

Current trends for Elite performance

By Dean Price

How we learn skills

- Observation
- Trial and error – the path of least resistance
- Repitition
- Raise the bar during repitition (creating new neurological pathways)

Performance pathway

- Fundamentals
- Learning to train
- Training to train
- Training to compete
- Training to win

Evolution of High Performance

- 1910 – 1960 Basic exercise values
- 1960 – 1970 Fundamentals of sports science
- 1970 – 2000 Performance enhancing drugs
- 2000 – 2017 Sports science looking at holistic factors

Modern trends in Elite sport

- Event specific training patterns for international success through the understanding of sports science
- Recovery mechanisms
- Nutrition
- Train and race