

# WEBINAR

There are 3 main parts to the webinar. The goal is to provide more complete access behind the concepts and application of the various methods that we used in the development of the Energy System Control program. This will make this webinar a great companion to the ESC Program.

## INTRO

### **Introduction | [video](#)**

## 1

### **Part 1 - The Gear System | [video](#)**

We go into detail about the analogies of a gear system for breathing and how we can use them to develop control over our deep chemistry to positively effect performance outcomes.

- 1.1 - What are the Gears?
- 1.2 - Gear Physiology
- 1.3 - Breath Rhythm Nuances
- 1.4 - Engine Development
- 1.5 - First Gear Challenge

## 2

### **Part 2 - Application | [video](#)**

How to use the gears within training and how to mould these concepts towards your specific goal.

- 2.1 - Advanced Gear Shifting
- 2.2 - Warm Up Shift Lecture
- 2.3 - Warm Up Demo
- 2.4 - Altering Arousal States with the Gear System
- 2.5 - Shake & Bounce

## 3

### **Part 3 - Testing | [video](#)**

In order to have a true understanding we need strong metrics to indicate progress. We discuss our view on triangulating data to get a more complete picture of results.

- 3.1 - Intro to Tests & Triangulation
- 3.2 - Metabolic Test Lecture
- 3.3 - Sprint Test Lecture
- 3.4 - Sprint Test Demo

## OUTRO

### **Outro | [video](#)**