



# TRADITIONAL VOLUME



Volume/Emphasis	Monday		Wednesday		Friday	
High						
Moderate						
Low						
Key						

**Tier System Basic Volume Principle**

**Traditional Single Peak Micro Cycle**

**Heavy – Moderate – Light**



# TSSST

## TIER SYSTEM STRENGTH TRAINING

<u>LOAD</u>	SESSION 1 MONDAY			SESSION 2 WEDNESDAY			SESSION 3 FRIDAY		
HEAVY									
MODERATE									
LIGHT									
	85%	85%	85%	65%	65%	65%	75%	75%	75%
	5x5	5x5	5x5	5x5	5x5	5x5	5x5	5x5	5x5

**Tier System Basic Volume Principle**

**Traditional Single Peak Micro Cycle**

**Heavy – Moderate – Light**



Volume/Emphasis	Session T Monday		Session L Wednesday		Session U Friday	
High/Priority	[Red Bar]		[Dark Red Bar]		[Blue Bar]	
Moderate/Major	[Dark Red Bar]		[Blue Bar]		[Red Bar]	
Low/Minor	[Blue Bar]		[Red Bar]		[Dark Red Bar]	
Key	[Red Bar]		[Dark Red Bar]		[Blue Bar]	
	Total Body		Lower Body		Upper Body	

**Tier System Basic Volume Principle**

**Tier System 3 Peak Microcycle**

**Daily Rotation Heavy – Moderate – Light**

# TSSST

## TIER SYSTEM STRENGTH TRAINING

LOAD/Emphasis	SESSION "T" MONDAY			SESSION "L" WEDNESDAY		SESSION "U" FRIDAY			
HEAVY Priority	TOTAL			LOWER		UPPER			
MODERATE Major	LOWER			UPPER		TOTAL			
LIGHT Minor	UB			TB		LB			
	85%	75%	65%	65%	85%	75%	75%	65%	85%
	5x5	5x5	5x5	5x5	5x5	5x5	5x5	5x5	5x5

**Tier System Basic Volume Principle**

**3 Peak Micro Cycle Moderate Load Intensity Principle**

**Daily Rotation Heavy – Moderate – Light**



## Traditional Volume Rules Per Tier Based On Work Sets

Tier Level	3x3 Traditional	3x5 Traditional	3x7 Traditional
One	6	6	6
Two	5	5	5
Three	4	4	4
Four		3	3
Five		2	3
Six			2
Seven			2

Tier Level	3x3 Traditional	3x5 Traditional
One	6	6
Two	5	5
Three	4	4
Four		3
Five		3

## Volume By Movement Category

Volume/Emphasis	3x3 Tier Program	3x5 Tier Program	3x7 Tier Program
High/Priority 43%	6 sets of 15	9 sets of 20	11 sets of 25
Moderate/Major 33%	5 sets of 15	7 sets of 20	8 sets of 25
Low/Minor 23%	4 sets of 15	4 sets of 20	6 sets of 25

TIER	Priority	Major	Minor
ONE	6		
TWO		5	
THREE			4
FOUR	3		
FIVE		3	
Total Sets Per	9	8	4
Total Sets	21	21	21



# Tier System Strength Training – Training Cycles

## Heavy – Moderate – Light MODEL – Percentage Variance

Tier		Percent	
One <i>Heavy</i>	Top		
	Training		
Two <i>Moderate</i>	Percentage	[-]minus	
	Per	9%	
Three <i>Light</i>	Movement	To	[-]minus
	Category	12.5%	15%
			18%





# CONCURRENT SEQUENCING



# CONCURRENT APPROACH

## 3 Ways to Achieve Muscular Tension [Zatsiorsky]

### #1 Maximal Effort Method

#### Program Design Model 1

##### True Maximal Effort

2 week cycles of “Special Exercises”

Week 1 – work to either, 3x1 @ 90% or 1x3 @ 90%

Week 2 – work to a new personal best = 100% +5#'s

#### Program Design Model 2

##### Modified Maximal Effort

4 week cycle of “Foundation Exercises”

Week 1 – 82.5% 5x4

Week 2 – 87.5% 6x3

Week 3 – 80% 4x2

Week 4 – 92.5% 6x2

#### Program Design Model 3

##### Sub Maximal Effort

4 week cycle of “Foundation Exercises”

Week 1 – 5x5 2 chains

Week 2 – 5x5 1 chain

Week 3 – 5x5 3 chains

Week 4 – 5x5 x3 x1

\*(79-88% Prilepin Cycles)

# CONCURRENT APPROACH

**3 Ways to Achieve Muscular Tension** [Zatsiorsky]

## #2 Repeated Effort Method

Program Design Model 1

True Repeated Effort

Training Exercises to Momentary Muscular Failure

Program Design Model 2

Modified Repeated Effort

Choosing a repetition scheme that is short of maximal [8-15 L/U, 6 T]

i.e. doing 10 reps when max is 12

Program Design Model 3

Volume Accumulation Training

Flat Loaded Effort with Escalating Repetition Volume per Micro Cycle

# CONCURRENT APPROACH

**3 Ways to Achieve Muscular Tension** [Zatsiorsky]

## **#3 Dynamic Effort Method**

**Program Design Model 1**

**Traditional Method**

**Utilizing Sub Maximal Loads at the highest attainable speed**

**40-60% 6-15 x 1-3 LB/UB**

**60-80% 6-15 x 1-2 TB**

**Accommodating Resistance – chains/bands**

**Program Design Model 2**

**Reactive Single Response**

**Maximal Effort Jumps and Launches x1-6 reset reps**

**Program Design Model 3**

**Power Capacity Training**

**Combining Model 1 and 2**

# PERIODIZATION

## Linear Based Model

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Hypertrophy				Strength				Power			
Strength Endurance				Absolute Strength				Explosive Strength			

## Concurrent Based Model

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Hypertrophy				Strength				Power			
Strength				Power				Strength			
Power				Hypertrophy				Hypertrophy			

# BASE ROTATION of TIER MODEL

HEAVY - MODERATE - LIGHT Traditional 3 Day per Week Tier System Microcycle								
TRAINING INTENSITY/EMPHASIS	SESSION T			SESSION L		SESSION U		
Heavy/Priority	TOTAL BODY				LOWER BODY			UPPER BODY
Moderate/Major		LOWER BODY				UPPER BODY	TOTAL BODY	
Light/Minor			UPPER BODY	TOTAL BODY				LOWER BODY
Key		Heavy			Moderate		Light	

# CONCURRENT ROTATION of TIER MODEL

## CONCURRENT SEQUENCING 3 Day per Week Tier System Microcycle MAXIMAL EFFORT example

TRAINING INTENSITY	SESSION T			SESSION L		SESSION U	
Maximal Effort [sub max effort]	TOTAL BODY			LOWER BODY			UPPER BODY
<b>RAISE</b>							
Dynamic Effort		LOWER BODY			UPPER BODY	TOTAL BODY	
<b>RAISE/MAINTAIN</b>							
Repeated Effort [modified repeated effort]			UPPER BODY	TOTAL BODY			LOWER BODY
<b>RETAIN</b>							
Key		Raise		Raise/Maintain		Retain	

# CONCURRENT ROTATION of TIER MODEL

**CONCURRENT SEQUENCING 3 Day per Week Tier System Microcycle DYNAMIC EFFORT example**

TRAINING INTENSITY	SESSION T			SESSION L		SESSION U	
Dynamic Effort	TOTAL BODY			LOWER BODY			UPPER BODY
<b>RAISE</b>							
Maximal Effort [sub max effort]		LOWER BODY			UPPER BODY	TOTAL BODY	
<b>RAISE/MAINTAIN</b>							
Repeated Effort [modified repeated effort]			UPPER BODY	TOTAL BODY			LOWER BODY
<b>RETAIN</b>							
Key		Raise		Raise/Maintain		Retain	



# CONCURRENT ROTATION of TIER MODEL

## CONCURRENT SEQUENCING 3 Day per Week Tier System Microcycle REPEATED EFFORT example

TRAINING INTENSITY	SESSION T			SESSION L			SESSION U		
Repeated Effort [modified repeated effort]	TOTAL BODY			LOWER BODY				UPPER BODY	
<b>RAISE</b>									
Maximal Effort [sub max effort]		LOWER BODY			UPPER BODY	TOTAL BODY			
<b>RAISE/MAINTAIN</b>									
Dynamic Effort			UPPER BODY	TOTAL BODY			LOWER BODY		
<b>RETAIN</b>									
Key		Raise			Raise/Maintain			Retain	

# Example CONCURRENT PERIODIZATION MODEL

Winter Program	Spring Program	In Season
Modified Maximal Effort	Dynamic Effort	Dynamic Effort
Dynamic Effort	True Maximal Effort	True Maximal Effort
Modified Repeated Effort	Modified Repeated Effort	Modified Repeated Effort
Summer Cycle 1	Summer Cycle 2	Summer Cycle 3
Modified Repeated Effort	Modified Maximal Effort	Dynamic Effort
Modified Maximal Effort	Dynamic Effort	Modified Maximal Effort
Dynamic Effort	Modified Repeated Effort	Modified Repeated Effort

# Winter Program – Sample – Outside the Box

<u>Method</u>	SESSION U	SESSION L	SESSION T
<b>Modified Maximal Effort</b>	Grip 2 Bench Press	BACK SQUAT	Hang Clean
	6 x 5 @ 80%	6 x 5 @ 80%	6 x 3 @ 80%
<b>Dynamic Effort</b>	Clean Grip Snatch <small>from deck</small>	Grip 4 Bench Press <small>AccRes - Chains</small>	Box Squat - pause <small>AccRes - bands</small>
	6 x 3 @ 50%	8 x 3 @ 50%	8 x 2 @ 45%
<b>Modified Repeated Effort</b>	Single Leg Squat	Snatch Grip Shrug Pull <small>from 5-7" block</small>	Horizontal Pull <small>Hammer, BB, DB</small>
	4 x 6 each leg	4 x 6	4 x 12
<b>Mobility</b>	Vertical Pull - 2x8	Barbell Lunge - 2x8	Vertical Jump - 2x6
	Long Jump - 2x6	DB Press - 2x8	Step Up 17" - 2x8
<b>Posterior Chain</b>	SL Hip Lift - 3x15	Partner Leg Curl - 3x15	SL Hip Lift/Curl 3x15

# In Season – Sample - Squad

<u>Method</u>	SESSION T	SESSION L	SESSION U
<b>Dynamic Effort</b>	Hang Clean	BOX SQUAT	VG Bench Press
	high catch 6 x 3 @ 60%	AccRes - Chains 6 x 2 @ 47.5%	AccRes - Bands 8 x 3 @ 40%
<b>Maximal Effort</b>	Safety Bar Squat	Gr3 Bench Press	Hammer Jammer
	wk 1 - work to 3 x 1 @ 90% wk 2 - work to 1 x 1 @ 101%	wk 1 - work to 3 x 1 @ 90% wk 2 - work to 1 x 1 @ 101%	double leg 4 x 5
<b>Modified Repeated Effort</b>	Wtd Push Ups	Mini Band Jumps	Walking Lunge
	w/ Inverted Row 3 x 10	to box 3 x 6	bodyweight 2 x 12
<b>Posterior Chain</b>	Glute Ham Raise	Reverse Hypers	Band Good Morn