

How To Execute An Event Optimally

Aim: Cover everything you need to know for the day itself to execute the Strength Summit (or any big event) optimally!

How to pace yourself, fuel yourself, protect yourself, and perform at your best.

The #1 Pitfall: Going Out Too Hard!

- The single most common mistake at events - it almost always comes from feeling great at the start!
- Strength Summit: The 10-rep set is your opener. It should feel well within your capability. Go to failure on your 10s and the 8s, 6s, and 4s will suffer badly.
- Climbing/endurance events: The first section will feel easy. What feels comfortable at the base will feel very different two-thirds of the way up.
- In both cases, adrenaline on the day makes everything feel more manageable early on. That feeling is misleading.
- Whatever your event, treat the opening phase as a controlled warm-up, not a performance.



Pacing: Think in Phases

- Don't think of it as one block. Break it into phases.
- Strength Summit: Your phases are your rounds - 10, 8, 6, 4.
 - a. The 10s: controlled, settled, well within yourself.
 - b. The 8s: finding your rhythm.
 - c. The 6s and 4s: now you push. This is where effort should peak.
- Climbing/endurance events: Break the route into sections - never think about the full distance. Next landmark only.
- Use metrics like time per km or % of max HR to judge, and build steadily.
- In both cases: if you feel good early - save it, don't spend it!



On the Day Nutrition & Hydration

- Don't eat a large meal within 2 hours of the event starting.
- Ideal pre-event meal 2-3 hours before: moderate carbs, moderate protein, low fat, low fibre. E.g. porridge with banana, chicken and rice, toast and eggs.
- Strength Summit (shorter event): Pre-event fuelling is most important. Less need for mid-event nutrition.
- Climbing/endurance events: Mid-event snacking matters - banana, dates, or an energy gel at regular intervals. Don't wait until you feel depleted.
- Both: Start the day already hydrated, aiming for at least 500ml in the 2 hours before. Sip consistently, don't gulp. Warm or long days - factor in electrolytes.
- Post-event: prioritise protein within 30-60 minutes to kick-start recovery.



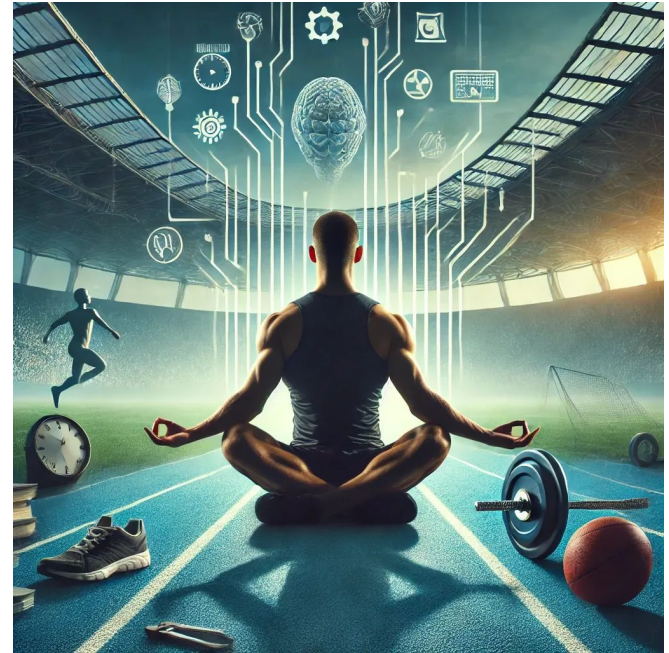
Technique & Not Getting Injured

- Warm up properly with at least 10-15 minutes of movement before you begin. Don't skip this!
- Pre-event: dynamic movements over static stretching (leg swings, hip circles, arm swings, light jogging).
- Strength Summit: Key areas to monitor - lower back (brace and hinge correctly on deadlifts), chest and shoulders (don't flare elbows on chest press), and core rotation (stay square and controlled on single-arm rows).
- Climbing/endurance events: Discomfort mid-event can be expected but sharp pain or joint pain is a signal to adjust, not push through.
- Adaptations - Utilise walking poles, have a short break, adjust deadlift to risers, switch from BB to KB.
- Form breaks down when fatigued and this is when injuries happen. A brief pause to reset is always better than grinding through with poor mechanics and options to adapt can be assessed.



The Mental Game

- How you talk to yourself on the day matters enormously.
- Strength Summit: The mental battle may hit between rounds when you know the next set is heavier. Don't overthink the weight. Set up, breathe, go.
- Climbing/endurance: The mental battle comes mid-event when the end isn't in sight yet. Shrink the goal and focus on the next landmark, not the summit.
- Both: when it gets hard, shift focus from "how much is left" to "what can I do right now."
- Pick a mantra in advance. "One rep at a time." "Keep moving." "I've done the work."
- **The preparation is done. Trust it. Enjoy it, this is what the training was for!**



Takeaways/ Questions