



ALL ROUND ATHLETE
Valiant Performance



FAREWELL ESSENTIALS PACK

HOW TO GET STARTED AFTER YOUR FITNESS
JOURNEY WITH ME TO ACCOMPLISH YOUR
BIGGEST HEALTH & FITNESS GOALS

————— BY JON GOMEZ —————



FAREWELL BUNDLE

IT'S BEEN A PLEASURE WORKING WITH YOU!

Our time training together may be coming to a close, but your fitness journey is just getting started! This leave pack includes helpful tips, workout plans, and resources to help you stay on track and continue building on the progress we've made. Remember everything you've learned — stay consistent, challenge yourself, and most importantly, enjoy the process. I'm proud of how far you've come and excited to see where you go next. You've got this!

Your Coach **Jonathan Gomez Alexandra**

Jonathan Gomez Alexandra

HOW TO SET YOUR GOALS

USE THE SMART GOALS SYSTEM TO HELP YOU ACHIEVE YOUR GOALS

SMART goal setting is a popular framework used to create clear, achievable, and effective goals. The acronym SMART stands for:

S SPECIFIC

M MEASURABLE

A ACHIEVABLE

R RELEVANT

T TIME-BOUND

SMART GOAL EXAMPLES

USE THESE AS A GUIDE TO HELP
YOU SET YOUR OWN SMART GOALS

EXAMPLE 1

I want to be able to deadlift 90kg in 3 months time (by the end of december)

EXAMPLE 2

I want to be able to run 10k in approx. 70 minutes by my charity run in October.

EXAMPLE 3

I want to lose 6LBS in 5 weeks and be able to fit into a dress-size 10 for my Birthday.



02

APPS YOU MAY NEED

APPS YOU MAY NEED

USE THESE TO STAY ON TRACK

1

MyfitnessPal

This will help you to track your food

2

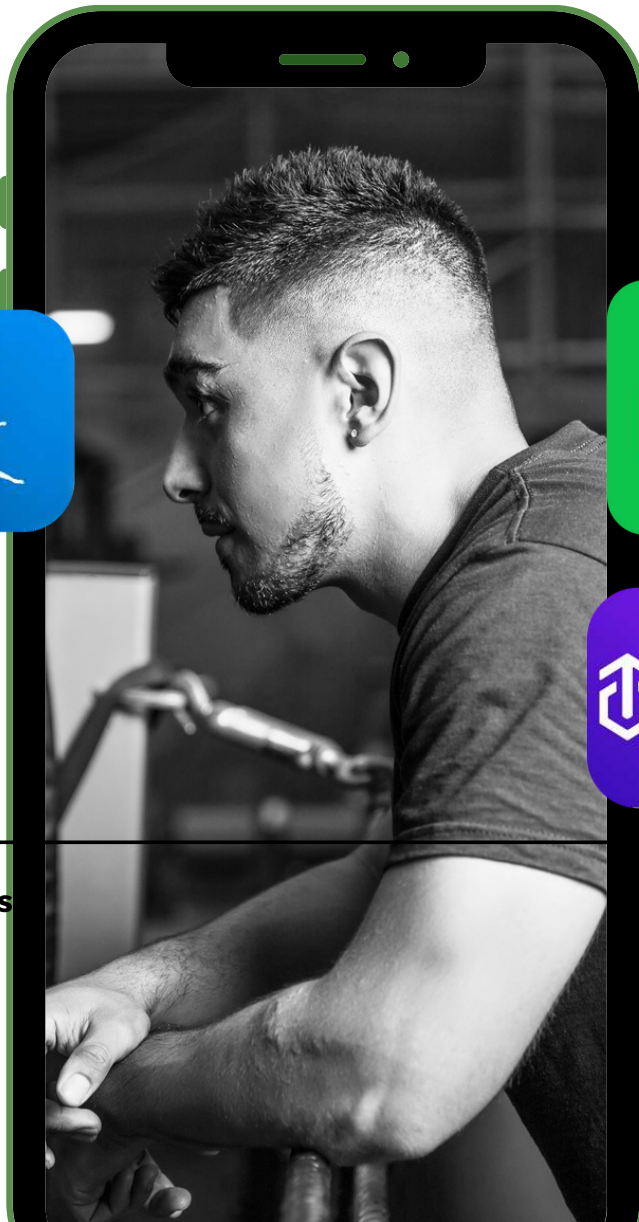
TrueCoach

This will help you to track your workouts

3

StepApp

This will help you to track your Steps



APP 1



Instructions:

Download & Set Up Your Account

- Download MyFitnessPal from the App Store or Google Play.
- Create a free account using your email or social login.
- Set your goals (calories, weight loss, maintenance, or muscle gain — I can help you set this up based on your plan).

Log Your Food Daily

- Use the Diary tab to log every meal and snack.
- Search for foods or scan barcodes for easy entry.
- Be as accurate as possible with portion sizes.
- Don't forget to log drinks, sauces, and snacks — they add up!

Log Your Exercise

- Use the Exercise section to record your workouts.
- Enter cardio, strength training, or other activities.
- I will help you track workouts correctly to avoid overestimating burned calories.

Track Your Progress

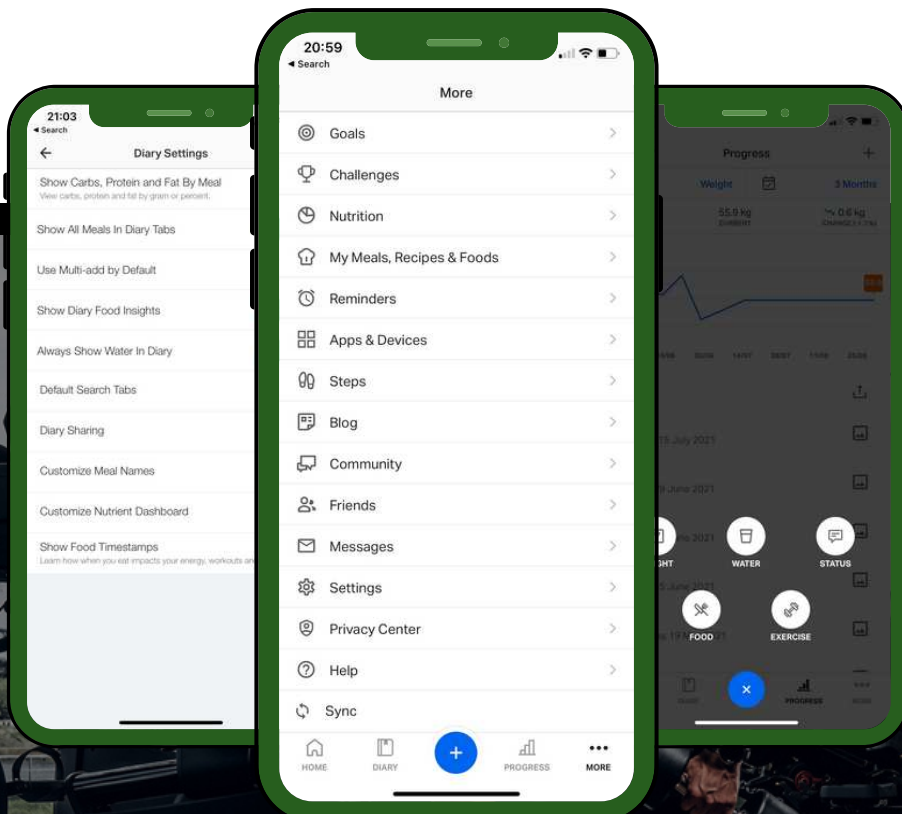
- Use the Progress tab to monitor your weight, measurements, and progress photos.
- Update weekly or as advised.

Sync with Devices (Optional)

- You can connect fitness trackers (Apple Watch, Fitbit, etc.) to MyFitnessPal for automatic tracking.

Stay Consistent & Honest

- The more accurate your tracking, the better we can adjust your plan.
- Don't worry about being perfect — consistency is what matters most.



APP 2



TRUECOACH

Instructions:

How to Use TrueCoach for Your Training

Get Set Up

- You'll receive an email invite — click the link to create your account.
- Download the TrueCoach app (available on iOS and Android), or access it on your computer.
- Complete your profile and update any personal details.

View Your Workouts

- Go to your Dashboard to see your daily and weekly workouts.
- Click into each workout to view the full plan, including sets, reps, videos, and notes.
- Watch demo videos for exercise instructions if you're unsure.

Log Your Workouts

- After each exercise, enter your weights, reps, time, or distance.
- Add comments if something felt too easy, too hard, or if you have any questions — I'll see your feedback in real time.
- Don't forget to mark your workout as Completed when you're done.

Communicate With Me

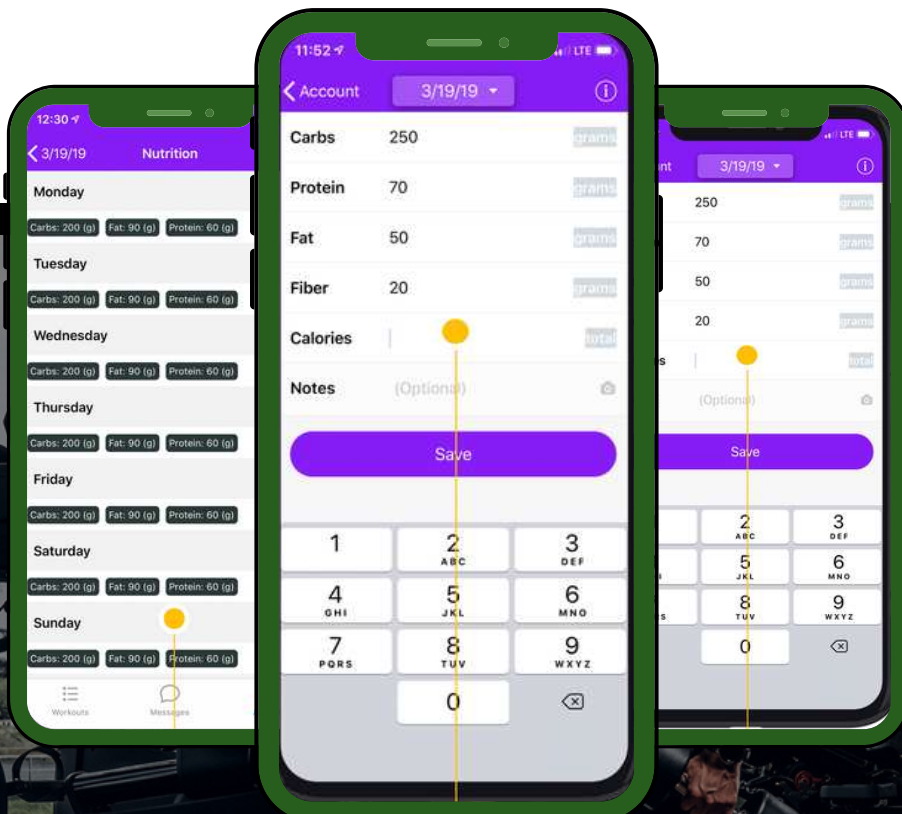
- Use the in-app messaging or comment section to ask questions or give updates.
- Let me know if you need modifications, have soreness, or want to discuss progress.

Track Your Progress

- Your workouts, personal bests, and progress photos are saved automatically.
- We'll review your stats regularly and adjust your plan as needed.

Be Consistent

- The more you track, the more personalized your program becomes.
- Stay on schedule and reach out if you need extra support!



APP 3

STEPS APP

Instructions:

How to Use Step App to Track Your Steps

Download & Set Up

- Download Step App from the App Store or Google Play.
- Create your free account (or log in with your existing details).
- Allow permission for Step App to access motion, fitness data, or health data — this ensures your steps are accurately counted.

Set Your Step Goal

- Go into Settings or Goals and set your daily step goal (I'll provide your target based on your program).
- Example: Start with 8,000–10,000 steps per day depending on your fitness plan.

Keep Your Phone or Tracker With You

- Carry your phone or wearable device throughout the day — Step App uses these to track your movement.
- The app automatically counts your steps and updates throughout the day.

View Your Progress

- Open the app to check your daily, weekly, and monthly progress.
- Look at trends to stay motivated and track consistency.
- Share your step data with me if needed for accountability.

Stay Consistent

- Try to hit your step goal daily — even small walks throughout the day add up.
- Consistent movement supports your fitness, fat loss, and overall health goals.





03

SELF CHECK-INS

CHECK-INS

WHAT YOU NEED TO KNOW

✓ Be Honest & Detailed

Take time to honestly reflect on your week—your energy, workouts, sleep, stress, nutrition, wins, and challenges. The clearer picture you give yourself, the easier it is to stay on track.

✓ Stay Consistent

Even if some days weren't perfect, check in with yourself regularly. Progress isn't always straight up — every check-in helps you adjust and keep moving forward.

✓ Track Your Data

Record your weight (if that's part of your plan), measurements, photos, or anything else you're monitoring. This helps you see real progress over time.

✓ Use Check-Ins to Reflect

Ask yourself questions: How did I feel during workouts? Am I motivated? What could I improve? Use your answers to guide your next steps.

✓ Adjust As You Go

Based on your reflections, make small changes to your workouts, nutrition, or habits to keep improving. Remember, this is your journey, and you're in control!

WEEKLY CHECK-INS BENEFITS:

- ✓ **ACCOUNTABILITY**
- ✓ **PROGRESS TRACKING**
- ✓ **ACHIEVE GOALS FASTER**
- ✓ **INCREASED MOTIVATION**

CHECK-INS

HOW TO TAKE PROGRESS PICTURES

To track your transformation accurately, take progress photos in consistent clothing, good natural light, and a plain background. Capture front, side, and back views with relaxed posture. Take photos at the same time of day; ideally mornings before eating, to keep comparisons fair. Use a timer or have someone help you, and aim to take pictures every 1-2 weeks. These photos help us see your progress beyond just numbers on the scale!

REQUIREMENTS

✓ **FULL BODY SHOT TAKEN FROM HEAD TO TOE**

✓ **DAYLIGHT OR BRIGHT LIGHTING**

✓ **PLAIN / CLEAN BACKGROUND IS IMPORTANT**

✓ **UNDERWEAR / SHORTS / BOXERS**

✓ **FRONT, BACK & SIDE PHOTOS ARE REQUIRED**



04

TRAINING

TRAINING BASICS

Stay consistent, focus on good form, and gradually increase your weights or reps over time. Prioritize rest, proper nutrition, and hydration to support your workouts. Listen to your body, adjust as needed, and trust the process; results come with patience and persistence.

REPS



SETS

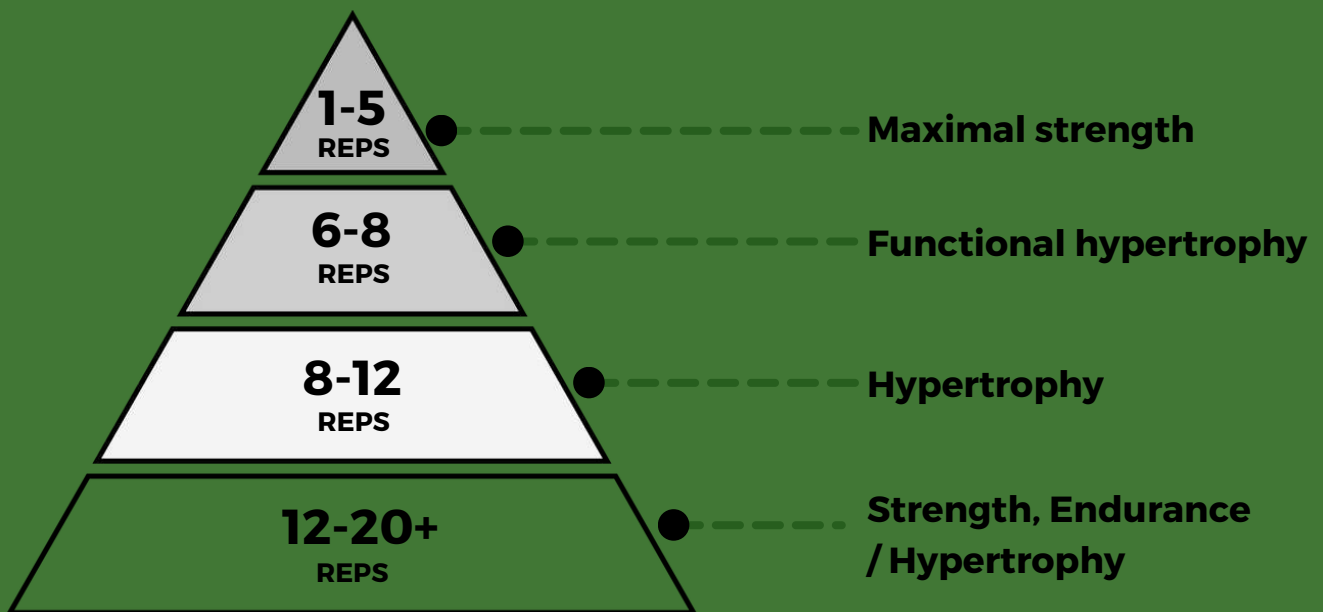


TEMPO

1 - REPS

Reps (repetitions) are the number of times you perform a specific movement or exercise in a row without stopping. For example, doing 10 squats means you've done 10 reps. The number of reps you do often depends on your goal:

REP RANGES EXPLAINED



TRAINING

2 - SETS

A set is a group of reps performed back-to-back.
For example:

- If your program says 3 sets of 10 reps, you'll do 10 reps, rest, then repeat for a total of 3 rounds.

Sets help structure your workout, manage fatigue, and allow for enough volume to build strength, muscle, or endurance.

3 - TEMPO

Tempo is the speed at which you perform each part of the exercise. It's usually written as 4 numbers, like 3-1-2-0:

- First number (eccentric): lowering phase (e.g. lowering into a squat for 3 seconds)
- Second number (pause at bottom): time you pause at the bottom (e.g. 1 second)
- Third number (concentric): lifting phase (e.g. standing back up for 2 seconds)
- Fourth number (pause at top): time you pause at the top (e.g. 0 seconds)

Example:

Squat 3-1-2-0 = lower for 3 seconds, pause 1 second, stand up in 2 seconds, no pause at the top.

Why it matters:

- Tempo controls difficulty and time under tension.
- Helps improve form, control, and results.



TRAINING

TRAINING FOR YOUR GOAL



STRENGTH



OBJECTIVE

Improve neural efficiency and recruitment of muscle fibers



LIFT HEAVY
REP RANGE:
1-6 REPS



FOCUS ON:

Moving the weight from point A to point B
FAST & CONTROLLED



HYPERTROPHY



OBJECTIVE

Increase amount and size of muscle fibers



LIFT WITH VARIETY
REP RANGE:
3-20 REPS



FOCUS ON:

Feeling & challenging the MUSCLE. SLOW & CONTROLLED what is known as the muscle to mind connection.



FAT LOSS



OBJECTIVE

Preserve strength and expend more energy than you take in



LIFT HEAVY
REP RANGE:
3-12 REPS



FOCUS ON:

Convincing your body that it has to HOLD onto that muscle

TRAINING

TRAINING FOR YOUR GOAL

Your training is designed to match your personal goal. Whether it's fat loss, muscle building, strength, or improved fitness. Each workout you follow moves you closer to that outcome. Since you're training independently, consistency becomes even more important. Stick to your plan, stay disciplined, and trust the process. Focus on proper form with every exercise to keep yourself safe and effective.

As you build confidence, aim to gradually challenge yourself by increasing weights, reps, or intensity when you're ready. Recovery matters too! Make sure you're getting enough rest, sleep, and good nutrition to support your progress. Listen to your body and make adjustments when needed, but don't be afraid of pushing yourself. Remember, not every session will feel perfect. What matters most is showing up and staying consistent. Use your check-ins to reflect, track your progress, and stay accountable. You're in control of your journey, and with steady effort, you'll keep moving closer to your goal.

Leave Your Ego at the Door

Progress comes from focusing on steady, small improvements; not lifting the heaviest weight or doing more than you're ready for. Prioritize good form, controlled movement, and gradual increases. Consistency with small steps leads to long-term results and reduces the risk of injury. Stay patient, stay focused, and trust the process.

TRAINING

5 PILLARS OF FAT LOSS SUCCESS

Fat loss is driven mainly by being in a calorie deficit meaning you consistently eat slightly fewer calories than you burn. Focus on whole, nutrient-dense foods, manage portion sizes, and stay consistent over time. Training supports fat loss, but your nutrition makes the biggest difference.



TRAINING & EXERCISE



STRESS MANAGEMENT



RECOVERY



NUTRITION



LIFESTYLE

TRAINING AROUND YOUR CYCLE

Optimizing Training Around Your Menstrual Cycle

The menstrual cycle is divided into two main phases: the follicular phase and the luteal phase. These phases are characterized by distinct hormonal profiles and physiological changes, which influence various aspects of health, metabolism, and physical performance in women.

BY UNDERSTANDING YOUR MENSTRUAL CYCLE YOU CAN WORK WITH YOUR BODY TO ENHANCE YOUR TRAINING PERFORMANCE!

- **Heart Rate Variability:** Sympathetic nervous activity is greater in the luteal phase, while parasympathetic activity predominates in the follicular phase.
- **Physical Performance:** Some studies suggest muscle strength and anaerobic capacity are greatest in the follicular phase, potentially making this phase more favorable for resistance training. However, other research found better sprint and functional performance in the luteal phase.

TRAINING

CYCLE BASICS

Hormonal fluctuations across phases can influence metabolism, endurance, and strength, though effects are highly individual. The follicular phase may favor high-intensity activities, while the luteal phase may support fatigue resistance.

Reference:

<https://link.springer.com/article/10.1007/s40279-022-01679-y>

PHASES OF THE MENSTRUAL CYCLE

FOLLICULAR PHASE

Typically lasts 10-18 days

- **Timing:** Starts on the first day of menstruation and ends with ovulation. The length can vary, often lasting 10-18 days depending on the total cycle length.
- **Key Events:**
 - Oocytes (eggs) grow in ovarian follicles.
 - The uterine lining thickens in preparation for possible pregnancy.
 - Rising levels of follicle-stimulating hormone (FSH) and estrogen.
- **Physiological Effects:** Parasympathetic nervous activity is predominant, and some studies note higher heart rate variability in this phase

LUTEAL PHASE

Typically last 11-17 days

- **Timing:** Follows ovulation and lasts about 14 days.
- **Key Events:**
 - The ruptured follicle forms the corpus luteum, which secretes progesterone and some estrogen.
 - The uterine lining further matures to support a potential pregnancy.
 - If fertilization does not occur, hormone levels drop, leading to menstruation.
- **Physiological Effects:** Sympathetic nervous activity increases, and heart rate may rise compared to the follicular phase

TRAINING

How you can work these phases into your exercise routines:

1 - FOR ENDURANCE WORKOUTS

Follicular Phase (menstruation → ovulation):

- ✓ Often the most favorable for endurance training
 - Higher estrogen levels can improve carbohydrate metabolism and endurance capacity.
 - Lower core temperature may help with longer-duration efforts.
 - Perceived exertion can feel lower, making it easier to push harder or longer.
 - Recovery is often quicker due to lower inflammation.

Luteal Phase (after ovulation → menstruation):

- ✓ Can still perform endurance, but be more mindful
 - Progesterone rises, increasing core temperature and cardiovascular strain.
 - You may feel slightly more fatigued or notice higher heart rates.
 - Hydration needs can increase.
 - Some women report slightly reduced endurance or slower recovery.

2 - FOR STRENGTH WORKOUTS

Follicular Phase (menstruation → ovulation):

- ✓ Generally the best window for strength gains
 - Higher estrogen (which may support strength, power, and muscle recovery).
 - Lower progesterone = less fatigue, better mood, better recovery.
 - Research suggests strength, power, and muscle-building potential may be slightly higher here.
 - Great time for heavy lifts, PB attempts, progressive overload, and more intense sessions.

Luteal Phase (post-ovulation → menstruation):

- ✓ Still train strength, but be mindful
 - Higher progesterone may cause fatigue, joint laxity, or higher core temperature.
 - May feel more tired, bloated, or have slightly reduced strength output for some.
 - Focus on technique, maintenance loads, or slightly reduced volume/intensity if needed.

TRAINING

When and how to optimise training around your cycle:

Follicular Phase (Day 1 to Ovulation Days 1–14)

Best For:

- ✓ Strength training
- ✓ High-intensity workouts
- ✓ Endurance performance
- ✓ Personal bests (PBs)

Why:

- Rising estrogen supports strength, energy, and recovery.
- Lower core temperature and inflammation.
- Mental focus and motivation often feel higher.

How to Train:

- Schedule heavy lifting, high-volume strength work, HIIT, or long endurance sessions.
- Push performance -> your body is primed for progress.

Luteal Phase (Ovulation to Period Days 15–28)











Best For:

- ✓ Moderate strength work
- ✓ Lighter endurance or steady-state cardio
- ✓ Skill work, mobility, technique
- ✓ Active recovery or deload weeks

Why:

- Higher progesterone may affect energy, recovery, and joint stability.
- Core temperature and heart rate rise.
- Some women may feel more fatigued or experience bloating, cramps, or mood changes.

IMPORTANT NUTRITION ADVICE

-  1. Prioritize Whole Foods
 - Choose minimally processed foods: vegetables, fruits, whole grains, legumes, nuts, seeds, lean proteins.
 - Avoid ultra-processed foods with long ingredient lists and added sugars, salts, and unhealthy fats.
-  2. Eat Plenty of Vegetables (and Some Fruit)
 - Aim for at least 5 servings of vegetables and fruits per day.
 - Focus on variety and color (e.g., leafy greens, cruciferous veggies, berries, citrus).
-  3. Hydrate Properly
 - Drink plenty of water - around 2–3 liters (8–12 cups) per day for most adults.
 - Limit sugary drinks and alcohol. Caffeinated drinks are okay in moderation.
-  4. Choose High-Quality Protein
 - Include a source of protein at each meal (e.g., beans, tofu, eggs, fish, poultry).
 - Consider plant-based proteins for better heart and gut health.
-  5. Include Healthy Fats
 - Prioritize fats from nuts, seeds, avocados, olives, and fatty fish (omega-3s).
 - Avoid trans fats and limit saturated fats from processed meats and fried foods.
-  6. Limit Refined Carbs & Sugar
 - Cut back on white bread, pastries, sugary cereals, and sodas.
 - Choose whole grains like oats, quinoa, brown rice, and whole wheat.
-  7. Be Mindful of Salt
 - Too much sodium increases blood pressure risk.
 - Check food labels and cook more at home to control salt intake.
-  8. Practice Mindful Eating
 - Eat slowly, stop when you're satisfied (not stuffed).
 - Avoid distractions (like screens) during meals.
-  9. Don't Obsess Over Perfection
 - It's okay to enjoy treats occasionally.
 - Aim for consistency, not perfection.
-  10. Customize for Your Needs
 - Age, activity level, health conditions, and goals matter.
 - Consider seeing a registered dietitian for personalized guidance.

“Calories dictate your weight, macro nutrients dictate the way you look, micro nutrients dictate the way you feel.”

IMPORTANT

CALORIES & HABITS

Try and fall between 250kcal either side of the calories number you're prescribed.

E.g. If you're prescribed 3000kcal but you only hit 2800kcal by the end of the day, that's fine. **HOWEVER**, always make sure you hit your protein number that's been prescribed.

If you mess up bad and eat e.g. 1000kcal over your prescribed amount, don't worry, just eat 500kcal less the following 2 days.

It's the total calories amount over 7 days that's important, so don't worry if you're not perfect everyday.

IF YOU'RE GOING TO BE DRINKING A LOT OF ALCOHOL: I strongly recommend you don't eat ANY additional carbs that day. Stick to just high protein and veg.

E.g. Have meat and nuts for breakfast, then have just protein and veg for the rest of your meals. So, if you're eating out and drinking booze, have something like a mixed grill (plenty of meat!) and veg, **don't** have the extra bread, rice etc. The alcohol is going to be your carb source.

Keep in mind that alcohol is 7kcal per gram. It's basically just liquid sugar. So, unless you don't mind putting on a ton of body fat, don't have extra carbs with your alcohol.

NUTRITION

CALORIE TARGETS

EXAMPLE

Here is your nutrition protocol for the week:



REMEMBER:

Don't take 10 steps forward mon-fri then mess up your hard work and good habits over the weekend.



NUTRITION

CALORIES & ENERGY BALANCE

UNDERSTANDING THE CONCEPT OF CALORIES IN & CALORIES OUT

WEIGHT MAINTENANCE

To maintain your current weight, eat basically an equal amount of kcals as you expend. If your weight remains very similar week-week its because you eat a very similar amont of caloires each week.

CALORIE DEFICIT

Eat less calories than you expend and you will lose weight. Even if you don't do any additional exercise, if you eat less calories, you will lose weight. You want to be in a calorie deficit if you want to lose body fat!

CALORIE SURPLUS

If you consume more calories than you expend, you will gain weight. If you want to get as big and strong as possible, its beneficial to be in a calorie surplus.

YOUR NUTRITION DO'S & DON'TS OVER THE WEEKEND

✓ DO:

- ✓ Eat high amounts of protein and veg
- ✓ Eat plenty of nutrient dense foods, with different flavours and textures.
- ✓ Eat a variety of foods that you enjoy and make you feel good.
- ✓ Control and manage your food environment (house, work, social).
- ✓ Stay hydrated throughout the day and make sure you rehydrate if you've been drinking alcohol!

VS

✗ DON'T:

- ✗ Don't have carbs with meals if you're drinking as well
- ✗ Binge junk food if you're drinking alcohol or hungover
- ✗ Cut out and 'ban' all foods you enjoy because they are deemed 'unhealthy'.
- ✗ Put yourself in environments that constantly test your self control and discipline.
- ✗ Don't let yourself become completely dehydrated because you lost discipline

NUTRITION

CALORIES FOR FAT LOSS

YOUR STARTING NUMBER IS 2500KCAL



If you eat 2500kcal per day you will begin to lose weight each day.



Don't be surprised if you lose 5lbs each week for the first 2 weeks.



If you eat 2500 each day, your weight loss will eventually slow down



Weigh yourself at the same time every Friday first thing in the morning (before you eat and ideally after you have purged your bowels (polite way to say have a dump)).



Eventually, When you're no longer losing at least 1lbs each week, reduce your daily kcal intake by 250, so you keep losing weight. Do not go below 2000kcal. Your weight loss limit should be when you can no longer lose 1lbs each week at 2000kcal.

LIFESTYLE

06

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IMPORTANCE OF LIFE BALANCE

1. Recovery is Non-Negotiable

Training is only half the equation. Progress happens during recovery; when your body repairs and grows stronger.

- Sleep: Poor sleep reduces testosterone and growth hormone, impairs muscle recovery, and decreases performance.
- Stress: Chronic stress elevates cortisol, which can lead to muscle loss, fat gain, and burnout.
- Rest Days: Overtraining without mental and physical breaks leads to injury and plateauing.

 Balanced life = better rest and faster progress.

2. Sustainable Nutrition

When life is out of balance, eating becomes reactive: skipping meals, bingeing, or making poor food choices.

- Work-life stress often derails even the best nutrition plans.
- A balanced lifestyle allows for meal prep, mindful eating, and consistency; which are essential for both aesthetics and performance.

3. Mental Focus and Motivation

Life stress, emotional fatigue, and burnout all sap your motivation and focus.

- A well-balanced life supports mental clarity, goal-setting, and discipline.
- You'll train better, with purpose, and stay on track longer.

4. Consistency Over Perfection

You don't need perfection to succeed; you need consistency, and that comes from a manageable lifestyle.

- Skipping a workout or indulging occasionally is fine if your overall routine is stable.
- A chaotic life makes consistency impossible.

5. Healthy Relationships Fuel Progress

Supportive relationships help you stay motivated and accountable.

- Friends, family, or training partners can lift you up when you hit walls.
- Without life balance, these relationships often suffer; so does your fitness journey.

Summary: Life Balance Enhances Everything

- Better recovery = faster muscle growth and fat loss
- Less stress = better hormonal environment
- More focus = better workouts
- Stable routine = long-term success



07

SLEEP & RECOVERY

FUNDAMENTALS OF SLEEP & RECOVERY

1. Sleep Stages

Sleep consists of 4 stages, cycling every ~90 minutes:

- N1 (Light Sleep): Transition from wakefulness.
- N2: Onset of true sleep; body temp drops, heart rate slows.
- N3 (Deep Sleep): Physical recovery, muscle repair, immune function.
- REM (Rapid Eye Movement): Dreaming, memory consolidation, brain recovery.

2. Sleep Cycles

- 4–6 cycles per night are ideal (~7–9 hours total).
- Deep sleep dominates early cycles, REM dominates later ones.

3. Circadian Rhythm

- ~24-hour internal clock regulating sleep-wake cycles.
- Influenced by light, temperature, and behavior.
- Disrupted by irregular schedules, screen time, travel (jet lag).

Recovery Principles

1. Physical Recovery

- Sleep: Key time for tissue repair, hormone release (e.g., growth hormone).
- Nutrition: Protein, antioxidants, and hydration aid recovery.
- Active Recovery: Light activity (e.g., walking, yoga) promotes circulation.

2. Nervous System Recovery

- Sleep helps balance the autonomic nervous system.
- Reduces sympathetic (stress) activation; enhances parasympathetic (rest & digest) function.

3. Mental & Cognitive Recovery

- REM sleep supports emotional regulation, memory, and learning.
- Downtime, meditation, and relaxation techniques reduce cognitive fatigue.

Best Practices for Sleep & Recovery

- Stick to a consistent sleep schedule (even on weekends).
- Create a sleep-friendly environment: cool, dark, quiet, tech-free.
- Wind down before bed: avoid screens, caffeine, and intense exercise close to bedtime.
- Monitor sleep quality, not just quantity—track how refreshed you feel.
- Listen to your body: if you're constantly tired or sore, prioritize rest.



08

STRESS

STRESS

HOW STRESS IMPACTS TRAINING & PERFORMANCE

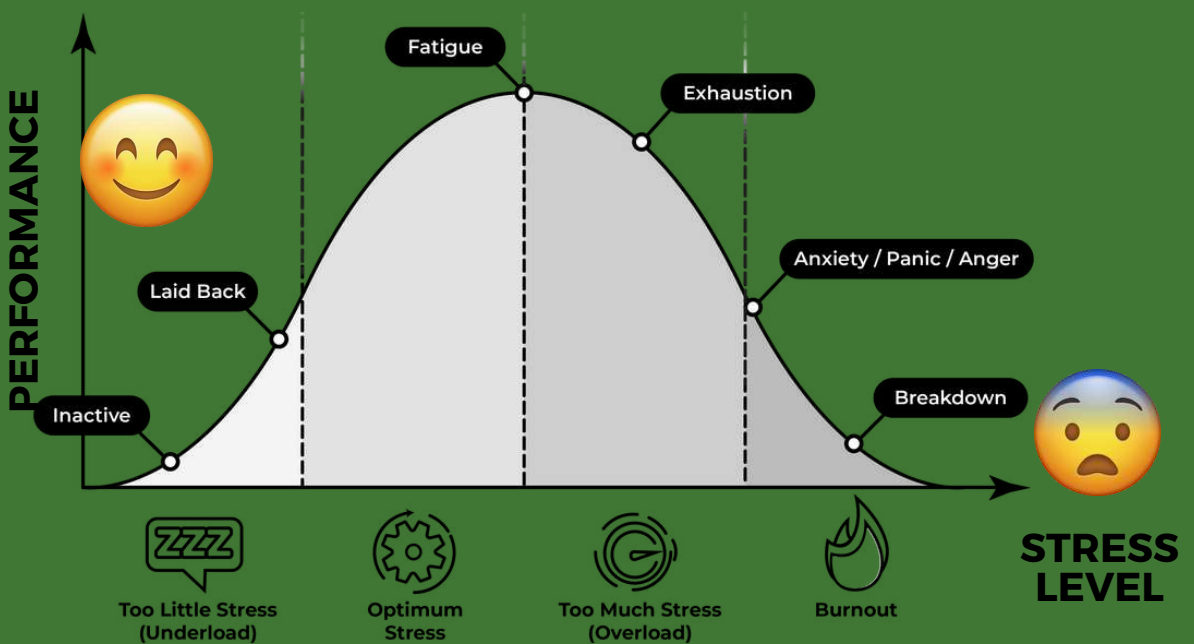
Types of Stress

1. Acute Stress

- Short-term, immediate response (e.g., pre-competition nerves).
- Can enhance focus, strength, and reaction time via adrenaline & cortisol spikes.
- Beneficial in moderation—the classic “fight or flight” performance edge.

2. Chronic Stress

- Long-term, ongoing stress (e.g., overtraining, life pressure).
- Leads to hormonal imbalances, fatigue, poor recovery, and decreased performance.
- Detrimental if unmanaged.



STRESS

PERFORMANCE CONSEQUENCES

- Reduced strength & power output
- Impaired focus & decision-making
- Increased fatigue & burnout risk
- Decreased motivation and consistency
- Greater likelihood of injury

TRAINING STRESS VS. LIFE STRESS

- ◆ Training Stress
 - Planned, progressive overload to trigger adaptation.
 - Requires adequate recovery to build resilience.
- ◆ Life Stress
 - Emotional, social, or cognitive pressures.
 - If unmanaged, it adds to total stress load, reducing capacity to train effectively.

STRATEGIES TO MANAGE STRESS FOR OPTIMAL PERFORMANCE

- **Sleep & Recovery:** Prioritize 7-9 hours of quality sleep.
- **Stress Monitoring:** Use tools like HRV (Heart Rate Variability), mood journals, or RPE (Rate of Perceived Exertion).
- **Periodization:** Plan training loads with rest weeks and deloads.
- **Mindfulness & Breathing:** Practice meditation, deep breathing, or yoga to shift into parasympathetic mode.
- **Nutrition & Hydration:** Support the body's stress response with anti-inflammatory foods and adequate fluids.
- **Social Support & Balance:** Build a supportive environment and maintain healthy off-the-field habits.