



TRAINING TIPS / BEST TIMELINE PRACTICES



HOW TO

ACCELERATE GROWTH/ IMPROVEMENTS:

- › Follow a consistent training plan
- › Manage your expectations and training load
- › Rest & recover properly
- › Get enough sleep
- › Hydrate adequately
- › Consume enough calories

DECELERATE / DELAY / NEGATIVELY IMPACT GROWTH & IMPROVEMENTS:

- › Overtraining
- › Inconsistent training / too much variety or randomness in your workouts
- › Lack of rest / recovery
- › Lack of sleep
- › Inadequate water intake
- › Inadequate calories or consumption of the wrong type of calories

Want a more personalized training prescription for your unique goals?
Email info@tonehouse.com to request a training consultation.