

## My "Super 7" Lists of Training Success

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A few years ago, I made a guide called the "Super 7 Principles of Fitness & Sports Training Success", which I made for one of my first websites, as well as getting it published as a fundraising guide.

Here were the basic Super 7 Principles I laid out in that guide:

- 1. Frequency of Training**
- 2. Duration of Training**
- 3. Intensity of Training**
- 4. Strength Training**
- 5. Energy System Demands Training**
- 6. Nutritional Strategies**
- 7. R + R = R<sup>2</sup> (Rest & Refueling = Rapid Recovery)**

I'm going to cover these briefly for you:

1. Frequency of Training is largely determined by your overall goals and your available time you have to devote. Workout frequency varies from person to person, and there is NOT a set-in-stone workout frequency that's going to fit everyone. Essentially, you're best to choose a workout frequency that fits your life & your lifestyle. If 4 times/week is going to work out more smoothly than trying to cram in workouts 6 times/week, then work with what works best for you: 4 times/week.

2. With Duration of Training, this is also largely based on your workout time available. Once you get the amount of days/week to workout, then you can figure out where to squeeze in the time to workout on those selected days. Once again, there is no set-in-stone duration that you MUST workout for, as many believe. (i.e. workouts must be at least 20 minutes to be worthwhile, which is false if you crank up your intensity correctly)

3. When dealing with Intensity of Training, this is where it can affect your workout durations greatly. You can workout hard, and you can workout long, but you can't workout hard AND long in the same workout. The harder your workout, the shorter it should be. The easier your workout, the longer it should be.

4. Strength Training is a must in today's fitness world, and it's not all about just lifting weights alone, either. A combination of free weight and bodyweight movements can make a huge difference in overall body strengthening.

5. Energy System Demands Training refers to training your body specifically for the demands you expect it to handle. This mostly refers to training specifically for sports purposes, such as staying away from long distance training workouts if your main intention of training is to run fast & move quick for a sport like basketball. For more on what I mean, please check out my guide, the Peak Minutes Plan, at <http://asapworkouts.com/pmplan.pdf> The Peak Minutes Plan covers a long-term approach to using interval training to meet the needs of many athletes, and can also be used as a great conditioning aid for improvements in fitness for fat loss goals.

6. Nutritional Strategies can cover many areas here, as there are multitudes of programs & diets to follow, each saying how superior they are to other methods. I've tried Zone diets, high protein diets, high carb diets, an eating every 3 hours diet, etc. All in all, it all comes down to this: eating less overall food and eating more of the clean foods out there. One of the better tips I've read is that if God didn't make it, don't eat it. If it comes in a box, can, or a package, don't eat so much of it. I don't create nutritional programs, nor could I do so, because my expertise & education is NOT in the field of dietetics to do such a job. But, what I can offer you is advice on eating cleaner & eating less junk that's out there. You don't have to eliminate it totally, in my opinion, but certainly try to eat less of it.

7. Rest & Refueling = Rapid Recovery, this principle refers to simply resting well at night, refueling with good, clean foods afterwards, and helping your body recover more rapidly by doing so. Inadequate resting habits (poor sleep, too much working out overall) and improper eating after your workouts just won't let your body do what it needs to do, if you want to improve any. You need good quality rest & good quality food to improve to a greater quality in your life from your adaptations to exercise.

Since that time, I haven't wavered too far from those principles. If anything, I have re-thought the way I approach them. For example, I have come to conclude that high intensity interval methods for traditional cardiovascular training can be used for just about anyone's needs. The main differences among people's needs are: the intensity they go at, the speeds they go at, and the durations they last for. The principle remains the same, though: workout hard & short to gain more in the long-term.

Most athletes are used to traveling fast, stopping, turning, resting briefly, then going quickly once again, repeating this stop-go-stop pattern for varying seconds. Distance runners on the other hand, are used to going at a sub-maximal intensity that is near their maximum speed, but they must maintain

those sub-maximal speeds over a set distance. If they go too slow during their workouts, they will become more efficient at going slow, but not necessarily gaining any speed from it all. A high intensity interval plan geared towards the speeds & intensities for runners will help them improve. High intensity plans for general fitness purposes will also help out in the same aspect, because it will help the body become more efficient at burning calories through all ranges of the intensity spectrum, from low to medium to high, instead of working out in the low to medium range and not challenging the body.

I often bring up the example of a NASCAR driver in their preparation for a 500 mile race on a race track. Do they go in their race car and go for 500 miles down a freeway at 75 mph? No, they race specifically at their racing speeds in their practice laps, fine-tuning the engine & other parts of the car for its specific demands on race day. General fitness improvements should be no different: you have to train for all ranges of your fitness intensity spectrum. If you want to improve, you have to hit the floor with your gas pedal now & then to train that spectrum. You can hit the brakes and go a bit slower to recover from a romp on your pedal now & then, which allows to you train at a lower intensity within your workout. This up & down action of pushing it hard and taking it easy will help your body adapt better, than traditional long duration & slow-speed based exercise programs.

Here are some more Super 7 Lists (and more lists within the list!) to add to these basic principles:

#### Super 7 List of Basic Instructions:

1. Do 5-7 days a week of activity.
  - a. 5 days: 2 days of strength, 3 of cardio.
  - b. 6 days: 2 days of strength, 4 of cardio, or 3 of each
  - c. 7 days: 3 days of strength, 4 days of cardio.
  
2. Perform the Super 7 Moves to cover your training needs.
  - a. Squatting – lower body
  - b. Lunging – lower body
  - c. Pushing – upper body
  - d. Pulling – upper body
  - e. Bending - midsection
  - f. Twisting - midsection
  - g. Power Movements – running, kettlebell swings, cycling, jumping, etc.

3. Follow 7 minute segments of exercise circuits for strength & cardio needs.
  - a. 7 minute circuits of strength training, alternating actions in a super-set fashion, helps keep you motivated and on-track.
  - b. 7 minute periods can help you create an interval training format.  
An example would be:
    - i. 7 minutes of 50 seconds easy, 10 seconds hard
    - ii. 7 minutes of 45 seconds easy, 15 seconds hard
    - iii. 7 minutes of 40 seconds easy, 20 seconds hard
4. Do 2 to 4, 7 minute segments for your workout duration.
  - a. This gives you a 14 to 28 minute period for your workout durations.
  - b. It also allows you to get a short workout done in a half-hour's time.
5. Do 3 to 4 interval training sessions per week.
  - a. 3 to 4 interval workouts per week are plenty for most individuals to handle and fit into their schedules.
  - b. 2 interval workouts is a suggested minimum per week, with 1-2 low intensity workouts if preferred.
6. Do 2 to 3 Strength Training workouts per week.
  - a. 2 workouts a week is a recommended minimum to do to maintain & increase strength.
  - b. 3 workouts a week is ideal for those who are really active with athletic pursuits.
7. Follow the 7 Simple Steps to Simple Eating.
  - a. Drink plenty of water, 100-120 ounces a day, throughout the day.
  - b. Eat clean, whole grain foods.
  - c. Reduce processed foods.
  - d. Eat 3-4 servings of fruit per day.
  - e. Eat 3-4 servings of vegetables per day.
  - f. Get 4-7 servings of meat/poultry and dairy per day.
  - g. Fast occasionally, in the form of a lighter meal than usual.

There you have it, the Super List of Super 7 Things & Stuff to Succeed in Sports & Fitness. Or something to that effect...

Not sure how to tie all of this together? Well, that's what my free articles & guides are for on my site, <http://asapworkouts.com>. Check out the following on there:

For a general idea on how to create 7 minute workout circuits for strength training, see how I used to do it for my training business, with <http://asapworkouts.com/ASAPTrngStyle.pdf>

The Mini-Max Method: <http://speeddialcoach.com/minimax.pdf>

The ASAP Way: <http://asapworkouts.com/asapway.pdf>

The Peak Minutes Plan: <http://asapworkouts.com/pmplan.pdf>

For how I have tied in all my programs & products into one package for athletes:

<http://7secrets.speeddialcoach.com>

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Coach Rick Karboviak runs & operates sports training programs from his home in Finley, ND, as well as providing articles, insight, & products through his sites of ASAPWorkouts.com and his Running Blog at <http://1MileNation.com>