

Knowing Your Horse

Understand its nature well enough
to teach yourself new details
every moment.

Commerce Driven Distortions of Reality





Honoring Your Horses Mind

- Use most basic descriptive terms
- Marvel at the speed of thought
- Is so much logic really a good thing?
- Not dwelling on thoughts is a gift.

Athletic Heritage



Two types of evolutionary force

- Positive (guided)
- Negative (driven)

Driven Results

- Organism is not as well suited for its typical environment
- When the going gets tough....

Biological Dissonance

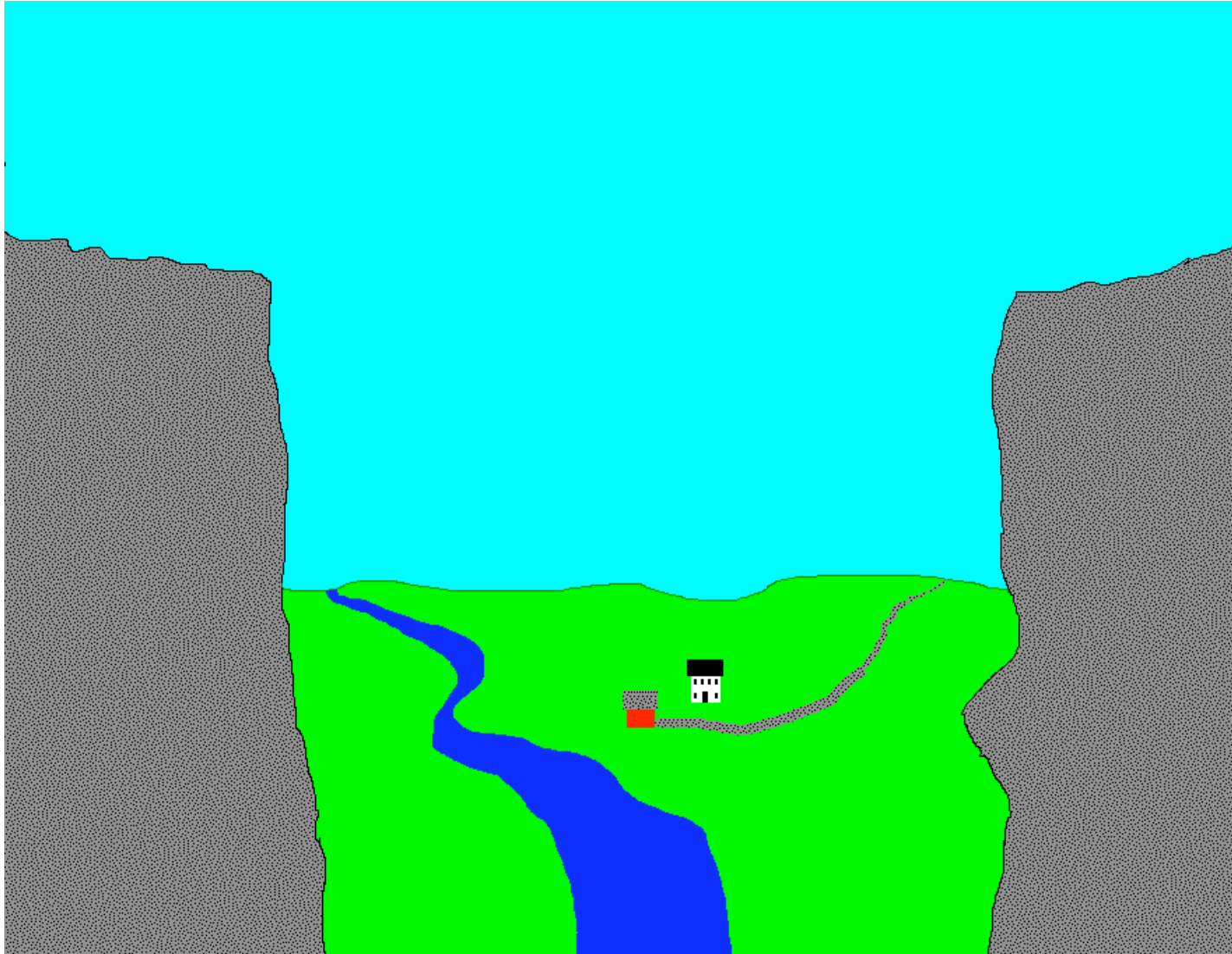


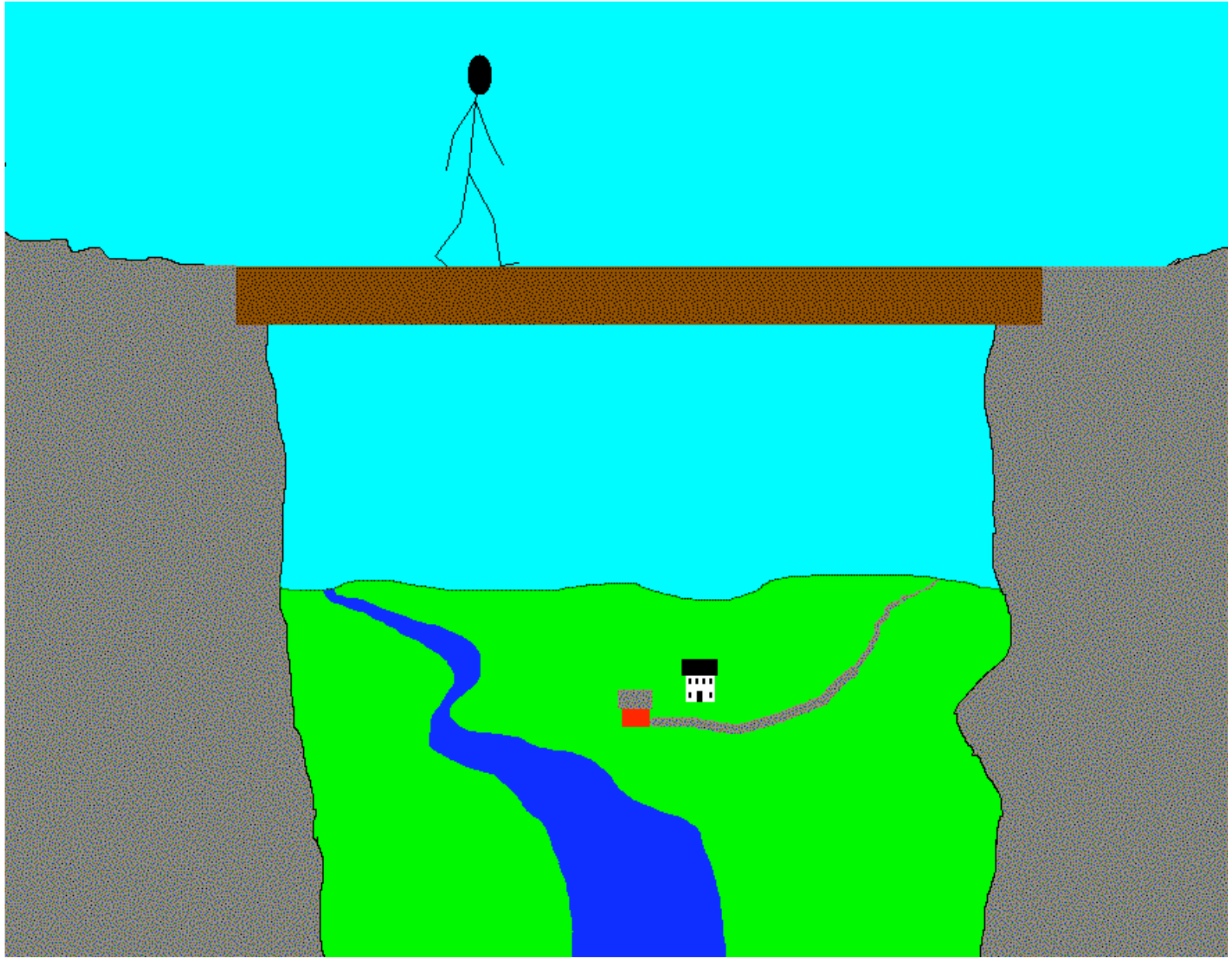
Overload Concept

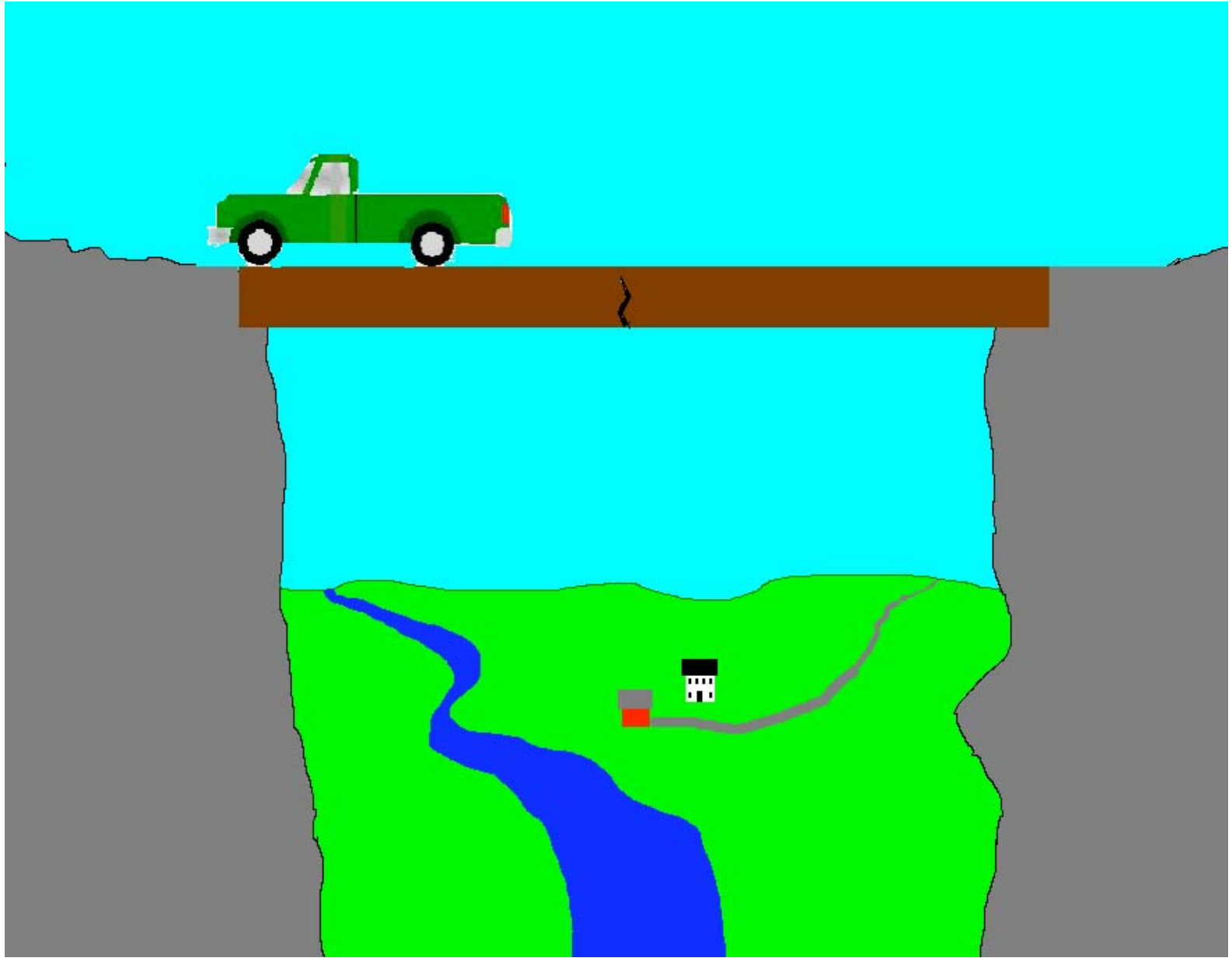
Exercise does not make any tissue stronger. It makes them weaker. Only in the period after the stress does the flesh recover to greater than its original strength.

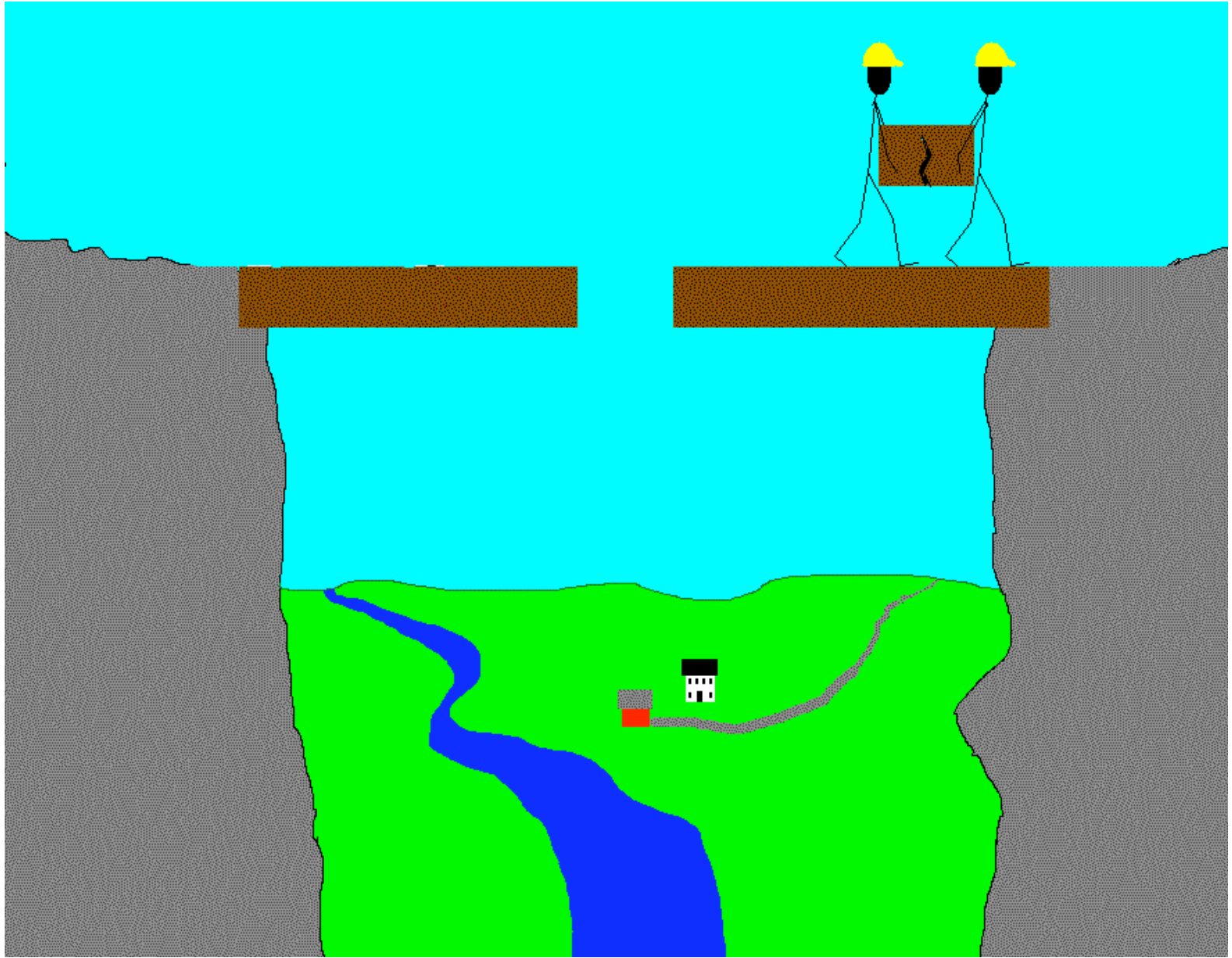


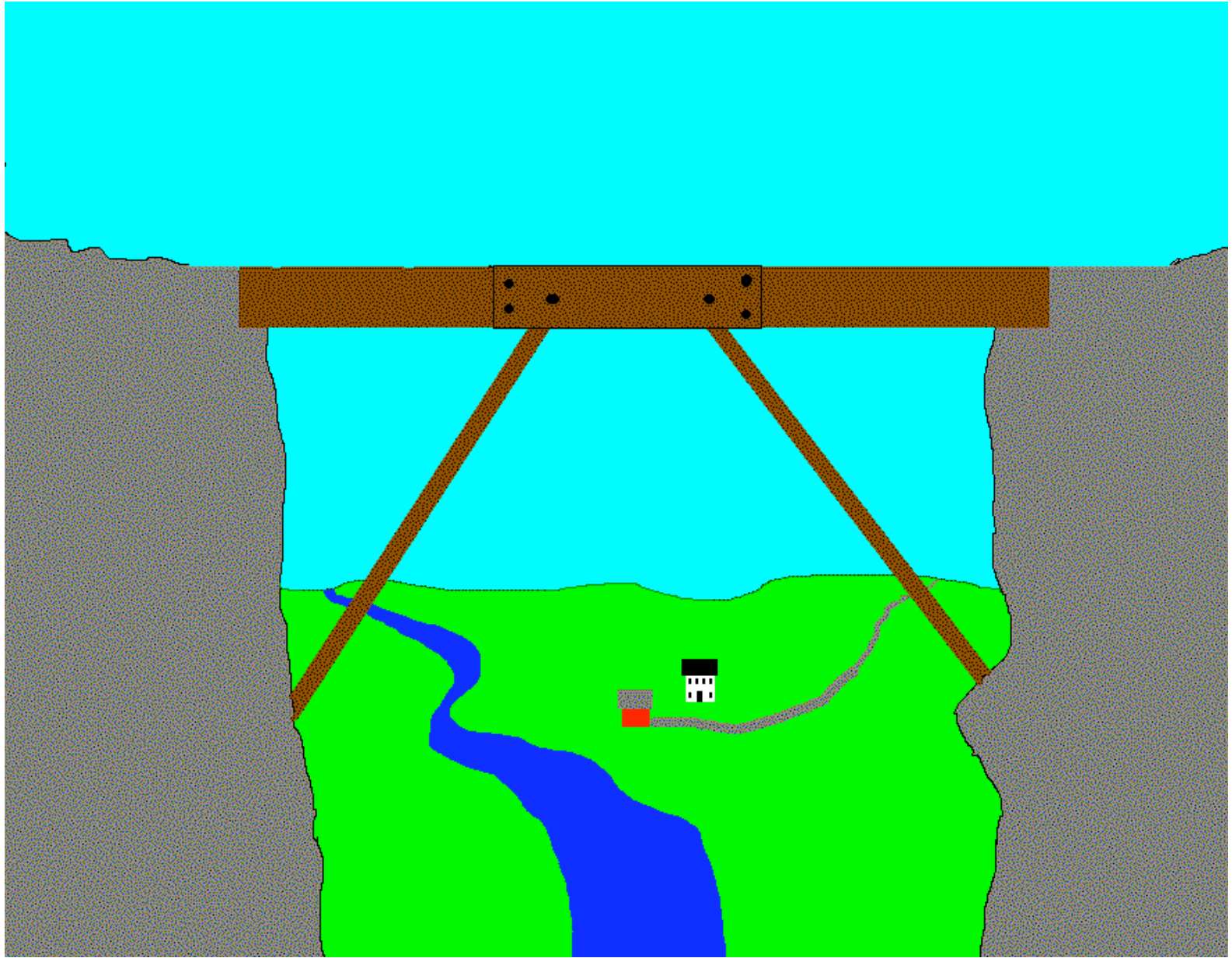
Overload Concept Builds a Bridge in Fahrvergnügen Land







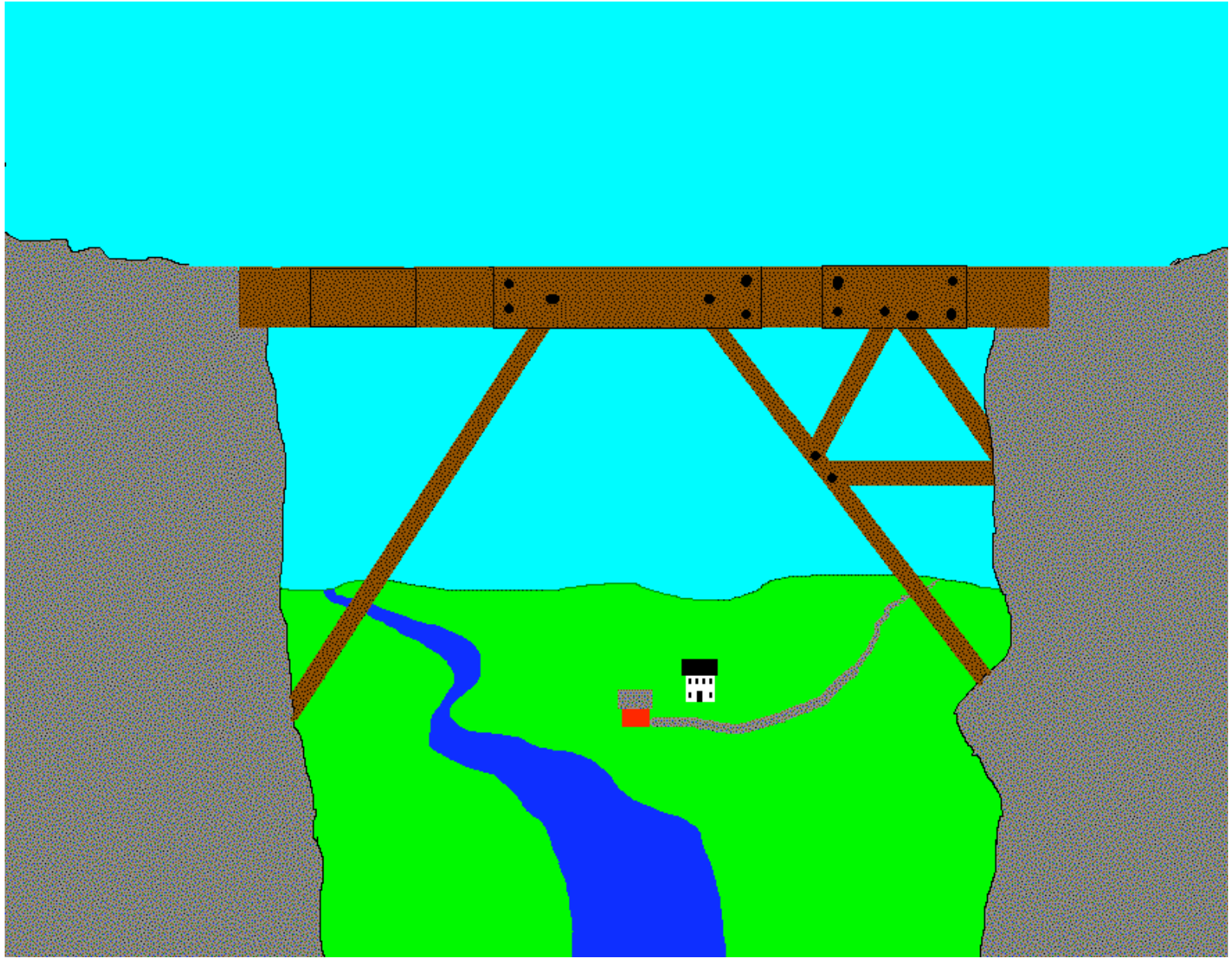


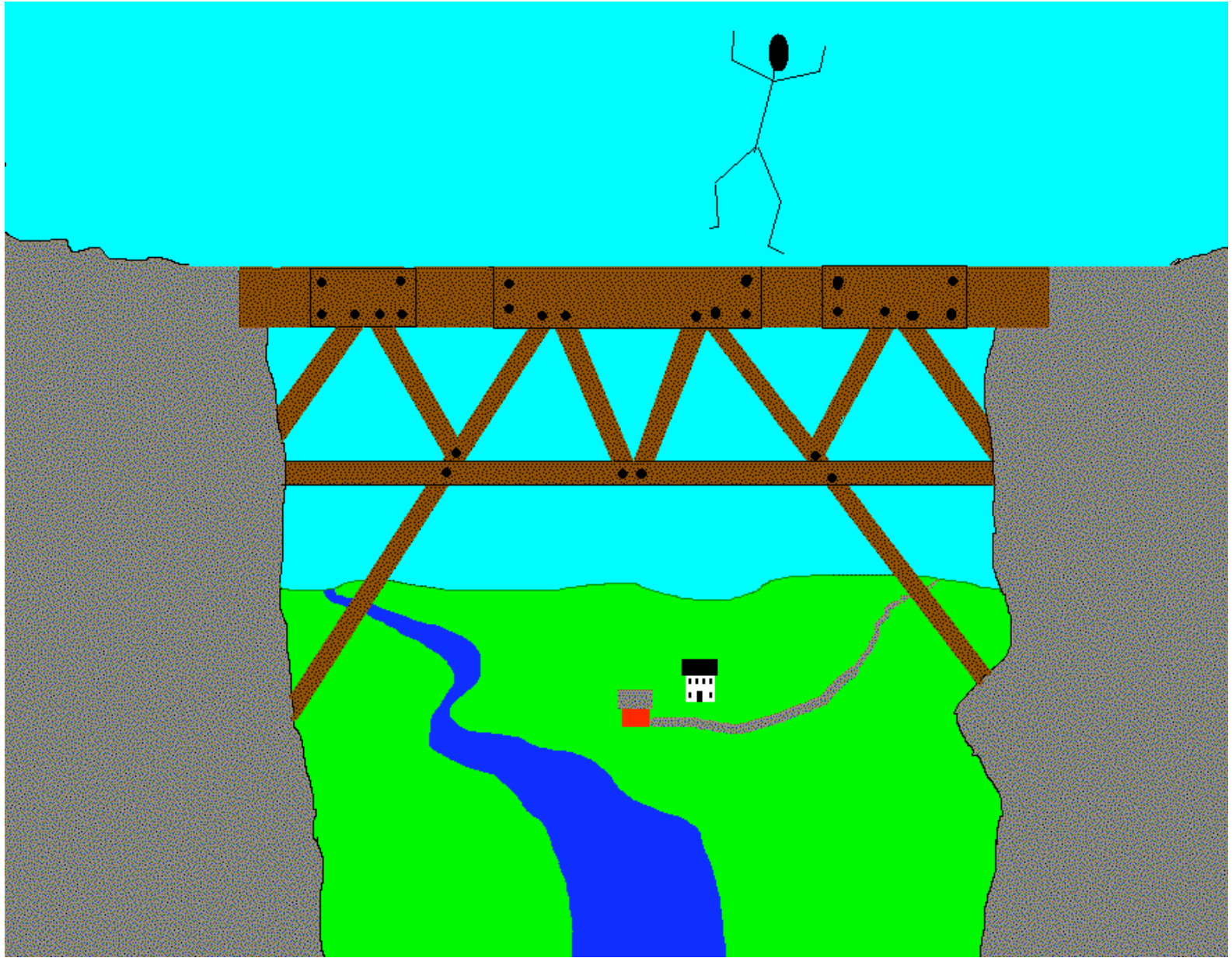








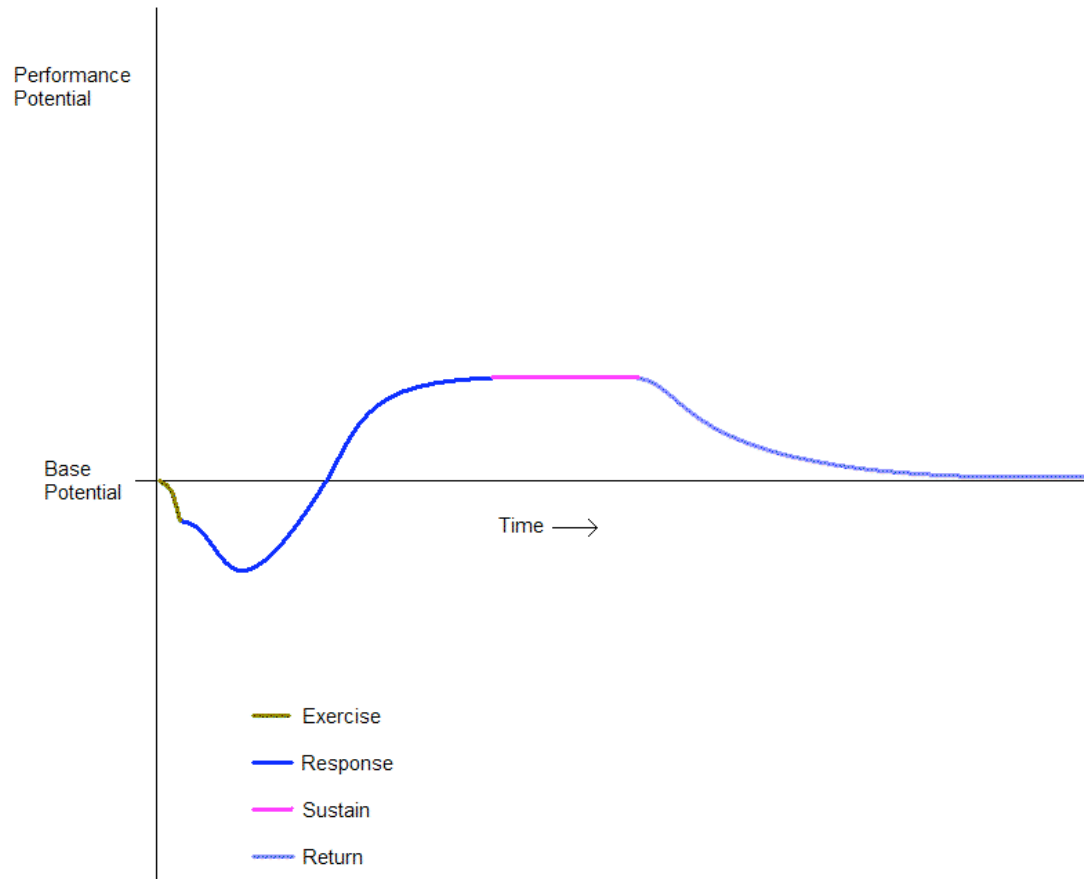




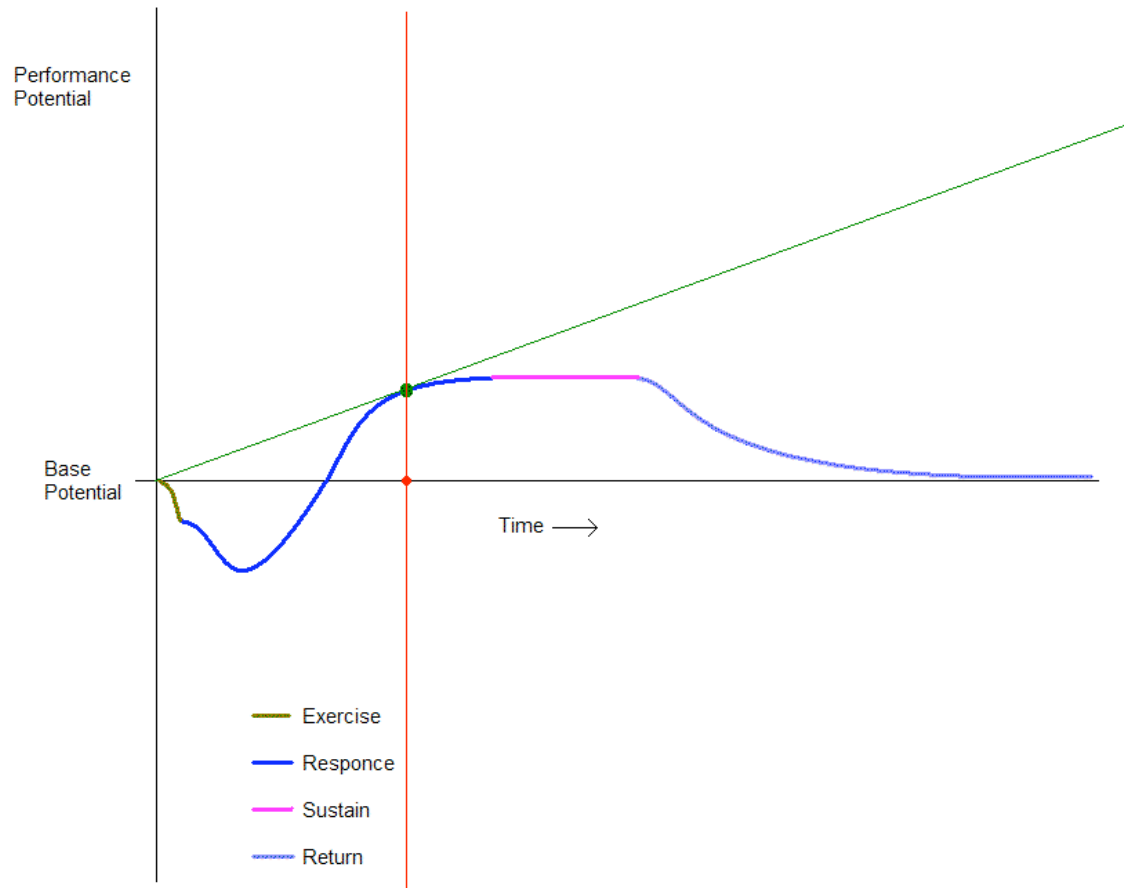
Exercise Response Profiles



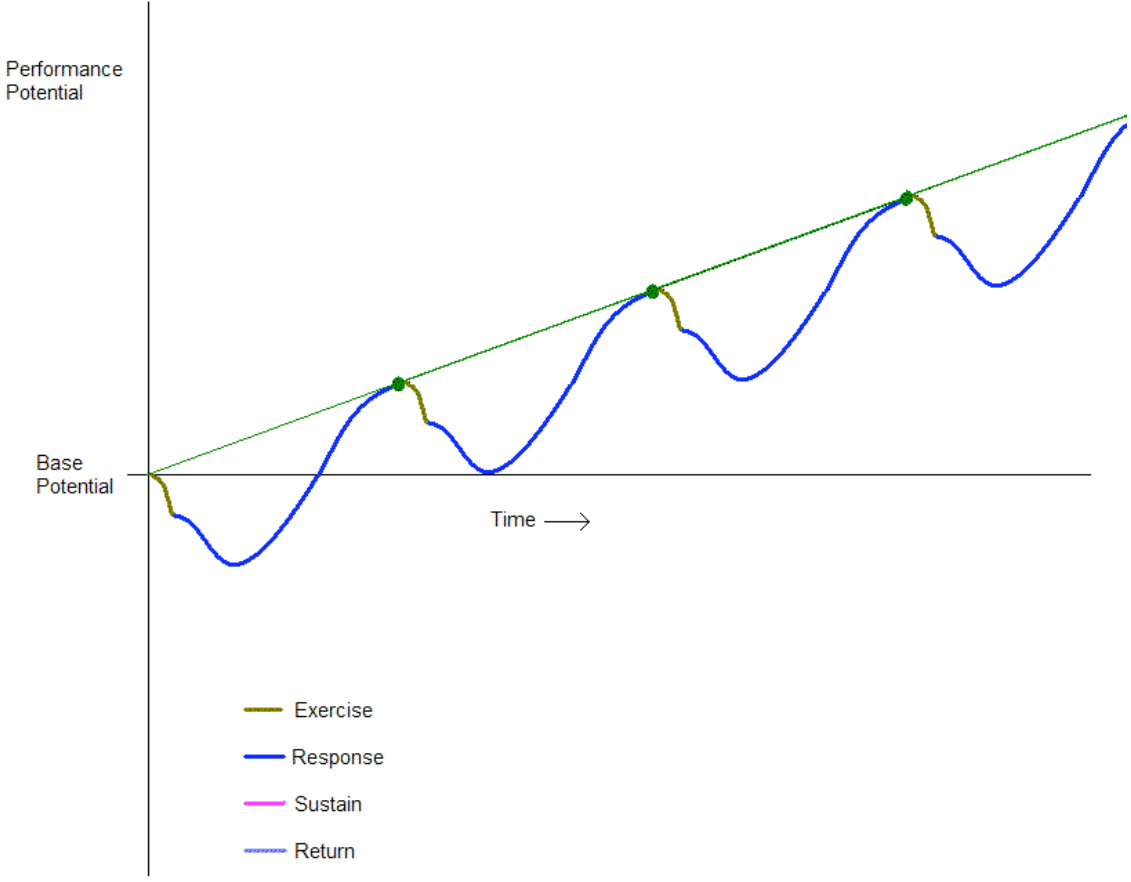
Basic Exercise Response



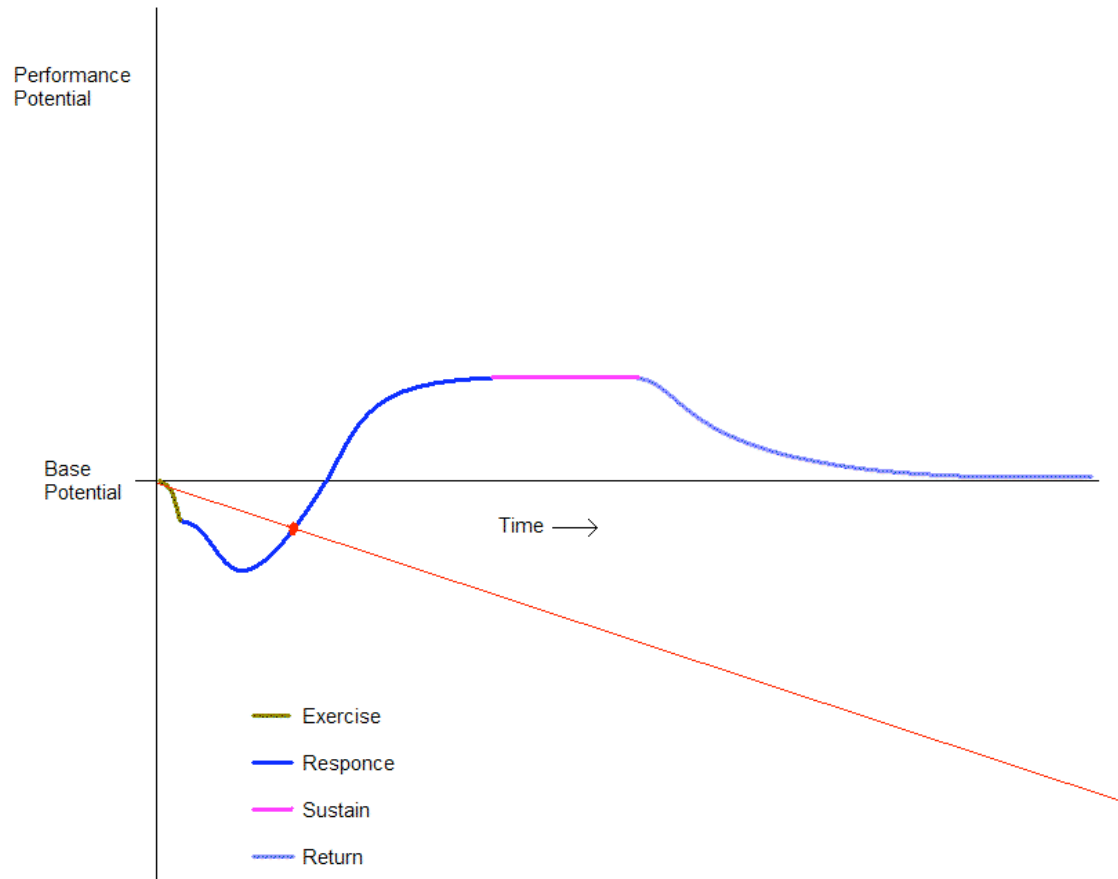
Rest Interval for Maximum Gain



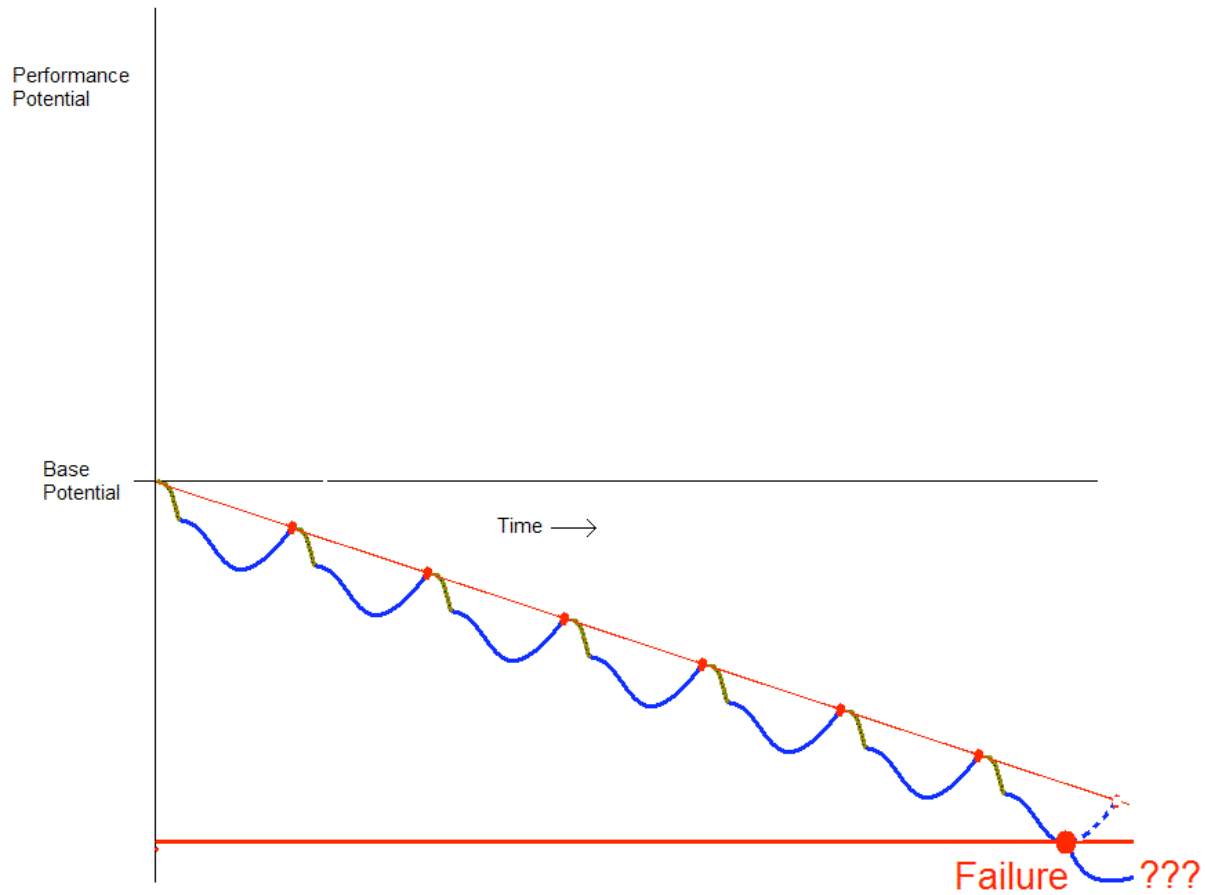
Series on Maximum Gain



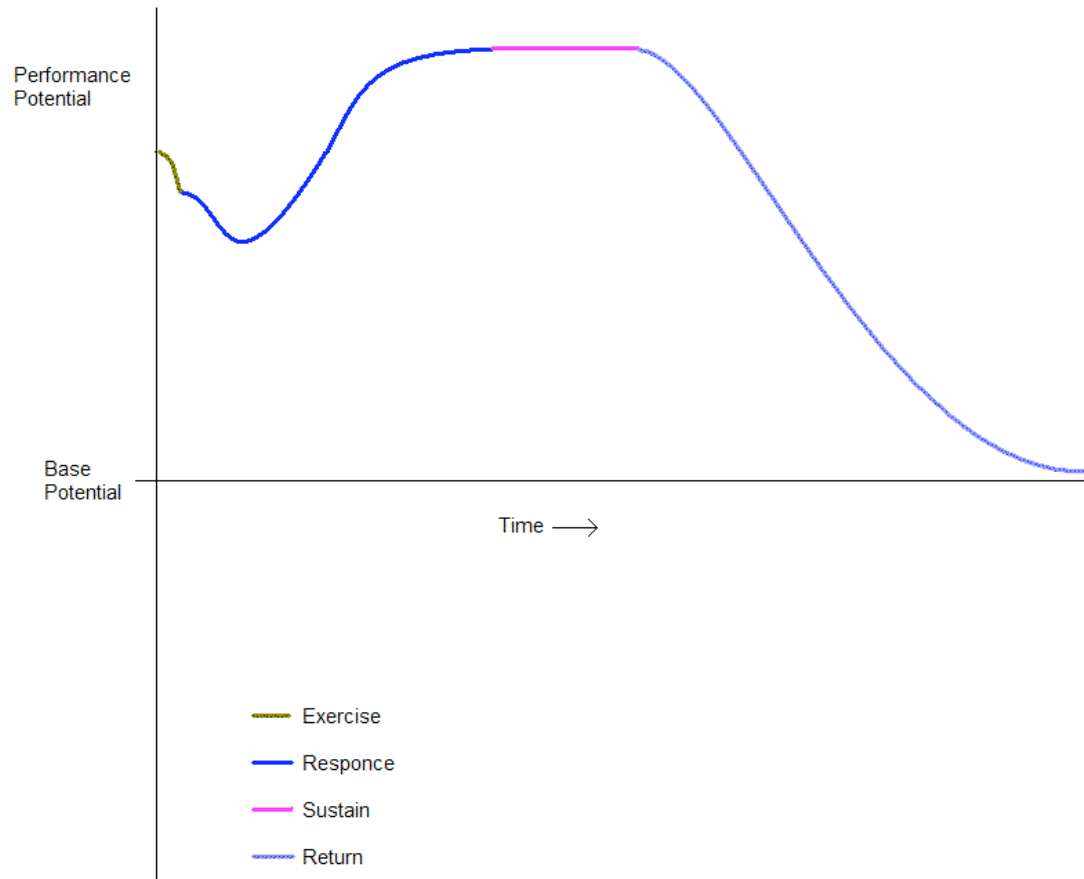
Destructive Rest Interval



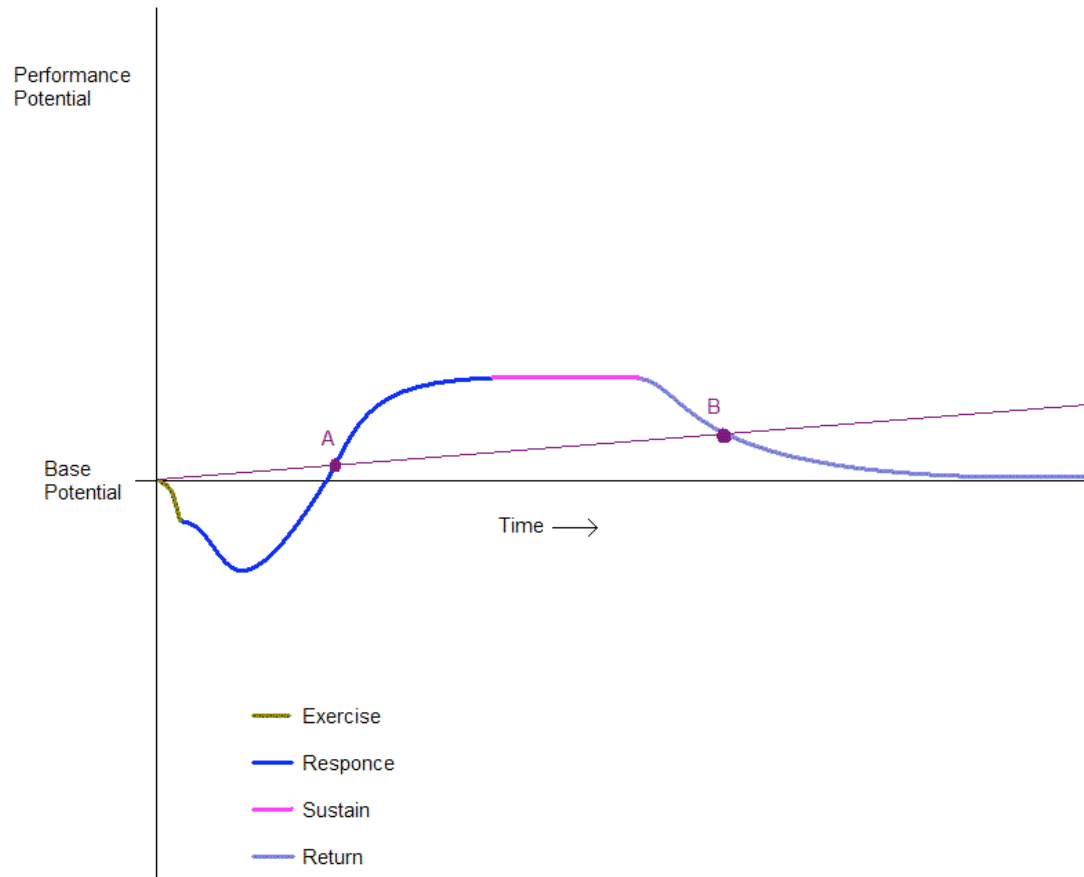
Destructive Sequence to Failure



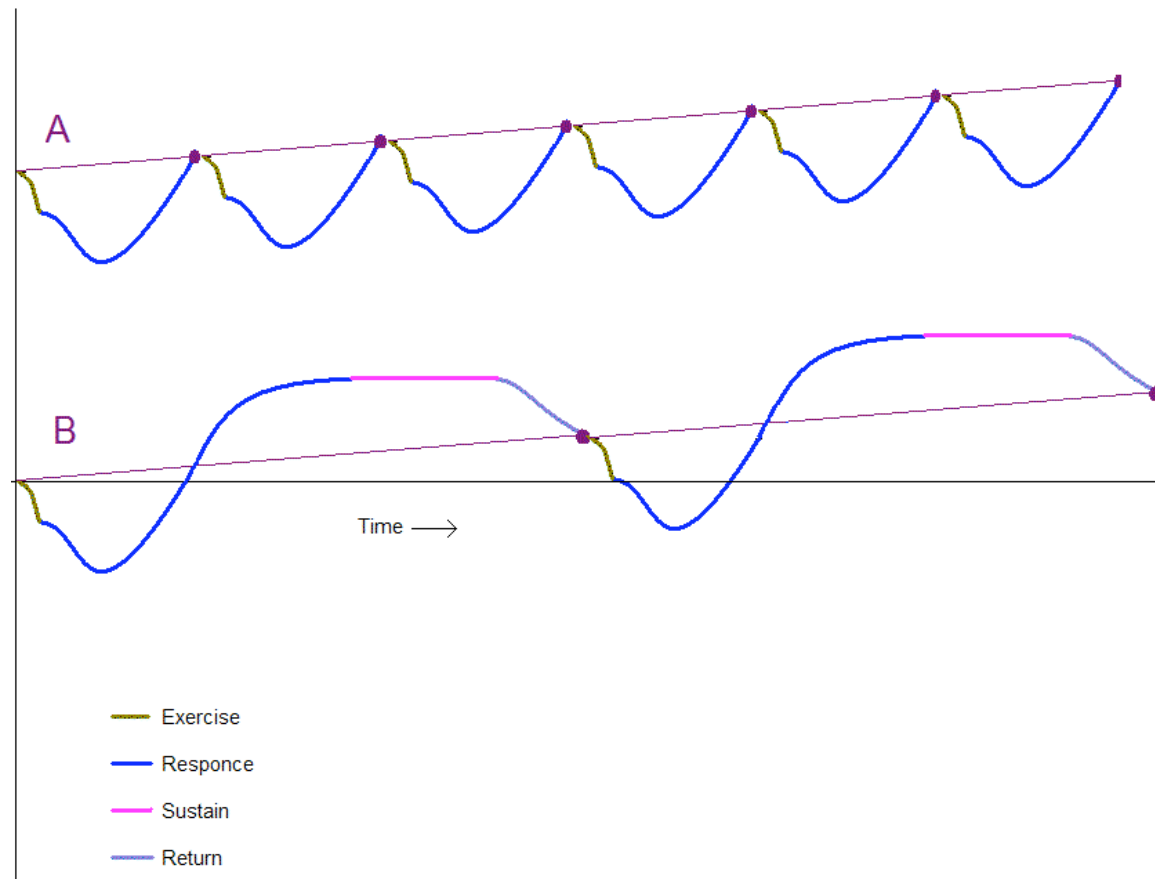
Pre-conditioned Response



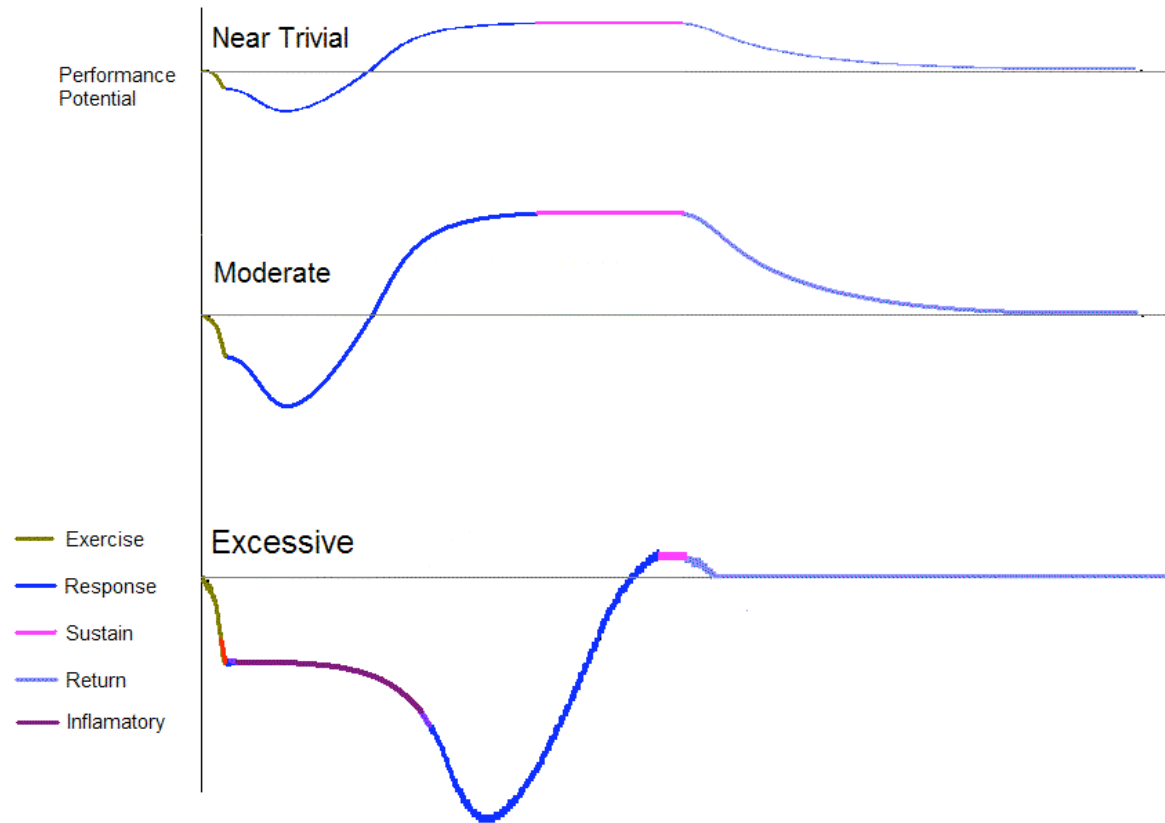
Two Options for Gain



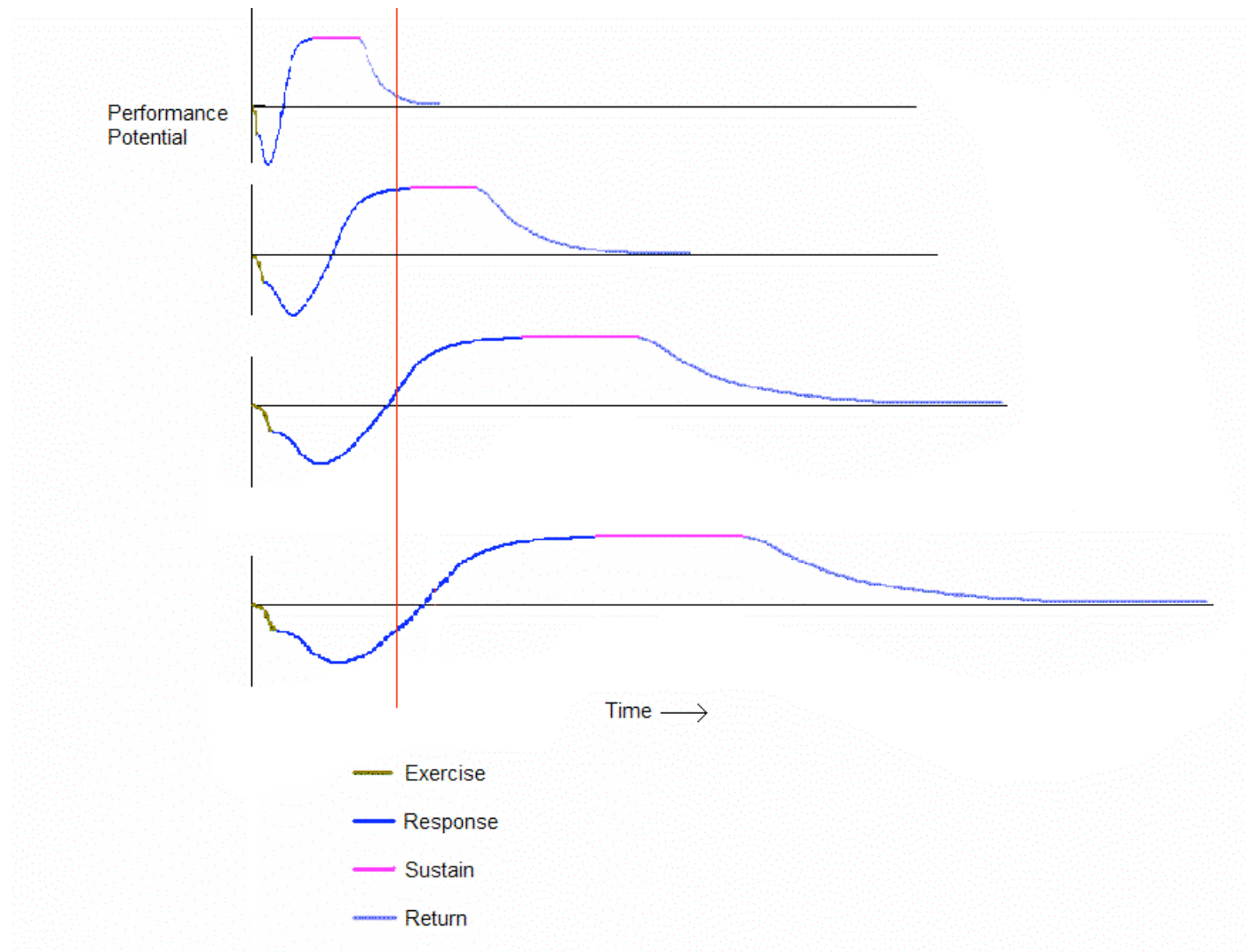
Two Exercise Profiles with Similar Gain



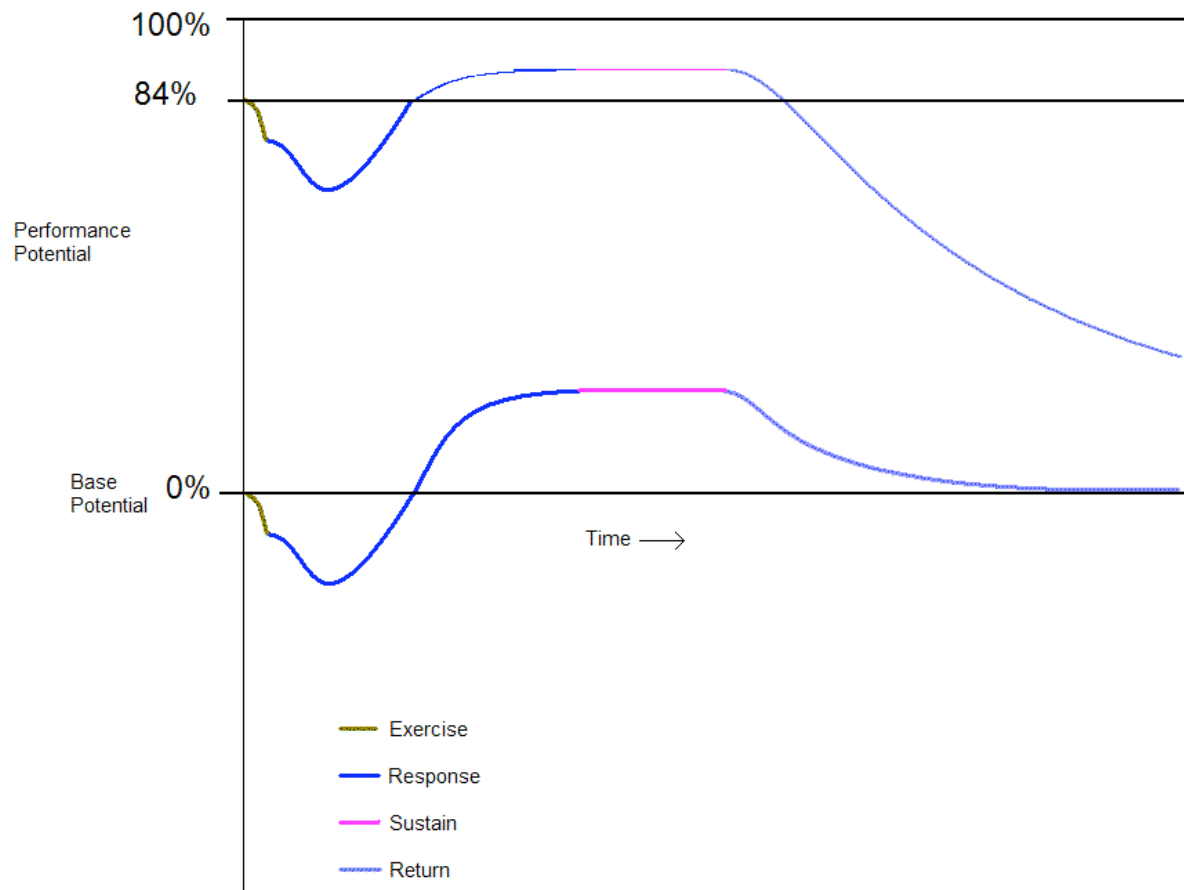
Varying Exercise Severity



One Stress Interval; Different Tissues



Similar Loading; Different Fitness Level



Good trainers plan rest into the schedule,
lesser trainers get it forced upon them.