

THE ONE HOUR TRAINING METHOD

How one hour a day in ten-minute increments can make a huge difference in your life!



Using the Theory of Marginal Gains to your advantage!

The Reason:

Have you ever heard of the Marginal Gains Theory? Probably not, but it is a powerful theory, one that posits that an individual can make great improvements over time by making marginal improvements in the little things. This theory was developed by David Brailsford, who was the Performance Director of the British Cycling Team. Coach Brailsford discovered that if a cyclist could make marginal improvements in each individual aspect of cycling, that the aggregation of those marginal gains would achieve a huge improvement in overall performance. Under Coach Brailsford's direction, during the ten-year span from 2007 to 2017, British cyclists won 178 world championships and 66 Olympic or Paralympic gold medals and captured 5 Tour de France victories in what is widely regarded as the most successful run in cycling history.

But, you say, "I am not a cyclist! How does this help me?" Well, you don't have to be a cyclist. The Marginal Gains Theory can help you in any activity. Do you want to lose weight? You could stop eating for a couple of weeks. You would definitely lose weight. It is likely that you wouldn't enjoy yourself very much if you did that, but it **will** work. Or you could lose weight by losing a pound a week. This would take longer but not require an extreme lifestyle change as the two-week fasting plan. It is achievable through the making of a *minor* change in your eating habits, and a *minor* change in your exercise habits.

The Way it Works:

Plus, you can break the hour down into segments. For example, you want to get better at shooting but seldom get to go to the firing range. Ten minutes of dry firing each day as a deliberate practice will make you a better shooter. While this applies to anything, let's stick to this example for a moment: Ten minutes a day for one calendar year equals 3,650 minutes of practice. That also equals 2.5 days of practice. OK, think about this. That's 2.5 whole days. Let's break this down further by taking an eight-hour training day. That equals **OVER SIX DAYS OF TRAINING!**

"So, what, six days is nothing!" Really?? Think about it like this, a weeklong Jiu Jitsu Seminar, or Boxing Clinic, or Wrestling Camp, or tactical shooting course is a LOT of training. Maybe you like to jog or run. Go jog continuously for eight hours a day for six straight days. That is a lot of jogging, right? Do you get the concept here? Six days of training is a substantial amount of training!

You also have the Power of Consistency at work here! If you train *just a little* every day, your training is magnified exponentially!! YOU WILL IMPROVE!

How it is Done:

Take one egg, wait, never mind, that's another pamphlet. Take one hour, set it aside for training. Think about which areas of your life that you want to improve upon. Is it two? Divide your hour – and it is your hour – into two halves. Is it six things? Divide your hour into ten-minute increments. You get the idea here.

Be intentional. For each segment, be focused on that thing. Let's take shooting again. Perform dry firing for that set period. Want to read a book on quantum physics? Read that book for that set period. If you read at an average pace, ten minutes of reading a day will yield about eleven books read. If you were interested in a particular subject and read ten books about that subject, you would know a lot more about it than you do now. A. Lot. More. A. LOT. MORE.

I think you get the idea here. But, you say, "I don't have an hour to spare!" That's OK! What is it that you want to improve upon? Set aside ten minutes a day for that thing. Have two things? Set aside twenty minutes a day. And so on, and so on. This can even help you in improving your physical fitness!

No way, you say! That's impossible! No, it's not. Say you do not exercise. In a year, you will have exercised exactly zero minutes. But what about this? If you exercise for ten minutes a day, in one year you will have exercised for 3,650 minutes, consistently, over that year. The consistency, as you recall, means that your improvement will be exponential! You will increase your fitness level exponentially by exercising just ten minutes a day! (Most fitness specialists will advise at least twenty minutes of exercise, three times a week, where you will raise your heart rate to about 70% of your maximum heart rate. There is no dispute here, but if the choice is ten minutes a day every day, or no exercise at all, you will improve your fitness level, just as you would improve in any area.)

Sample Schedule (this is just an example, not a recommendation):

Sixty Minutes/Ten Tasks

0-10: Pray/reflect, think

11-20: Meditate

21-30: Read/Study

31-40: Dry Fire

41-50: Practice one martial arts technique

50-60: Intentional relaxation*

*Intentional relaxation is just that, you relax on purpose to lower your stress levels. This may seem like the same thing as meditation, but this could be sitting back and enjoying a cup of coffee, sitting on the patio listening to birds chirp in the back yard, playing with your dog, etc.

This is your set-aside time, for YOU. You can organize it any way you want to. The key here is SET ASIDE THE TIME, AND THEN JUST DO IT! to quote a popular shoe marketing tag line.

If you have any questions or comments, send them to:

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In the meantime, GET OUT THERE AND IMPROVE!



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