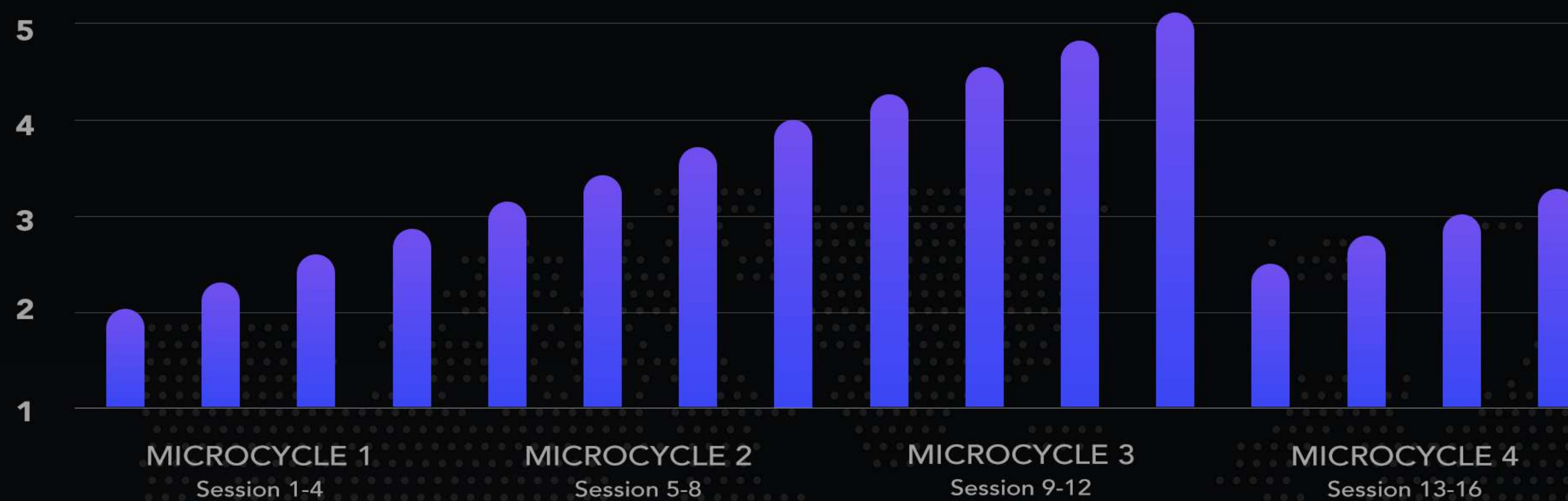


Progressive Overload

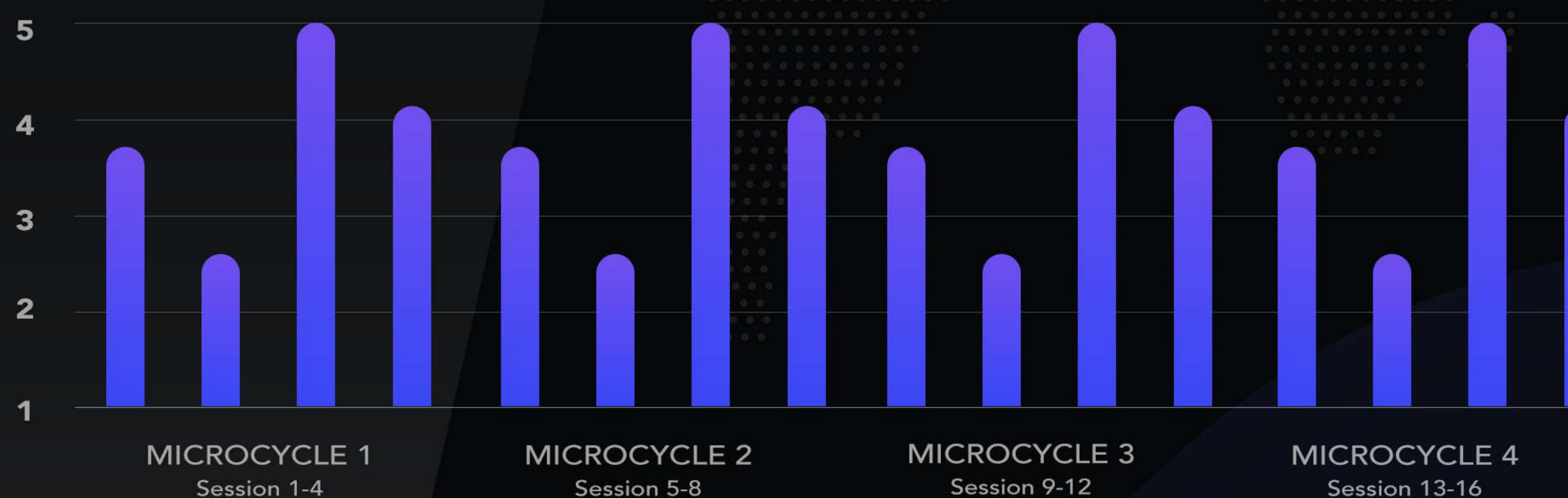
Progressive overload is the **gradual increase of stress** placed upon the brain during Brain Endurance Training (BET).



- **Progress to a drill that is more advanced.**

└ Progress to a drill that is more difficult or increase the volume and/or intensity.

Undulating Periodization



- ▶ Undulating Periodisation is where the training goals/loads **change every session**.
- ▶ **Undulating** is defined as "moving in a wave- like motion".
- ▶ **Undulating Periodisation** is set up in such a way that it is progressive, and has **periods of light, moderate and heavy cognitive stress**.

METHODS OF PROGRESSION

- **Pair a drill with another drill which is similar.**

└ Pairing a drill like Visual Choice followed by Switched Stop Visual, you can increase the difficulty as the drills are similar but with slightly different parameters, this requires the athlete to be more engaged and focused.

- **Pair a drill with another drill that requires more cognitive flexibility.**

└ Pairing drills with different demands will increase the difficulty for the athlete. For example, have your athlete perform a sustained attention task such as Mackworth Clock, then follow it with a response inhibition task such as Visual Stop Signal. This forces your athlete to be more cognitively flexible.