

Losing Money to Become a Tycoon: Starting with Games

Chapter 519: The New Coach Is Absolutely Adorable—She's Just a Little Too Strong

Saturday, May 14

Pei Qian and Li Yaling got out of the car in front of the DGE Esports Club.

After stepping out, Li Yaling looked around with an expectant expression.

So President Pei arranged the training base for these fitness athletes in the villas at Mingyun Mountain Resort?

It seemed a little strange, but perhaps it wasn't such a bad idea.

Pei Qian didn't explain. He simply led Li Yaling inside.

It was a little after 9:00 a.m. on Saturday. The main hall was still empty, with only Zhang Yuan standing beside a small whiteboard, writing out the team's training schedule.

9:00 – Wake up

9:00–10:00 – Wash up, breakfast, arrive at the training room

10:00–12:00 – Analysis, meetings, training

12:00–12:30 – Lunch

12:30–1:30 – Nap

1:30–2:00 – Warm-up

2:00–5:30 – Scrimmages

5:30–7:00 – Dinner and break

11:00 p.m.–12:00 a.m. – Analysis and meetings

12:00–1:00 a.m. – Wash up, hand in phones, sleep

Judging from the schedule, the players had just finished getting ready and had gone to eat breakfast.

The club wasn't far from the Moyu Internet Café – Mingyun Villa Branch, so they could either order Moyu Delivery or eat at the café.

Li Yaling frowned as she studied the schedule.

This was far too unprofessional!

Especially after seeing that Zhang Yuan—the one writing the schedule—didn't look like he'd ever undergone serious training himself.

No wonder President Pei asked me to take over. This coach must have been picked up off the street. He's way too amateurish! He's wasting everyone's time!

And the schedule itself had even more problems.

First, the sleep schedule was completely wrong. To maintain good health, people should be getting up around six in the morning and going to bed before ten at night. Staying up this late would seriously hurt training effectiveness.

Second, the schedule didn't specify the athletes' meals at all. At the very least, it should list how many meals they'd eat each day and the exact portion sizes for every meal.

Finally, the training duration was far too rigid. Professional bodybuilders vary enormously. Some only train three or four times a week, doing just a few basic exercises each session. Others have an exceptionally high pain tolerance and train beyond muscular failure, working out eight or even ten hours a day.

Ultimately, though, the proper training volume depends on each individual's physical condition. Making everyone follow the exact same schedule and train until late at night simply wasn't scientific.

There was even something called scrimmages on the schedule.

*What possible purpose could bodybuilders have for practice matches?
Competing to see who can strike the best pose?*

Li Yaling had plenty of objections.

Once I take over, the first thing I'll do is rewrite this entire schedule.

Zhang Yuan also noticed President Pei's arrival and quickly put down his marker.

"President Pei, you're here pretty early today."

Pei Qian nodded with a smile.

"Yep. I brought you a coach!"

Zhang Yuan clapped his hands happily.

"That's fantastic, President Pei! I've been looking forward to this. I even copied a training schedule from the internet and was planning to have the players follow it. Now that the coach's here, I can finally relax. We'll let the coach make a proper schedule instead."

Pei Qian introduced them.

"This is Zhang Yuan, the manager and team leader. This is Li Yaling, our professional coach."

The two shook hands warmly.

Afterward, Zhang Yuan stared at his own hand with a puzzled expression.

This girl... she's got an incredibly strong grip!

Li Yaling was wearing long pants and a jacket today. Because she had a naturally small frame, her well-developed muscles were hidden beneath her clothes. Combined with her sweet, youthful face, there was no way anyone could tell how powerful she really was.

Li Yaling had been a little nervous at first, worried that if she taught poorly she'd embarrass President Pei.

But after seeing the current situation, all of her worries disappeared.

No matter what, I can definitely do a better job than this Team Leader Zhang.

The only thing she couldn't figure out was...

Why are there so many computers in the living room?

Footsteps sounded from outside.

The players had finished breakfast and were returning.

Pei Qian glanced at the time.

Perfect.

He immediately called all of the players over.

"Coach Yaling, come over here. These are the ten trainees you'll be coaching."

Li Yaling froze.

She looked at the ten scrawny internet-addicted youths, then at the completely serious-looking President Pei, and finally realized that something was terribly wrong.

These ten were in even worse shape than Zhang Yuan.

Although Zhang Yuan showed no signs of training, he at least looked like he had some muscle. These ten, on the other hand, were either skinny as monkeys or excessively overweight. Some were hunched over, some had flared ribs. Forget muscles—even their posture had serious problems.

It was obvious that these people weren't bodybuilders at all.

Then she remembered all the computers in the living room.

At that moment, Li Yaling finally understood.

Meanwhile, the ten gaming addicts stood in a row in the living room, sizing up their new coach.

Quite a few of them instinctively lowered their heads, unable to meet her eyes.

S-so cute...!

Strictly speaking, Li Yaling's face was rather deceptive. She had a sweet, adorable appearance. Today she was wearing a loose jacket and long pants, hiding her muscles while subtly accentuating her figure.

The gaming addicts had never encountered anything like this before. They became even more awkward and withdrawn.

Everyone had assumed the new coach would be either a greasy middle-aged man or an older gaming addict like themselves.

Never in their wildest dreams had they imagined that their coach would be an adorable young woman.

This was way too exciting.

Only Zhang Yuan, standing to one side, felt an instinctive sense of concern.

Everyone knew that women generally weren't at an advantage in esports. He couldn't help wondering what rank this female coach was in GOG, whether she'd be able to earn the players' respect, and whether her understanding of the game was sufficient for a coaching position.

Pei Qian knew the time had finally come to reveal everything.

He cleared his throat twice, preparing to begin his performance.

Just then, someone knocked gently on the door.

"Hello, your bottled water delivery is here."

There was a water dispenser in the living room, and its bottle was almost empty.

One of the gaming addicts eagerly volunteered.

"I'll do it!"

The delivery worker had been planning to replace the bottle himself, but seeing the young man enthusiastically offering to help, he stepped aside.

The gaming addict wrapped both arms around the large water jug and slowly shuffled toward the dispenser with great effort.

Halfway there, he regretted his decision.

This thing is... way heavier than I expected!

Originally, he'd wanted to show off his manliness in front of the sweet and adorable female coach.

Unfortunately, the price of looking cool turned out to be a little too high.

He was already running out of strength before he'd even made it halfway.

Meanwhile, none of the other players showed any intention of helping.

Instead, they suppressed their laughter as they waited to watch the spectacle.

Trying to impress the coach?

Backfired, didn't it?

Good. You embarrassed yourself first, which means the rest of us have a better chance.

Seeing that nobody was coming to help, the struggling player could only set the water jug down on the floor, intending to catch his breath before carrying it the rest of the way.

Just as he stood there with a flushed face, panting heavily, Li Yaling walked over.

She casually lifted the entire water jug with one hand.

"I'll do it."

The gaming addict had struggled with all his might just to make it halfway across the room.

Coach Yaling effortlessly carried it the rest of the distance.

Then, with a simple motion of her left hand, she lifted the jug onto the dispenser and replaced it.

The movement was so effortless that it created the illusion that a full water jug weighed about the same as an empty one.

The room fell into an eerie silence.

Several of the gaming addicts secretly squeezed their own arms, then looked at Coach Yaling—who had just replaced the water without so much as breathing hard—and quietly fell into silence.

For a moment, the atmosphere became extremely awkward.

Coach Yaling sighed.

"I'm not sure exactly what's going on, but I think there's been some kind of misunderstanding."

"This seems to be an esports training facility."

"But I'm a fitness coach."

As she spoke, she took off her jacket, revealing her powerful biceps.

The gaming addict who had nearly died carrying the water jug wore an indescribable expression while gasping for breath.

With a coach like this... she could probably knock all ten of us flat without even breaking a sweat.

Zhang Yuan also looked at President Pei in complete confusion.

What is going on?

President Pei, you said it wasn't reliable to poach an existing esports coach from another club, and that you'd personally find someone yourself. I believed you.

But why did you bring back a fitness coach?

This has absolutely nothing to do with esports!

Even in offline tournaments where both teams are face-to-face, you're only allowed to fight with words—not with your fists!

Under everyone's puzzled gaze, Pei Qian cleared his throat twice and walked to the center of the living room.

"I know everyone is probably a little confused."

"Please let me explain."

"I believe that the way esports clubs in China currently train their players is far too unprofessional. Their training methods have major problems."

"So..."

"I'm going to introduce an entirely new training method!"

Pei Qian put on a solemn expression and spoke with such righteous conviction that even he was starting to believe his own words.

"The current training methods used by esports clubs in China place far too little emphasis on the players' physical health. Most esports players start out as gaming addicts anyway, so their lifestyles are already unhealthy."

"Sitting in front of a computer for long periods makes it very easy to develop problems with the neck, lower back, and wrists. After enough training, occupational injuries become almost inevitable. Many professional esports players spend the prime of their careers plagued by injuries that end up shortening their professional lives."

"The approach many clubs take is essentially to exhaust their players for short-term gains. They make young players train relentlessly without ensuring proper nutrition or protecting their health. As a result, countless talented players have been forced to leave the competitive scene early because of health problems."

"It's an absolute waste of talent!"

"Besides, maintaining a strong, healthy body allows you to concentrate better and greatly improves your endurance. Esports may look like you're only moving your fingers, but your brain is operating at full speed the entire time and your concentration has to remain at its peak. The physical energy required is no less demanding than many traditional competitive sports."

"Many matches turn into drawn-out marathons or late-game stalemates. At that point, what determines the winner is mental fortitude and physical endurance. Whoever can stay alert and maintain peak concentration in the late game will come out on top."

"Talent is something you're born with. Skill is something you develop through practice. But beyond those two factors, physical fitness is a hidden advantage that many clubs completely overlook."

"Modern competition isn't decided by talent alone. It's also a contest of science, logistics, and support systems. Eliminating your biggest weakness is often far more valuable than endlessly trying to improve your greatest strength."

"That's why I've invited Coach Yaling to train all of you. By fundamentally improving your weak physical condition, she'll strengthen the team's overall fighting capability from the ground up. Understood?"

Everyone exchanged uncertain glances.

It actually sounded somewhat reasonable.

But...

Zhang Yuan cleared his throat.

"President Pei, I completely agree that Coach Yaling can help improve the players' physical fitness."

"But the team still needs someone to guide them in actual gameplay training..."

Pei Qian smiled.

"Of course I've already thought about that."

"Each of the two teams will elect a captain."

"The captains will be responsible for in-game shot-calling, post-match reviews, and replay analysis."

"When it comes to professional matters, leave them to professionals. All of you reached high ranks through your own talent. As long as you study the game seriously, your understanding of it is already better than that of most coaches currently out there."