What you said in comparing various ancient exercise regimens to modern ones: there are some duplications, which we have kept so you can see where there is the greatest agreement.

General comments:

- Ancient athletics seem to have a broader range of intensity than modern day athletics, although we still have hard and easy days.
- Resistance training is likely more prevalent today, especially with more advanced training devices.
- Cross training is very popular - weights, jumping exercises, etc.
- Extra weights/resistance will be added in practice and then removed for competition to see a boost in performance.
- Alternating training days is very common.
- Massage, icing, and taking a day off are common techniques used to avoid injury.
- Low-impact training is a newer form of injury prevention.
- Training is tailored to competition schedule.

Table-specific discussion:

Steve Solomon's table:

Believed that the principles of training that the Greek's used are still very much in practice today. Like most things, as we have with most things through time, we have innovated and improved on the foundation principles.

We agree that it is clear that the Greek system knew the benefits of weight/resistance training. It was very interesting to see that their resistance training was very focused and practical to the specific sport. The long jumpers would perform there jumps with the weights, whereas today, the weight training is often done in isolation.

We also see that the runners would engage in cross training (through swimming) and plyometrics (jumping of the hurdles).

There would be recovery days in the programs.

There was a structure and routine.

People engaged in many activities - not only their "specialist sport" -- perhaps one difference between today and the Greek system.

Dylan Sarkisian's table:

Many sports teams utilize regular schedules involving alternating between weightlifting and cardio.

The Greek schedule is more diverse because the Greeks practice a diverse range of sports. Modern athletes typically focus on muscles and skills specific to their sport.
There is less focus today on "easy" vs. "medium" vs. "hard" and more focus on resistance vs. cardio vs. skills, etc.

On the tetrads:

- Parts of the regimen can contribute to different sports - but not rigid for one specific sport

- This specific four day regimen would work better for short burst sports

- Some similarities - for example everyone needs a rest day and most sports do strength or resistance training

- We are somewhat on this type of tetrad schedule, but rather than a rotation of days, it varies more in terms of week, based on where we are in the season and what is necessary at that time

- Days when we lift weights, we do less cardio/aerobic exercise and vice versa. This will be split up with rest days or mandatory recovery

- Leading to competition we have less focus on endurance, and more focus on shorter, more efficient workouts, as to not tire out too much for competition

- The Tetrad system appears to be most focused on strength and speed training as opposed to endurance or cardio (which is less varied and more regular).

Table-specific discussions:

Grace Kennedy, Megan Turner, Andi Sullivan, Kyra Carusa, Tim Aiken’s table:

Our workout regimens evolves around our seasons and our schedule in season.

During offseason we focus on building muscle by lifting during the week. It varies every day and sometimes we have conditioning. In season we focus on building skills that evolve around our individual sport and therefore don't life as much. Either way, we don't follow the Tetrad system exactly, but we do have some type of pattern in our lifting and exercise.

Jordan Morris’ table:

- The resistance training and the tetrad system depends on if we are in season or out of season. We use the tetrad system when we are in season and we have
games to prepare for.
- We do a short sharp training, then have the all out activity (which is the game), then we have an easy session after the game, and then start to ramp it back up two days after the game.
- But, when we are out of season, we do not follow this because there is no game we have to prepare for. Instead we go hard for five or six days straight and then take one or two days off in order to recover.

Reiley Hayes' table:
- we do use cycles in training
- not the tetrad, but on a weekly basis
- generally increase resistance in training over a period of weeks
- no two intense days right after each other
- days of rest to allow for recovery
- we do 2 a-days

With respect to football:
As far as the four day cycle goes, our cycle depends on the season.
- During our season in the fall, we lift enough to keep muscle mass but we are not trying to get stronger, it’s all about maintenance.
- In the winter, once season ends, we focus on getting are bodies back from the season by doing a lot of eccentric lifts meaning we will hold movements for a long time to tear up the muscle tissue, so that when we start lifting heavy weights the muscles are ready.
- In the Spring we do a lot more explosive and resistance training as described before. we are required to have one day off, but in this day in age it seems like your always going in to do something extra.

Comparisons between modern and ancient resistance training:

- Football: we spend a lot of time in the spring in the volleyball courts to use the sand to train; we will do many movements in all directions holding onto sleds with varying weights.

- Swimming: daily resistance training
  - Build up tolerance of lactic acid
  - Long distance training coupled with sprints

- Baseball
  - Resistance bands for throwing
  - Resistance training in weight room
Pushing weighted sleds short distances

- **Swimming**: the water provides natural resistance. Adding weights aids that.

- **Track**: nowadays many track athletes run with sleds or parachutes that are belted on at the waist.

- **Gymnasts**: sometimes wear ankle weights during the day (could probably help track athletes too)

- **Pole vaulting**: Guy who taught me how to pole vault wore a weight vest under his clothes all day.

- **Martial arts**: Bruce Lee would punch glass and gravel to make his hands stronger and more impact resistant.