

LACHLAN PENFOLD
ELITE PERFORMANCE COACH

FOUR ESSENTIAL DRILLS

ALL ATHLETES SHOULD DO

The Golden State Warriors and Melbourne Storm achieved their best seasons in history under performance coach Lachlan Penfold. Here are his go-to workouts.

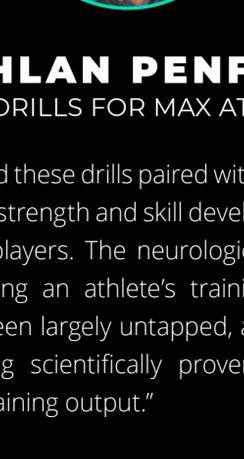
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*Want even better results?
Accelerate your athleticism with Halo Sport,
the first neurostimulator for athletes.*

How does Halo Sport work?

Halo Sport accelerates training improvements in skill, power, and endurance. Wear the head-set for 20 minutes during your warm-up, then take it off. Your motor cortex will remain in a state of hyperlearning for another 60 minutes.

Learn more at haloneuro.com.

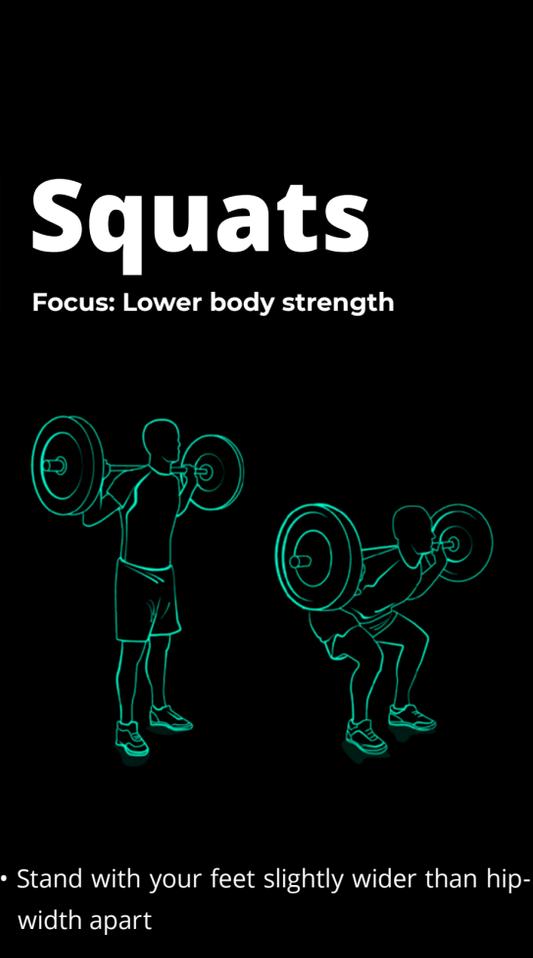


LACHLAN PENFOLD'S GO-TO DRILLS FOR MAX ATHLETICISM

"I have used these drills paired with Halo Sport to accelerate strength and skill development in NRL and NBA players. The neurological component of optimizing an athlete's training is an area that has been largely untapped, and Halo Sport is providing scientifically proven methods to improve training output."

Box Rebound Jump

Focus: Explosive power and elastic strength



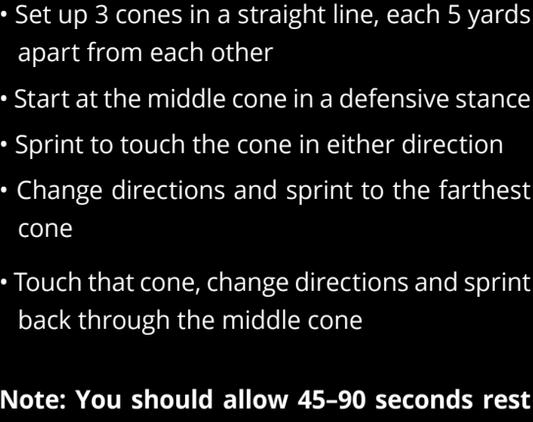
- Start on a 12" box and step off
- When you hit the ground, explode upwards as quickly as possible

Suggested workload: 3-6 sets of 6-8 jumps

Lachlan's Pro Tip:
"Try to get maximal height with each jump. The ability of a player to jump explosively is crucial, and including high-quality plyometric exercises in a player's training program helps develop these explosive qualities as quickly as possible."

Squats

Focus: Lower body strength



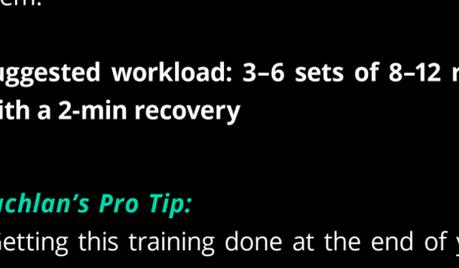
- Stand with your feet slightly wider than hip-width apart
- Lower your hips down and back (as if you are sitting down into a chair), until your thighs are parallel to the ground
- Make sure your knees do not pass over your toes and keep your core tight
- Rise back up slowly

Suggested workload: 3-5 sets of 4-6 reps

Lachlan's Pro Tip:
"General body strength is important for both performance and injury prevention. Players need high levels of lower body strength to move quickly and explosively. Upper body and core strength is important for holding position and not getting pushed around."

5-10-5 Shuttle

Focus: Speed and agility



- Set up 3 cones in a straight line, each 5 yards apart from each other
- Start at the middle cone in a defensive stance
- Sprint to touch the cone in either direction
- Change directions and sprint to the farthest cone
- Touch that cone, change directions and sprint back through the middle cone

Note: You should allow 45-90 seconds rest between efforts, with a period of 2-3 minutes allowed after a set of 6-8 sprints.

Lachlan's Pro Tip:
"It's essential when doing this work that you are putting in maximal effort to ensure that speed and power qualities are being developed at the neurological level. Do your speed and agility work at the start of your workout to allow maximal speed improvement to be attained."

Baseline Sprints

Focus: Endurance

- Start at the out of bounds line along the baseline
- Sprint across the baseline and back
- Rest for twice as long as it took you to complete the sprint.
- For example, if you ran it in 15 seconds, you should rest for 30 seconds and then go again.

If you don't have access to a basketball court, set up 2 cones 50 feet apart and sprint between them.

Suggested workload: 3-6 sets of 8-12 reps, with a 2-min recovery

Lachlan's Pro Tip:
"Getting this training done at the end of your workout will improve your work capacity, helping you perform better in late-game situations."