

Your N.E.X.T. Workout:

New Edge Xpress Training

Turning Traditional Endurance Workouts
into the N.E.X.T. Generation of Conditioning!

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Today's high school athlete can be a sucker for any type of training advice out there. I've been there: the young, yearning desire to become a better athlete, moving up the ranks through the years, that athlete is constantly seeking advice on how to train, what to do, and when to do it. Through my volunteer work at AllExperts.com, I have received questions from such young athletes today, who are desiring to become better, from getting stronger to 'getting more wind'. Even parents of these athletes are asking me such questions, like how can their son be able to run a local 5K race, but have 'no wind' when it comes to playing tennis?

The old advice of running long & slow distances to "build endurance" for any sport is nothing but hogwash advice! It is the backbone of why I wanted to write this article. I believe the history of this advice stems from the fact that long distance runners were shown to improve in their endurance levels after following programs of running longer & at slow paces they could handle. So, if a runner's endurance could improve, perhaps a regular athlete's levels of endurance could improve by following the same advice.

Well, this may work for marathon runners to a point, but today's high school athletes are nowhere near the demands of a marathon runner. It is like asking a plumber to wire in a new light switch for your house. It is silly. Why? Because marathon runners demand greatly from their Aerobic energy system, while a majority of sports that high school athletes participate in are in demand of their Anaerobic energy systems. Simply put, these two systems need to be trained in different manners. "Endurance" needs to be redefined as Aerobic endurance, or Anaerobic endurance. If Anaerobic endurance is to be trained & gained upon with "conditioning" workouts for athletes, an Aerobic endurance plan should not be followed!

Anaerobic endurance can be trained by simply following some work to rest ratio's that mimic the demands of most sports. I've discovered that 1:1, 1:2, 1:3, 1:4, and 1:5 work to rest ratio's work the best in training for anaerobic endurance.

I like to call this, "***New Edge Xpress Training***", or N.E.X.T. It will add a new edge to your training while saving you loads of time.

In simple terms, here are some time templates of those anaerobic work to rest ratio's:

1:1 - 10 seconds work, 10 seconds rest
1:2 - 10 seconds work, 20 seconds rest
1:3 - 10 seconds work, 30 seconds rest
1:4 - 10 seconds work, 40 seconds rest
1:5 - 10 seconds work, 50 seconds rest

You could train these time frames in overall bouts of time, such as taking the 1:1 work/rest ratio of 10s work, 10s rest and doing it for only 2 minutes. Take a 1-2 minute rest, then try a 1:2 work/rest ratio of 10s work, 20s rest for 2 minutes, with another 1-2 minutes rest period.

Simple sprinting drills & agility cone drills can work for conditioning needs. Even doing power exercises like Kettlebell Swings and Jump Roping can be simple & effective.

I have a complete interval training plan for these kinds of workouts, located at my site, ASAPWorkouts.com, called "The Peak Minutes Plan". I believe interval training can be a 'bridge' for conditioning needs for multiple sport athletes at the high school level. You can download the program directly at <http://asapworkouts.com/pmplan.pdf>

Coach Rick Karboviak offers consulting & training advice through his sites, <http://asapworkouts.com>, and <http://4321.asapworkouts.com>. He is based out of Finley, ND.