



BEARSXC

TRAINING PHILOSOPHY

LAW OF SPECIFICITY - RUN FAST, RACE FAST

- IMPROVEMENT FROM FAST RUNNING/PACE WORK
- STRESS NEED FOR THRESHOLD WORK
- YOU NEED FITNESS TO BE FAST
- GOOD TO GREAT TAKES HARD WORK

LONG RUN IS KEY TO IMPROVEMENT

- DEVELOPS AEROBIC CAPACITY & CARDIOVASCULAR FITNESS
- ENHANCES FUNDAMENTAL BUILDING BLOCKS
- CONSISTENCY LEADS TO INCREMENTAL IMPROVEMENT

STRONGER ATHLETES PERFORM BETTER

- STRONG, FIT, & FAST AIDS DEVELOPMENT
- BETTER FUNCTIONAL STRENGTH NEEDED
- IMPROVED RECOVERY, RESISTANCE TO INJURIES

CONSISTENCY IS KING

- DEVELOP SUSTAINABLE TRAINING HABITS
- PROGRESSION OF WORKOUTS TO BUILD UP
- BALANCE WORKOUTS TO PROMOTE POSITIVE ADAPTATIONS
- BUILD AND MAINTAIN QUALITY, IMPROVE EVERY SEASON

REST AND RECOVERY IS VALUABLE

- TRAINING IS A CYCLE OF BREAK DOWN/BUILD UP
- NUTRITION AND SLEEP ARE CRUCIAL FOR SUCCESS
- DEVELOP GOOD HABITS TO CARE FOR YOUR BODY

EMBRACE THE PROCESS

- NO MAGIC WORKOUTS, NO SHORTCUTS TO SUCCESS
- BIG PICTURE OF HAPPINESS & SUSTAINABILITY
- LOVE WHAT YOU DO, EVERY SINGLE DAY