The Agile Gymnasium
Functional Training for Agility
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Training Today

- Certifications
- Conferences
- Classes
Is This Fitness?
Outcomes

• Minimal Recall
• Short-Term Impact
• No Functional Improvement
We Can Do Better
Real World Fitness

• Functional - It helps achieve real world results

• The best training results in tangible outcomes

• It’s derived from a combination of exercise, experience, and mentoring
Example of Real World Fitness

• Workouts
• Internal Competition
• External Competition
The Gym Model

• Focused on translating the training experience into real world, functional results

• Long term approach

• Where you go to prepare for the real world. The gym is a safe place to work to the point of failure (that’s important) and to learn

• Built with a framework in mind
  • Training
  • Expeditions
  • The Real World
Training

- Where you go to prepare for the real world. The gym is a safe place to work to the point of failure (that’s important) and to learn
  - Work is done in a safe environment to build necessary skills.
  - May or may not translate directly to success
Expeditions

- Expeditions are adventures in the real world that are guided by a coach.

- Someone is there to guide you and help if you fail.
The Real World

- This is where it all comes together. Ultimately, this is where the training in the Gym and the experience in the expeditions pays off in terms of improved performance.
Elements of Programming and Periodization

- Progress doesn’t come without some prerequisites
- Progressive Overload
- Variety
Conditioning

Athletes don’t expect steady progress

• They build in periods of intensity and periods of volume
Assessment

- Sets
- Reps
- Volume
- Intensity
- RPE: Rate of Perceived Exertion
Consider the Whole Athlete

- Nutrition
- Exercise
- Sleep
- Psychology/attitude
- Flexibility
My Plan
Training
The Real World
It’s Time To Build a Gym
Q&A