Individualization is creating “equal playing field”, or making sure everyone is training at similar individual potential...
Individualization

Equality (theory)

Equality (reality)
... Similar individual potential....
Performance

- 100kg x 5 reps
- 75% x 5 reps
Current State

75% x 5 reps

70-75% x 4-6 reps
Training Load

- 20 reps x 3 per week
- Discover / Randomize
Adaptation

- Fixed program
- Did we get what one needs?
Precision and Significance in the Real World

A 1500 kg mass is approaching your head at 45.3 m/sec.

Precision

Significance

LOOK OUT!!
Adapting training to the individual

Adapting individual to the training

Readiness
Preferences

Group/Team
Competition demands
“Suck it up”
Individualization is creating “equal playing field”, or making sure everyone is training at similar individual potential...

Individualization is making sure one is doing what it takes to reach his full potential while avoiding the downsides....
Build
Turn ideas into products
Build MVP

Learn
Change or preserve strategy

Measure
See how market responds
Planning and delivery are interdependent throughout the project lifecycle.

Do enough planning to ensure you have a business case to justify the project, and enough information to get started.
ART

SCIENCE