

EXERCISING VERSUS TRAINING

WHY ATHLETES NEED PURPOSE—NOT
JUST WORKOUTS



FEATURED VIDEO

Stephen Linzmeier is the founder of Wisconsin Sports Performance, where he helps athletes build speed, power, and confidence through individualized training grounded in sports science.

TULLY

"There's a difference between training and just lifting."

Purpose transforms effort into progress.



MOST ATHLETES ARE EXERCISING —NOT TRAINING

Working hard isn't the same as training with purpose. Many athletes spend hours in the weight room following generic workouts, chasing heavier lifts, or copying what they see online. The problem isn't effort. It's direction.

Great training starts by identifying what an athlete actually needs, then building a plan that develops speed, power, movement quality, and confidence over time. The goal isn't simply to get stronger. It's to become a better athlete.

FIVE IDEAS WORTH STEALING

Train with intention

Every workout should move an athlete closer to better performance—not just fatigue.

Fill the gaps

The best training complements school and club programs instead of duplicating them.

Measure what matters

Consistent feedback turns improvement into something athletes can see and believe.

Relationships drive results

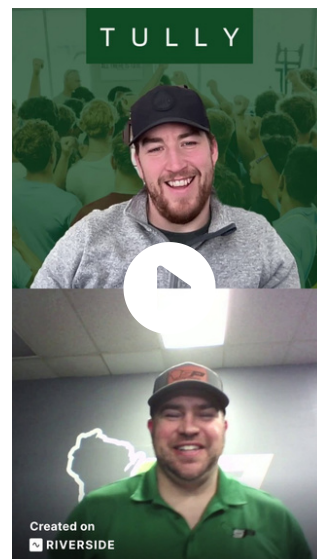
Athletes improve fastest when they know their coach genuinely cares about them.

Teach athletes to own their development

The ultimate goal is helping athletes understand how to train for life—not just for this season.

ASK YOURSELF

- Does every workout have a clear purpose?
- Are we developing athletes—or simply making them tired?
- What gaps exist between our athletes' different training environments?
- Can our athletes explain why they're doing today's workout?
- Are we building confidence alongside performance?



GO DEEPER

Stephen Linzmeier shares how Wisconsin Sports Performance helps athletes bridge the gap between school, club, and individual development—and why intentional coaching consistently outperforms generic programming.

[Tully Legends Video - Stephen Linzmeier](#)

Guaranteed Results: +3 inches on an athlete's vertical jump and +1 mph in sprint speed after 30 sessions.