

BIG BOOK OF RESOURCES

UPDATED: 1/9/17



CORE ADVANTAGE

How to use this guide

We are regularly producing new content explaining our methods and helping athletes to maximise their potential. Consider this the table of contents for our online video and blog materials

Some links may appear in multiple categories while others have simply been placed on the most appropriate page. All underlined words are hyperlinks that take you directly to the appropriate piece (if any links are broken please email us and we can find the content).

Video: Short edited vlog style video explaining and illustrating a key concept. (Many of these are also articles)

Playlist: Curated lists of our video's on a narrow topic, great for diving into a topic of interest (this one is the sprinting playlist)

Random Thoughts: Our weekly show where we dig a bit deeper, unpacking commonly confusing or interesting topics in longer conversational formats, (also a Podcast)

Article: 200-2000 word pieces explaining principles and concepts and how we apply them with our athletes.



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The Video Playlists Guide

Our YouTube content works best in playlists. Many of our videos are multi-part series and the concepts build on each other across videos (the articles on the next page expand many concepts even further). The playlists are ordered to be watched sequentially starting at one, but feel free to bounce around between videos (they do ultimately stand alone).

YouTube Playlists:

- ▶ [Random Thoughts](#)
- ▶ [Season 1 of the Vlog \(Aug-Nov 2016\)](#)
- ▶ [Sprinting](#)
- ▶ [Vertical leap](#)
- ▶ [Strength training](#)
- ▶ [Agility and quickness](#)
- ▶ [Fitness and conditioning](#)
- ▶ [#Shoesday](#) (a series on minimalist shoes and feet)
- ▶ [Middle to long distance running](#)
- ▶ [Our movement library](#) (How to do our favourite movements)
- ▶ [Injuries and rehabilitation](#)
- ▶ [Posture and anti-desk workouts](#)
- ▶ [Long term athletic development](#)
- ▶ [Nutrition and recipes](#)
- ▶ [Anatomy, physiology and biomechanics](#) (a bit nerdier!)

Random Thoughts the Podcast (Same content, audio only):

- ▶ [iTunes](#), [Stitcher](#)



The Blog Topic Guide

Just like YouTube a lot of our content is serial in nature. A lot of these articles are expansions of our video content going deeper into the explanations, while some are stand alone pieces that are not yet in video format.

Articles by Category:

- ▶ [Podcast](#) (Links to extra resources, show notes etc)
- ▶ [Sprinting](#)
- ▶ [Running](#)
- ▶ [Vertical leap](#)
- ▶ [Strength training](#)
- ▶ [Fitness and conditioning](#)
- ▶ [Shoes](#)
- ▶ [Injuries and rehabilitation](#)
- ▶ [Posture and anti-desk workouts](#)
- ▶ [Nutrition and recipes](#)



Vertical Leap

Videos:

[The Science Behind How to Jump High](#),
[Tips for a Massive Vertical Leap: Part 1, Part 2](#),
[Sports Specificity, Corelifts Give you Wings](#),
[Calf Raises](#)

Random Thoughts:

[Box Jumps, Internet Jump Programs](#),
[Fatigue and Jumpingc](#)

Articles:

[How to improve your vertical leap in 10 minutes a day](#),
[One muscle to rule them all: Gluteus Maximus](#),
[Loading the Glutes: The Power of the Squat](#),
[Easy Steps to Increase your Vertical Jump](#),
[Are Roche's Killing Your Athleticism](#),
[World's Greatest Stretch](#)



Agility & Quickness

Videos:

[How to Cut, Court Sport Shoe Test](#)

Articles:

[Court Sport Shoe Test](#)

Random Thoughts:

[MOF vs COD, The Jogging of Lateral Movement, Sports Specificity in the gym](#)



Sprinting

Videos:

[Sprint Unification Theory](#), [Three Simple Speed Drills](#), [What Makes Good Sprinters](#), [Arm Action](#), [Knee Drive](#), [What Makes GREAT Sprinters](#), [How to Run Beautifully](#), [Two Cues for Better Acceleration](#), [Heel Strike](#), [Repeat Sprints for Fitness](#), [Calf Raises](#)

Articles:

[Sprint Unification Theory](#), [Repeat Sprints for Fitness](#), [Cues for Acceleration](#), [Drills for Knee Drive](#), [Why my Brother Beat Me](#), [World's Greatest Stretch](#)

Random Thoughts:

[The Most Important Things with Running](#), [Returning to Running From Time Off](#), [Strength Training Doesn't Make You Slower](#)



Core Training

Videos:

[Why Sit Ups are Bad](#), [Functional 5 Minute Abs](#),
[How to Plank](#), [Core Activation](#), [Multifidus](#)

Articles:

[Training the Core for Performance](#)

[One Muscle to Rule Them All: Gluteus Maximus](#), [Multifidus](#)

Random Thoughts:

[The Core](#), [Harmful Exercises](#),



Nutrition & Hydration

Videos:

[Oats for Dinner](#), [How Sugar Makes Us Fat](#), [Dehydration & Performance](#), [White vs Sweet Potato](#), [Oats and Yoghurt Recipe](#), [Homemade Baked Beans](#), [Jacob's Mum's Frittata Recipe](#),
[Any Time Protein Smoothie](#),

Articles:

[Oats for Dinner](#), [Do You Need Protein Shakes?](#), [General Fat Loss Advice](#), [White vs Sweet Potato](#), [Oats and Yoghurt Recipe](#), [Picking a Pre-Game Meal](#), [Hydration Strategies for Performance](#),
[Maximising Tournament Success](#), [Home-Made Beans](#)

Random Thoughts:

[How to Burn the Most Fat](#),
[How to Survive the Holiday Binge](#)



Conditioning & Fitness

Videos:

[Does Cardio Kill Gains?](#), [How HIIT Improves Fitness](#), [Low Intensity Training for Recovery](#), [Repeat Sprints](#), [What Causes Fatigue](#), [8:12s - HIIT for the Spin Bike](#), [Intervals for Fat Loss](#), [Cars as a Metaphor for Fatigue](#), [Game Fit: Sports Specific Fitness](#), [Express Intervals](#), [400m Fit Without Running Further than 50m](#), [DuzFit](#), [Liz Cambage Intervals](#), [Strength Training for Runners](#)

Articles:

[Sports Specific Fitness](#), [Game Fit: Off-season Fitness](#), [How to Do 8:12's on a Spin Bike](#), [Repeat Sprints](#), [The Fat Burning Zone Myth](#), [Does Cardio Kill Gains?](#), [The Conditioning Continuum](#), [Saturation v Deficiency](#)

Random Thoughts:

[Strength Training for Endurance Athletes](#), [How to Burn the Most Fat](#), [Sports Specificity](#), [Post Apocalypse Training](#)



Load Management

Load management is a crucial concept for all athletes, coaches and parents to understand and be across.

These links are in order, watch/read from the top down:

- ▶ [Managing your holiday training](#) (random thoughts)
- ▶ [How to beat stress fractures forever](#) (video)
- ▶ [Acute to Chronic Ratio](#) (article and video)
- ▶ [Supercompensation](#) (video)
- ▶ [Rest, and Recovery](#) (Random Thoughts and article)
- ▶ [Sleep](#) (Random Thoughts, article and videos)
- ▶ [DOMS \(delayed onset muscle soreness\)](#) (Article and video)
- ▶ [Fatigue](#) (Article and video)



Strength & Power Principles

Lifting Heavier:

[Breaking a Plateau](#), [The Law of Diminishing Returns](#), [DOMS](#)
[Intent to Move](#), [Picking Up the Slack](#), [Supercompensation](#),
[Push the Ground Away](#), [Neutral Spine](#), [Body Part Splits](#)
[Compensatory Patterns](#), [The Risk Reward Ratio](#),
[Neural Overflow](#), [Train Your Upper Body Better](#),
[Bench Press Tips](#), [Corelifts Give You Wings](#), [Calf Raises](#),
[Nordics](#), [Strength Training for Runners](#), [Pull Up Tips](#), [Olympic](#)
[Lifting Practical](#), [Olympic Lifting vs Plyometrics](#),

Articles:

[The Power of the Squat](#), [Does Cardio Kill Gains?](#),
[Training the Core for Performance](#), [Intent to Move](#),
[One Muscle to Rule Them All: Gluteus Maximus](#),
[Saturation v Deficiency](#), [Are Split Programs Worth it?](#),
[Saturation vs Deficiency](#), [Breaking a Plateau](#),
[Pick up the Slack](#)

Random Thoughts:

[Strength Training Doesn't Make You Slower](#),
[Fatigue and Jumping](#), [Isometrics](#), [Prisoner's Dilemma](#),
[Strength Training for Endurance Athletes](#),
[Variety in the Gym](#), [How Strong is Strong?](#),
[Eccentric Strength and Hamstrings](#), [Harmful Exercises](#) [Weight](#)
[Training Doesn't stunt growth](#), [Punching Power](#)



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Injury Prevention/Rehabilitation

General Injury Principles:

- Risk Factors: [Article](#) and [Video](#)
- Training volume: [Article](#), [Video](#), [Random Thoughts](#)
- Isometrics: [Video](#), [Random Thoughts](#), [Article](#)

Ankle Sprains: [Video](#), [Article](#), [Random Thoughts](#)

Knees: [The Secret to Osgood-Schlatter Disease](#), [Anti-valgus training \(and article\)](#), [ACL Return to Play](#)

Stress Fractures: [Video](#), [Random Thoughts](#)

Shin Splints: [Video](#), [Article](#), [\(random thoughts\)](#),

Hamstring strains: [Random Thoughts 1](#),
[Random Thoughts 2](#), [Nordics 1](#), [Nordics 2](#)

Lower Back Pain: [Video](#), [Video](#), [Video](#), [Video](#), [Video](#), [Article](#),

Concussion: [Random Thoughts](#)

Shoulders: [Random Thoughts](#)



Sleep

Videos:

[Sleep Deprivation and Athleticism,](#)
[The Perfect Pre-Bed Meal](#)

Articles:

[Oats for Dinner](#)

Random Thoughts:

[Round 1,](#) [Round 2](#)

Recovery

Cryotherapy/Ice Baths: [Random Thoughts 1,](#)
[Random Thoughts 2](#)



Posture

Videos:

[What Causes Lower Back Pain](#), [World's Best Stretch](#), [Slouching](#), [Texting Neck](#), [Hips and Desks](#), [Muscular Creep](#), [Neutral Spine](#), [Fixing Shoulders](#), [TFL \(Tight hips\)](#), [Train Your Upper Body Better](#), [Reverse Shrugs \(for tension headaches\)](#),

Articles:

[Training the Core for Performance](#)
[One Muscle to Rule Them All: Gluteus Maximus](#), [World's Greatest Stretch](#), [Texting Neck Prevention](#),

Random Thoughts:

[Posture](#), [Poor Posture and Performance](#),
[Desk Fitness \(Back to School\)](#), [Standing Desks](#)



Barefoot & Distance Running

Videos:

[How to Run Beautifully](#), [Transitioning to Barefoot](#), [Heel Strike](#), [Toga: Yoga for your toes](#), [Calf Raises](#), [Elevated Heels in Sneakers](#), [Big Toe \(Toe Spoons\)](#), [How Nike Invented Jogging](#), [Wide Toe Box](#), [Exercise that Makes You Feel Good](#), [Strength Training for Runners](#)

Articles:

[Running Program for Transitioning to Barefoot](#), [Repeat Sprints for Fitness](#), [Toga: Yoga for Your Feet](#), [Why aren't Shoes Shaped Like Feet?](#), [Calf Raises](#), [How to Run Beautifully](#), [Wide Toe Box](#), [Why Humans were Built to Run](#)

Random Thoughts:

[Run Injury Free Forever](#), [Barefoot - Why it Works](#), [Opposite Approaches to Running](#), [How Exercise Helps Mentally](#),



WARM UP 2.0

Video: [The full warm up](#)

Video: [Foam rolling series \(and article\)](#)

Video: [The crouching three stretches](#)

Video: [Targeted muscle activation](#)

Video: [Movement skill \(dynamic\)](#)

Random Thoughts: [Warm Up 2.0,](#)
[The problem with slides \(basketball specific\)](#)

Article: [How to improve your vertical leap in 10 minutes a day \(stretching\)](#)

Article: [One muscle to rule them all: Gluteus Maximus](#)

Video: [World's Most Important and Greatest Stretch](#)

Video: [Multifidus](#)



Fun

Playlists:

- [Month in Review Playlist](#)
- [Random Thoughts Playlist](#)
- [Season 1 of Jacob's Vlog](#)
- [Meet the Interns Semester 1 2016](#)

Fun Videos:

- [Deakin Boomers Promo Shoot](#)
- [Kiera Rowe \(World Champion Sapphire\)](#)
- [Kai Woodfall \(Australian and Victorian Basketballer\)](#)
- [Durham's Ridiculous Car,](#)
- [Core Advantage's Second Birthday,](#)

[McKinnon Pre-season 2016](#)

People:

Liz Cambage: [Video 1](#), [Video 2](#), [Video 3](#)

Maddie Garrick: [Video 1](#), [Video 2](#)



Contact Us

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Opening Hours:

Mon - Thurs 4pm-8pm (last class 6:30pm)
Saturdays 9am-2:00pm (last class 12pm)



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