

# Coaching Call Notes - Peaking for a Big Event

## Today we're going to cover:

- How to peak for the event (not actually do the event itself - that's next week)
- A lot of your success on the day comes from how to prepare in the weeks before
- This will be perfect for the Trinity Strength Summit event next month

## Trinity Strength Summit reminder:

- Saturday 6th June (but can enter virtually from Friday)
- Aim to "PB" up to 3 big lifts: Deadlift, Row, Chest press
- We'll provide a video follow-along workout for those not with us live in-person
- For those in person we'll take you through everything step-by-step

## Intro:

A big mistake people make is pushing too close to the event then flopping on the day! The week before is not like exams - you can't cram and do better. Strength/fitness is built in the months beforehand (sometimes years). "Cramming" in the week prior will only make things worse! In the week or two prior to the event your focus needs to flip from training to recovery. The two worst things you can do in the week or two prior is...

- Train too hard
- Be totally sedentary

Also avoid any big changes e.g. I usually do 7,000-10,000 steps a day now I'll do 15,000 or start running/yoga to "make up" for not pushing so hard in workouts

## Recovery protocol:

- Exercise:
  - You want to be fully recovered i.e. feel as fresh as possible
  - Taper strength training down (last harder session Monday, then any others get progressively much lighter e.g. 5/10 effort, focus on moving well not pushing hard)
  - Keep moving gently e.g. walking, gentle cycle on bike, gentle stretching/yoga esp. if long hours sitting
- Nutrition
  - Protein 30g+/meal if possible or exceed daily target
  - Eat enough calories
  - Cabs: body already carries enough glycogen for about 90–120 minutes of moderate-to-high intensity exercise
    - For longer events you can "carb load" - 5-8g carbs per kg of BW e.g. 400g @ 80kg bw for 1-2 days, but not for a 1-2 hour strength event
    - Don't need loads of fibre the night before (not any more than usual). Stick to simple carbs e.g. rice, potato, sweet potato
  - Minimal/no alcohol (esp. night before)
  - Hydration (on hot weeks, electrolytes can help - body isn't just water)

- Lifestyle
  - Sleep as best you can - recovery, immunity, (harder when nervous I know, but you can build up “sleep debt” so mainly get it in earlier in the week)
  - Avoid social gatherings where people might be sick (more in winter)
  - Advanced recovery: sauna, 15-20 mins 2-3x/week, no cold plunge (more blood flow, reduced inflammation & heat shock proteins rush to recover damaged cells)