

# Welcome to the Curl BC High Performance Training Guide, 2021



## Disclaimer:

*Stephanie Thompson and Empowered Performance wrote the content in the **Curl BC High Performance Training Guide, Programs & Webinars 2021**. The information is designed to help individuals within the specified market progress towards their health and fitness goals. It is not specifically tailored to suit any injuries, health problems or any other problems that could be aggravated with low, moderate or high intensity physical activity. If you are an individual with such problems please seek the help of a General Practitioner, Personal Trainer or Regulated Health Care professional prior to the start of the program.*

*The materials contained in the **Curl BC High Performance Training Guide, Programs & Webinars 2021** are for general health improvement recommendations only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. This resource is not individually tailored. It is a guideline which has emerged via a combination of personal experience, government guidelines, and where possible scientific literature.*

## Who to contact for more info:

[www.empoweredperformance.ca](http://www.empoweredperformance.ca)  
[Steph@empoweredperformance.ca](mailto:Steph@empoweredperformance.ca)

## What to do if you want an individualized approach or virtual coaching?

Please contact me about upgrading your off-season training with any of the below:

- Coaching calls
- Mini programs (specific to your goals)
- Individualized programming (EPVIP)

I can also help you find someone close to you for in-person training & rehab if required.

**IMPORTANT:** Read through the entire guide, examine the worksheets and template, and set a plan before asking any questions. Watch the videos prior to your workout, and get any injuries or health concerns at any point in the training checked out by a regulated professional.

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**How to complete *The Curl BC High Performance Training Program***

**Step 1:** Assess & Set goals. ([see here](#))

- Complete your Fitness Assessment
- Complete a Performance Gap Analysis with your coach
- Complete the Goal Setting for Performance Worksheet
  - A comparison of where you are now, and where you want to go are imperative for creating a plan of action to reach your goals.

**Step 2:** Create your calendar.

- Determine time available to train; How much time do you have available each week?
- Reverse engineer your off-season from your in-season to today
- Based on your fitness assessment, training history, curling age and physical age choose an appropriate program for you
- Consider Table 1.

**Table 1. Structuring the Off-Season**

<b>3 Phases</b>	<b>Time frame</b>	<b>Resistance Training</b>	<b>Cardio</b>	<b>Brushing skill work</b>
<b>General Preparation Phase</b>	4-8 weeks	2-5x/ week, 3 sets of 12 reps, 1 min rest bn	2-3x/ week, Endurance 20-60 min continuous movement	2-3x/ week Position work (open, closed, both hands down)
<b>Strength Building Phase</b>	4-8 weeks	2-5x/ week, 3 sets of 5-10 reps, up to 2 min rest min bn	1-2x/ week, 1 Long interval, 1 endurance	2-3x/week Technique & footwork. (open, closed, both hands down)
<b>Power Generation Phase</b>	4-8 weeks	2-5x/ week, Include Plyometrics and explosive resistance training moves, 2-5 min rest bn	2-3x/ week, 1 long endurance, 1 recovery easy, 1 Sweeping specific intervals	2-3x/week Speed, power, rebounding. Focus shifts to position used in game play

See “phases” in “key concepts” below.

**Step 3:** Use the provided template that aligns with your curling, actual and training age.

- Copy and Paste the program and template into your own form on Drive or Google
- Using a Calendar, mark out training phases, deloads, & other key dates

- Set a **hot date** with yourself -at least a week out, plan when you will do each workout
- Fill in the workout templates as you go so that you can keep track of your progress

**Step 4:** Find an accountability buddy *-this is gold.*

- Choose someone who is not your best friend or a family member for this job. Choose someone who is also a hardworking individual such as yourself, & may have goals of their own.
- Create a routine to check-in on your accountability buddy in the morning, & at night.
- In the morning send them a text after you have completed your AM routine and wish them a great day.
- In the evening send them a text as part of your PM routine setting your Top 3 Priorities for the next day (ex. Workout, school work, walk with family). Let them know if you completed your previous day Top 3.
- Using an accountability buddy teaches you a lot about yourself;
  - Can you stick to a routine?
  - Can you effectively time manage to complete your Top 3 each day?
- Check in on each other. If your accountability buddy misses a text, send a friendly, "Hey! Top 3??). These texts don't need to be long.

It's fantastic what you can accomplish when someone is there to remind you that you made commitments to yourself, and to call you out on your excuses.

**Step 5:** Ask for help if you need it, & do the work.

*"If you only put in 10% of the effort, don't expect 100% of the results".*

## Program Execution Tips

- Always complete a warm up and a cool down before and after each workout.

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- Watch the videos provided ahead of time to learn the proper technique. Ask questions if you need to. A simple google or youtube search might help you find your answers quicker. Add notes in the “notes” section
- If you feel overwhelmed with all the videos, start small. Take your time in Phase 1 (complete extra weeks if needed to set a solid foundation). Choose 2-4 exercises each week to master, add an exercise each workout until you can complete each workout.
- Use your tracking sheet to keep track of the number of sets and reps you complete, record your time, and weight you used, and make any notes about the exercises for future reference. This allows you to make small progress over time.
- **You do not need to lift more every single workout**, progress is seen in more than just ‘more weight’; energy level, technique, feel, comfort, etc. are all ways to measure progress throughout the off-season.
- Always error on lighter or slower, until you are comfortable with an exercise. Then progress as you feel appropriate.
- **If you feel any pain or discomfort, stop the exercise.** Do not push through. Get any suspected injuries checked out by a regulated professional. Carry on with training only when body is healthy and injury free.
- You can send me an email if you have any questions  
steph@empoweredperformance.ca

## Which program should my athlete choose?

### [Beginner guidelines & Resources for youth athletes](#)

Read each “best for” & make an educated decision based on training history, available time & equipment, goals and # of years left within high performance program (as the 3-tiers are progressive & build off of each other)

**Intermediate**

**Best for:**

- Those who are new to following a focused training program
- Those who only have 2-3 days per week available to train
- Those coming from a long time off of training due possibly to injury

**Prescription:**

Strength circuits	2x/week	Push & Pull
Endurance training	1x/week	30-60 min
Interval training	1x/week	Progress to dryland sweeping

**Advanced**

**Best for:**

- Those who have a basic understanding of training;
  - you understand & can perform the major movements (squat, lunge, pushup, jump, rows)
- Those who have 3-4 days per week available to train

**Prescription:**

Strength circuits	3-4x/week	Upper body, Lower body, Hip & Core ladder endurance
Endurance training	1-2x/week	30-60 min endurance & recovery sessions
Interval training	1x/week	Progress to dryland sweeping

**High Performance**

**Best for:**

- Those who have a basic understanding of training;
  - = you understand & can perform the major movements (squat, lunge, pushup, pullup, jumps, & various power training modalities)
- Those who have 3-5 days per week available to train

**Prescription:**

Strength circuits	3-4x/week	Upper body, Lower body, Hip & Core
Endurance training	1-2x/week	30-60 min endurance & recovery sessions
Interval training	1-2x/week	Intervals + dryland sweeping

**What equipment do you need?**

*The Curl BC High Performance Training Program and accompanying Guide has been put together so that whether you have access to a fully-equipped gym, have a home gym in the basement, or only have your body weight you can adapt the program to what you have available.*

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Exercises are chosen based on key movements, so if the program suggests a pushup, you can substitute with any horizontal push exercise such as a chest press machine or a bench press with a barbell. Yes, they each will have slightly different adaptations for the body, but it allows the athlete to choose the movement that aligns with their level of fitness, understanding of the gym space, and equipment availability.

### What's the difference between machines, dumbbells & barbells, and bodyweight?

The less you rely on a machine for stability, the more your body must use it's own stabilizing muscles during movement. Those that have access to a gym with machines, and are unfamiliar with training may find that when they start out that machines provide a safer alternative to bodyweight and free weight exercises. That being said, veteran lifters may enjoy machine based training to isolate certain muscles and movements. At the end of the day, choose the resistance training method that aligns with your exercise history, comfort level, equipment availability and goals.

### At home equipment suggestions:

Loop bands



Handled bands



Mini bands



Skipping rope



2-4 dumbbells or kettlebells of various sizes



Suspension trainer



Exercise ball



## Key Concepts

### What are "Sets" & "Reps"?

A 'rep' is short form for 'repetition', and 'sets' are comprised of a number of reps.

- Noted as '1-3 sets, 10-20 reps/' (the '/' use would mean complete on both sides)

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- This is a guide; feel free to complete the exercises in whatever order you prefer, and at whatever set/reps, rest, variation or weights you prefer.

A superset, is when you complete 2 or more exercises in a row within a set before taking a rest. This helps increase endurance, and saves time during your workout

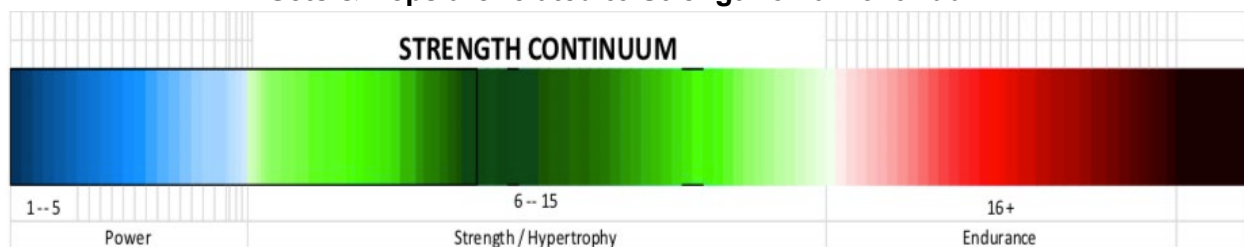
### What is a SUPERSET?

Note: Exercises are listed in single (ex. 1., 2., 3.) and supersets (1a., 1b., 2a., 2b.)

Complete 3 sets of exercise #1 with appropriate rest, then move on to exercise #2, etc.

With supersets complete 1 set of 1a., and 1b., in a row, take an appropriate break then repeat for 2 more sets before moving on to exercise #2., or #2a., etc.

### Sets & Reps are related to Strength on a Continuum



*Rest* between sets is determined primarily by how heavy the weight is:

- 5 reps (typically heavier weight) needs 2-3 min rest -->neurological fatigue
- 12 reps (typically lighter weight) needs 30-60 sec rest -->metabolic fatigue, replenished via the aerobic system)

What do I do if I see “**tempo**” in the program?

When we complete an exercise there is a natural tempo.

1 sec when the muscle lengthens, the “eccentric” contraction (ex. Lowering in a bicep curl)

1 sec when the muscle is held, the “isometric” contraction (ex. Holding the bicep curl at top)

1 sec when the muscle shortens, the “concentric” contraction (ex. Raising in the bicep curl)

The regular tempo is noted as 1/1/1 = Eccentric/Isometric/Concentric

When there is no tempo indicated, complete each exercise with 1/1/1, or with control

When a tempo is indicated...example:

Push: Squat 4/3/1, Lower into the squat for count of 4, hold at bottom for count 3, come up count 1

Pull: Chinup 4/1/1, Pull up for count 1, hold count 1, lower for count 4

### What do I mean by “phases” (sometimes called “blocks”)

A phase is used to mark progression across training programs. As you complete a training block you completed a phase of training. A block or phase lasts about 4-8 weeks

Example phases for the ladder workout:

Phase 1 is a squat and a row, with your choice of cardio in between.

Phase 2 is a deadlift, and a pushup with your choice of cardio in between.

Phase 3 is a band thruster, and a chinup with your choice of cardio in between.



It is suggested to complete 4-8 weeks of phase 1 (repeat block 1 twice), phase 2 (repeat block 2 twice) and phase 3 (repeat block 3 twice)

*Understanding how to phase your off-season is critical for getting the most out of your training. Please contact Coach Steph if you have any questions.*

**How do you measure effort & intensity?**

**At Empowered Performance we use an RPE, which stands for Rate of Perceived Exertion**

Use the following scale to determine intensity of your workout. This is a subjective measure. A 15 for me, might be different for you. Over time you will get better at determining your perceived exertion. This allows for intensity to stay high regardless of exercise, to allow to get more out of high energy days, and still push without overtraining on low energy days. If you are looking to include heart rate monitoring into your training. Using the 20-scale RPE allows you to add a 0 to each number to find an estimated related heart rate for that level of intensity

RPE		*add 0 = approximate heart rate			
		<b>Rate of Perceived Exertion</b>			
			Sitting		
		6			
		7	Very very light		
		8			
		9	Very light		
		10			Warm up leads you to a 10-12
		11	Fairly light		
Brisk	Moderate	12		Can't sing/talk	Most of the circuits lead you to a 12-15
Walk	Intensity	13	Somewhat hard		
	Hard/	14			
Jog	Vigorous	15	Hard	Hard to speak	Occasionally you will feel a 14-17, but not every workout or exercise
	Intensity	16			
		17	Very hard		
		18			
Run fast		19	Very very hard		
		20			
			All out sprint		

**What is a ladder? Is it a workout?**

Yes the ladder endurance workout is a workout. It is my favourite way to workout when at a hotel or on vacation; it doesn't take a lot of time, doesn't require a lot of space or equipment and can be completed to improve strength, endurance and target the full body.

[Example](#)

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Set up your 2 exercises 10-20m apart, with the plan to complete the cardio exercise between strength 1 and strength 2. → Set a timer, you can track how long it takes you to complete the sequence, and monitor for improvement over the summer

Start with exercise #1, complete 2 repetitions. → Complete cardio. → Complete 2 repetitions of exercise #2. → Complete cardio. → 4 reps exercise #1. → Complete cardio. → 4 reps exercise #2. → Repeat this sequence, increasing the repetitions by 2 each time, until you reach 10 repetitions

Option 1 is to stop the workout, or take a 2 minute rest break. If you do not take a rest, continue the sequence going down by 2 reps until you reach 2 reps, then you are done the workout

If you take a rest, complete 10 reps of each exercise and then continue the sequence going down by 2 reps until you reach 2 reps, then you are done the workout

### **What is a Deload?**

It is important to take a scheduled break from hard training every 4-6 weeks, for about 5-7 days.

This helps to:

- decrease chance of overtraining & possible injury,
- allow for adaptation from progressive overload,
- and set you up to feel fresh & recovered (both mentally & physically) from focused training.

Schedule these breaks between training phases, and around important dates such as vacations, weekends away, and stressful weeks at work or school.

It is still suggested to continue training. Instead of halting focused training for a week, plan to take a week where you decrease either volume (# workouts, sets, reps, exercises), or weight. Keep expectations, focus and intensity high. Add in more mobility and recovery based activities to your regime to stimulate recovery.

See [Recovery Trifecta](#) for more information on maximizing your training

### **Cardio workout:**

Choose a cardio exercise

Running, speed walking, hills, stairs, skipping, swimming, biking, rowing, etc.

Follow the recommended RPE to measure intensity & effort

*Option for phase 3:* Use [Dryland Sweeping](#) to cater specifically to curling

Phase 1: Build endurance

Phase 2: Incorporate longer intervals

Phase 3: Sweeping specific interval

**Dryland sweeping** [-Link](#)

**Footwork trainer** [-Link](#)

**How do I choose the right weight, level of resistance or level of difficulty?** Always error on the side light, and easy. You can always add resistance and progress an exercise. Mastering the simple and basic movements is critical so starting off with a program you are not missing out by not automatically choosing the hardest version of exercise. A veteran athlete in the gym can find the same amount of effort and focus in both the easy variation and the hard variation. As you move through the program each week note if you reach the recommended set/reps/speed etc. Starting with less sets/reps/weight or variation gives you an opportunity to take your time with the program. Slowly progressing the exercises as you adapt to the training.

### **What is progressive overload & why is it important?**

Overload:

- Doing more than what one has been doing
- Body's physiological capacity must be challenged beyond a certain threshold to stimulate an adaptation to that it can better handle that demand the next time the challenge occur. The trick is to find the training zones for aerobic and musculoskeletal fitness that is sufficiently challenging to evoke physical adaptation.

Progression:

- As physiological capacities improve, we need to be able to do more work and the initial program may not be sufficient to stimulate continued physiological adaptation. Gradually adjusting FITT (frequency, intensity, time & type)

Adaptation

- The law of diminishing returns. In our training we are focusing on applying stress to the key systems in the body. Use progressive overload to slowly adapt athlete to demands of training and the sport. The key is to maintain an overall volume sufficient to avoid a de-training effect, while keeping it interesting for the client

## **FAQ**

### **Program How To Read** See video

- Open your Drive folder
- Open your Program in Excel.
  - You will be prompted to open in the app on your device.

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- Tabs set along the bottom have headings such as 'Warm-Up', 'Day 1', etc.
- Click the Warm-Up Tab
  - Complete the required warm-ups prior to each training or cardio session
  - Complete the recommended or necessary stretches and recovery routines following each session.
  - If a video is available for the exercise, it will be highlighted in blue. Click to open in Youtube.

### Example: Day 1

- Along the left you will find the exercises listed
  - The suggested order is listed in order by number
  - A superset is denoted by 1a. Squat, 1b Pushup., 1c. Jog. To complete this superset, complete the recommended reps for squats, then pushups, then jog. And then repeat
  - If there is not recommended rest break, the supersets are meant to be completed non-stop. Take breaks as needed.
  - Once you have completed the recommended number of sets and reps for Superset 1, move on to 2, and 3, etc.
- Along the top you will find 'Sets/Reps', 'Notes', and "Round x". Below the round is space for you to record the date completed. It is below the date and to the right of the exercise that you will fill in the spreadsheet

### **Program How to Fill In** See video

- Along the top you will find 'Sets/Reps', 'Notes', and "Round x". Below the round is space for you to record the date completed. It is below the date and to the right of the exercise that you will fill in the spreadsheet.
- In the box available, leave an 'x' if you did the exact exercise and recommended sets and reps.
- Fill in sets & reps completed if different than the recommended
- Fill in the variation used if different than the recommended
- Fill in the weight or resistance used for each set. Record weight once if it was the same for all sets.
- The 'Notes' Column is for both of us. It is here that I will add in some extra tips, videos or reminders.
- If you have a question, either whatsapp me...or right click the box and leave a comment.

### **How to Structure Your Week**

- Plan ahead
- Input into your calendar on what day and what time you will complete each workout. Treat your workout like a HOT DATE. If you have to move it, make sure you can reschedule that hot date, or else your date (you) will be mad!

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- Text your plan to Stephanie at the beginning of the week. My pro tip is to leave yourself a buffer day (Sunday) in case the week gets away with you. When you schedule your workouts like they are hot dates they are harder to neglect!
- The workouts are a Guide based on what we've discussed. Contact Stephanie if you have questions about modifying, progressing or choosing a different variation of an exercise.
- The workouts are structured in a way that I feel flow well. Contact Stephanie if the flow of the workouts will not work with your available space, equipment or abilities.

### **How to Video your exercises (See post)**

Keep it simple. Prop your phone up and press record

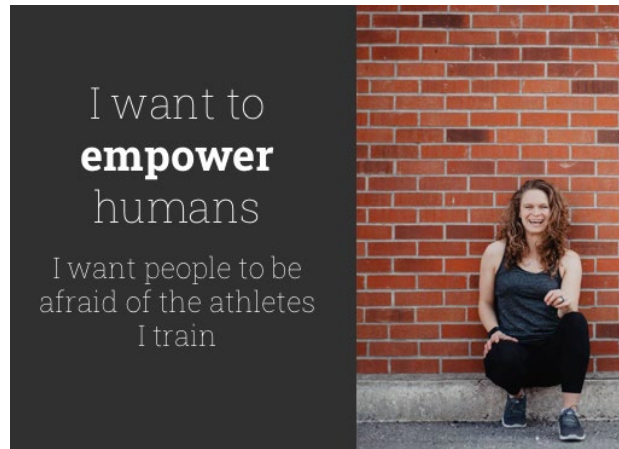
Take videos from multiple angles; front, side, back. Get a friend to help you. Pay attention to lighting and contrast so I can see your body move

Send in Whatsap or upload into Drive

All videos shared are confidential. I may request use of a video for social media purposes, but I will request permission first and you have the right to refuse no problem.

**About Stephanie & Empowered Performance**

[www.empoweredperformance.ca](http://www.empoweredperformance.ca)



I've been an athlete all my life.

Competing at the regional, provincial and national levels in several sports has taught me a lot about how the body operates, and about how it recovers best.

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My health and fitness used to revolve around yoga and competitive distance running, until a broken foot put those on hold. During my recovery, I found my way into the weight room, and it is there that I found strength as a human, a coach and an athlete.

Years later, I still love to run and practice yoga, but it is the strength and conditioning programming that has changed my life. The gym and weight training have helped me to manage many injuries, and keep me competitive in curling.

My love of movement and a desire to help others ultimately brought me to earn degrees in both kinesiology and education. I now work as a Registered Kinesiologist in Markham Ontario, training competitive athletes – and those with an inner athlete – both in the gym and online.

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As a coach, I strive to empower my clients through continuing education and experience. Beyond the personalized fitness programming and athletic coaching I provide, my clients also learn how to become more in-tune with their own bodies, improving their overall health and wellness.

My goal as a Kinesiologist is to provide the tools necessary for others to empower themselves towards leading a healthy and active lifestyle, and to bridge the gap that is present between rehab and performance.

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I recognized a gap in our coaching early on.

As a junior athlete struggling to increase my hit weight and decrease knee pain, I sought out information from my physiotherapist, the internet and various high level coaches. Aside from a technique adjustment here and there, and a recommendation to stretch my hamstrings and do more yoga I was left thinking knee pain was normal, and being a small girl meant I would never have big hit weight.

Flash forward to 2020 and I've completed 2 degrees centering around health, strength & conditioning, movement efficiencies and coaching, and I am now creating the programs and providing the resources I wish I had growing up. I no longer wear a knee sleeve, and I am a proud second with an easy & balanced peel weight.

**Now, I help competitive athletes compete and train  
pain free without living in the gym.**

I believe in an interdisciplinary approach when working with teams; that means that the fitness coach, the team coach, the medical professional and the athletes should all work together to create a plan that is appropriate for the athletes body, goals and abilities.