

# The Psychology of Music On Your Training

By Brian Copeland, RKC

Lots of research has been done on the psychology of music and it's effect on your workouts. Some say listen to hard-core metal to arouse your aggression and psych you up! Others listen to fast paced techno/dance to keep you moving. Some say listen to music that has a slow intro and builds up to a peak like classical and some techno/electronica music. Others just like to listen to what they like.

Well here are some guidelines that I have learned in my journey, apply these as you will.

## Basic Principles:

- Music has an emotional effect on you and WILL influence your energy in training.
- Hard-core aggressive music (whatever that is to YOU) will make your output go through the roof as it spikes your emotions. It will also wear you out quick!
- Easier going music (easy going for YOU) will relax you and you probably won't set any personal bests with 1-rep max strength, but your endurance will be greatly increased due to more relaxed muscles.
- Music that you find fun and has a good groove will get you somewhere in-between.
- Zig Ziglar coined a term called automobile university; while you drive in the car put in informational content and learn while stuck in rush hour. I'm practically fluent in Spanish just from doing this. Well as strange as this sounds I typically will find myself listening to talk radio or educational CDs on topics I want to learn more about while I workout. Even though you really can't pay much attention while you train it is a good way to absorb information and if listening to positive things it will improve your attitude on life.

## Basic Guidelines on Music Choice:

Applying the principles of above here is how I recommend the use of music in your training; others will have different opinions... I don't care, do you? Find what works for you.

- Use hard-core music for brief periods of time when you are really cranking up the intensity. A good time for this is at the end of a training session if you really want to crank out a hard strength/endurance set of swings, snatches, burpees or heavy bag work. Put on an intense song like "Bodies" by Drowning Pool and go as hard as you can in 3 minutes and 21 seconds. You can take a break by doing some low intensity stuff, then put on another hard-core song and go again. As you fatigue use less skill

oriented exercise so your technique does not degrade and you don't get hurt.

- If you are doing some kind of exercise for a fairly long time such as 10 sets of 5 reps in an exercise then you aren't pushing to the max so pick an easier going music in order to stay relaxed. Another good strategy is to pick a variety of music that way some sets you are more emotionally heightened and push a little harder and other sets you don't push quite as hard. This is a good way to have a mini cycle in the middle of one workout. If you aren't familiar with cycles then contact me for personal program design already, sheesh get with the program!
- It is great to warm up to classical or techno/trance/electronica that starts out slow and builds up. Martial Artists or other athletes who are practicing speed, skill or agility training but not working up a hard sweat. Most people don't realize that to work speed and skill you should not be sweating that much... Once again contact me if you don't know why.
- Good groove music can be used for a variety of things such as speed/skill training and rhythmic/timing/tempo training like shadowboxing or Girevoy Sport, the sport of kettlebell lifting.
- The Zig Zigar automobile university can be applied anytime, especially on back-off cycles (or weeks) as you aren't pushing yourself very hard. If you don't know about back-off cycles and weeks then you know what to do... [brian@bccorefitness.com](mailto:brian@bccorefitness.com).

There you have it; now quit over-thinking which is best and just go train!

If you are ready to make real progress, contact me for some personal program designs, 1-on-1 or group training. If you feel guilty forking out a little dough, then consider that my services generally cost less than you spend eating out for lunch in a 2-week period.

What do you have to lose except a couple pounds of body fat and a lot of bad lifting habits?

Brian Copeland is a Denver, Colorado based strength and conditioning coach, personal trainer and Certified Russian Kettlebell Instructor. Brian specializes in functional strength and athletic training, conditioning for martial artists, kettlebell lifting, fat loss and muscle gain. Brian has also rehabilitated several severe lower back injuries, including his own, through the use of "proper" strength and flexibility training.

Brian is available for private and group lessons and personal program design. If you are tired of not seeing results contact Brian, he will design a personalized program based on YOUR goals, YOUR time and YOUR lifestyle.

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