The Cost Side Of Training

V2 · 捌 · ⚗️ an open question about what practice costs

TLDR / 80-20

> **Training literature tells you what to practise. It rarely tells you what practising costs.**
> Injury, overtraining, and the decision to stop sit in a gap that no amount of additional technique books will fill.

The Keys

1. The shape of the gap.

Ask a shelf of training material about overtraining, injury from excessive practice, and recovery, and what comes back is about **conditioning toward load** — how to prepare a knee for jumping and landing. Preparation is well covered. Too much of a good thing is not covered at all.

2. A first-person account of the thing that is missing.

One teacher opens by saying that thirty-five years of kung fu produced overtraining which broke his mind and body — and that recovery came from qigong rather than from more training. That is precisely the experience the technique literature has no place to put.

3. Why it might be structural rather than accidental.

A reference organised by technique has a slot for what *correct* looks like and no slot for what the fourth attempt looks like. **Overtraining is that same absence measured in years instead of repetitions** — not one bad rep, but too many good ones. If that is the reason, then adding more training books changes nothing.

4. What would actually settle it.

Not a drill — a count. Look for **injury · rest · deload · chronic pain · quitting**. If all five come back as thin as the first two did, the pattern has five data points instead of two and becomes worth acting on.

AI's Take

Two observations is a coincidence with a direction, not a result, and this is written as a prediction for that reason. A question this thin does not get to prescribe anything, least of all about injury.

There is a separate lesson in how the source was chosen. It was picked because it was the largest transcript available — 21,250 characters — and it turned out to be a conversation rather than instruction, with its central term mangled a dozen times in transcription. **Size selected it, and size was the wrong criterion.**

That finding is firmer than the one about training literature, and cheaper to act on.