

***PRINCIPLES OF A (AS MUCH AS POSSIBLE) HOLISTIC APPROACH
TO ATHLETE'S BEST POSSIBLE PREPARATION
(working with Bendeguz Petervari Molnar
towards Paris 2024)***

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CLEARLY DEFINED GOAL/ QUALIFY TO PARIS

- Assessment of the current condition
- Possible progress in technique
- Approach to competition
- Evaluation of reserve in terms of volume and method of work
- Physical development
- Psychological progress

SELF-DISCIPLINE

- Handling training volume and monotony
- Taking care of health/ staying injury free
- Environmental impact (family, friends, school, sponsors,...)

UNDERSTANDING THE PURPOSE OF TRAINING

- Differentiating between different types of training
- Understanding the importance of the balance between active and passive parts of training session
- Quality of execution of sessions/ periods

PROGRESSIVE TRAINING LOAD INCREASE

- How far an individual athlete can be pushed with training load (volume and intensity)
- Individualisation (not an issue when working with single athlete)

FOCUSSING/ CONCENTRATING ON (EACH) SESSION

- Technique / rhythm
- Preparation for the entire execution (of a demanding) training session
- Understanding and thinking about execution efficiency. Also during other sport activities

MOTIVATION

- Changing training environment
- Changing training type for refreshing and prevent saturation
- Differentiation / individualization of training form (more »experienced« athletes)
- Solid material satus

WORKING CONDITIONS/ UNNECESSARY DISTRACTIONS

- Training conditions on & off water (good (rowing) conditions, proper/ appropriate equipment,...)
- Minimising energy lost for organising trainings (travels, equipment, accommodations,...)

LIFESTYLE (SHORT) GETAWAYS

- Having fun and social life beside sport
- Spending time with family and friends
- Being ready and properly fit for each session

NUTRITION / SUPPLEMENTS

- Proper energy support is crucial for endure demanding training process (single session, training period, complete sporting career,...)

MEDICAL SUPPORT

- Frequent physical condition monitoring is important to adjust training program if necessary to prevent serious injuries or illnesses
- Fast access to proper medical support in case of injury or illness

SUCCESS FACTORS

- Tradition (knowledge/ experience)
- Correct assessment of the (starting) condition
- Proper training plan
- Athlete's trust in the work plan
- Approach and execution (training and competition)

THANK YOU FOR YOUR ATTENTION

