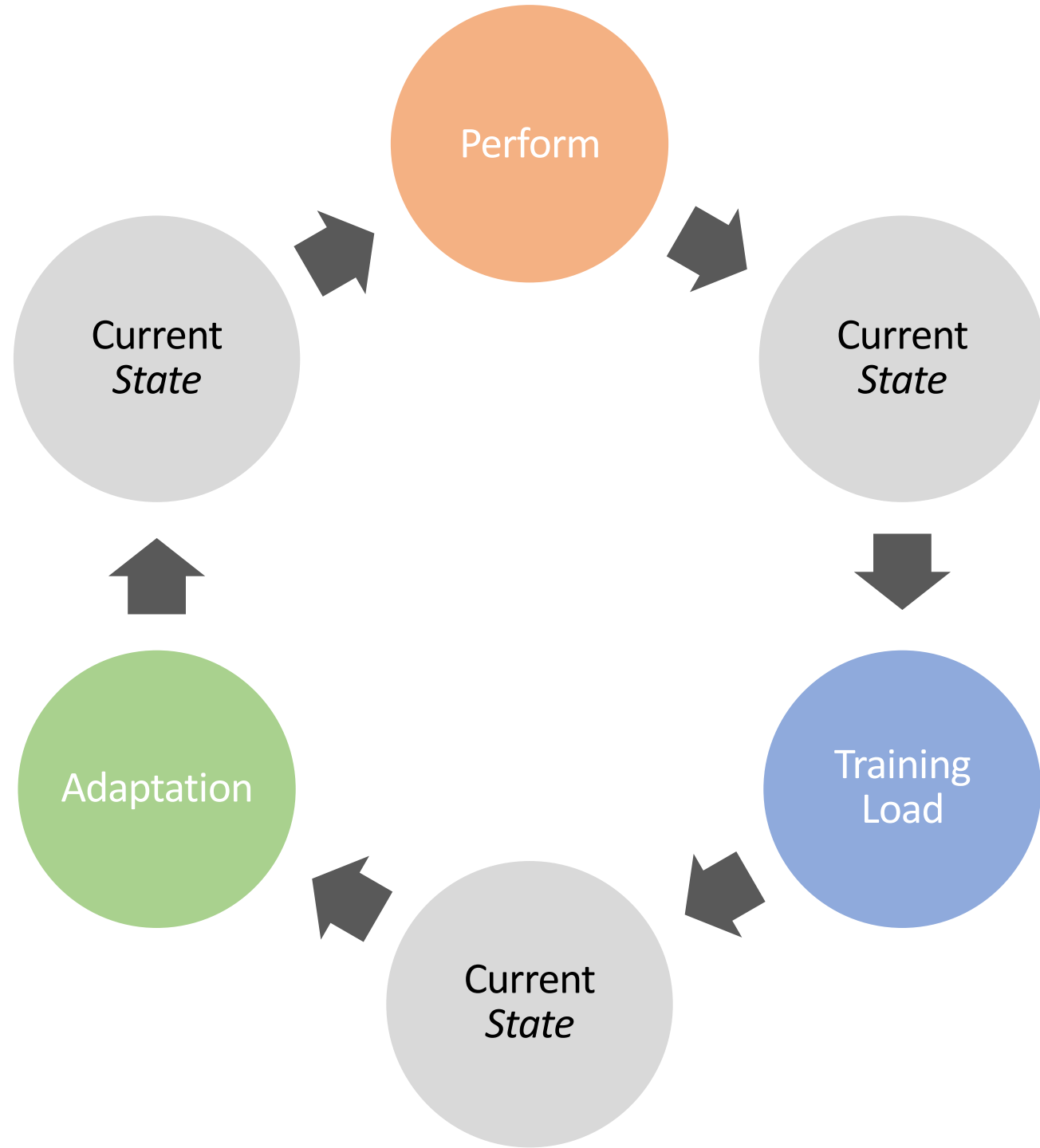




On Individualization

Mladen Jovanović



Adaptation

```
graph TD; A[Adaptation] --> B[Training Load]; B --> C[Performance]; C --> D[Current State];
```

The diagram consists of four rounded rectangular boxes stacked vertically, each containing a text label. The boxes are colored green, blue, orange, and grey from top to bottom. Downward-pointing arrows connect each box to the one below it, indicating a sequential or causal relationship. The text 'Current State' is italicized.

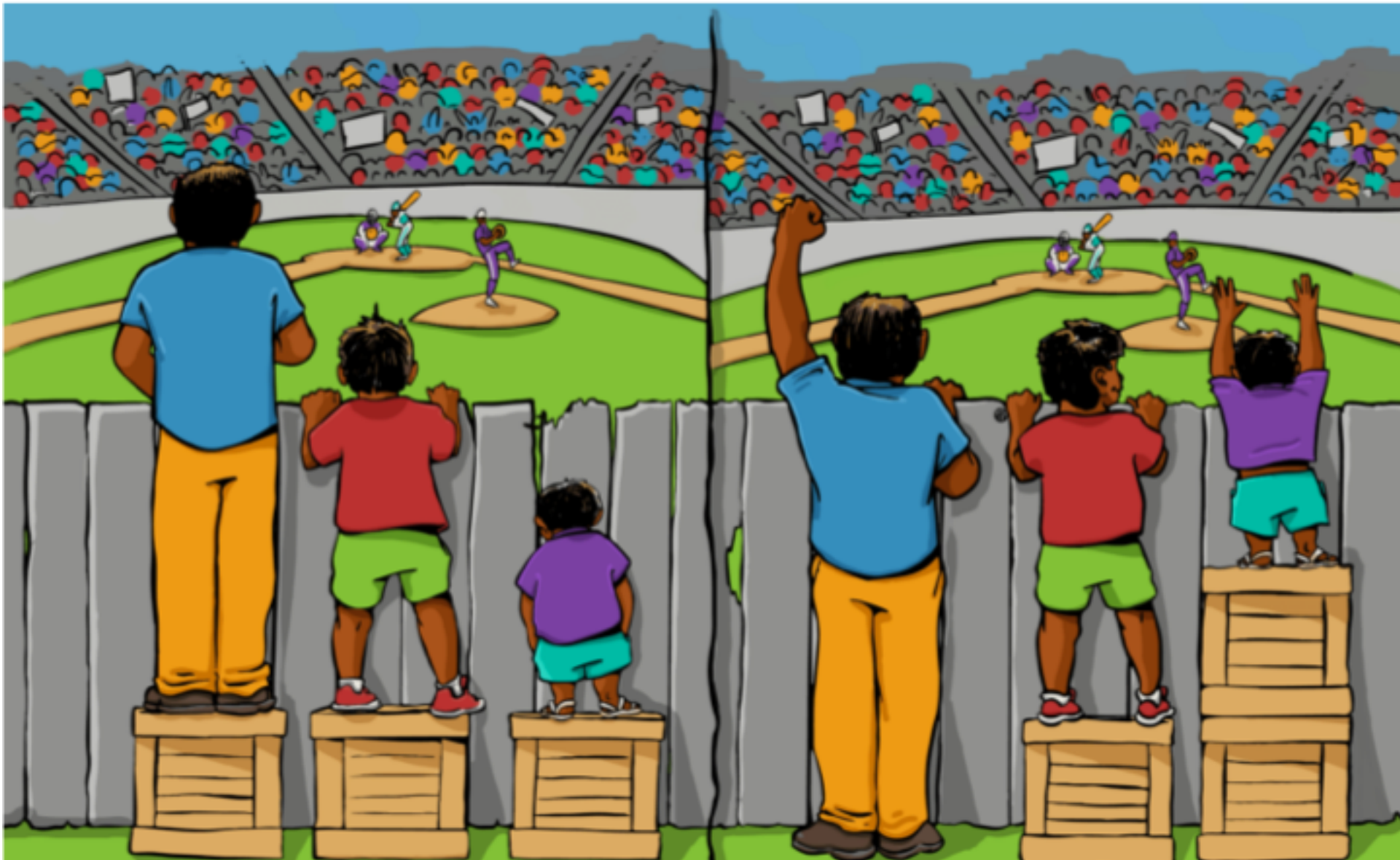
Training Load

Performance

Current *State*

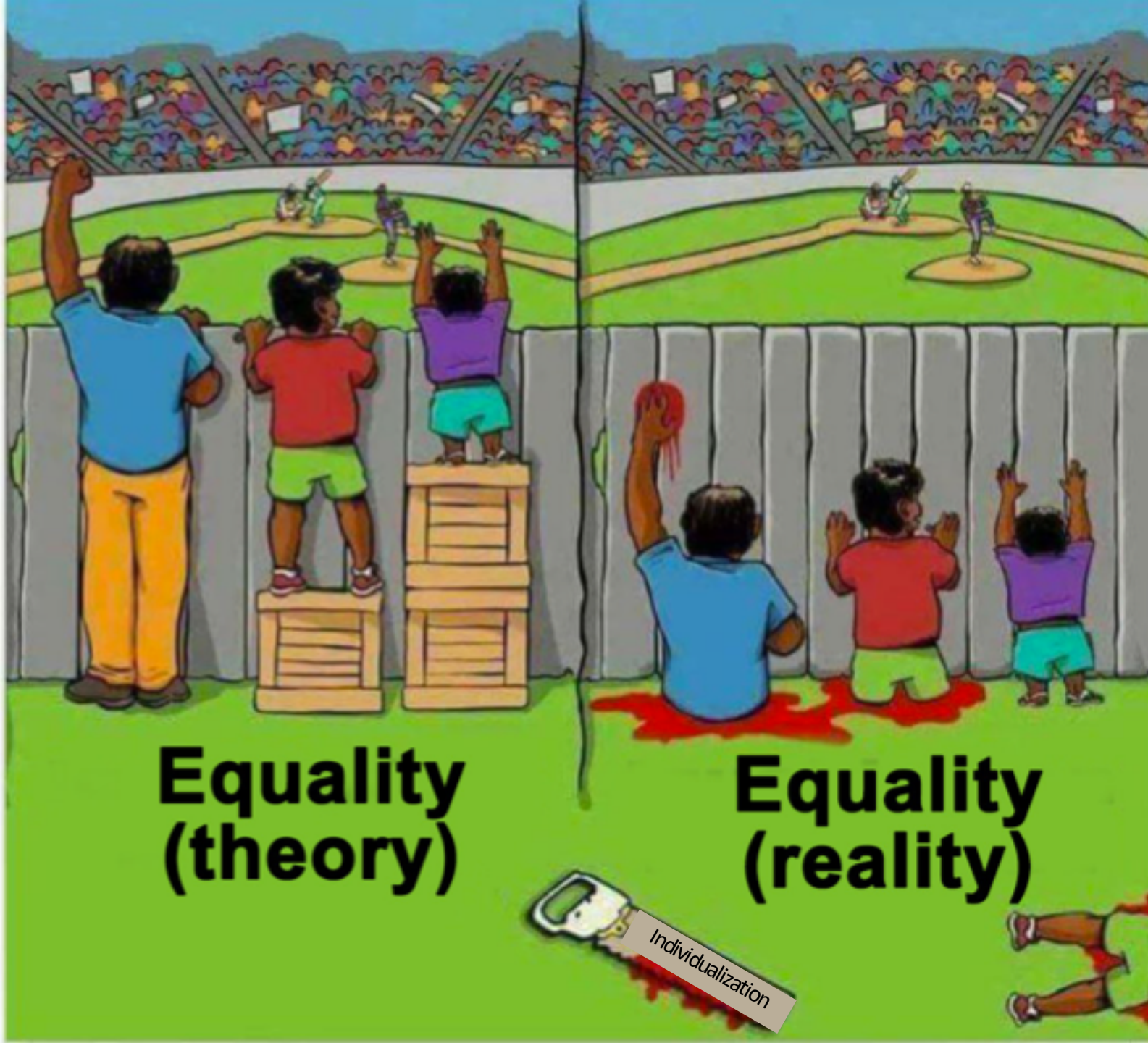
Individualization is creating “equal playing field”, or making sure everyone is training at similar individual potential...





EQUALITY

EQUITY



**Equality
(theory)**

**Equality
(reality)**

Individualization

... 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

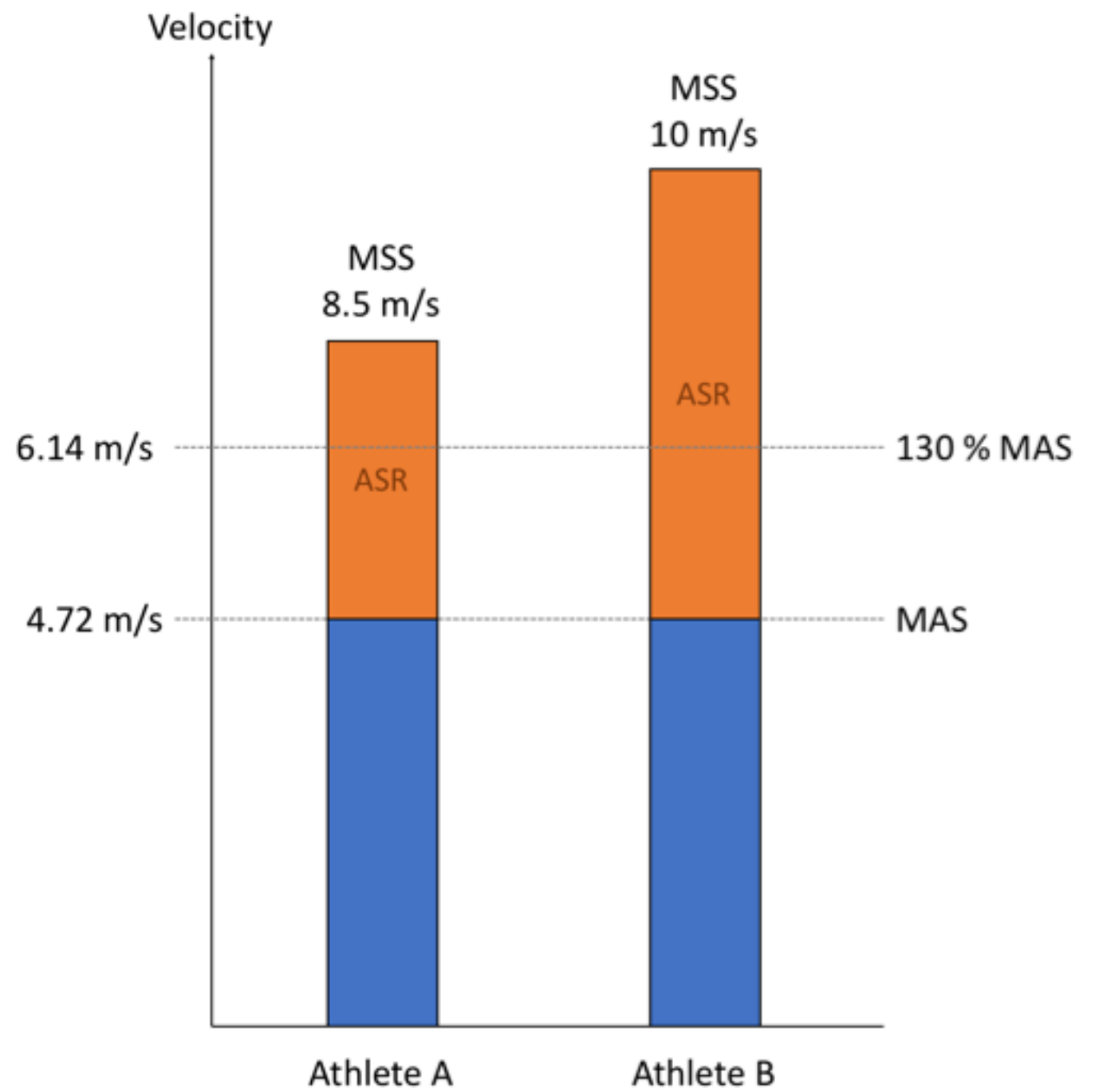
Discover /
Randomize



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

**LOOK
OUT!!**



Significance

Adapting
training to the
individual

Adapting
individual to the
training

Readiness

Preferences

Group/Team

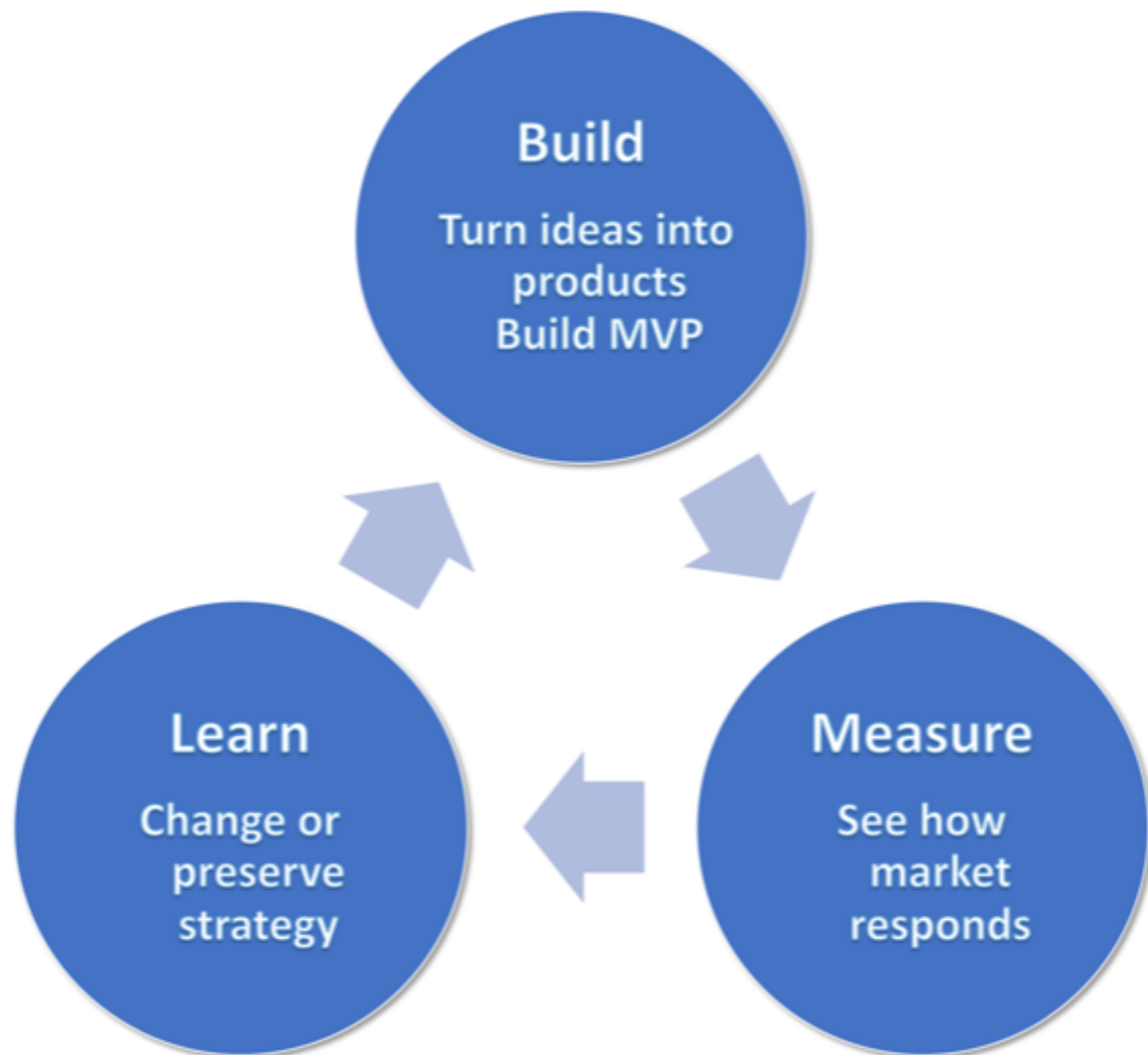
Competition
demands

“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....



Planning and delivery are interdependent throughout the project lifecycle

Starting a Project



Planning and Adjusting



Done

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

