



# COUCH TO THE SUMMIT PERFORMANCE COACHING

*Multi-Dimensional Athleticism for Longevity and Performance*



**Functional Athleticism Standards Training (FAST)**

## **FAST-PROTOCOLS**

**OVERVIEW AND INTRODUCTION**

**Train Smart - Train Efficient - Optimise Everything**

# MULTI-DIMENSIONAL ATHLETICISM

## FAST-GROWTH

Planning / Scheduling / Goal Setting / Time Management / Patience / Progression

1



2

## FAST-HEALTH

Diet / Nutrition / Physical Health / Toxic Load



## FAST-ENDURANCE

Metabolic / Aerobic Fitness / Mitochondrial Density / Fatigue Resistance

3



4

## FAST-POWER

Speed / VO2 / Metabolic Anareobic / Power Endurance / Stamina

## FAST-IMPACT

Plyometric / Eccentric Strength / Tendon Elasticity / Downhill Running

5



6

## FAST-SKILL

Agility / Coordination / Technique

## FAST-STABILIZE

Core Stability / Balance / Tendons / Proprioception / Spatial Awareness / Isometric

7



8

## FAST-MOBILITY

Active Full Range of Motion Strength / Nervous System Training

## FAST-STRENGTH

Concentric / Functional Muscular Strength

9



STOOTTO



10

**FAST-REVERSE**

Posterior Chain /  
Backwards Training

**FAST-FLEXIBILITY**

Dynamic / Static Passive Full  
Range of Motion

11



12

**FAST-RELEASE**

Myofascial Quality / Tension  
Release / Muscle Adhesions

**FAST-HEAL**

Imbalances / Symmetry /  
Biotensegrity / Rehabilitation

13



14

**FAST-ADVENTURE**

Environment / Adventure /  
Acclimation / Gear / Safety /  
Social Media

**FAST-VERTICAL**

Uphill Training / Stairs /  
Hills / Mountains

15



16

**FAST-RESTORE**

Breathing / Meditation /  
Relaxation / Recovery /  
Grounding / Centering

**FAST-MINDSET**

Mind-Body Connection /  
Mental Toughness /  
Self Talk / Focus

17



18

**FAST-PERFORMANCE**

Peaking / Racing / Goal  
Achievement / Longevity /  
Consistency / Benchmarks

# FAST-PR



# Introduction to the FAST-PROTOCOLS

*"The chain is only as strong as its weakest link, for if that fails the chain fails." - Thomas Reid.*



Over the past 15 years as an athlete - and 5 years as a coach - I have come to identify **18 distinct** and separate attributes that athletes can benefit from developing simultaneously to **maximise athleticism, resiliency, continued growth, and longevity as an athlete**. The reason for my interest in this area is that my failures as an athlete and those I have noticed in the athlete's I coach, are usually borne from **inherent underlying weaknesses in biomechanics** that are either **unidentified** or **under prioritised** in training. The impact these weaknesses can have on an athlete are vastly different and specific based on the individual and their history. Such weaknesses will affect some athletes more than others. Some athletes are simply more biomechanically healthy than others for various reasons.

To successfully achieve the high level of standards I want to achieve as an athlete, and for athletes I coach, I've meticulously crafted a series of protocols designed to holistically boost all facets of athleticism by uncovering these deficiencies and systematically improving them as an athlete progress forward in their athletic journey. These protocols are collectively named the **FAST-PROTOCOLS** and the goal is to develop what I title "**Multidimensional Athleticism.**"

The **FAST** acronym in my protocols stands for **Functional Athleticism Standards Training**. This apt acronym symbolises the essence of my approach: enhancing your athletic functionality leads to expedited progress in your chosen health or fitness pursuits. The label "fast" doesn't merely refer to speed in a traditional sense; instead, it represents an acceleration of progress and a greater likelihood of goal achievement and experiencing high energy and long-term health as an athlete and human being.

I have designed the **FAST-PROTOCOLS** to bring together the vast amount of information and potential training practices that are required to build the strongest overall foundation for endurance, strength, functionality, and fitness and are aimed at giving you clear pathways to test and develop your capacities from beginner to intermediate, advanced (elite), and world class standards should you so choose.

Recognizing that an individual's overall performance is inherently bound by their weakest attributes, the **FAST-PROTOCOLS** are strategically tailored to test and identify your standards, and then address and fortify, any

weak areas holding back your athleticism, and provide pathways to attain mastery over each of these attributes. Such a comprehensive approach ensures the development of truly well-rounded athleticism.

As you test your “standard” across many different attributes, the **FAST-PROTOCOLS** score and rank your abilities, and guide you to improve your standards over time. For example, your ability to hold a plank may only be one minute as your baseline standard, but the “world class” standard is around 8-9 hours (the world record is 9hrs 30mins). Therefore, your one-minute standard would be deemed a beginner capacity and scored low compared to the world class score. To improve your score, you can start working to increase your time with a long-term progression that elevates you into the intermediate rating. This might be sufficient for most athletes. Elite athletes will typically look to progress to the advanced or elite standards in the most important attributes.

I take this same approach across all the different 18 **FAST-PROTOCOL** attributes and many sub-protocols within each of these categories. For example, in **FAST-Strength**, there are protocols for many different movement patterns in the body, such as hip extension, hip flexion, hip rotation and so on. Each week we aim to focus some amount of time on every single movement pattern in the body ensuring your body remains in complete balance and function.

The concept behind the **FAST-PROTOCOLS** is both comprehensive and ambitious. I’m essentially providing a roadmap for athletes to navigate their journey from basic levels of athleticism to potentially world-class standards and my aim to cultivate multi-dimensional athleticism is both unique and needed in modern sports and athletic training. Not all athletes need to progress to world class levels of course, but beginner athletes will benefit from progressing more toward intermediate or advanced standards. The choice entirely depends on the athlete’s long-term goals and their commitment to the process, and the deficiencies uncovered in testing. By placing more emphasis on the areas where you are weakest, this focus boosts the “rating” or score of your overall athleticism by the protocols ratings system. You are encouraged to continually improve your ranking in this regard and the scoring helps you to take your weak areas more seriously.

The benefits you will get out of the protocols, will be matched by the consistency and effort that you put into it. At least you now have a roadmap to move forward with some objective measurements.

**You definitely want to be a Multidimensional Athlete, because a well-balanced athlete with little to no weaknesses will be a more capable, efficient, high-performing, and resilient athlete.**

I am designing a custom-built training platform that will help to manage this aspect of training more successfully and will include single page protocol information sheets and tutorial videos. These are all developed to personally guide you through each step, introducing you to the distinct methodologies and instructions integral to each protocol and standard without overwhelming you as an athlete.

This will hopefully move athlete’s away from reading a long training manual in the future, and you can simply reference the information sheets relevant to your daily training tasks. This will give you all the background information you need to know for your scheduled daily activities. You can constantly return to these sheets as a refresher whenever you need it.

The protocols include the **FAST-Performance** Standards Benchmarking protocol that will test your abilities across other protocols and will help to cater future progressions based on your performances and matched up against your available time and recent commitment to the process. If you begin to neglect any attribute, the training platform will alert you and generate more time efficient workouts designed to get you back on track, so you keep or at least try to maintain your strengths across the board. In essence, the **FAST-PROTOCOLS** aim to fortify or eliminate your weaknesses over time and turn them into major strengths.

The **FAST-PROTOCOLS** also aim to elevate your performance while simultaneously mitigating and reversing many age-related declines. This smarter and patient approach to athleticism ensures that you maintain a dynamic and active lifestyle well into your later years mitigating many problems of athletic training that often end an athlete’s career: fatigue, burnout, injuries etc... By emphasising this style of training—beyond just aerobic endurance—I equip you for sustained athleticism, mobility, and longevity as you age.

# The 18 Attributes of the FAST-PROTOCOLS

- 1. FAST-Growth** (Planning/Scheduling/Goal Setting/Time Management/Patience/Progression): Strategize and manage your athletic journey through effective planning and periodised training approaches. Long Term progression planning governing the short-term seasonal goals.
- 2. FAST-Health** (Diet/Nutrition/Physical Health/Longevity): Prioritise your well-being with lifestyle improvements, focused nutrition, activity fuelling and overall physical health nurturing practices that promote longevity and high energy production.
- 3. FAST-Endurance** (Metabolic-Aerobic): Boost aerobic capabilities, sustain longer physical activities and build metabolic health with best practice endurance training practices.
- 4. FAST-Power** (Speed/VO2/Metabolic-Anaerobic): Increase speed, stamina, VO2 max, and anaerobic capabilities for short, high-intensity performance.
- 5. FAST-Impact** (Plyometric/Eccentric): Develop explosive strength and downhill absorption capabilities through plyometric and eccentric loading exercises that improve tendon elasticity and strength.
- 6. FAST-Skill** (Agility/Coordination/Technique): Refine agility, coordination, and technical skills to optimise athletic performance and movement economy across all terrains and conditions.
- 7. FAST-Stabilise** (Isometric, Core, Balance, Proprioception): Develop body awareness and control, strengthen your core, improve static muscle control and tendon strength, with isometric and proprioceptive training techniques.
- 8. FAST-Mobility** (Active/Neurological): Nervous system training and full range of motion functional strength development.
- 9. FAST-Strength** (Concentric): Build powerful muscles, strength and anabolic response through targeted concentric exercises.
- 10. FAST-Reverse** (Posterior Chain): Focus on the posterior chain muscles and backwards training for improved backside strength and function to counteract the typical overbalance from forward motion activities and prolonged sitting.
- 11. FAST-Flexibility** (Dynamic/Static/Passive): Enhance your range of motion through dynamic, static, and passive stretching methods to encourage lengthening of muscle tissue.
- 12. FAST-Release** (Myofascial Tension): Alleviate muscle tightness, eradicate muscle adhesions, and improve muscle performance through myofascial release techniques.
- 13. FAST-Heal** (Injury and Imbalance Correction): Address and heal injuries through specialised recovery protocols. Correct bodily imbalances and ensure uniform strength and function across all areas using Biotensegrity methods.
- 14. FAST-Adventure** (Environment, Acclimation, Gear, Safety, Social Media): Multi-faceted protocols focused on environmental acclimation, specialisation training, gear choices, safety considerations and promoting a general sense of enjoyment and adventure including sharing for social media.
- 15. FAST-Vertical** (Uphill Training): Master uphill performance with specialised vertical training techniques and protocols for speed, economy, efficiency, and power.
- 16. FAST-Restore** (Breathing/Meditation/Relaxation/Recovery/Grounding/Centering): Enhance recovery, relaxation, concentration and breathing with various protocols focused on mind, body, and spirit.
- 17. FAST-Mindset** (Mind-Body Connection): Cultivate a strong mind-body connection and a positive self-relationship/talk for better focus, determination, consistency, mental toughness, and performance.
- 18. FAST-Performance** (Standards Testing/Peaking/Racing/Goal Achievement): Standards benchmarking for tracking progress over time. Achieve peak performance in competitions through race prep, pacing/fuelling strategies, gear choices, and goal achievement strategies. Build long-term resilience and patience to ensure sustained athletic performance and long-term well-being.

# Mastering Multidimensional Athleticism: A Comprehensive Approach to Performance Enhancement

No matter the nature of your preferred sport or movement, all the attributes I've identified apply to some degree. Of course, some activities demand more from certain attributes than others.

Take Pilates for example: the **FAST-Stabilise**, **FAST-Mobility**, **FAST-Flexibility** protocols will take center stage as Pilates demands strong core stability and balance. This is where the **Principle of Specificity** comes into play. This principle suggests that your training should align closely with your chosen sport or movement. Naturally, a Pilates enthusiast should dedicate more time and effort towards improving those attributes that are central to the discipline, such as balance, stability and flexibility.

However, **true specificity cannot be achieved without a solid base of overall athleticism**. Even though it may seem as if the **FAST-Power** protocol bears little relevance, it should not be disregarded for a Pilates enthusiast. Training focused on power and speed can offer hidden benefits, such as enhanced muscular strength, improved dynamic stability, and upgraded neuromuscular coordination. These aspects can help a Pilates enthusiast execute more complex movements with grace and efficiency.

Picture two Pilates enthusiasts with equal levels of training focused on Pilates-specific attributes. One of them has largely ignored the other attributes of athleticism, while the other has maintained a well-rounded regimen, fostering development across all attributes. The second athlete, with balanced and comprehensive training, is better positioned to outperform the first, and have greater longevity in the sport and function into old age.

In endurance sports, especially those with a lot of impact, like trail running for example, the other attributes of athleticism become even more crucial for long-term success. Many endurance athletes focus most of their energy on endurance training, but a little bit of time redirected to other important areas like the **FAST-Strength**, **Fast-Reverse**, **FAST-Stabilise**, **FAST-Mobility**, **FAST-Flexibility**, **FAST-Release** protocols, can yield significant performance increases, yet many athletes ignore these components until they are forced to from injury.

The reason is simple. A well-rounded athlete possesses a multifaceted toolkit of skills that **enhance** their main sport-specific skills. They have a greater range of motion, superior strength and coordination, increased resilience against injury, greater fitness, and overall better performance levels. This versatility also helps when facing unexpected challenges or adapting to new movements or techniques within their chosen field.

**Think of your overall athleticism as the platform upon which you build your specialisation.** It's the bedrock, providing the strength, resilience, and adaptability that your specific skillset requires. The more solid and well-rounded this platform is, the more durable and resilient your specialisation will be. Hence, the importance of developing a comprehensive range of athletic attributes cannot be overstated.

Every athlete, regardless of their level, will have strengths and weaknesses in their physical and mental skillset. These weaknesses, if left unaddressed, can significantly hinder an athlete's progress and overall performance. They can create imbalances, contribute to injury, and restrict an athlete's ability to reach their full potential.

For instance, a runner who neglects strength training might still be able to cover long distances, but their lack of stabilisation strength (especially in tendons) could limit their movement economy, overload certain muscles in time, and make them more susceptible to breakdown or injury. The same goes for a weightlifter who neglects mobility training. They might be able to lift heavy weights, but any restricted range of motion could hinder proper form and increase the risk of strain or injury like a tendon tear or sub-optimal recovery from heavy lifts.

In addition, weaknesses in one area can exacerbate problems in others. Poor mobility can lead to compensatory movement patterns, causing an athlete to over-rely on certain muscles while underutilising others, leading to imbalances, potential injuries and even compromised performance despite significant time and effort developing their specific sport attribute. Weak core stability can affect an athlete's balance, posture, and ability to generate power efficiently and safely.

From a mental perspective, weaknesses in areas such as focus, stress management, and resilience can also significantly affect an athlete's performance. For example, an athlete with poor stress management skills may struggle to perform in high-pressure situations or might not recover well from setbacks.

Moreover, in sports that require a combination of skills, neglecting one attribute can limit the effectiveness of others. A basketball player, for example, needs a mix of strength, endurance, agility, impact, and technical skill. A weakness in any one of these areas can hold back their overall game.

In essence, well-rounded athleticism involves continually testing, identifying, and addressing an athlete's weaknesses, and turn them into strengths. This not only improves overall performance but also helps prevent injuries, boosts resilience, and enhances adaptability.

Staying healthy, and continually progressing, will do wonders for an athlete's mental health and happiness over the long term. In other words, a balanced athlete is a more capable, efficient, resilient and happier athlete.

Therefore, it's crucial for athletes to adopt a comprehensive training approach, prioritising all functional athleticism attributes in their training programs. The question is how to do it, and how to do it in a way that is not overwhelming or overly time consuming.





# Evolution of the Endurance Coaching Paradigm: An Important Discussion

I've been working hard for several years on developing improvements to my coaching programs and services largely to help athletes **who are finding difficulty making constant forward progress in training volume or are getting ahead of themselves with their readiness for achieving certain ambitious goals.**

**I've had athletes coming to me with ambitious goals that their physiology is unfortunately not yet ready for.** It's difficult when an athlete locks into races with non-refundable race fees and essentially forces a rushed preparation (rushed in the sense that it compresses the timeline that the athlete may need to perform optimally in such a race).

This less-than-ideal scenario comes to a head when an athlete decides to press on to "see what happens" and the coaching must shift to helping an athlete to hopefully "survive" an event, rather than truly preparing an athlete optimally for the test ahead. This places an athlete into a high-risk category, but ultimately as a coach I'm always looking for the athlete to be placed more low-risk and high-reward with a long-term success-based outlook. This is where strong athletes who perform at a consistently high level are born from.

Rushing – and lack of patience - is the destroyer of many athletic dreams and is best avoided if possible. What tends to happen in this scenario is failure and setbacks as an athlete attempts to survive a volume progression that is already stretching their capacity. As they fail to recover sufficiently, it greatly impacts an athlete's consistency, which starts to affect an athlete's mental outlook and motivation. Setbacks cause either training regression or plateaus that often lead an athlete to drop out of coaching altogether or fail to achieve their goals.

Being positive and hopeful in a high-risk situation can sometimes be of benefit, but only to a point. Only if it's going well and the body is responding positively. And the percentage of success here is low if you don't have a proven history. If it doesn't go well and the body is not responding positively, the enormity of the disappointment can be crushing. Sometimes an athlete can only find out the hard way, but I always do my utmost to help an athlete survive their training and avoid disappointment. However, I am also not a miracle worker.

Ultimately, many of the causes for the setbacks are often beyond the scope of what an endurance coach typically provides for an athlete. So, it has been clear to me for a while that most athletes are unsure how to improve their body mechanics, nor are athletes investing enough time and focus in this area largely due to time available and knowledge gaps. I know I can do more to help.

I'm sympathetic to athletes in these scenarios and I am non-judgemental about it, because I've gone through these same situations myself through my career as well. It can be hard to tame the ego. It can be hard to know where the edge is. Before some of my big achievements, I still wasn't sure I was ready or not, until I did it and surprised myself on the day, but also pushing my body hard unfortunately led to downstream consequences too. **Sometimes we have to go for it, but we also need to be sensible and pragmatic. There's a big difference between somewhat realistic and barely realistic but sometimes we can objectively know those boundaries. Many athletic careers have been destroyed in this grey area.**

The more optimal approach is to choose relatively achievable goals with enough time to prepare, until an athlete has demonstrated long-term strength and resiliency in biomechanics to take on more risk in their pursuits. It possible to go for a very ambitious goal, but only if the foundation supports this higher risk.

**All beginners and some intermediate athletes should never be aiming for high-risk goals because they simply don't have the foundation developed yet to support those lofty ambitions. Start conservatively and be patient, and then the risk equation can be pushed more.**

It's very easy to overestimate our capabilities in our own imagination, than the true reality of things, but our dreaming is also an important aspect of motivation and personal growth. It's great to be inspired by something epic and amazing you want to do one day, but there is a way to do this right, and that's using objective measurements that take emotion out of the decision-making process and inform a better timeline for success.

**We can still chase lofty ambitious goals, as long as the timeline is realistic!**

**To establish the right timeline, we must know the body's readiness level early in the planning process. We can only learn the readiness through regular testing of all the relevant attributes needed to achieve the goal and then developing strength across all those capacities with an appropriately laid out training progression.**

Big goals can take years to achieve, and when we see other athletes crushing their goals, sometimes we forget about how many years of work were involved in building up to accomplish it. We also can't really know what the athlete is doing behind the scenes and how well developed their biomechanics are leading into the event. Two athletes of equal aerobic fitness may have completely different performance outcomes if there are vast differences in strength, mobility, stabilisation, efficiency in movement and so on. Ultimately, an athlete with strengths across the board will tend to outperform the athlete with multiple weak links. Often substantially so, especially at the backend of long and hard endurance events.

Remember that you as an athlete, must always take personal ownership of understanding your strengths and limitations and engage the right people to help you succeed if you don't know how to do it yourself. If you are not succeeding - whether that's motivation, biomechanics or so on - then it's incumbent on you to look for the answers and solutions. You must put in the work. But knowing what to do is the hard part. It's very easy to become overwhelmed when there are so many attributes to consider.

Prior to the **FAST-PROTOCOLS** you had two choices to make improvements here:

1. **Engage and pay for experienced professionals** in the areas where you have weaknesses. I am not a specialist in any specific area, and specialists (i.e. Massage Therapists, Physiotherapists etc...) are experts that do exist to help you manage your current ailments, but there are no guarantees they can give you a full resolution. Please know that you still must do all or most of the homework yourself. And this can get very expensive and, in my experience, sometimes it won't even help at all if you are too reliant on them for full resolution. Because of the reliance on someone else to "fix you", this mindset can potentially make you lazy in between appointments, and a lot of time can be wasted. Throwing a lot of money at a problem can sometimes pay off if you can afford it, but it's not the most optimal solution (in my experience) and it can quickly become very expensive too.

2. **Do it yourself** (unless you need a surgery or something that is impossible to do yourself). The DIY option is what I advise athletes to choose, but the problem here is that you are effectively trading money for time. You need time to learn what to do, and then invest the time to work on your issues. The time commitment could be as much or more than you spend endurance training already – at least in the short-term – and most of you don't have that option. This is often why many athletes don't succeed because they aren't willing to spend multiple hours a week focused on their weaknesses, but they're still willing to spend that time pushing forward with their fun activities that maybe aren't going so well. Athletes must be prepared to cut their losses and reprioritise when necessary. Saving time is the most important aspect here and that is what the **FAST-PROTOCOLS** offer.

The **FAST-PROTOCOLS** will give you a clearer roadmap for the future allowing you to DIY without needing a huge time investment to determine or manage the logistics. The protocols can also support option 1 above as well. My goal is not to replace specialists but to hopefully mitigate your need for them in the future. They will always be there if you need them as an adjunct and in most cases a specialist will be programming you with rehabilitation exercises that are likely in the **FAST-PROTOCOLS** anyway.

Furthermore, the more information a specialist can provide for you (and also for me as your coach), the better I can refine the protocols to work more specifically for your circumstances as well. If your physiotherapist gives you an exercise plan, we can integrate into the training platform to prioritise those areas and ensure it slots in harmoniously with your other training activities and weekly schedule.

Ultimately, I am moving away from being just an endurance coach but to a wholistic multi-dimensional athleticism coach, that still specialises in endurance coaching, but more in a way that builds from a strong athletic foundation first and foremost. This must be in place first before an athlete specialises in any chosen direction. My intent here is to help athletes achieve a baseline level of athleticism that minimises risk as much as possible. The goal is to do that as efficiently and timesaving as possible for the busy athlete.

My plan has been to come up with standards testing and protocols that will successfully move athletes through these kinds of problems without having to learn the hard way.

The **FAST-PROTOCOLS** are designed to test an athlete across many diverse attributes of athleticism so both athlete and coach can be more informed on what the athlete can and can't do. This helps to redirect training to a more realistic plan as these limitations are uncovered. Once we have the big picture of what is going on in the body, then we can put in place a long-term roadmap on eradicating the underlying deficiencies.

**Knowing if you're ready or not for your future goals is never a black and white thing.** It will be my hope that through the standards testing it will help you make more informed decisions on choosing appropriate future goals and exiting any unrealistic goals early to avoid facing the difficult lessons until you have developed more resilient and well-rounded athleticism. If you can objectively see how little strength you have in hip stabilisation and core stability for example (compared to the standards others may have), then you are better able to understand why you aren't ready to increase to higher training volumes yet.

**I believe objective testing then has a far more powerful impact on motivating you to take training those areas more seriously and holding off on certain ambitions, than simply a coach telling you: "I don't think you're ready", with nothing but words to back it up.**

Ultimately, improving your athleticism helps to mitigate injury and setbacks, but it's also the **key to unlocking your highest fitness potential as an athlete. So, you're getting two big positives here.** We're not just fortifying the body against injury, we're also making the body more efficient and powerful, which will allow you to constantly hit personal bests as you develop. We're building stamina and grace in movement. But most of all we are ensuring an athlete can remain consistent and avoid training plateaus and regressions. This is athleticism at its core.

The kind of substantial fitness improvements that athletes want can only come off the back of consistent training frequency and volume before intensity is truly applied. Intensive training is a lot of fun, and it's also what really propels fitness to the next level in short periods of time where you can sit back and go "wow" how did I do that. But in order to reach this level you need to have developed the right foundation, and **the right foundation is largely about being consistent with training and focusing on improving your weaknesses.** You cannot be fast and fit, if you are constantly held back by a ball and chain: your weak links. Many athletes skip all the steps to get to this fun aspect of training, long before they are ready for it. If you can temporarily delay your gratification, you will go even further in your future.

**Training weaknesses is challenging mentally for many athletes, and this is understandable.** Typically, we become weak in certain areas because we **avoid training them from total dislike**, therefore, **our weaknesses are more or less a collection of parts of training we hate doing and actively avoid.** Hating something is never good for consistency, some days you will do it when motivation strikes, but on the harder days with low time or energy, you will not do it.

If you absolutely hate core training, you're likely going to have a weak core, and to fix it you'll need to start doing more core training. A weak core places stress on your back and hips to stabilise your pelvis, throwing off your movement efficiency and tensing your body up in a cascading chain of performance negating effects. The best option for success might be to find some form of core training you actually enjoy doing. You won't prioritise core training unless you are highly incentivised to do so or you enjoy doing it. Often, we only train our weaknesses when we are forced into doing it because of something like an injury. The loss of our fun adventures is enough to motivate sufficiently to finally do it because we are desperate to get back to what we enjoy. Whatever way you manage to get yourself to be consistent is effective enough, the most important thing is you fight through the hard days and push through your feelings. The feelings that make you lazy and make you say no.

The solution is simple, have some short-term sacrifice, take away the non-relevant training and focus on what is most important in the precious hours you have available each week. The **FAST-PROTOCOLS** are designed to prioritise the most important training first. It's important to make the training fun and interesting and not too difficult. This is the only way forward and something the **FAST-PROTOCOLS** actively tries to address.

Personally, I've definitely had to learn the true reality of the "hard lessons" in the past few years. While I have the endurance side of training nailed down, I focused too much on aerobic performance at the expense of ignoring my underlying weaknesses (many of which I also didn't really know about because I had no objective testing in place – my ego denied their existence basically through psychological avoidance).

I was attempting to achieve ambitious goals in the echelon of world record territory, but I was smacked in the

face with a hard reality as my body did not respond positively as my training volumes continued to swing upwards. I had been getting by for 15 years and I once was **REALLY** pushed up against an edge, I finally saw my limitations. My weak links not only made themselves known, but they slammed me with a major reality check! Not only that, even before symptoms emerged, I was still doing my body internal damage ... little did I know!

Many people live in fear of striving for something very hard, at least I tried to push the boundaries of what I was capable of. You shouldn't have to regret going for your big goals in life, but it's important you give yourself the best chance of success. I knew that if I really wanted to achieve my big goals, I couldn't avoid certain parts of training that I skimmed on over the years. I skewed my training too far without the appropriate foundation to support it. It's not that you can't skew your training to specialise for a hard event, it's just that without the right foundation in place first, the tree simply fell over instead of bending safely in a strong storm.

**Sometimes we need to push the edge to find the edge.** But I don't recommend it. I recommend to avoid the edge at all costs. The consequences can be too high. One consequence is permanent damage that potentially never heals.

I often ponder how much I regret about my past training decisions? But I also I went for it and sometimes that's also not a bad thing to do in life either. I felt I was ready, but I learnt I actually wasn't. Failure is the best teacher. So that doesn't mean I give up, it just means I have more knowledge before I try again. Fail, and then fail some more, and eventually you get there. Or maybe I decide to go another direction altogether in future aspirations. And maybe some of my limitations are not able to be overcome, but at least I have a roadmap on how to move forward to try again I want that. Just don't quit and keep learning. This is an important lesson for any athlete: beginner or experienced.

I don't regret my past decisions as an athlete, because I did the best with the knowledge I had at the time and it was an invaluable learning experience that will have a silver lining. It's made me a better, wiser and more knowledgeable coach, and maybe even a better athlete than I ever was in the future too. What I learnt is that I could have avoided a lot of this if I had simply done some benchmark testing in my training and emphasised training those weaker areas early in my planning. Then I would have succeeded.

It was this realisation that made me establish the new **FAST-PROTOCOLS** paradigm. If I had something like this in place prior to the world record attempt, then I truly know I would have succeeded.

There is now no longer a need for "hope" in future attempts. As an athlete and a coach, I'm done with "getting by" and "hoping for the best". I just needed to get my house in order before trying again. I became determined to finally take my weaknesses seriously.

I really don't want athletes I coach to face issues I've had to go through either. It's stressful, depressing, and frustrating to say the least.

Success is never guaranteed, and there is no one, not even me, that can guarantee you won't fail or get injured or that you will achieve your goals. But we can always put more of the odds in our favour. The **FAST-PROTOCOLS** are here to help with that, simply to give you better odds and more perspective to where your body is at. Then it's up to you whether you want to improve those weaknesses or not. Your application to training will determine how far you go with it. At least you will know more clearly what your limitations are and this can also moderate your ambitions if you don't have the time to correct them right away.

Ultimately, the big lesson I want you to learn is **what I neglected came back to haunt me. Ask yourself now, "what am I currently neglecting?" This might give you better insight on your future training focus.**

It's taken a long period of time, and working with many different specialists, to even figure out what really happened inside my body and how to fix things. Ultimately, my core strength was poor in certain areas from too much sitting, my hip wasn't stabilising effectively due to a chronic aching problem deep in my right hip that's plagued me since my childhood, and many of my leg muscles were overloaded from years of keeping me upright.

While I was getting by all my career, I can never truly say that at any time I felt like things were optimal. I knew I was putting off a lot of important training that could help, but I wasn't motivated enough because I hadn't been injured for 8 years at that point. I didn't have enough incentive to look for more answers, because I was still functionally healthy for the goals I was chasing at the time....until I wasn't!

After a year of not making any substantial progress with my injury symptoms, this led me to keep researching and refining my **FAST-PROTOCOL** ideas as a "leaving no stone unturned" quest.

It didn't really matter what the state of the injury was, what matters more was what caused it in the first place. If I was ever to get better and perform at a high level again, I needed to stop trying to treat the injury, and start focusing on what caused it and solidifying from there. Therefore, I was still wasting time waiting for the injury to heal, I needed to get proactive and focus on what I could control on a daily basis.

**I didn't want to release the protocols to my athletes until they were ready, and if they weren't fixing me, then they simply weren't ready yet. I was a true test for these protocols.**

I learnt about some of my weaknesses from my specialists, but ultimately, I ended up determining a good proportion of my weaknesses simply by experimenting at home with different exercises, movements patterns and so on. As I investigated and tested across all the attributes, I quickly established a map of my deficiencies, and I could start to see the forest from the trees. Not only did I establish the weaknesses, but I was also shocked at how many I actually had and how bad some of them were. I was strong in a lot of places, but also really weak in others. I could now understand better why what happened to me had occurred. To be honest, I'm surprised I lasted as long as I did, and I guess that is **testament to how much the body can handle and continually compensate for.**

The objective tests gave me the answers that no one truly could largely because the specialist appointments were never long enough to be comprehensive to pinpoint everything across my complex biomechanics.

Slowly but surely, I've been working on those weak areas over the past year. At first progress wasn't happening, but as I focused on building strengths rather than focusing on healing the injured areas, things started to shift more positively.

Part of the reason why – I am learning – is due to a concept called **Biotensegrity**, which is discussed in length in the **FAST-Heal** protocol. The body is an amazing machine, and dysfunction in one area can throw the whole system out of balance. Your body will adjust to compensate for this, but its neither optimal or efficient, and if you keep pushing through it, your body can only hold on for so long. But the solution is also there too, if you can bring the body back into balance, symptoms in unrelated areas can also begin to improve.

Picture your body like a spider web or mesh and imagine constriction in one corner part of the web that pulls the entire web out of alignment into the direction of that tension. Your pain is all in that tense area. But perhaps, when trying to heal the injury and treat it, we don't focus on the tense area, but we look for how to make the web go back into harmonious symmetry. Perhaps the web is tense on one side because the web is too weak on the opposing side. Perhaps by strengthening the weak (and pain free area), the web is pulled back into alignment and the pain symptoms subside. This is one example of how the body appears to function, its not applicable to every case, but its applicable for many.

The lessons I learnt through this frustrating process, was I just needed to be patient and focused on what I could immediately control on a daily basis. I had to stop worrying about having a big change in symptoms in one day or a week, or hope for a resolution in X number of weeks. Instead, my mentality shifted to a "However long it takes" approach, and I just became **single day focused on what I could control in the here and now.**

This method was taught to me by one of the specialists I was working with, he said, "the only thing you can control is daily consistency and getting the work done. Stop focusing on treating the injury and focus on strengthening the body." He said, "Don't skip any sessions. Don't overcomplicate them. Get it done. Keep progressing the exercises and be patient."

**Patience and remaining in control are the important aspects of this process.** Some of my body issues involve thick muscle adhesions and muscle/fascia scarring that are seemingly decades old and extremely painful. The sharp pain was noticeable for two years, and it has taken multiple months to improve reconditioning of muscle fibers in such chronically damaged states. It's easy to get frustrated and give up when you're not getting daily improvements, but when looking back where I was, there is slow change. Glacial but it is changing.

I have tried many different tools, different approaches, and I continue to refine the approach to a couple of different techniques that are really making the difference. As I continue to restore a larger range of motion, I am getting to work on improving strength and mobility into those areas. I feel my body getting stronger and

more functional every week, but there is still a long road to travel. Instead of worrying about restoring motion in the muscles to “heal the injury”, I am restoring motion to make the muscle functionally stronger.

Not many people would have had the patience and tenacity I had to go through this process, but I am highly motivated to get healthy. By focusing on improving my athleticism and worrying less about my injury, things are shifting in the right direction. It’s another valuable lesson I have learned.

**It’s a total state of mind shift. I’m sending positive energy to my body encourage strength, not negative energy worrying about it being injured.** And ultimately, this is how I want you to perceive your weaknesses as well.

Once we establish what your standards are and where weaknesses lay, we don’t dwell on them. We get excited about improvement and turning those areas into future strengths. Something wonderful happens when you consistently work on your weaknesses with a positive future focused mentality, you feel amazing knowing that you’re building more athleticism and heading in the right direction. Not wondering, but knowing you are.

This is the mindset to become world class as I continually read when reviewing the training philosophies of many inspirational athletes over the years. I would like to get to “world class” levels in certain aspects of my biomechanics, but I also know that will take many years of dedication too. However, I have developed a roadmap on how to get there, broken down to single day tasks, and now I simply must put in the hard work on a daily/weekly basis. That’s where I retain control over this process. I’m not negative about my present situation or circumstances, I’m positive about what the future holds.

So, it’s still important to understand the **FAST-PROTOCOLS** are not a miracle cure or a guarantee, but a practical framework (basically stepping stones or a roadmap) to help you get started and to handle the logistics of what to do and how to progress. Various aspects of the protocols work on mindset and state of mind, as well. It’s not all physical, mental and emotional play a huge role too. How far you take things are entirely in your hands. The more you put in, the more you will get out.

Maybe you just need to improve your capacity from beginner to intermediate and that’s good enough for your goals, but others may want to leave no stone unturned until they attain elite or world class status. The protocols will help you improve in either scenario.

Eliminating your weaknesses will give you significant competitive advantage against your peers who will continue to ignore these other important areas. You will start to become an athlete in the top 1% of athleticism, because 99% of athletes aren’t multi-dimensional in their training. Matched against the ordinary sedentary human being you will be somewhat super human compared to them.

I also am very mindful of overwhelming you with too much to do especially for those with busy lives. So, the **FAST-PROTOCOLS** training platform helps to manage scheduling of training matched to the time you have available in your schedule and the equipment you have access to. Then you are simply left with the training tasks to focus on each day.

The **FAST-PROTOCOLS** attempt to cover the full gamut of movement patterns in the body across an entire week, but we also include periodisation philosophy into the program, so in the off-season there will obviously be more focus on attributes like strength and stabilisation training, while in the peak season, more focus is on power, skill, adventure and the like.

It will be culmination of something little every day that transforms you as an athlete, rather than some big session once in a blue moon when motivation strikes. You will need to get into the habit of investing a bit of time each day to this other side of training and the **FAST-PROTOCOLS** are designed to build habituation without stress and overwhelm. The minimum daily commitment might be as low as a few minutes and some days more, but the goal is to make the time commitments low but consistency in application high.

Once you can see on a dashboard all the areas you are strong and all the areas holding you back, with objective measurements, standards scores, consistency scores, and then clear action steps on how to improve those areas on a daily basis, then you are finally making progress on athleticism and developing resiliency in your body against future injuries like never before.

And when you can objectively see your weaknesses, it helps you take training more seriously, to finally make

the commitment to work on something that isn't totally motivating or interesting for you.

I mean who loves doing glute clamshells and bridges?

You will learn to, when you can establish a strong and clear link between your long-term dreams and those needed short term sacrifices to get there.

And who knows ... maybe you find a way to make those dreaded clamshell sessions a bit more fun and exciting??? Maybe you can try and break your clamshell benchmark record and compare your standards in many different attributes against your friends.

### **Key "Take Home" Points:**

- **Realistic Goal Setting:** Recognise the importance of setting achievable goals and the need for athletes to have a solid foundation before pursuing more ambitious objectives. This is crucial in endurance sports, where overreaching can lead to injury or burnout.
- **Athlete Responsibility:** Athletes need to take ownership of their training, understanding their strengths and weaknesses, and actively seeking solutions. This empowers athletes and fosters a more productive coach-athlete relationship.
- **Learning from Failure:** Failure helps athletes recalibrate their goals and training approaches, making them more resilient and adaptable.
- **The Role of the Coach:** Acknowledge the limitations of what a coach can do, a coach is a guidance role, not a miracle cure. This perspective is essential for managing athlete expectations.
- **Holistic Approach:** The shift towards a more holistic, multi-dimensional coaching style is a significant evolution. Focusing on overall athleticism, including biomechanics and physical conditioning, broadens the scope of the coaching service and will lead to more comprehensive athlete development.
- **Self-Reliance and DIY Approach:** I encourage athletes to be self-reliant and consider DIY methods for addressing weaknesses, especially considering the cost and varying effectiveness of professional services.
- **The FAST-Protocols:** The specific protocols guide athletes through testing their weaknesses, and guiding progressions, is a methodical approach to training. This systematises the process, making it more accessible, understandable and time-saving for athletes.
- **Balancing Enjoyment and Hard Work:** Acknowledging that athletes need to train their weaknesses, which might not always be enjoyable, is important. Finding ways to make this training more engaging is crucial for long-term adherence.
- **Long-Term Focus and Delayed Gratification:** Emphasizing the importance of a long-term focus and the ability to delay gratification is key in endurance sports, where progress and achievement often take time.

# I Don't Have Time to Develop All the Attributes

Many people may feel that they simply don't have enough time to focus on all the attributes of the **FAST-PROTOCOLS**. Between work, family commitments, and other responsibilities, it's often difficult to allocate sufficient time for such comprehensive training. This is a completely valid concern.

I hear you and in some respects you're right. This is one reason I have put in the work for you to develop the **FAST-PROTOCOLS** to save you time! Your time is valuable and precious, and it shouldn't go to waste. When it comes to health and fitness, sometimes we can only prioritise so many hours per week. It's understandable and a fact of life.

However, it's important to view functional athleticism training as a long-term investment in your health and wellness. Each moment spent on enhancing these attributes contributes not only to your current athletic performance but also to your future health and vitality. Remember that injury and illness is also a massive waste of time and money that you definitely want to avoid.

As you age, your ability to add "life" to your years is valuable time. Imagine the time lost spent stuck in bed or a wheelchair for a decade or more, versus being active until your last days. Spending the time now, is an investment in the future, that will also grant you more time to live actively and without bounds.

In many respects, we often get out from athleticism as much as we put in. There are some shortcuts, but not often in the world of health and fitness. Consistency and patience are the most important principles for success as a multi-dimensional athlete, and this requires a substantial investment of time.

There are some points to consider here:

- **Multidimensional Athleticism is an Investment in Your Future.** Putting more time and effort into the short-term can save you significant time and money in the future. Consider how much you will save if you are able to prevent long-term injuries that set back your fitness progression tremendously, not to mention the financial savings from having to treat injuries. What about staying more functional and healthy as you get into old age – offsetting mobility and strength decline, preventing falls, hip replacements and so on.
- **Securing Your Future Health:** Engaging in comprehensive training now can prevent health complications down the road. By cultivating attributes like strength, stability, flexibility, and endurance, you're less likely to experience debilitating injuries that could hinder your fitness journey. Besides the physical setback, think about the time and financial resources required to treat such injuries. What's more, maintaining a high level of functional athleticism as you age can slow the natural decline of mobility and strength, reducing the risk of falls, and even preventing surgeries like hip replacements. Think of the cost in time and money then.
- **Efficient Planning.** The **FAST-PROTOCOLS** are designed to streamline your fitness journey, taking out the guesswork and time-consuming research from your schedule. These protocols provide you with an effective roadmap, minimizing time wasted on ineffective training due to lack of knowledge or uncertainty about the next steps.
- **Cross-training Benefits:** Focusing on multiple attributes at once doesn't necessarily mean that you have to double or triple your training time. Many exercises can train multiple attributes at the same time. For example, plyometric exercises develop power, agility, balance, and coordination simultaneously. Thus, efficient cross-training can help you cover more ground in less time.
- **Continual Progress and Avoiding Plateaus:** A well-rounded training routine can prevent your progress from stagnating. By regularly challenging your body in new ways, you're less likely to hit those frustrating plateaus. This can make your overall fitness journey more enjoyable and motivating.
- **Quality of Life:** Beyond specific athletic achievements, developing these attributes contributes to overall quality of life. Enhanced strength, flexibility, stability, endurance, and mental resilience can make everyday tasks easier and more enjoyable. This can give you more energy and vitality for work, hobbies, and spending time with loved ones.



- **Periodisation:** Periodisation is a training approach the **FAST-PROTOCOLS** utilises that systematically divides the year into specific phases or cycles, each with its own focus and objectives. This method allows athletes to manage their training time, intensity, volume, and rest to maximise performance and minimise injuries. For instance, in a macrocycle - a complete training year - you might devote specific periods to developing different attributes of functional athleticism. Early in the year, you could concentrate on foundational aspects such as stability, mobility, strength and endurance. As the year progresses, you could shift focus to more specialised skills like speed, power, technique and peaking performance. This method also accounts for necessary rest periods to facilitate recovery. By strategically utilising periodisation, you can ensure that each attribute is given dedicated attention throughout the year, fostering well-rounded athleticism and continual growth.

While it may seem like a significant time investment upfront, developing all the attributes of functional athleticism pays off in numerous ways. It contributes to a healthier, more vibrant future, and allows you to enjoy life's activities to the fullest extent possible.

It will allow you to do more with your life, you will have the energy to do things longer as you age. The benefits will accrue like compounding fitness, so the lost time in the short-term, will multiply to gift you more health, vitality and time in the future.

There is great wisdom in the adage, "a little bit goes a long way." This is especially true in the realm of athleticism and fitness.

Athletic development is not a sprint; it's a marathon that requires patience, persistence, and consistency. The process of enhancing your physical capabilities is gradual and cumulative, and each small step you take contributes to your overarching fitness goal. It's about making incremental improvements consistently over time and on a daily basis, rather than trying to achieve significant leaps in a short span or a single training session. Remember that large benefits accrue incrementally, not in a series of big leaps forward. Therefore, you don't need a lot of time, you just need to be consistent.

The concept of consistency in small steps can be thought of as investing small amounts into a savings account regularly. Over time, with interest compounding, your savings will grow significantly. Similarly, consistently investing a little time and effort into your training, day after day, will eventually lead to substantial improvements in your overall athleticism. The time investment can just be a few minutes a day in some of the protocols.

Regularly incorporating even small amounts of training for different attributes can make a significant impact over time. For instance, if you dedicate even just a minute or two each day to mobility exercises or stability training, you'll likely see gradual improvements in these areas that might not be immediately noticeable, but in turn, can substantially enhance your overall athletic performance a year or two down the road.

The beauty of this approach is that it is sustainable and manageable. Rather than overwhelming yourself with extensive training sessions that may be hard to maintain, we will be focusing on smaller, consistent steps that keep you motivated and reduce the risk of burnout. It also allows for greater flexibility in your training regime, accommodating other life commitments without sacrificing your athletic development.

Moreover, consistent small steps can help instil good habits and routines that become second nature over time. This helps make maintaining and improving your athleticism an integrated part of your lifestyle, rather than a chore or task.

Therefore, while the path to becoming a well-rounded athlete may seem daunting, remember that you don't need to tackle everything at once. Consistency in taking small steps is key. Each tiny action you take towards improving your athletic attributes will compound over time, leading to significant progress. So, take it one step at a time, be patient with yourself, and most importantly, stay consistent. The journey may be long, but the results are well worth the effort.

When you train smart, when you schedule effectively, and when you optimise your training, you can get a lot of ground covered in a short time. With the **FAST-PROTOCOLS**, we start chipping away and developing the foundations of all the attributes, little by little, in small pieces across the week. Over a longer period, those small steps develop into truly monumental steps forward.