

# Strength around sport and events

Place gym work around practice, competition and recovery.

## 01 / Understand the starting point

Mark the sport schedule first: competitions, demanding practices, travel and long endurance sessions. Strength work should support capacity while leaving enough energy for sport-specific skill.

## 02 / Make the useful distinction

Choose a modest number of complementary strength sessions. Put the most demanding leg work where it is least likely to undermine the next important practice or event.

## 03 / Put it into practice

During congested weeks, reduce extra gym volume before abandoning all strength work. Keep technique and suitable effort, and coordinate the plan with your coach when applicable.

## 04 / Review and adapt

Track sport duration and perceived demand alongside gym sessions. A gym exercise that resembles a sport motion does not replace technical practice, and fatigue is not a performance outcome.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

# Put the guide to work.

A worked example, then your own next step.

## A practical example

Tue and Sat practice, Sun game: consider Mon and Thu strength with adjusted lower-body volume. If Sunday is especially demanding, Monday may become recovery and the week should be revised.

## Your decisions

What task or goal do I want to improve?

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What is my starting point and what remains uncertain?

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Which detail changes my next useful action?

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What would make the action easier to repeat?

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When will I review it, and what would require earlier help?

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## Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

# Your working record.

Printable worksheet; use the companion CSV for an editable version.

| Day / event | Sport demand | Strength session | Recovery choice | Adjustment reason |
|-------------|--------------|------------------|-----------------|-------------------|
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## Evidence and original clinical reading

<https://acsm.org/resistance-training-guidelines-update-2026/>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.