

**PERFORMANCE TRAINING CENTER:
INTERNSHIP 101 – MATT PARROTT**

My first involvement in youth sports was with soccer. I enjoyed playing soccer at a young age because it was rigorous constant motion, which was just what I needed. When I was in fourth grade, I started playing basketball. At the time, I absolutely loved the sport. I would practice almost every day at home, no matter what the weather was like outside, because I loved playing so much. I had always wanted to play football, but my parents wouldn't allow me to do so until high school.

My older brother convinced our parents to let him play football when he was a high school freshman and I was in seventh grade. I argued that since he was given the opportunity to play football, then I should be allowed to play as well. Once I played football for the first time, there was no turning back. I instantly knew that football was my sport, and I played from 7th grade through high school. During my senior year in high school, I began working out with Mark McLaughlin and was selected as a first team All-Tri-Valley League running back. Hoping to walk on at the University of Nevada Las Vegas, I started preparing myself to play college football. However, I was unable to attend UNLV right away because of NCAA Clearinghouse rules regarding grade requirements through high school.

After high school, I attended Clackamas Community College for one year because I was unsure of where I wanted to go and what I wanted to do. After completing a full year there, I transferred to UNLV, which I attended for one year. I came home after that, but was still undecided about what I wanted to do. During the summer of 2008, my parents suggested personal fitness training as a possible career choice. I thought about it and realized how much I loved being around athletics. I love working out and helping others with sports, so it seemed like the right path to take.

I started my career by becoming certified as a Personal Fitness Trainer through the International Science and Sports Association. This is an online program that covers the basic biomechanics and physiology of training. Presently, I'm looking into completing my education at Oregon State University with my sights on a degree in Exercise Science.

After completing my ISSA certification, I wanted to train athletes. I'd trained with Mark earlier in my career, and I knew he ran a training program unlike any other. I knew that by performing my internship at Performance Training Center, I would learn invaluable information that I wouldn't be able to get elsewhere. My internship has really changed my perspective on training athletes, and it has given me some very useful insights about how to train athletes safely and effectively.

I already knew that PTC does things the right way. They never cut corners. Because of the knowledge and professionalism of Mark and Landon, and through the use of the Omegawave system, you receive the most effective, efficient and specialized workouts you could ask for. Throughout my internship, I have learned a great deal about training athletes. I've also learned important information about diet and nutrition, and an overall, completely new view on how to train athletes – including how and why certain activities help sport-specific athletes perform at much higher levels.

When I first arrived at PTC, I thought I was in fairly decent shape, but my first Omegawave test showed quite the opposite. My resting heart rate was in the high nineties to low hundreds, my hormonal system was out of whack, and my anaerobic and aerobic systems weren't in good shape. So, when I first started working out, I didn't really pay much attention to my Omegawave tests, and just began training thinking my body was ready to do anything.

After two weeks of training, my heart rate was still high and my body wasn't adapting to the training. Things actually started to get worse because I was doing too much too soon. My heart was not able to handle high volumes or intensities. I was pushing myself too hard, and my body just couldn't handle it. So, after my worst weeks of tests on the Omegawave, I knew that I really needed to sit down and map out how I was going to fix the problem. I sat down with Landon, and put together my diet and I designed my workout plan.

At that time I weighed 214 pounds. I wanted to get down to 195 sooner than later. Considering my training was nearly non-existent due to my health, my caloric intake needed to be low. Landon and I discussed many options, and I decided to utilize a Protein Sparing Modified Fasting diet from Lyle McDonald. My diet consisted of 270 grams of protein, less than 50 grams of carbohydrates, 6 grams of fish oil, calcium and fiber pills. About every seven to eight days I would have a re-feed day, which entailed eating about 600-800 grams of carbohydrates. I like to keep my diet simple and routine, so every morning I would have egg whites, a protein shake and some non-fat cottage cheese. My snack was a protein shake. Lunch was a chicken breast, cottage cheese and a protein shake. Dinner was more chicken, spinach, maybe a salad, some cottage cheese and another protein shake. I would definitely recommend more variety in a diet, but I preferred to keep it simple and on a regular schedule. Although it got boring after a while, I stuck with it.

I also needed to change my workouts and get my heart healthy to increase cardiac output before I could start to train heavily. During my diet, I would spend 45 minutes to an hour every day on the elliptical, keeping my heart rate between 120 and 130. After that, I would spend about 30 minutes just working on my torso strength, and my upper and lower back. I did this every day. I figured that if my heart was healthy and my torso strength improved, my body would be better prepared to handle the next stages of training.

About three weeks into my dieting and workouts, I noticed how much easier it was for me to fall asleep at night, which for me had been a lifelong challenge. Before I started this diet and training schedule, it would take me about 30 minutes to an hour just to get myself to fall asleep on an average night. I would also typically wake up once or twice throughout the night. For the first time in years – and that's no exaggeration – I can now fall asleep in 10-15 minutes and get good quality sleep throughout the entire night. I wake up completely rested.

Another first is that I'm not tired at all throughout the day. I feel sharper and better than I have in my entire life now that my heart is healthy and I'm getting enough sleep through the entire night. It's really amazing how much better I feel now than I did before I began this personalized program of diet and fitness at PTC. I feel as though I can concentrate and perform better, and I'm in a better mood all around. The only temporary downside to this diet is that you do lose a little bit of strength, but that's to be expected when you're dropping that much weight that quickly. Honestly, though, the gains far outweigh the small loss of strength. It's amazing what getting a good night's rest can do for you, too.

So, after six weeks on this diet, I lost about 20 pounds, my resting heart rate dropped to the high sixties to low seventies, and I feel 100% better when I wake up every day, ready to roll with more energy.

After my diet, and my workouts to improve the health of my heart and torso strength, I've changed the way I look at training athletes. It really drove home the point that everything you do begins and ends with their health. It doesn't matter how strong you are, or how strong you think you are. It doesn't matter how much you can lift or what your numbers are. If you're not healthy, you're not going to perform at a high level, and you're also exposing yourself to quite a few health risks.

Before you start training hard and doing high intensity or high volume work, you need to get ensure optimal health – particularly at the heart. Doing high intensity or high volume work with an unhealthy heart is like trying to put a twelve horsepower lawn mower motor in the body kit of a Lamborghini and expecting it to perform at a high level. It's not safe, and it's just not going to happen.

Athlete: Matt Parrott
 Assessment date: Thursday, December 04, 2008 - 10:38 AM
 Date of birth: [REDACTED]
 Weight, Height: 218 lb. 5ft. 11in.

Athlete Readiness

Based on the HRV assessment:
Recovery or recuperation activities are preferred.
 Based on the Omega assessment:
 -

Athlete Readiness Overall



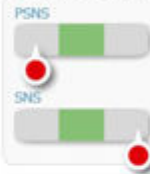
Readiness Indicators

| Current state of Cardiac System | | |
|---------------------------------|---|-------------|
| Stress index | 2 | Distress |
| Fatigue | 3 | Significant |
| Adaptation reserves | 3 | Low |

| Current state of Regulatory Mechanisms | | |
|--|---|---|
| CNS | - | - |
| GEC System | - | - |
| Detoxification System | - | - |
| Hormonal System | - | - |

| Current state of Energy Supply System | | | | |
|---------------------------------------|-------|-------|-----------|---|
| Parameter | Grade | Value | Norm | |
| Aerobic status index | - | - | 110 - 160 | - |
| Anaerobic status index | - | - | 132 - 160 | - |
| Alactic status index | - | - | 12 - 25 | - |

Autonomic Function



Grades 1-7, 7 is optimal

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Athlete: Matt Parrott
Assessment date: Thursday, December 04, 2008 - 10:38 AM
Date of birth: ██████████
Weight, Height: 218 lb. 5ft. 11in.

HRV

Current Functional State of Cardiac System Shows the Following:

Unstable adaptation to stress.
Low functional reserve.
Significant fatigue. Recovery or recuperation activities are preferred.

Tachycardia (103 bpm) Sinus arrhythmia.
Moderate sympathetic hypertonia.
Regulatory mechanisms are in a state of tension.

Parameters

| Parameter | Value | Norm |
|---|-------------|---------------|
| Activity of vagus regulatory mechanisms | 0.12 | 0.16 - 0.41 |
| Activity of sympathetic regulatory mechanisms | 67 | 15 - 55 |
| Tension index | 491 | 15 - 180 |
| Share of the aperiodic influences | 2.68 | 1.25 - 3.05 |
| Standard deviation of the asprate waves | 0.023 | 0.018 - 0.054 |

| Time and Frequency Parameters | | | |
|-------------------------------|------|---------|------|
| SDNN | 34 | HF | 484 |
| SDSD | 30 | HF n.u. | 77.4 |
| RMSSD | 25 | LF | 142 |
| Total Power | 635 | LF n.u. | 22.6 |
| LF/HF | 0.29 | VLF | - |

Length: 2 min

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Athlete: Matt Parrott
 Assessment date: Wednesday, December 31, 2008 - 8:00 AM
 Date of birth: [REDACTED]
 Weight, Height: 217 lb. 5ft. 11in.

Athlete Readiness

Based on the HRV assessment:
Active rest is preferred.
 Based on the Omega assessment:
 -

Athlete Readiness Overall



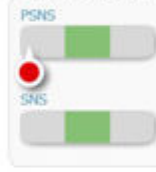
Readiness Indicators

| Current state of Cardiac System | | |
|---------------------------------|----------|-------------------------|
| Stress index | 1 | Breakdown of adaptation |
| Fatigue | 1 | Exhaustion |
| Adaptation reserves | 2 | Low |

| Current state of Regulatory Mechanisms | | |
|--|---|---|
| CNS | - | - |
| GEC System | - | - |
| Detoxification System | - | - |
| Hormonal System | - | - |

| Current state of Energy Supply System | | | | |
|---------------------------------------|-------|-------|-----------|---|
| Parameter | Grade | Value | Norm | |
| Aerobic status index | - | - | 110 - 160 | - |
| Anaerobic status index | - | - | 132 - 160 | - |
| Alactic status index | - | - | 12 - 25 | - |

Autonomic Function



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Grades 1-7, 7 is optimal

Generated by omegaWAVE

Athlete: Matt Parrott
Assessment date: Wednesday, December 31, 2008 - 8:00 AM
Date of birth: [REDACTED]
Weight, Height: 217 lb. 5ft. 11in.

HRV

Current Functional State of Cardiac System Shows the Following:

Inadequate adaptation to stress.

Low functional reserve.

Excessive fatigue. Possible cardiac system disturbance. Active rest preferred.

Tachycardia (116 bpm) Rigid rhythm.

Marked sympathetic hypertonia.

Regulatory mechanisms are in a state of excessive tension.

Parameters

| Parameter | Value | Norm |
|---|--------------|---------------|
| Activity of vagus regulatory mechanisms | 0.08 | 0.16 - 0.41 |
| Activity of sympathetic regulatory mechanisms | 100 | 15 - 55 |
| Tension index | 1250 | 15 - 180 |
| Share of the aperiodic influences | 3.00 | 1.25 - 3.05 |
| Standard deviation of the asprate waves | 0.010 | 0.018 - 0.054 |

Time and Frequency Parameters

| | | | |
|-------------|------|---------|------|
| SDNN | 20 | HF | 18 |
| SDSD | 8 | HF n.u. | 22.9 |
| RMSSD | 7 | LF | 60 |
| Total Power | 95 | LF n.u. | 77.1 |
| LF/HF | 3.37 | VLF | - |

Length: 2 min

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Athlete: Matt Parrott
Assessment date: Monday, February 23, 2009 - 11:44 AM
Date of birth:
Weight, Height: 196 lb. 5ft. 11in.

Athlete Readiness

Based on the HRV assessment:
Cardiac system is reasonably ready for any level of activity.
Based on the Omega assessment:
-

Athlete Readiness Overall



Readiness Indicators

| Current state of Cardiac System | | |
|---------------------------------|---|-------------------|
| Stress index | 6 | Within the norm |
| Fatigue | 7 | Complete recovery |
| Adaptation reserves | 6 | High |

| Current state of Regulatory Mechanisms | | |
|--|---|---|
| CNS | - | - |
| GEC System | - | - |
| Detoxification System | - | - |
| Hormonal System | - | - |

| Current state of Energy Supply System | | | | |
|---------------------------------------|-------|-------|-----------|---|
| Parameter | Grade | Value | Norm | |
| Aerobic status index | - | - | 110 - 160 | - |
| Anaerobic status index | - | - | 132 - 160 | - |
| Alactic status index | - | - | 12 - 25 | - |

Autonomic Function



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Grades 1-7, 7 is optimal

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Athlete: Matt Parrott
Assessment date: Monday, February 23, 2009 - 11:44 AM
Date of birth: [REDACTED]
Weight, Height: 196 lb. 5ft. 11in.

HRV

Current Functional State of Cardiac System Shows the Following:

Stable adaptation to stress.

High functional reserve.

Cardiac system is reasonably ready for any level of activity.

Normocardia (72 bpm) Marked sinus arrhythmia. Insignificant heart rhythm disturbances.
Autonomic balance is within the norm.
Regulatory mechanisms are within the normal range.

Parameters

| Parameter | Value | Norm |
|---|-------|---------------|
| Activity of vagus regulatory mechanisms | 0.36 | 0.16 - 0.41 |
| Activity of sympathetic regulatory mechanisms | 36 | 15 - 55 |
| Tension index | 63 | 15 - 180 |
| Share of the aperiodic influences | 2.41 | 1.25 - 3.05 |
| Standard deviation of the asprate waves | 0.043 | 0.018 - 0.054 |

Time and Frequency Parameters

| | | | |
|-------------|------|---------|------|
| SDNN | 76 | HF | 1096 |
| SDSD | 97 | HF n.u. | 63.8 |
| RMSSD | 81 | LF | 622 |
| Total Power | 1776 | LF n.u. | 36.2 |
| LF/HF | 0.57 | VLF | - |

Length: 2 min

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