. Not until you're very advanced.
- **Always listen to your body and learn to react to how it responds to your training.** If something is sore then weigh up the risk of continuing versus the benefit. On the flip side, if you feel energetic and strong then try another set and do more work!

The next thing you have to master is training parameters. It's more complicated than lift **X** weight for **X** many times and repeat **X** times.

So this is where we need to get specific. *Load, reps, sets, time under tension, tempo, rest and overall volume* (essentially the sum of all these parts: weight + reps + sets) are where we turn our attention in order to pin point our goal of effective and efficient training sessions. Regardless of our training style, manipulating the above parameters will determine the outcome of any resistance training. Once you get your head around these, you'll have the complicated stuff out of the way.

Let's take a look:

- **Time Under Tension or TUT-** this refers to the total time each set takes to complete, and specifically how long the working muscles are under tension. This is a key variable to consider with resistance training, so make sure you stick with the prescribed TUT or you won't be hitting the right stimulus for your goals.
- **Tempo-** This refers to the pace of each individual repetition. There are 4 potential parts to each rep; the eccentric phase, a pause at the bottom, the concentric phase and a pause at the top. Or more simply the control phase eg. Lowering to the bottom in a squat, a hold at the bottom, (however, this will often be none so will read as a 0-zero), the hard work part (actually moving the weight) eg. Standing up in the squat, and a hold at the top (again often none). This will read 4-0-1-0 for a squat that requires 4 a second lower, 0 second hold at the bottom, 1 second accent and 0 second hold at the top. If you see an X this means it's an explosive movement, so do it as fast as possible.
- **Load-** This is the weight used and will be chosen accordingly to the tempo and TUT. If you know your 1 repetition maximum then you can simply work out based on these percentages. You'll need to be conservative to start with and then progress from there as you see fit. Remember to challenge yourself but work within your limits!
- **Sets-** this is the number of times you'll do the prescribed number of reps.
- **Reps-** This is the number of repetitions of each exercise you'll do in each set.
- **Rest-** This is the time you'll rest between sets. Note that this may often be after 1 or more exercises grouped together, and also take note of intra-superset rest, which may be a short 10 seconds in order to transition from one exercise to the next.
- **Exercise grouping-** This means how you group exercises together. So you might be doing one exercise followed straight after by another and

possibly even more before you have your rest. That would be one set which would look like **A1/A2/A3** and so on. So you'll complete a full set of reps of exercise A1, then A2 then A3, at which point you'll have the prescribed rest before completing the group again for the desired number of sets or rounds. This could be followed by a **B1/B2** for example, which means B1 then B2 then rest and repeat.

Although this is an easy general guideline, some muscles will respond better to different parameters. Things like muscle fibre type and range of motion used for the exercise dictate exactly how we should manipulate these variables, however, for our purposes let's just follow the prescribed parameters in the training plans. Tempo is one variable that can be altered quite a bit and regularly and still fit into the same total TUT while preventing plateaus and still causing the muscles to grow.

Guys that means 'guns', a solid V-shaped back and 'Xmas hams' for legs. Yes, that's what I call my hamstrings... Xmas hams at the back and 'Quadzillas' at the front. I am a massive training geek after all...

Also- and this is really important- age is no limit! It might be more hard work than trying to achieve strength and fitness than when you were 21 but this becomes even more important as we age. Building strong muscles, bones and connective tissue as well as a strong heart and lungs is crucial in living a long and healthy life. You're never too old to get strong, lean and muscular!

Rest and recovery

Whilst we want you to be effective and efficient training beasts you also need to have the right amount of quality rest and recovery in order to heal, repair and regenerate your muscles. Remember that for a lot of the time you are going to be working your body and its muscles very hard, so in order for them to recuperate and actually gain the benefits that you're trying to elicit from your training, you need to give them enough time to do so.

Once again, however, this is going to be simple and easy to follow. We need you to be an efficient healer too!

Obviously sleep is going to be your biggest friend here. This isn't just a time to fall over after a long day of kicking metaphorical goals or a post coital inevitability. Sleep is incredibly powerful and impacts directly on how your body will respond to training.

Outside of this, rest and repair throughout the day is key. Some of us are on our feet for a lot of the day, so it can be hard for complete rest, so ensure you schedule some in. Even if it's just 30 minutes of sitting or lying where your body can chill out and get its parasympathetic nervous system on- all rest and repair!

Then when it comes to the days when you're sore and feeling the pain from the previous days training, for example your legs feel like someone came in through the night and inserted tiny little razor blades into each section, making movement tricky, walking awkward, descending stairs embarrassing and looking more duck than man while waddling downhill.

Take note fellas- this will happen! You must ensure that to aid recovery you do not just sit still for the day. If you are office and desk bound then as painful as it seems and blatantly feels, get up and move around as often as you can.

Those damaged muscles need nutrients to repair and grow and they only get that with nutrient rich blood from the amazingly nutrient dense food you've given your body.

Which brings me onto DOMS- *Delayed Onset Muscle Soreness*. This is often the consequence of training especially resistance training, and is a result of the overload that the muscles have received and the tiny micro tears that can form which is all part of the muscle repairing and regenerating in order to grow and become stronger in order to be able to handle that load next time.

Sometimes this will be worse than others, but either way you need to provide adequate rest for your body so it can recover and heal. You also need to strap on your hard pants, because this will cause you to hurt. Sometimes so bad that it wakes you in the night. Don't be afraid, just grit your teeth and get through it- *it means you're getting better*. However, also take note that DOMS isn't necessarily the aim, and won't always happen and isn't needed to signal an effective session, but it will happen at times.

So besides sleeping, which can't be done just anywhere or anytime, apart from the narcoleptic? They're pretty good at that... we need some recovery strategies.

Try these recovery strategies on for size:

- **Power naps-** These are to last no more than 30 minutes and as little as 10 minutes can be beneficial. If you can and your lifestyle allows it, try and get one in during the day after you training sometime. A great way to stay fresh and recover.
- **Cold showers-** As well as ice baths which are slightly less practical for the average man, are a great way to aid recovery. In the early stages after intense training or exercise (such as sport) your body can become inflamed due to the stress put on it. We want to fight this inflammation in order to heal and recover. Putting your body into a very cold environment will promote blood to return to the torso, or core, and look after your vital organs. What this also results in is the flushing of inflammatory properties out of your extremities and muscles in effect working to prevent this inflammation. Not only this, but cold showers have been shown to have many wonderful health benefits such as fighting depression, increasing testosterone and even increasing metabolism- all awesome things for our alpha.
- **Stretching and mobility work-** Maintaining good mobility at certain joints and flexibility in certain muscles is critically important for proper movement. Not only this, but regularly stretching and working on your overall mobility (think foam rolling etc) will aid in recovery and help you get ready for your next training session as well as helping keep you injury free, something every aspiring alpha needs to stay on top of.
- **Remedial massage-** Having regular massages is a fantastic way to help keep your muscles healthy, as well as loosen tight spots and free up radically knotted up trigger points. Note that this is different to the 'rub n tug' massage you might get in a dodgy back street in Bangkok. We are looking to have a serious recovery effect on your body, so find a quality therapist and visit them frequently. Allow yourself one massage per month minimum.
- **Swimming and water therapy-** Every time you see a sports team in the news the day after a game, where one of the young stars is invariably receiving bad press because he got into drunken trouble the previous night after the game, they are in the pool having their 'recovery session'. Using some of the same reasons for the cold showers, getting into the water, swimming, walking and moving your body through good full ranges of motion will help to flush your muscles of waste products and aid in you recovering quicker. Get to the pool, or even in the ocean if you can.

- **Taking full advantage of rest days-** Rest days are there for good reason, because you damn well need it man! Of course if you feel up to busting out some man sprints on your rest day because you're super pumped full of energy, then have at it, otherwise take it really easy and think about your muscles getting bigger and stronger and your fat disappearing, because guess what? *It's happening.*
- **Scheduling de-loading weeks-** An essential part of any training plan, or even the haphazard trainer's schedule, having weeks of only light movement are vital. You can still lift, and go through range of motion with load, just make it light.

As you can see there is some easy ways to help aid recovery, and the more you can do that the stronger and healthier you'll become. Being able to recover quickly is a very strong string in the bow of a training beast. This allows for quicker bounce back from big sessions, less time between big sessions and generally feeling fucking awesome. This is a massive bonus, don't you think?

Not only that, but being able to move through quality full ranges of motion when you train is an absolute key for avoiding injury and getting the most from your movements. You will instantly be recruiting more muscle fibres and taking your joints through the kinds of ranges that they're designed for. Obviously being injured generally sucks balls. I've had some pretty solid, gruesome and downright fucking nagging injuries in my time, from a clean compound fracture of my tibia and fibula- the bones in your shin- on the rugby field, to a pesky shoulder problem that was hard to pin point, but most definitely held me back from training to my beast potential.

Our first port of call for addressing injuries is to *avoid them as much as possible*. So this is where a good warm up, choosing exercises appropriate to you, moving through full and/or appropriate ranges of motion and always being aware of your form come in as your main strategies. This comes back to our *benefit to risk ratio*. If you even remotely think something is endangering you or putting your body at risk of serious injury due to weakness or compromised form, then **back off immediately**. It doesn't mean you necessarily need to stop, but you need to learn to have a check on how you move and how your body responds to movement and load.

Mobility, flexibility and stability

This is where appropriate mobility, flexibility and stability work comes in. You need to get an idea for what is tight and restricted on your body. If you can get an assessment from a qualified and experienced trainer, get them to find what is tight, weak, restricting movement and what is relatively strong and over active on your body. When we have imbalances we are at increased risk of injury- which we don't want remember!

As a guideline many men face these common mobility issues:

- **Tight thoracic spine-** This is the part of your spine in your upper back, the slight curve that comes outwards. This is one of your key areas that needs to be able to hold neutral when you move and load with resistance. Too much curve becomes 'kyphotic'

which is increasing injury and long term dysfunction. We need to lesson that curve slightly. *Think about picking your chest up and holding your top ribs towards the sky (note- not sticking your bottom ribs out).*



- **Poor hip mobility-** by this I mean when your femur- thigh bone- joins into your pelvis. To figure this out try bending over at the hips with your knees straight. You *must* maintain neutral spine in your lower back- so keep the natural slight inwards curve and don't let that flatten or curve outwards. See how far you can bend and note the angle of your spine relative to your straight legs. If it's more than 60° you're good to go! If it is less than 60° then you need to work on the muscles around your hips.



- **Poor ankle mobility-** if your knee can't progress very far over your toe then your ankle mobility

may be restricting you when you move, especially lunging, squatting and running. To check this, kneel on the ground with one leg in front of you with no shoes on. Lean forward on your front leg keeping your foot flat on the ground and ensuring your heel doesn't lift off and the arch of your foot doesn't cave in. You are trying to keep your knee lined up with the middle of your foot. Have a look at the angle your shin is on. If it's roughly 35° or more then you're good to go, if less then this may be causing you issues, or has the potential to so work on it. [Here's one exercise to do with a resistance band.](#)

- **Tight hip flexors-** This is common as most people spend so much of their day sitting with their hips flexed. Then so many people run which adds to this. It's pretty safe to say that *you* have hip flexors that hate you, so stretch them, and often! Morning and night.
- **Tight hamstrings-** Same goes, these guys are pretty tight in a lot of people, so we're going to assume that you need to stretch these regularly.
- **Tight chest (pecs) and Lats-** Common result of sitting at desks all day and doing things in front of you, like computer work or manual labour. They're also two of the more common muscle groups worked, usually in conjunction with 'ze guns' by training weekend warriors and contribute to the all too common hunched, round shouldered, kyphotic posture. Stretch and get the ball into them them regularly or you'll soon look like Quasimodo trying to felate himself- *not cool*.

One of the best tools you can invest in for your flexibility and mobility is a foam roller. This can be used as a self massage tool and will greatly increase your ability to help your muscles recover, gain and maintain full range of motion and flexibility. Check out these quick videos [here](#) and [here](#) on the key mobility work above.

I talk about full range of motion and great technique a bit here, obviously avoiding injury is paramount. However, next on that list is actually taking your muscles through the ranges they are designed for in order maintain quality range through muscles and joints, and to recruit more muscle fibres and therefore get more out of your training. Of course there are times when shorter ranges are appropriate and necessary, but for now we want to hit good range with ***perfect technique***.

Kalos Sthenos is a Greek term literally meaning *beautiful strength*. The training term *calisthenics* is derived from this, and mostly deals with body weight and free weight training, which you'll be doing. However, the reason I am touching on this here is that when you train I want you to always aim to move with *kalos sthenos*. Not only will you give your body the best chance of preventing injury, but you'll get the absolute most out of the exercise, in particular exactly what we're trying to achieve by doing it. Not only this, but you'll look damn good doing it- *beautiful strength* remember!

Moving a bar or weight with ugly form may help you get stronger, but it doesn't help you get truly strong, merely statistically strong. Struggle to comprehend that? Think of it like this- true strength comes in the form of being able to effectively move load with explosive smoothness, awareness of your posture and body in space and control of movement (Williams). That is to say when you can move weight with perfect form you are developing real strength and with that comes *real results!*

Obviously I prioritise technique and moving through proper ranges, however, I also have some simple and key philosophies for training; the basic rules I use that govern my own training and help me to remain lean, muscular and on top of my game, and the same for my clients.

Let's briefly revisit my simple philosophies on training:

- **Train often**
- **Train hard**
- **Train with purpose**
- **Always use perfect form**
- **Simple movements come first**
- **Always aim to do more**
- **If you don't know or are unsure about something ASK**
- **Lift heavy and move fast**
- **Sprint, like a beast**
- **Rest, repair and recover**

Do these sound easy enough to follow? From here it purely comes down to what to do (program above) and of course actually doing the training. The main thing is to follow those principles. Then regardless of what actual exercise

or training protocol you're following you'll be getting a great workout and promoting the right kind of reactions in your body in order to get lean and strong whilst remaining injury free.

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Often one of the more common questions, or line of questioning, that I get is about minute details of training- the 1 percenters.

I think that a lot of the time too many guys worry and spend too much time on and thinking about the 1% and nowhere near enough on the 99%.

So my main piece of advice in these situations, and something I recommend you take on board as a parting note...

Start again and cut out all the analysis. Eat well most of the time. Train hard when you do and always have a purpose to your training, even if it's simply, "To sweat and have fun", which is more than acceptable at times. Don't over think things, as long as you move well and move often with purpose and intensity then you'll be getting there. Not only that but any added stress you may have about training will be getting in the way of some of your results. Prioritise getting great sleep and recovery and do your mobility work.

**Most of the time- Less is more
Keep it simple**

Follow the plan and if you want to go beyond the physical to work out what all this effort is actually for, to work out what truly drives you internally not from externally validated reasons like the physical often is, ask me about getting into some more significant coaching

And remember...

**"If you have a body, you are an athlete"
- Bill Bowerman (founder of *Nike*)**

Mike Campbell,
Man Coach, Author and Low-level Batman