

# Special Report: How to Peak for Competition

## PART 2:

# Are You in Shape?

*"Fatigue Makes Cowards Of Us All"*  
- Vince Lombardi

~~GOOD THINGS  
COME TO THOSE  
WHO WAIT.~~

**GOOD THINGS  
COME TO THOSE  
WHO WORK THEIR  
ASSES OFF  
AND NEVER GIVE  
UP**

## 3 Simple Ways to Test If You Are You In Shape?



Weight  
Bodyfat



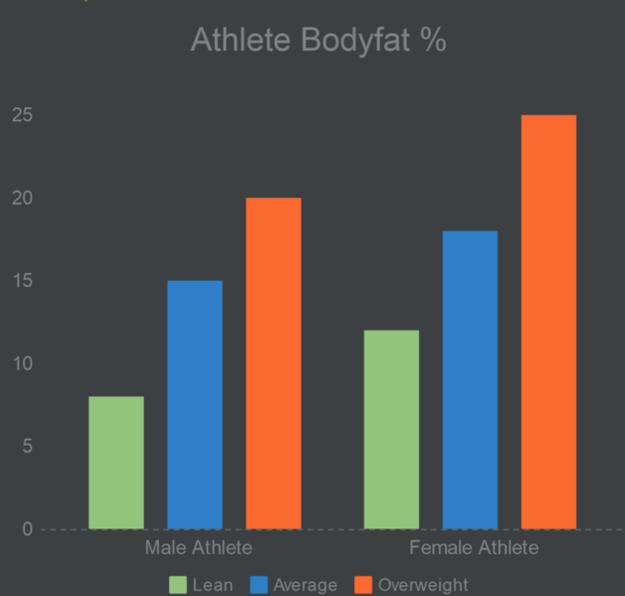
Resting  
Heart Rate



Performance  
Tests

Monitoring these factors consistently will help you get on track, stay on track and improve over time.

## 1. Monitor Weight - Bodyfat %



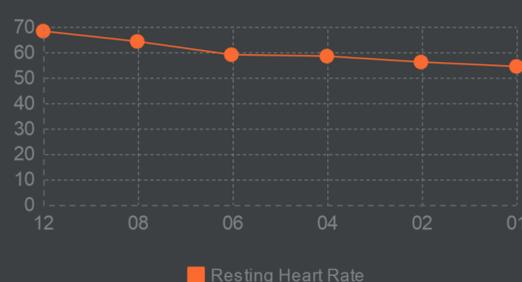
Cutting weight is one of the most grueling aspects of combat sports, but most people are doing it all wrong. Keeping your weight/bodyfat under control is essential #discipline

How much weight do you gain after a competition?

## 2. Check Resting Heart Rate

As you get in better shape, your resting heart rate should decrease. This is due to the heart getting more efficient at pumping blood around the body, so at rest more blood can be pumped around with each beat, therefore less beats per minute are needed.

Monitoring Resting Heart Rate



**40-60 bpm**

\*ideal for athletes

Check your heart rate, first thing in the morning, before you get out of bed

## Performance Tests



2-5 Min  
Max  
Effort



1.5 mi  
Run



1 min  
Recovery

Monitoring these factors consistently will help you get on track, stay on track and improve over time.

### 1. 2-5 Min Max Effort

There are a bunch of challenges. 1000ft Versaclimber, 2-5min max calories w/ Airdyne bikes, 1000m on Rowing Machine or similar, can be used as a benchmark.

### 2. 1.5 Mile Run

Running 1.5 miles, for time, is about the most simple way to test endurance and see if an athlete is in shape.

### 3. 1 Minute Recovery

Max your heart rate out by sparring, drilling hard or similar and then monitor your heart rate after 1 min of rest. This can be done weekly to monitor progress.

## What Else Can I Do?

If you score poorly and know that you're out of shape, then your workouts should focus on muscular and cardiovascular endurance for 3-6 weeks.

## 'Expand the Tank'

- \*Lots of Drilling to Improve Skill
- \*Run, Bike, Swim or Similar to Build Your Conditioning Base.
- \*Resistance Training to Improve Muscular Endurance
- \*Eat Better Quality Foods
- \*Drink More Water
- \*Sleep 7-9hrs/night

for more information, visit [fightcampconditioning.com](http://fightcampconditioning.com)