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# Soma NPT Training Guide →

**Welcome** to Soma NPT and Brain Endurance Training. You have taken a huge step towards performance success. Here we have an introduction for you outlining important information in Brain Endurance Training (BET).

This will help you to get started in your Brain Endurance Training (BET) quickly and with confidence.







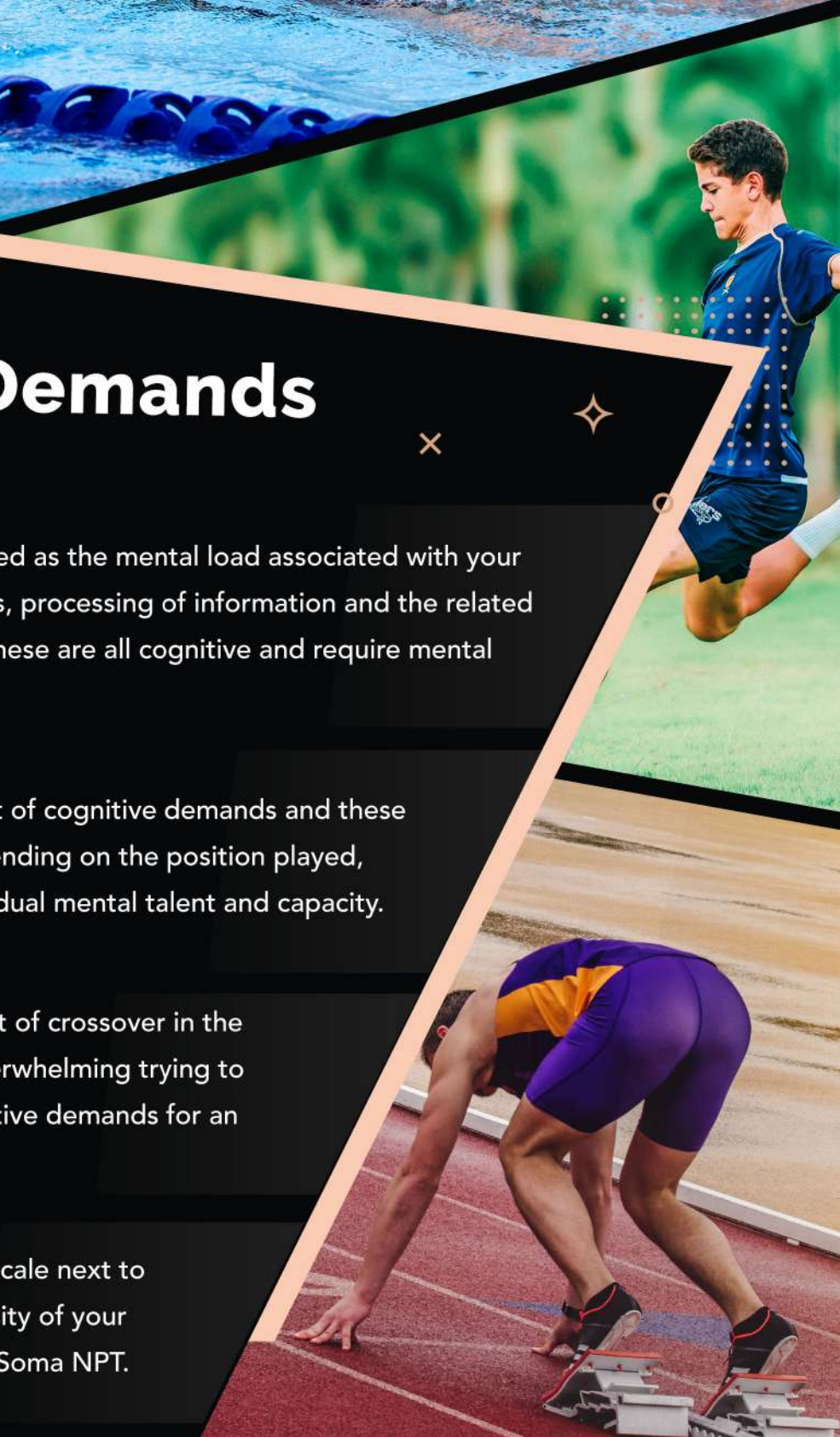
# Cognitive Demands

Cognitive demands are best described as the mental load associated with your sport. The brains decisions, reactions, processing of information and the related thought processes associated with these are all cognitive and require mental capacity to carry out.

Sports will always vary in the amount of cognitive demands and these demands can even vary greatly depending on the position played, experience of the athlete, and individual mental talent and capacity.

Many sports will have a large amount of crossover in the cognitive demands and it can be overwhelming trying to decide on the most important cognitive demands for an athlete in a specific sport.

Below we have included a difficulty scale next to each task so you can scale the intensity of your Brain Endurance Training (BET) with Soma NPT.

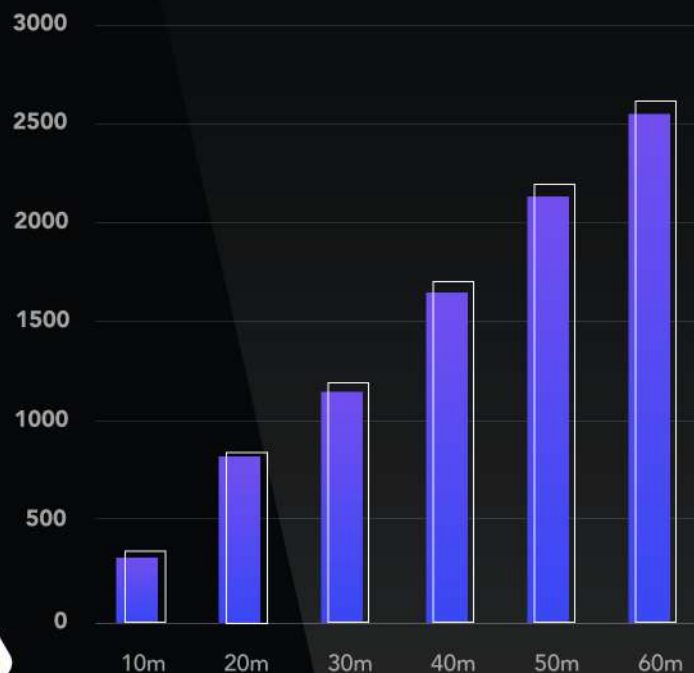




# DECISIONS PER SESSION

Knowing how many decisions per session will give you perspective of how important it is to make sure you stick to the structure. Are you going to be the athlete with more decision making skills in the bank with a huge mental capacity which enables you to go further than your competition physically or mentally? or are you going to be the athlete who falls apart when it counts the most?

Based on an average of 42 decisions per minute.



## Session Duration

The most important thing to remember with loading guidelines is to stick to a strong structure. Adherence is the only guarantee of consistency and consistency is the only pathway to results.

Off Season  
**20M - 60M**

Pre Season  
**30M - 45M**

In Season  
**15M - 20M**

## Task Duration

Select the correct task duration to create the optimal adaptations in your brain.

### In-Season

Keep sharp with short-duration training sessions while aiming for the highest level of results.

In Season  
**1-3-5M**

### Pre-Season

This is where you will drop the intensity slightly and begin to sharpen your skills.

Pre Season  
**5-10-20-30M**

### Off-Season

This is the perfect time to push the brain as there is no competition. You will need to make sure you hit the correct amount of exposure time and frequency per week.

Off Season  
**10-20-30M**

**NOTE:** We suggest starting at 2 sessions per week with a task duration of 10m per task and then increasing up to 4 sessions per week and increasing task duration up to 30 mins.



## Frequency

Frequency and consistency of sessions will make sure you are making adaptations in your brain that stick around.

Off Season  
**2-4 sessions weekly**

Pre Season  
**3-4 sessions weekly**

In Season  
**2-3 sessions weekly**





# Placement

Placement of your training sessions is key to create long lasting changes in your brain and also maintaining consistency of your Brain Endurance Training (BET). You must select the best placement for your needs keeping in mind what placement is going to keep you the most consistent.



# Pre Session

Placing your Brain Endurance Training (BET) pre session is an easy way to get your training in. The pre fatigue method will increase the perception of effort of your training session without the need for additional physical load.



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## Benefits

Saves time in team environments.

Increases perception of effort without having to add extra load. Your weight will feel heavier, sprints will feel harder, skills will be trickier. This builds your mental workload without having to add more physical load.

Can help to avoid physical over training.

Builds a mentally resilient athlete.

Increases mental demands on the athlete



# Post Session



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When you physically are at the limit and you need to perform a final session, you will be stretching your brains capacity which in turn will stretch your physical capacity and you will be able to perform harder and longer in those tough situations.

## Benefits

- Time efficient.
- Can be done anywhere. At home or at the training ground.
- Can help to avoid physical over training.
- Fits in with busy travel schedules.
- Performing BET after a hard training session you are stretching the brains capacity.



# Pre Session Post Session

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Pre and Post Session training is a great way to increase your perception of effort before the physical training session making the workout more tough and also increasing your mental skills. This is good training for when you are under pressure physically and mentally in competition. By finishing the training session with Brain Endurance Training (BET) you are also pushing the limits yet again when there is not much left in the gas tank which will create massive adaptations.

## Benefits

- ▶ Time efficient.
- ▶ Increases mental demands on the athlete.
- ▶ Performing BET before and after a hard training session you are stretching the brains capacity.



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## In Session

In session Brain Endurance Training (BET) will keep all your training sessions engaging by not wasting any rest period sitting around sipping water. Build a more resilient brain and it will also increase your physical limits.

## Benefits

- Easy integration into different aspects of performance strength, power, skill, cardio training. ◀
- Adds another dynamic element to an athletes schedule. ◀
- Less friction when integrating into large environments. ◀
- Time efficient. ◀
- Effective in keeping athletes engaged between sets/blocks. ◀
- Increases mental demands on the athlete while they are in session which is good preparation for tough competition. ◀



# PRE, IN, POST SESSION

Pre, in and post session

Brain Endurance Training (BET) is a full immersive experience. You are pre fatiguing the brain, increasing your perception of effort, maintaining these high levels of mental fatigue during a taxing physical workout and then finishing off the training session by stretching your mental limits yet again.



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## Benefits

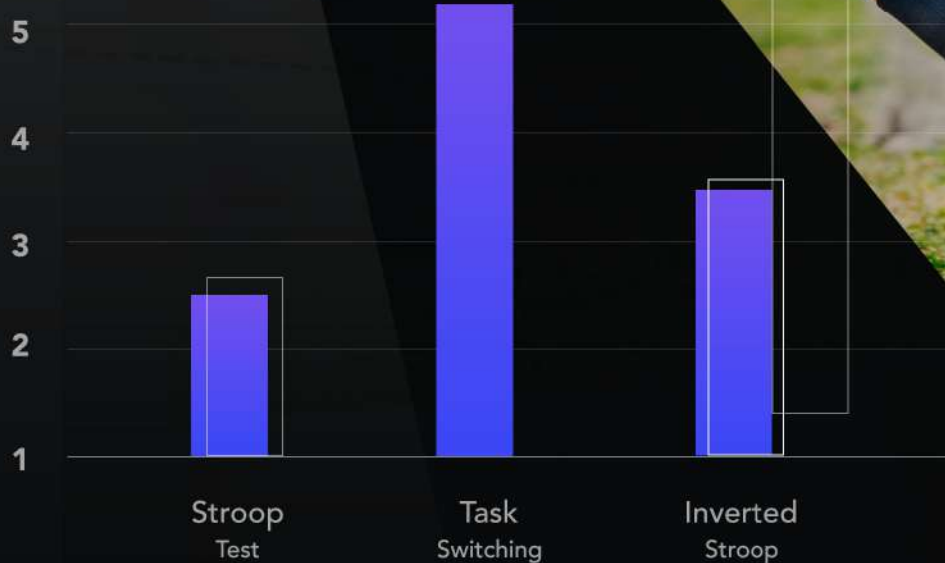
- ▶ Increases mental demands on the athlete.
- ▶ Builds a mentally resilient athlete.
- ▶ Learn to maintain skill set under massive fatigue and pressure.
- ▶ Full immersive training with a psychobiological approach.



# Cognitive Flexibility

The ability to switch your focus back and forth between tasks that require different cognitive demands.

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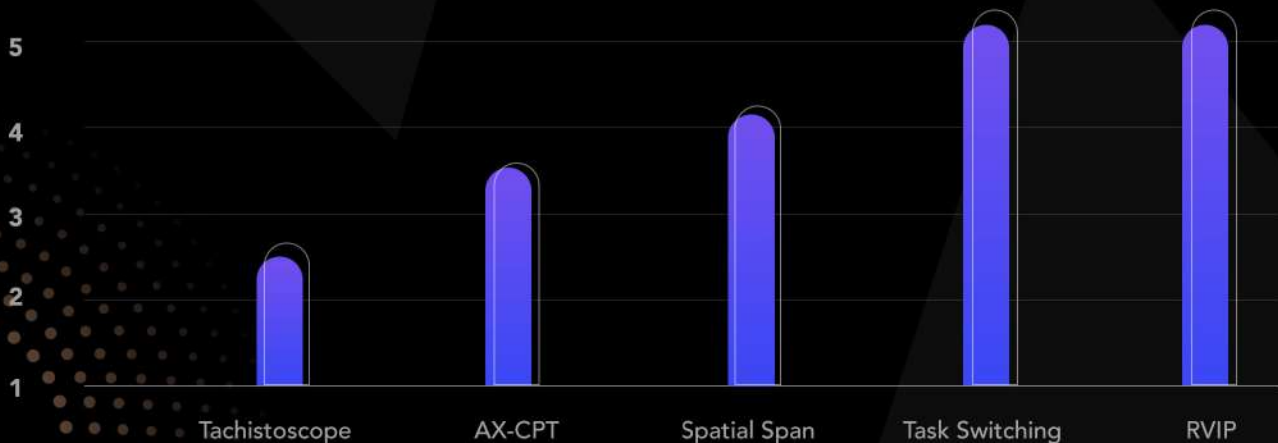




# Working Memory

The ability to remember and use relevant information while in the middle of an activity.

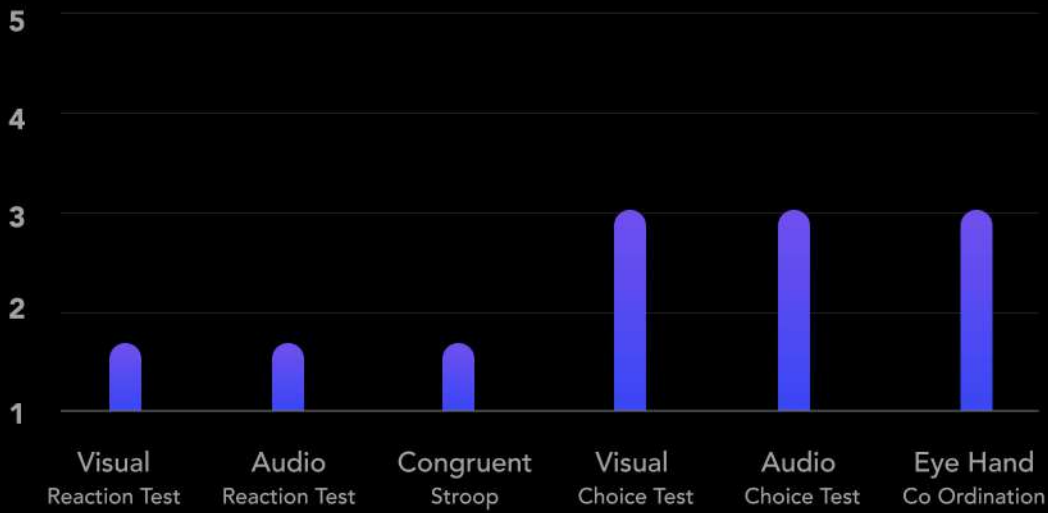
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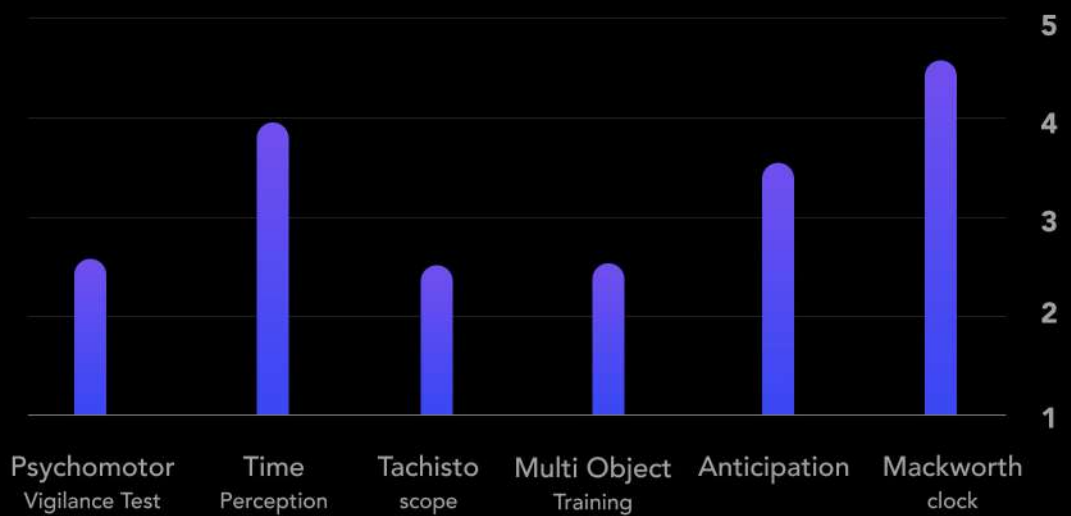


# Sustained Attention

The ability to focus on one specific task for a continuous amount of time without being distracted.



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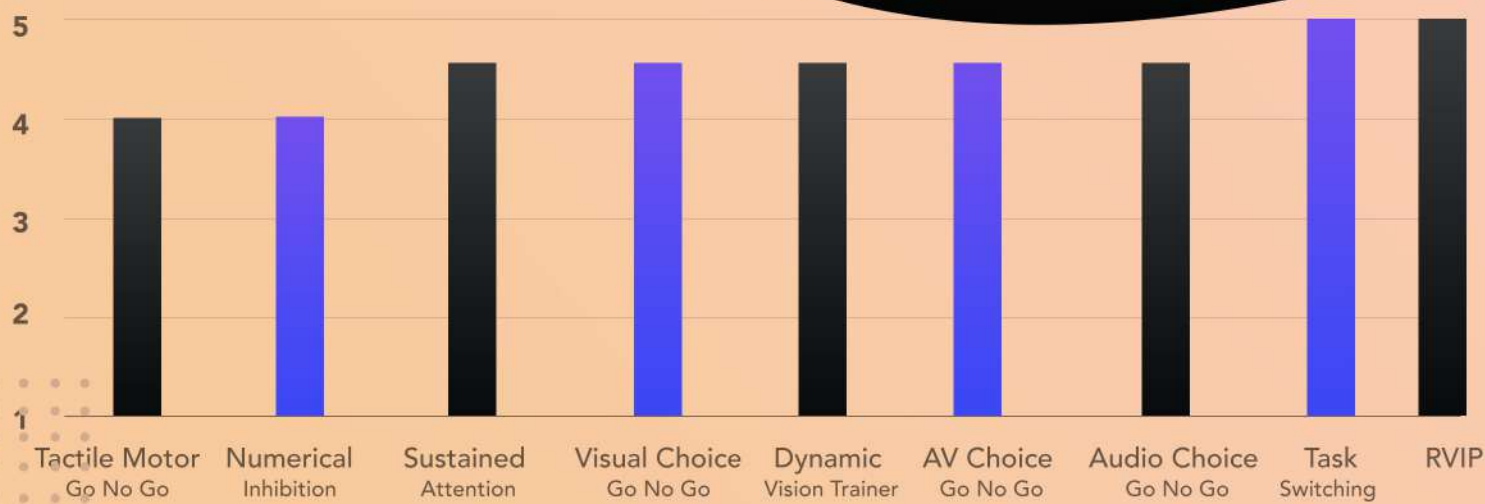
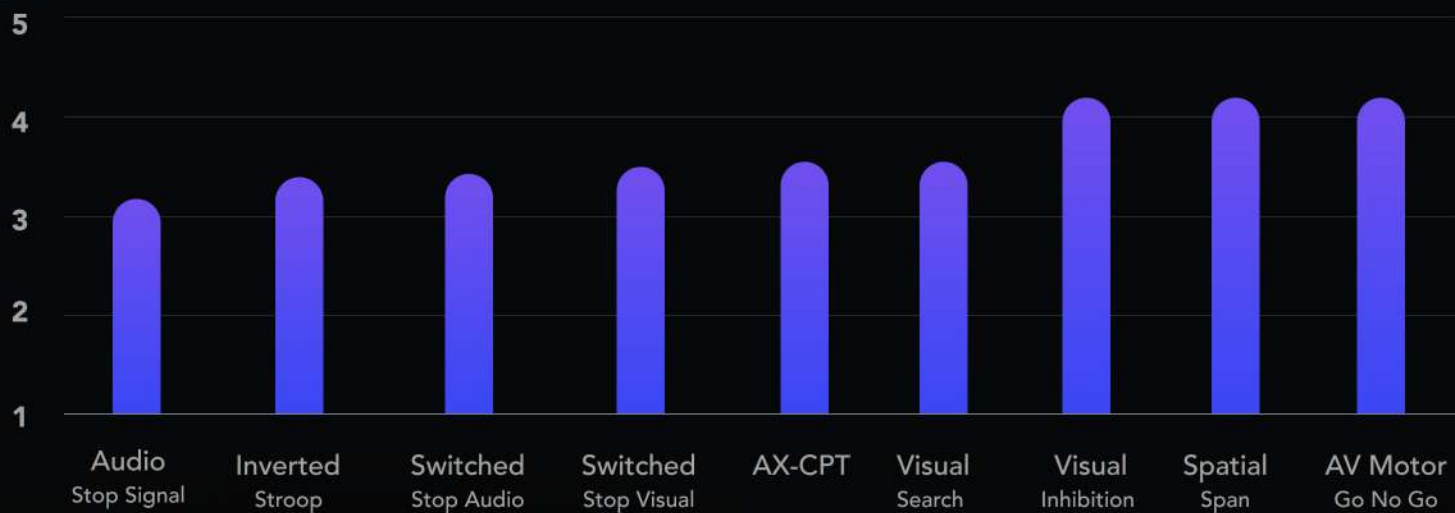
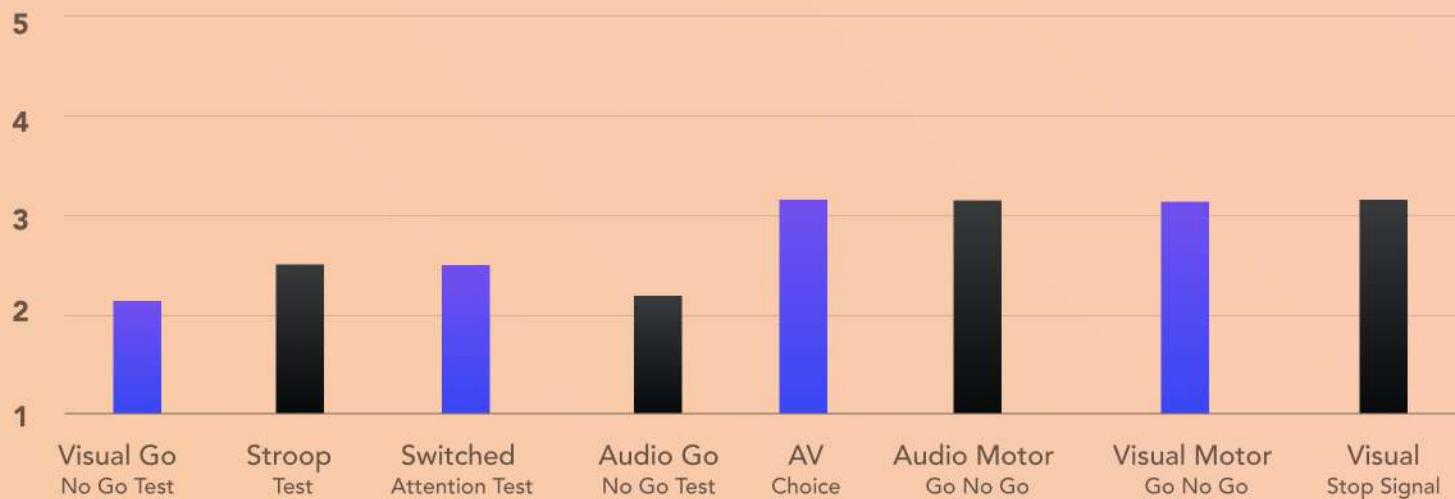
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# Selective Attention

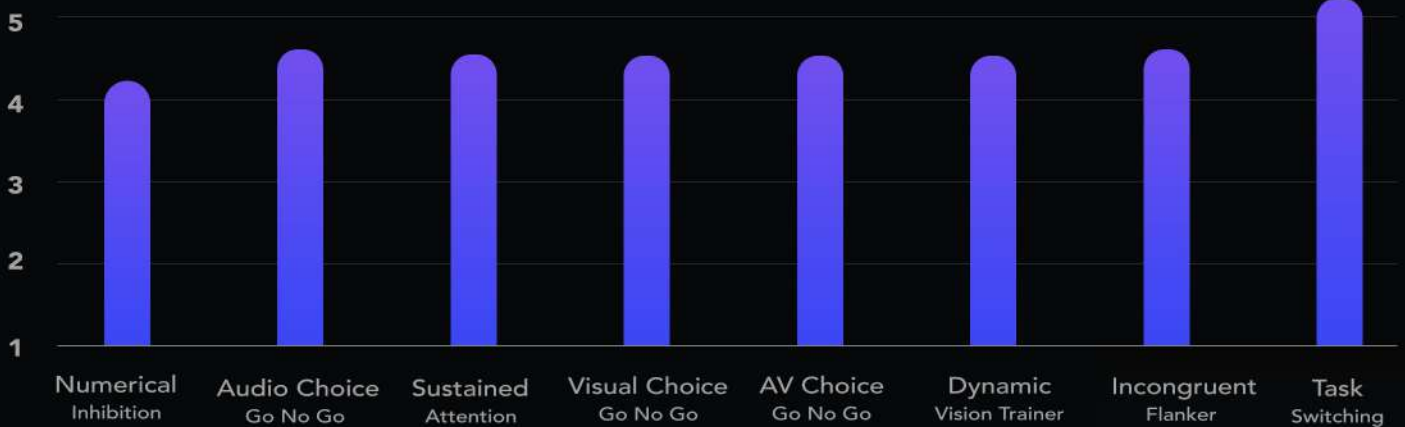
The ability to select from many factors or stimuli and to focus on only the one that you want while filtering out other distractions.



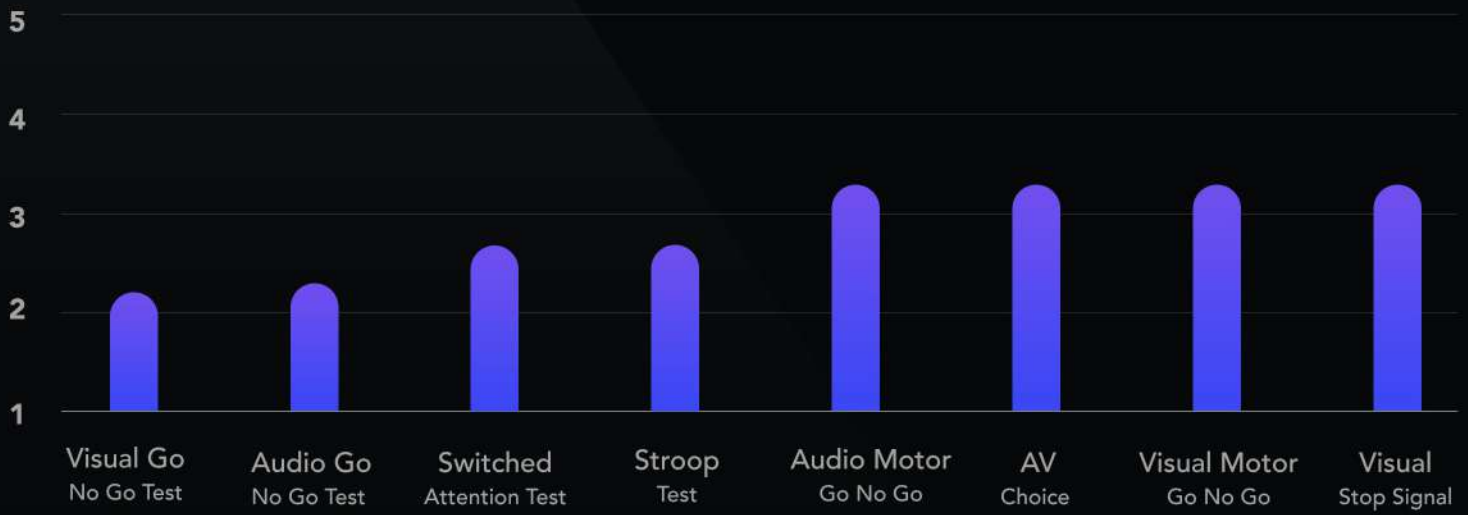


# Response Inhibition

The ability to focus on relevant stimuli in the presence of irrelevant stimuli.



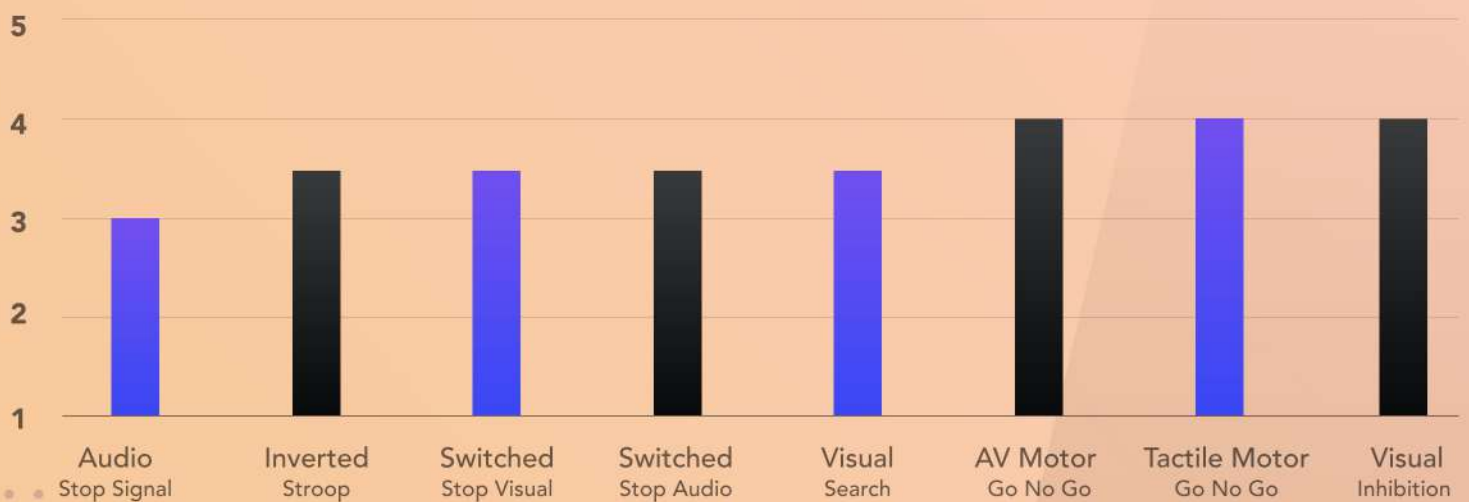




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## Response Inhibition

The ability to focus on relevant stimuli in the presence of irrelevant stimuli.

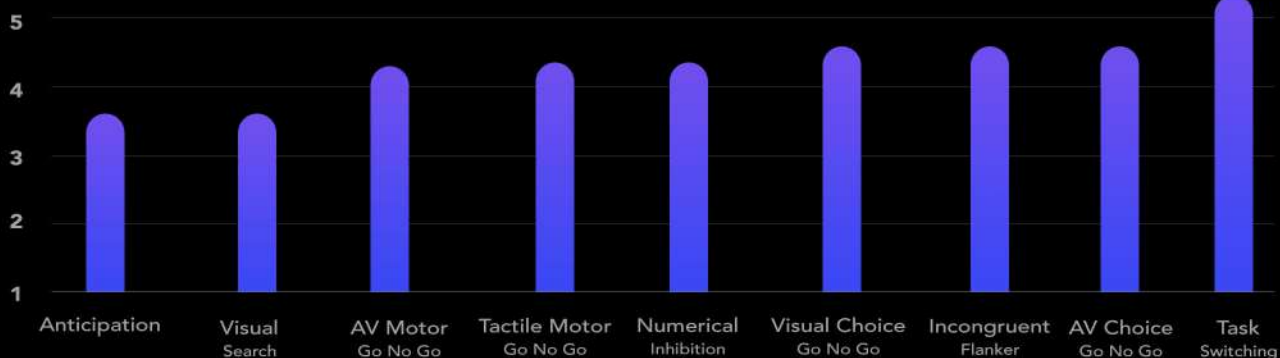
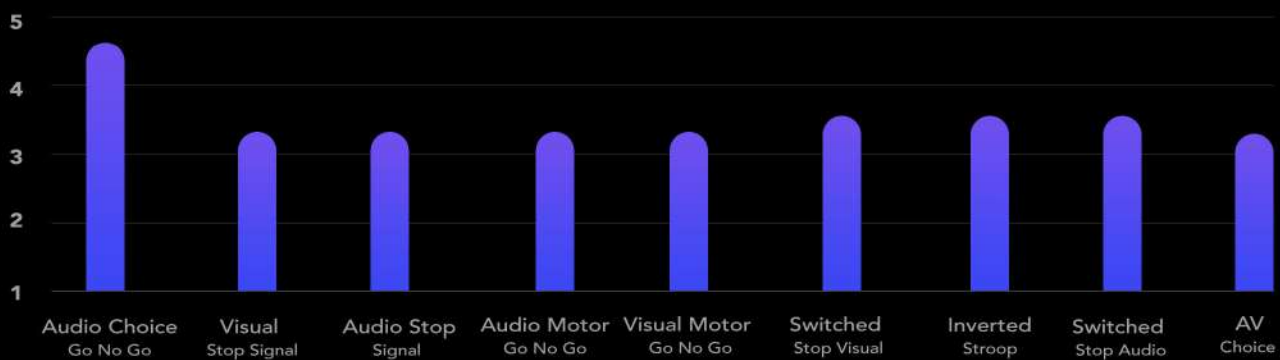
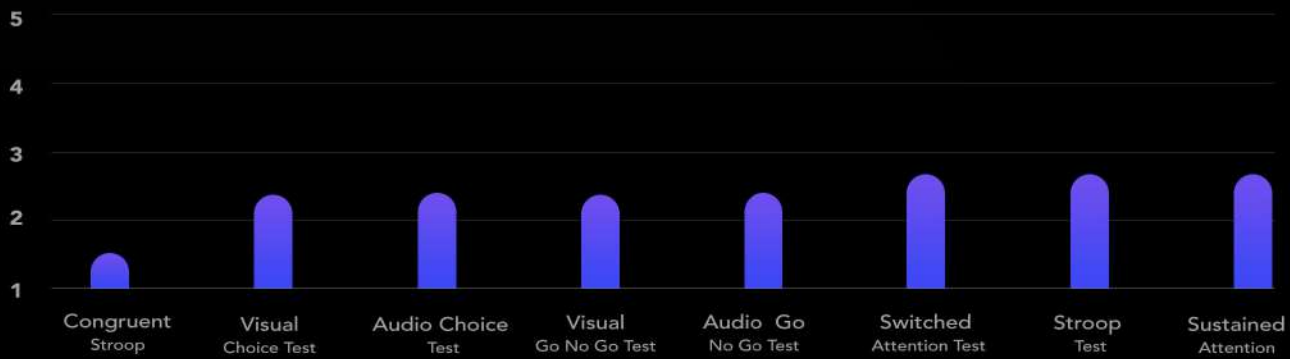




# Decision Making

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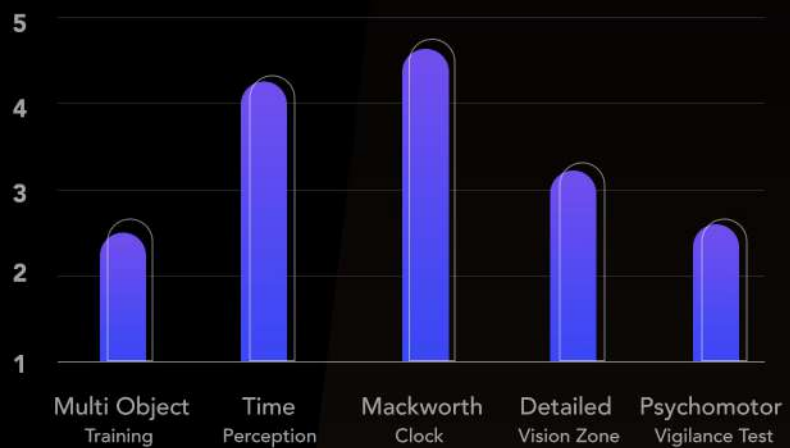
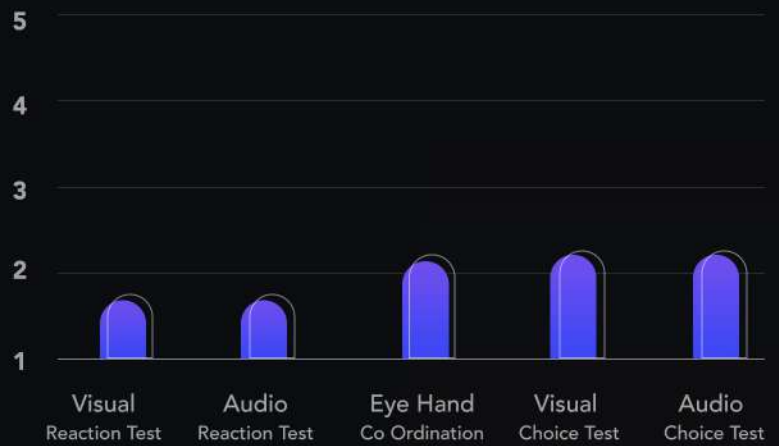
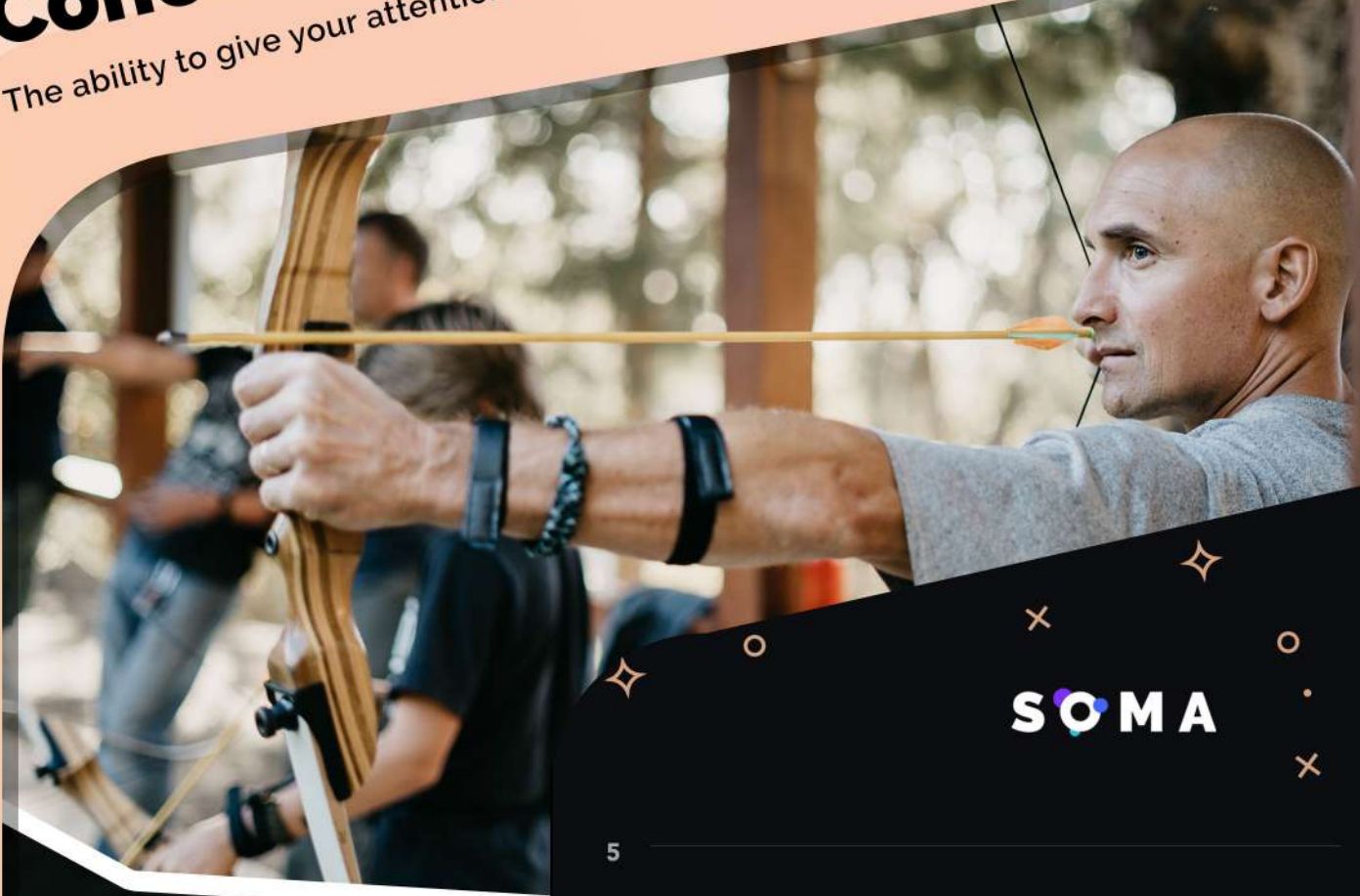
The ability to select a response from a range of available responses in circumstances where an action is needed.





# Concentration

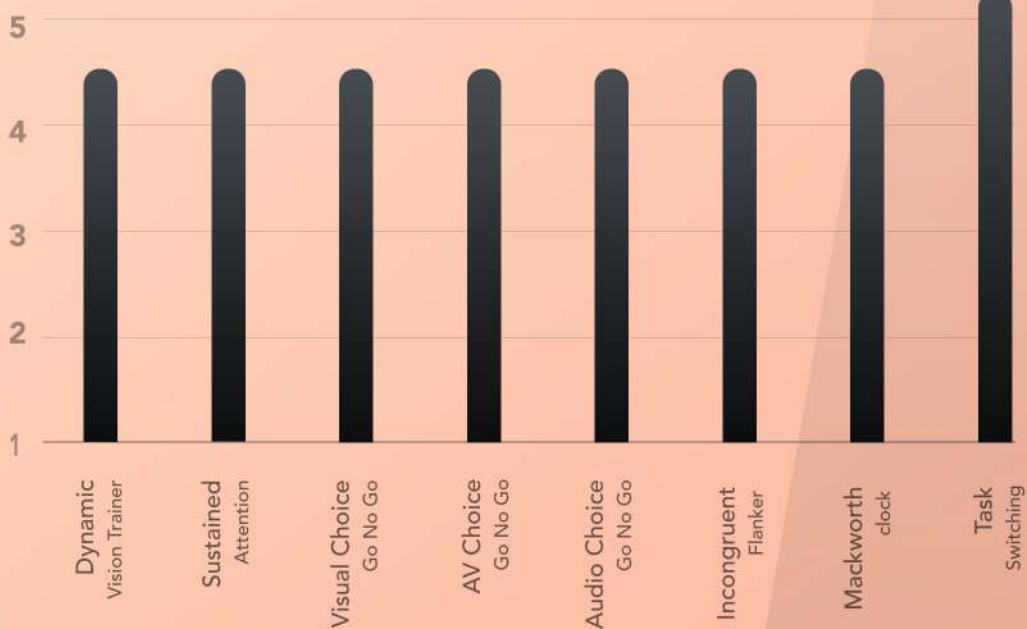
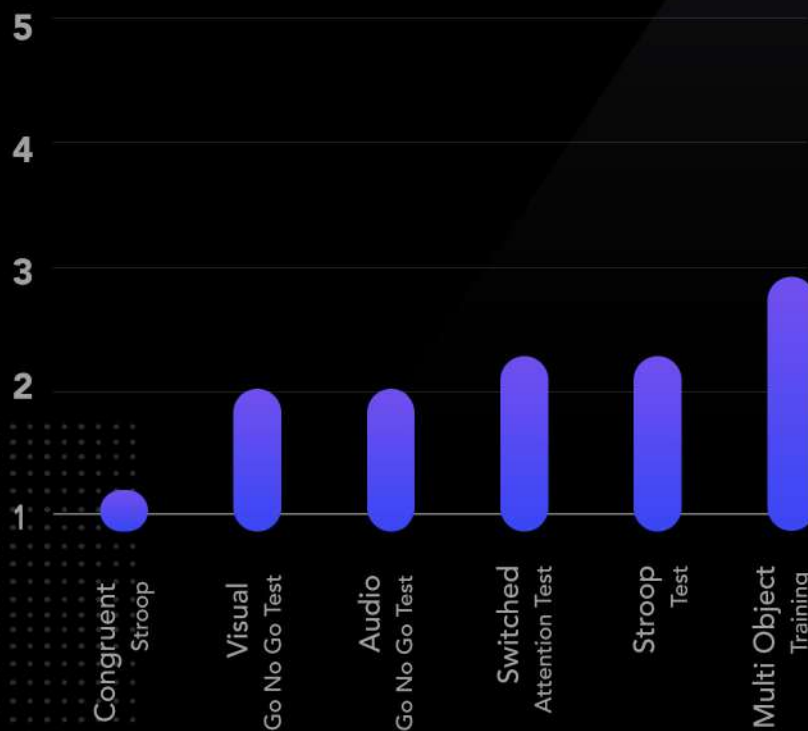
The ability to give your attention to a single object or activity.





# Focus

The ability to have close or narrow attention.





# Focus

The ability to have close or narrow attention.

