

GABRIELE

FITNESS & PERFORMANCE



How long should an athlete Train?

If your goal is general fitness, strength training or losing body fat, then 45-60 minute training sessions should be fine. However, when athletes are in their off-season they are preparing for so much more. There are many qualities that need to be developed: speed, agility, explosive power, injury prevention, strength, conditioning, flexibility and nutrition. Many of these qualities take time to learn.

We use Kettlebell swings all the time to improve explosive power in the hips.

[Click here to see a few of our female athletes swinging some heavy kettlebells](#)

Athletes cannot just pick up a bell and start doing swings. It takes time working through progressions to get to the real exercise, some athletes take 10 minutes, some take 3 weeks. A 90 minute session allows us to spend more time perfecting technique and helps get better results.

Many believed at one time you could not teach speed. This could not be further from the truth, as I have seen it happen first hand. One very important component of speed is technique. Sometimes changing how you move your arms, adjusting the angle of your torso or just landing on the proper part of the foot will result in improved speed. One problem is the time it takes to unravel all the bad habits athletes have been running with for years. This does not happen overnight and takes repetition and practice, but it can be done! A 90 minute session allows us to spend time practicing these small details, while still having time to improve all of the other qualities listed above.

The end goal for all of this is Results!

Train hard with a purpose,
Vince

Gabriele Fitness and Performance

20 Locust Avenue

Berkeley Heights NJ 07922

908-464-4441

info@gabrielefitness.com

www.gabrielefitness.com