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**Big House Power Competitive Athletic Training Inc.**

**ABSORB,  
MODIFY,  
APPLY**

*Competitive Athletic Training*

# HISTORY and EVOLUTION

1992

- Birth of the Tier System
- Boise State Women's Volleyball
- Presented TSST Material @ Rocky Mtn Clinic SLC, UT



1994

- Tier System Strength Training for FOOTBALL is born
- Boise State Football
- Summer of 1994 all BSU Sports are TSST Trained



1999

- Tier System Strength Training for ALL SPORTS
- University of Utah



2001

- Tier System Strength Training for FOOTBALL
- Arizona State University



2003

- Tier System Strength Training for ALL SPORTS
- Arizona State University



2008

- Tier System Strength Training for FOOTBALL
- University of Louisville



2010

- Tier System Strength Training for ALL SPORTS
- Big House Power Competitive Athletic Training
- Proehlific Park



2011

- Tier System Strength Training for FOOTBALL
- Carolina Panthers



# HISTORY and EVOLUTION

1996

- Implementation of the DYNAMIC EFFORT METHOD as an alternative to the TIER 3 LIGHT VOLUME loading parameter

1997

- "Program Design for the Tier System"  
• Published - NSCA Journal April 1997

1999

- Posterior Chain is added as an independent Tier

2002

- Concurrent Sequencing of the MAXIMAL, DYNAMIC, and REPETITIVE EFFORT METHODS as a alternative to the tradition HEAVY, MODERATE, LIGHT Principle

2003

- **THE COACH'S STRENGTH TRAINING PLAYBOOK**  
• Published – Coaches Choice

2003

- BLOCK ZERO "REALITY" (Incoming Program)

2004

- TRAINING LEVELS Implemented

2005

- Jump Training as a TOTAL BODY Movement

2006

- Posterior Shoulder is added as an Independent Tier

2009

- Training Levels become TRAINING AGE "BLOCKS"  
• The "QUADRENNIAL PLAN" is Born

2010

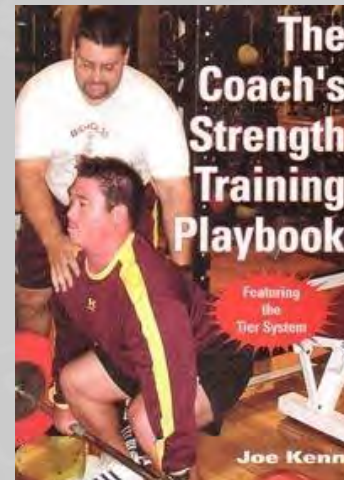
- Development of PREPARATION PROGRESSION Medley's

2011

- Neck is added as an independent Tier  
• Linking T4-T5-N-PC-PS as a Medley

2013

- Implementation of the 8R programming parameters





# Standing the Test of Time

**"All business' goals are based on developing a model that is *REPEATABLE*. If it is *REPEATABLE*, it will be *SUSTAINABLE*. If it is *SUSTAINABLE*, it will be *SUCCESSFUL*."**

Scott Aucker, Corporate Sponsor Sales Executive, Carolina Panthers

POWER

Competitive Athlete Training

**Tier System Strength  
Training is an .....**

**ATHLETIC BASED  
STRENGTH TRAINING  
PROGRAM**

**POWER**

*Competitive Athletic Training*

**Athletic Based Strength Training**

**General Physical Preparation**

**Versus**

**Specific Physical Preparation**

**POWER**

*Competitive Athletic Training*

# **Athletic Based Strength Training**

## **Athlete versus “Strength” Athlete**

### **Major Components:**

- ☐ **Combination of Disciplines**
- ☐ **Ground Based Movements**
- ☐ **Complex Movements**
  - ☐ **Multiple Joint Actions**
- ☐ **Multi Plane Movements**
- ☐ **Free Weight Dominated**
- ☐ **Remember who you are training:**
  - ☐ **Athlete First**



# **Athletic Based Strength Training**

## **Program Derivatives**

### **Principles and Exercise Techniques of:**

- ☐ Olympic Lifting
- ☐ Power Lifting
- ☐ Body Building
- ☐ Strongman Training
- ☐ High Intensity Training
- ☐ Westside Barbell Club
- ☐ Escalating Density Training
- ☐ Tempo/Regime Training
- ☐ Gymnastics Strength
- ☐ Mobility

# **5 Major Bullet Points of Athletic Based Strength Training**

**Number 1**

## **Whole Body Training versus Split System**

- ☐ **How are most sports played?**
- ☐ **Metabolic Demands of Sport**
- ☐ **Ability to diversify alternative training schedules**

*Consecutive Athlete Training*

# **5 Major Bullet Points of Athletic Based Strength Training**

**Number 2**

## **Train Movements versus Body Part Specific**

- ☐ Sport is a game of movement
- ☐ Closed Chain Movements – [ground?]
- ☐ Nobody cares how big your arms are!
- ☐ Corrective Measures and Isolation

# **5 Major Bullet Points of Athletic Based Strength Training**

**Number 3**

## **Explosive Movements versus Non Explosive Movements**

- ☐ **What is the INTENT?**
- ☐ **Application of Force**
- ☐ **Maximum Concentric Acceleration**

# 5 Major Bullet Points of Athletic Based Strength Training

Number 4

## Variety of Exercise

### ☐ Free Weights

- ☐ Ability to train multiple plane/angles

### ☐ Where does Resistance Machines fit?

### ☐ Where does Alternative Movements fit?

### ☐ Create tool box that allows for long term variation



# 5 Major Bullet Points of Athletic Based Strength Training

Number 5

## Density of Training

- ☐ Tempo – Pace
- ☐ Increase overall Work Capacity

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BIG HOUSE



XXXX XXXX

# TSSST

## **TIER SYSTEM STRENGTH TRAINING**



POWER

*Competitive Athletic Training*



**What is the Tier System really?**

**Simply Stated:**

**Tier System Strength Training is based on the daily rotation of exercises from 3 basic movement categories. *That's it!***

**Training Cycles DO NOT interfere with the integrity of the system.**

**OCCAM'S RAZOR**

**"All things being equal,  
the simplest explanation is the best one."**

*Consecutive Athlete Training*



## **What was the reasoning?**

- ❑ Utilize a WHOLE BODY Training approach each session**
- ❑ Prioritize the Foundation Movements**
- ❑ Athlete Development**
- ❑ Holistic Approach – Integrate the training methods and movements of the major 3 Strength Disciplines** (weightlifting, powerlifting, bodybuilding)



## 4 Functions of the Tier System

### Function #1

**Pre 1998**

**Rotate the order of exercises  
based on movements and  
strength developed (ELU)**

**Post 1998**

**Rotate the order of exercises  
based on MOVEMENT (TLU)**





## 4 Functions of the Tier System

### Function #2

Pre 1998

Implement a variety of exercises to develop the prime movers of the sport at numerous joint angles

Pre 2010

Implement a variety of exercises to train numerous planes of movements within a micro cycle

2010 – Today

Implement a layering system into the exercise pool to build one movement into a more *complex* movement – mesocycle - LTAD



## **4 Functions of the Tier System**

### **Function #3**

**Pre 1998**

**Prioritize the exercises based on type of movement and strength developed and place them in order of importance**

**Pre 2010**

**Prioritize movements based on big movements and functional movements**

**2010 – Today**

**Prioritize your “Money” movements and “Strength Mobility” movements and create a layering system when applicable**



## **4 Functions of the Tier System**

### **Function #4**

**Pre 1998**

**Control Volume by regulating the number of work sets that can be performed based on the level of tier and type of exercise that coincides with it**

**Pre 2004**

**Control Volume by exercise order and emphasis on specific strength being developed**

**2004 – Today**

**Control Volume by Training Age and emphasis on specific strength being developed per Tier**





## Developing the Training Template

# Program Keys

- ❑ Whole Body Training Sessions
- ❑ Structured Weekly Rotation of Movement Categories
- ❑ Structured Daily Rotation of Movement Categories
- ❑ Prioritize Movements per Category – LAYER!
- ❑ Control Volume Based on Tier Level
  - ❑ Traditional
  - ❑ Concurrent Sequencing



# **Developing the Training Template**

## **Establishing the Major Movement Categories**

**Ranked in Order of ATHLETIC DEVELOPMENT**

**Number 1 – TOTAL BODY MOVEMENTS**

**Number 2 – LOWER BODY MOVEMENTS**

**Number 3 – UPPER BODY MOVEMENTS**

**A Whole Body Training Session is defined as including at least one exercise per MMC**





## What is a Tier?

**A Ranked Exercise based on:**

- ☐ **Movement Category**
- ☐ **Session Rotation**

## Coding the Programs

- ☐ **3x3 primary program**
- ☐ **3x5 primary program**
- ☐ **3x7**
- ☐ **2x3 (rotation)**



SESSION 1	SESSION 2	SESSION 3
TOTAL BODY	LOWER BODY	UPPER BODY

**Developing the Training Template**  
**Establishing the Major Movement Categories into the**  
**WEEKLY Rotation**



SESSION 1	SESSION 2	SESSION 3
TOTAL BODY	LOWER BODY	UPPER BODY
LOWER BODY	UPPER BODY	TOTAL BODY
UPPER BODY	TOTAL BODY	LOWER BODY

**Developing the Training Template**  
**Establishing the Major Movement Categories into the**  
**DAILY Rotation**



EMPHASIS	SESSION 1	SESSION 2	SESSION 3
PRIORITY	TOTAL BODY	LOWER BODY	UPPER BODY
MAJOR	LOWER BODY	UPPER BODY	TOTAL BODY
MINOR	UPPER BODY	TOTAL BODY	LOWER BODY

## Developing the Training Template

Establishing the Major Movement Categories into the  
**PRIORITY – MAJOR – MINOR** emphasis of the Daily Session



EMPHASIS	SESSION T	SESSION L	SESSION U
<b>TIER ONE PRIORITY</b>	<b>TOTAL BODY</b>	<b>LOWER BODY</b>	<b>UPPER BODY</b>
<b>TIER TWO MAJOR</b>	<b>LOWER BODY</b>	<b>UPPER BODY</b>	<b>TOTAL BODY</b>
<b>TIER THREE MINOR</b>	<b>UPPER BODY</b>	<b>TOTAL BODY</b>	<b>LOWER BODY</b>

**Developing the Training Template**  
**Establishing the Emphasis of the Daily Session**  
**into a Tiered Hierarchy**





EMPHASIS	SESSION T	SESSION L	SESSION U
<b>TIER ONE PRIORITY</b>	<b>TOTAL BODY</b>	<b>LOWER BODY</b>	<b>UPPER BODY</b>
<b>TIER TWO MAJOR</b>	<b>LOWER BODY</b>	<b>UPPER BODY</b>	<b>TOTAL BODY</b>
<b>TIER THREE MINOR</b>	<b>UPPER BODY</b>	<b>TOTAL BODY</b>	<b>LOWER BODY</b>
<b>TIER FOUR</b>	<b>TOTAL BODY</b>	<b>LOWER BODY</b>	<b>UPPER BODY</b>
<b>TIER FIVE</b>	<b>LOWER BODY</b>	<b>UPPER BODY</b>	<b>TOTAL BODY</b>

**Developing the Training Template**

**Tier 4 and 5 Daily Rotation Add On**

CONVERTED  
Combative Athlete Training



EMPHASIS	SESSION T	SESSION L	SESSION U
<b>TIER ONE PRIORITY</b>	TOTAL BODY	LOWER BODY	UPPER BODY
<b>TIER TWO MAJOR</b>	LOWER BODY	UPPER BODY	TOTAL BODY
<b>TIER THREE MINOR</b>	UPPER BODY	TOTAL BODY	LOWER BODY
<b>TIER FOUR</b>	TOTAL BODY	LOWER BODY	UPPER BODY
<b>TIER FIVE</b>	LOWER BODY	UPPER BODY	TOTAL BODY
<b>TIER SIX</b>	UPPER BODY	TOTAL BODY	LOWER BODY
<b>TIER SEVEN</b>	TOTAL BODY	LOWER BODY	UPPER BODY

**Developing the Training Template**

**Tier 6 and 7 Daily Rotation Add On**



EMPHASIS	SESSION T	SESSION L	SESSION U
<b>TIER ONE PRIORITY</b>	TOTAL BODY	LOWER BODY	UPPER BODY
<b>TIER TWO MAJOR</b>	LOWER BODY	UPPER BODY	TOTAL BODY
<b>TIER THREE MINOR</b>	UPPER BODY	TOTAL BODY	LOWER BODY
<b>TIER FOUR</b>	TOTAL BODY	LOWER BODY	UPPER BODY
<b>TIER FIVE</b>	LOWER BODY	UPPER BODY	TOTAL BODY
<b>POSTERIOR CHAIN</b>			

**Developing the Training Template**

**Posterior Chain Add On**



EMPHASIS	SESSION T	SESSION L	SESSION U
<b>TIER ONE PRIORITY</b>	TOTAL BODY	LOWER BODY	UPPER BODY
<b>TIER TWO MAJOR</b>	LOWER BODY	UPPER BODY	TOTAL BODY
<b>TIER THREE MINOR</b>	UPPER BODY	TOTAL BODY	LOWER BODY
<b>TIER FOUR</b>	TOTAL BODY	LOWER BODY	UPPER BODY
<b>TIER FIVE</b>	LOWER BODY	UPPER BODY	TOTAL BODY
<b>POSTERIOR CHAIN</b>			
<b>POSTERIOR SHOULDER</b>			

**Developing the Training Template**

**Posterior Shoulder Add On**





EMPHASIS	SESSION T	SESSION L	SESSION U
<b>TIER ONE PRIORITY</b>	TOTAL BODY	LOWER BODY	UPPER BODY
<b>TIER TWO MAJOR</b>	LOWER BODY	UPPER BODY	TOTAL BODY
<b>TIER THREE MINOR</b>	UPPER BODY	TOTAL BODY	LOWER BODY
<b>TIER FOUR</b>	TOTAL BODY	LOWER BODY	UPPER BODY
<b>TIER FIVE</b>	LOWER BODY	UPPER BODY	TOTAL BODY
<b>NECK</b>			
<b>POSTERIOR CHAIN</b>			
<b>POSTERIOR SHOULDER</b>			

**Developing the Training Template**

**Neck Add On**