
Can you tell us a little bit about your own training regime? Do you stick to your training plan rigidly?

All my life I was training a lot in all the ways possible but with different goals. In the beginning when I was a child I was practicing just by playing games and helping my parents with different activities. Then, when I played handball professionally I had to train to improve my sport performances. After two severe injuries I had to train to rehabilitate and get back into shape. Currently, I am training to stay healthy and to have more energy. Every week I am playing handball for fun, I am practicing strength workout and working on my flexibility. When I wake up I have a few routine exercises to keep my spine strong.

You do quite a lot of work with personalised nutrition programs. How important is nutrition for those looking to maximise results?

Nutrition and training are both important, but, at certain stages of your training progress, I do believe placing more attention on one component over the other can create larger improvements.

If you're a beginner and you don't possess nutritional knowledge, then mastering nutrition is far more im-

portant than training and should become your number one priority. I say this because improving a poor diet can create rapid, quantum leaps in fat loss and muscle building progress. No matter how hard you train or what type of training routine you're on, it's all in vain if you don't provide yourself with the right nutritional support.

The muscular and nervous systems of a beginner are unaccustomed to exercise. Therefore, just about any training program can cause muscle growth and strength development to occur because it's all a "shock" to the untrained body.

For intermediate or advanced level training, with the correct nutrition now firmly in place, changes in your training become much more important. This is when your training must become downright scientific.

Once you've mastered nutrition, it's all about keeping that nutrition consistent and progressively increasing the efficiency and intensity of your workouts, and mastering the art of planned workout variation, which is also known as "periodisation." The more advanced you become, the more crucial training progression and variation becomes because the well-trained body adapts quickly.