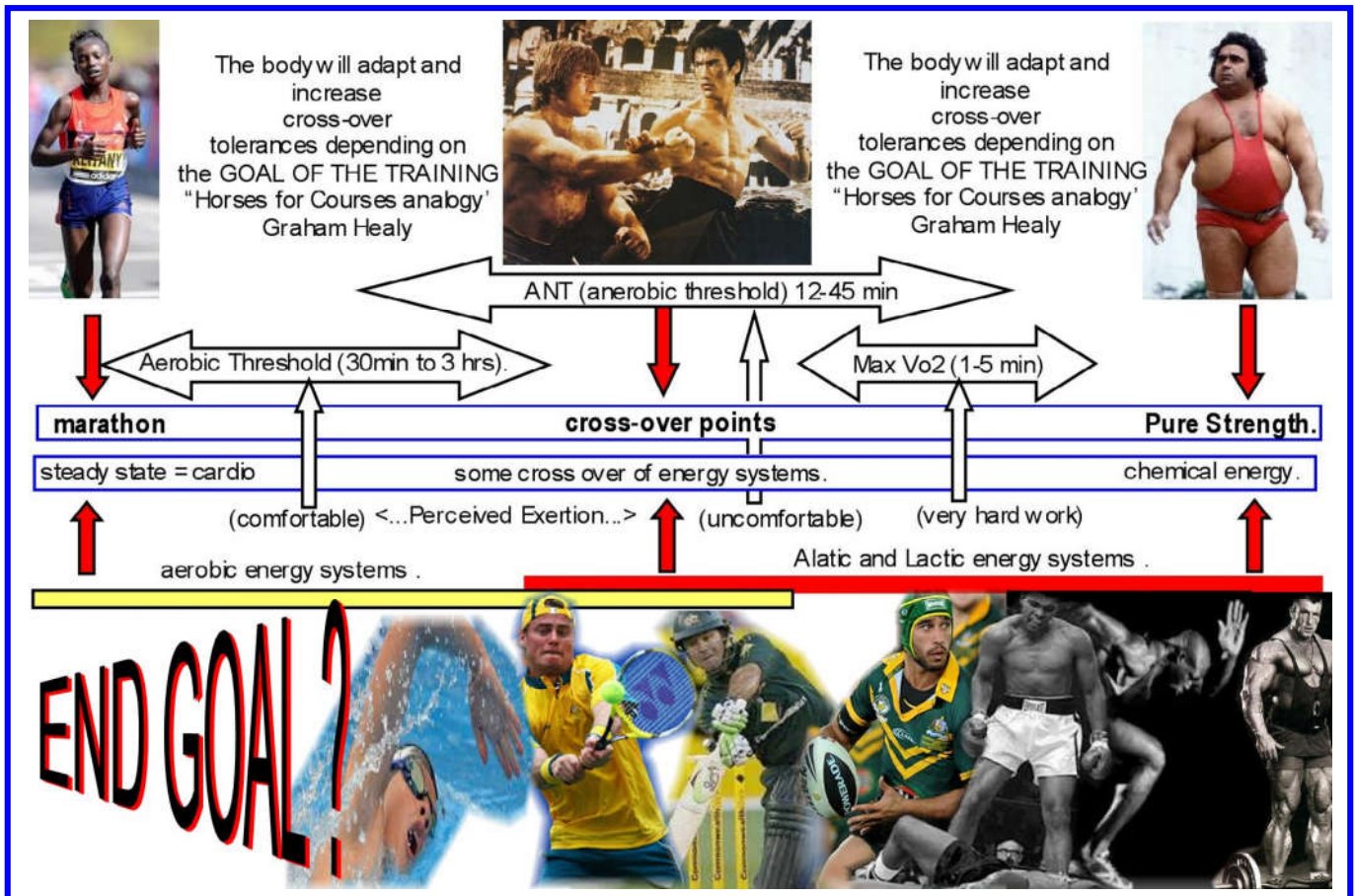


# BEGIN WITH THE END GOAL IN MIND



Sport & Prime Focus	% Strength	% Cardio	Ratio: Strength To Cardio	Comments
Olympic weightlifting Focus: (Maximum Weights off ground in lift)	100%	Zero	100% strength	Cardio training is counterproductive to the Olympic weightlifter
Bodybuilding Focus: (aesthetics ,looking ,cut, muscular etc	90%	10%	90/10	Bodybuilding has no real 'sporting' functional purpose apart from aesthetics or 'looking good'
Boxing Focus: speed,power,timing Train withing the parameter of competition or self defence	40%	60%	40/60	Boxing is the 'explosive power' end of the scale 45 min = 15 rounds

<p>Martial Arts Focus: Similar to boxing ,but with kicks Speed,power,timing Combine the punches &amp; kicks into 'skills &amp; drills' Specifically adapted to an 'explosive power' reaction to a self defense situation</p>	40%	60%	40/60	<p>Like Boxing 'explosive power' And reflexes are the Goals here + kicking speed etc 15-30 minutes 15 min = (5 rounds x3min) Or 10 rounds = 30 x 3 minutes Pure self defence 100% to up to 15 minutes non stop</p>
<p>Sprinter 100mtrs Focus Explosive power</p>	60%	40%	60/40	<p>Mainly chemical energy used here (lactate and alatic)</p>
<p>Runner 200 mtrs + Focus: various levels of endurance and explosive power in the form of 'bursts'</p>	30%	70%	30/70	<p>Cardio function cuts in here , however when the Runner 'bursts' (lactate and alatic) Chemical energy is used</p>
<p>Rugby League Focus: Impact training and explosive power in the form of sprints</p>	60%	40%	60/40	<p>Ratio can depend of position (front row or backs ) Off season Rugby League players Will lifter heaver weights in Gym On Season Maintenance weights only Focus on game skills &amp; drills</p>

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