**Training Styles**

SAQ, Cross Training, Traditional, Strength, Power

Alright Team, today I want to go over different training styles. Of course, like always, the best one is the one you enjoy and will do. That said, there are different styles for different goals and so forth.

So far, we probably all know that both resistance and cardio training are helpful for optimal performance and in another presentation, I will go over the breakdown of both.

Here, though, let’s talk training options:

There’s SAQ (Speed, Agility, Quickness): this is a style of training focusing on developing motor abilities and control of movement. This is meant to improve explosive, multi-directional movements. Think: ladder work; sprints with direction changes; this could be some typical baseball or football training you might think of. For a Spartan Race, this is absolutely part of the training program.

There’s Power lifting/training. Power training is working to see what the max power output of a persona can be. Power training is usually high weight, lower rep; inclusive of cardio, this would be something like high, high incline at lower speed and duration. Think: stair stepper could be considered a power cardio or power lifting in resistance.

Then we have Traditional training or body building type training. There are subcategories here that I will cover in another presentation, but this style is mostly aimed at muscular look and feel. This might include a rep range of 10-12, meant to use max amount or close to of muscle fuel before resting and allowing them to refuel to go again, for 4 sets. This expands the muscle’s overall ability to continually up the challenge.

Strength training is another term for resistance training. It’s the goal to build strength, endurance, and ability through repeated challenges to the muscle groups. This is less about size or look or feel and more about lift/push/pull/etc ability.

Cross training is what it sounds like. This is when we incorporate resistance, cardio, agility, and power work all in the same training session or style. Think, CrossFit, where they do Olympic lifts in combination with against the clock speed movement and function fitness all in one, done usually very quickly. The cardio is usually built in, so it doesn’t need to be done separately but you get the resistance training as well. This might include something like power lifts, so reps of 3-5 pretty heavy deadlifts into body weight pull ups into some floor to overhead functionality into directional sprints, all EMOM style or Every Minute on the Minute. This is a highly effective style for those that enjoy it and like to constantly be moving and exploding with energy.

All in all, I think it is important to incorporate all of these styles here and there to keep ourselves challenged, learning, and growing. On top of that, any movement is good movement, right? So, if all of this is too much for you, too confusing, or what have you…not to worry. You’ll get there, or you won’t, and either way is just fine. Not everyone is looking to become a full-on athlete, so find what styles you like and enjoy and will do, and execute THAT, master that. And there’s not harm in mixing it up every once in a while.

If you have and you want to explore these further with me, let me know!

Love you! #acadamifitness

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