

A black and white photograph of two men running on a metal walkway inside a tunnel. The man in the foreground is wearing a white Renault racing suit and sunglasses. The man behind him is also wearing sunglasses and a dark shirt. The tunnel has a complex metal structure and a grid floor. A bright light is visible at the end of the tunnel.

# 10 STEPS TO UNLOCKING YOUR ATHLETIC POTENTIAL

WRITTEN BY ALEX STOTT

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STRENGTH & CONDITIONING COACH

Hi there,

**Thank you for downloading my eBook. Hopefully this will help you either start your journey to unlocking your athletic potential. Or it will help facilitate the next step on a journey you are already on. So what led you to downloading this eBook? Here are a few guesses:**

- You are interested in my training but want a bit more information on what I can do for you?
- You want to improve your athletic performance by improving your training
- You want to get stronger, faster and more powerful
- You want to develop your energy systems and conditioning.
- You want to increase your resilience to injury and illness.

Now I know that I can't give you all the keys to the holy grail of athletic performance in a few pages. But hopefully what this eBook will do is get you thinking about some of the key concepts, plus some simple steps you can implement immediately to help you feel more energised, more recovered and allow you to get more from your training.

Right, lets crack on..

# 01. TEST DON'T GUESS

**Testing sets the foundations from which we build.**

Don't guess where you are when you start training. Carrying out some proper performance testing at the start of your training program will tell you exactly where you are, give you numbers to work from within the training and give you some direction. It will also save you a lot of time wasted on trial and error.

Do some research and set yourself a series of tests that assess characteristics needed for your sport

Struggling to know what or how to test, get in touch I can help.



## 02. CONSISTENCY

### Rome wasn't built in a day

Yes, everyone wants results yesterday, everyone wants to be the best straight away. The tendency can be to give it 110% from the start and then to drop off when we don't see an instant result.

But results take time, consistency is king. Be realistic, set realistic goals that you can measure.

Set your end goal, show up and continually chip away at it until you achieve it. When you do just move the goal post, set a new target and start chipping away again.

Being consistent will deliver results that last.



## 03. PRIORITISE SLEEP

If you cant recover you cant perform at your best.

Sleep is crucial, we need a regular 8 hours of sleep, good quality sleep at that. We need to fire up our parasympathetic nervous system to maximise our recovery.

Sleep affects far more than just how tired we feel in the morning. It influences our decision making and impulse control. If we lack sleep we are more likely to want those quick sweet foods that we know we should be limiting or avoiding. It also raises our cortisol levels (natural stress hormone) impacting blood pressure, weight and energy levels.



# 04. NUTRITION

## We can't out train a bad diet

We all know that whether we are training for performance like an athlete, for health or for appearance nutrition plays a key role and can't be overlooked. It is a fundamental element of the performance process.

By manipulating some of the variables of what we eat and when we can have a big positive impact both on performance and on body composition.

All of our nutritional is based around the basic principle of energy balance. Think calories in vs calories out, by manipulating these variables along with macronutrients to affect the energy balance we can engineer a situation of either weight loss or weight gain.



## 05. HYDRATION

Our body doesn't function if we aren't hydrated.

Our bodies are made up of 55% water, so if we are dehydrated our body won't function at its best. This will impact on training and on athletic performance.

Water plays a pivotal role in our daily energy levels, cognitive performance and our weight gain and weight loss goals. Without water the human body can only survive for days.

As a general rule our body needs roughly 2 litres of water per day, even more when exercising and considerably more if training or competing in hot environments.



## 06. MOBILITY

Strength is pointless if we cant move

Often overlooked and undervalued. Mobility plays a key role in maximizing performance. We can be as strong or powerful as we like, but if we aren't able to get into the positions to use it. Or worse have restricted movement that leads to injury when we try to use our strength then our performance in the gym or sporting arena is limited.

Developing mobility isn't the most glamorous element of training, it doesn't look the most impressive on Instagram...however it will reduce injury risk, allow you to apply the strength and power you develop and improve all round performance.





# 07. WARM UP

Prime your body before training.

A warm up is key to maximising performance in training. The RAMP protocol for warm up works best and is brilliant for maximising preparations.

**RAISE:** This phase will elevate the core body temperature, heart rate, blood flow, joint viscosity and respiration rate through low intensity movement.

**ACTIVATE & MOBILISE:** Activate the muscles you are planning to use and mobilise the joints. Often uses exercises associated with prehab.

**POTENTIATE:** Intensity increases and aims to fire up the CNS, exercises shift closer to those being performed in training or competition.



## 08. GO HEAVY

Most people never hit a high enough intensity

When looking to develop strength, power and energy systems intensity is crucial in order to create the physiological stress needed to drive adaptation.

For most people when it comes to strength this means starting to lift at the point most people stop. The threshold intensity to develop strength is working at or above 80% of your 3 rep max score.

For energy systems it means hitting specific heart rate zones, durations and rest intervals.



# 09. RECOVERY

## You can't perform when running on empty

You can't perform at your best when you are running on empty. Don't neglect your recovery in your training plan and program. In fact program this in as you would with a strength session, a conditioning session or any other component.

Build in rest days, lower intensity days within the week to allow for some rest and recovery. Then build in de-load weeks where the volume is lower, even though the intensity can still be high.

This is key to maintaining long term training without burning out. It will prevent you from getting ill or injured when you are running on empty. Not to mention it's the time we are recovering where the adaptations occur.



# 10. LISTEN

Most people never hit a high enough intensity

Listen to your body and be smart with your training. If something isn't feeling right, if you have an injury or you feel like you have nothing left in the tank be prepared to switch things up.

It might be that you build in a lower intensity day, it might be that you build in an extra days rest or know when to look after the body with something like a sports massage.

Ultimately our body provides us with a wealth of information that allows us to be able to push ourselves hard, it also lets us know when we need to back off slightly.



# FREE RECIPES



# EGG & AVOCADO BREAKFAST SALAD



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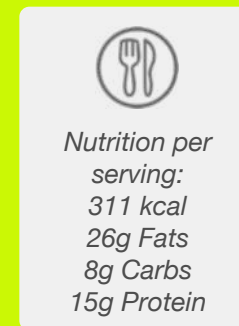
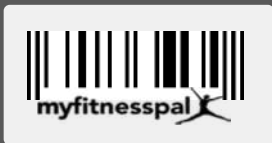
- 3 eggs
- 2 oz. (60g) rocket
- ½ lemon, juiced
- 1 tsp. olive oil
- 1 avocado
- 1/8 cup (20g) feta cheese, crumbled
- 1 tbsp. sunflower seeds (or pumpkin)

Firstly, boil the eggs to your liking, for hard-boiled cook them for around 5-8 minutes.

Place the rocket in a bowl, drizzle with lemon juice and olive oil, season with salt and pepper and rub everything into the rocket with your hands.

Half the avocado remove the stone and flesh and cut into cubes, then add into the bowl alongside the crumbled feta cheese and sunflower seeds. Give everything a good mix and divide between two plates.

Once eggs are cooked, peel them and cut in quarters, and divide between the two plates. Season to taste with freshly ground black pepper and more lemon juice if required.



# QUICK THAI BASIL CHICKEN





# QUICK THAI BASIL CHICKEN

- 1 cup (185g) Jasmine rice, uncooked
- 2 tbsp. olive oil
- 3 tbsp. oyster sauce
- 2 tbsp. soy sauce
- 2 tbsp. fish sauce
- 2 tbsp. sugar
- 1 red bell pepper, sliced
- 1 ½ cup (225g) green beans
- 1 ½ lb. (680g) chicken breast, finely chopped
- 4 shallots, chopped
- 4 cloves garlic, sliced
- 4 chilies, finely chopped
- 1 cup. (25g) Thai basil leaves, torn (or normal basil)

Cook rice according to instructions on the packaging.

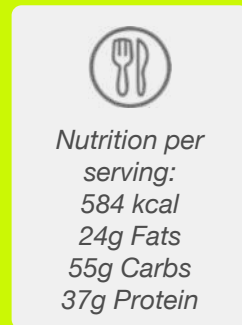
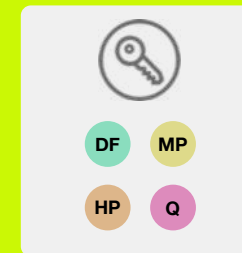
Heat the oil in a wok or heavy, high-walled skillet over high heat.

Whisk together the oyster sauce, soy sauce, fish sauce, and sugar until well-combined. Set aside.

Add the bell pepper and green beans to the hot wok and stir-fry for one minute. Next add in the chicken and cook, until beginning to brown, about 2-3 minutes.

Stir in the shallots, garlic, and chilies. Cook for about 1 min until fragrant. Then, pour in the earlier prepared sauce. Continue to cook for 1-2 more mins until the sauce begins to glaze.

Stir in the Thai basil leaves (or regular basil) and cook until the chicken is completely cooked through, the basil is wilted, and the liquid has mostly reduced. Serve with rice.



# HIGH PROTEIN BLUEBERRY PANCAKES



# HIGH PROTEIN BLUEBERRY PANCAKES

- 1/4 cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- 1/2 banana, mashed
- almond milk, if needed
- 1/4 cup (25g) fresh or frozen blueberries
- 1/2 tsp. coconut oil

Whisk together the egg whites and protein powder.

Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.

Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).

Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.

You can also make 3 small pancakes instead of 1 large.

Serve with your favourite toppings.



Serves: 1  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
257 kcal  
5g Fats  
18g Carbs  
36g Protein



# SLOW COOKER CHICKEN FAJITAS



# SLOW COOKER CHICKEN FAJITAS

- 2 lb (900g) chicken breasts
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chilli powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 cup chopped tomatoes



Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasoning and chopped tomatoes.

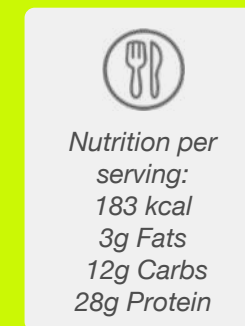
Lastly, add the remaining peppers and onions and cook for 4 hours on high.

Remove the chicken and shred it with a fork, then return it in in the slow-cooked, mix well and cook for another 10 mins. on low.

Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info) :

- tortillas, cream, guacamole, coriander





# TRAINING SESSIONS

ALEX  STOTT  
STRENGTH & CONDITIONING COACH

## The Sessions

### What these sessions are not:

While the following pages will give you a number of free sessions, please keep in mind that these are not tailored to a specific individual, they are not tailored to a specific sport. These are not weight sessions for the gym.

### What these sessions are:

These sessions will give you an idea of the training style, the training methodology and hopefully give you some understanding too of some basic concepts such as bracing and creating tension, fundamental movement patterns and energy system work. All these sessions are bodyweight based.

## Session One: Base Strength Session

### Mobility: 3 Rounds

- Greatest stretch x5 / side
- Cat Camel x10
- High hinge with overhead reach x5

### Activation & Potentiation: 3 Rounds

- Scapular Push-Up x5
- Clamshell x5 / side
- Glute bridge x5

### Block One: 4 Sets (Focus on quality not speed)

A1) Prisoner Squat @3131 Tempo, x8 reps

A2) Push-Up x8

Rest – RKC Plank x20 seconds

### Conditioning: 15 Minute EMOM

Min 1 = 10 Walking Lunges

Min 2 = 10 Gorilla Burpee

Min 3 = 10 Tall Plank with Overhead Reach

\*Tempo example, 32X1: 3 seconds eccentric, 2 second isometric, X = explode up or with intent to do so, 1 second pause before next rep!

## Session Two: Base Strength Session

### Activation & Mobility: 4 Rounds

- Glute Bridge x10
- Scorpion x10 per side
- Wall Slide x10

### Potential: 3 Rounds

- Jumping lunge x3 per side
- Plyometric Push-Up x3
- Beast Quadruped x10 seconds

### Block One: 5 Sets (Focus on quality not speed)

A) Bodyweight overhead squat x8 > Bodyweight Split Squat RDL x8/Side > High Hinge with overhead reach x10 (1 Set)

B) Arrested superman x10 > Diamond push up x10 > Bench Dip x10 (1 set)

### Conditioning: 10 Minute AMRAP

- Mountain climber x20
- Walking lunges x20
- Bird-Dog x10
- Plank shoulder tap x20

## Session Three: Resistance Based Conditioning

### Mobility: 3 Rounds

- Greatest stretch x5 / side
- Cat Camel x10
- High hinge with overhead reach x5

### Activation & Potential: 3 Rounds

- Short Lever Side Plank x20 seconds /side
- Jump Squat x5
- Plank Walk up x5

### Block One: 10 Minute AMRAP

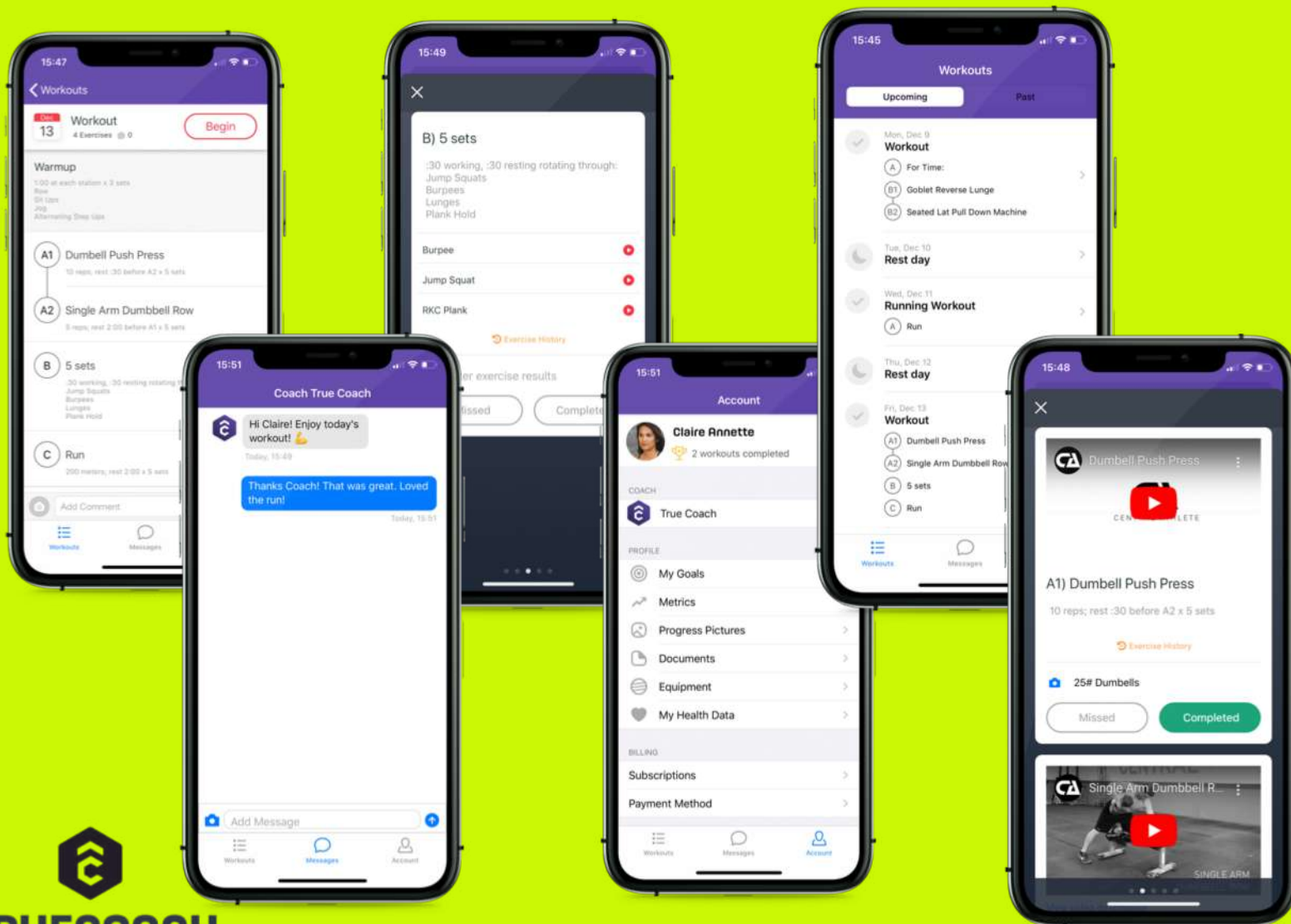
- 10 Gorilla Burpee
- 10 Glute Bridge
- 10 Arrested Superman

### Block Two: 12 Minute AMRAP

- 20 Long Lever Mountain Climbers
- 15 Hand Release Push Up
- 10 Plank Shoulder Taps

\*Videos of all exercises in these session can easily be found on YouTube.





## Online Coaching:

### How:

All online coaching is delivered using the Truecoach platform. The screenshots to the left show how this works, with all your sessions set out, videos of all exercises, comprehensive descriptions, and more.

All the online training is completely bespoke to each individual, their goals, facilities and experience.



## Final Words:

Thank you for downloading my eBook. I hope that the information provided above, the recipes and the sessions have been helpful. Not to mention I hope they have given you some inspiration and direction to help level up your training and athletic performance.

For any further enquiries about 1-1 Strength and conditioning, online coaching and improving your training or performance please get in touch and book a consultation call. Alternatively there is more information on the pages below:

- [Strength And Conditioning](#)
- [Online Coaching](#)
- [Competition Support](#)

