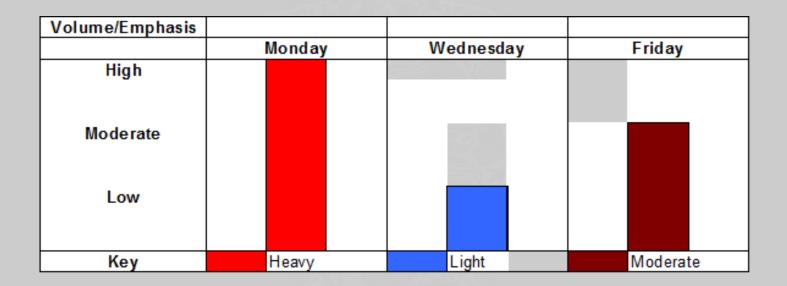
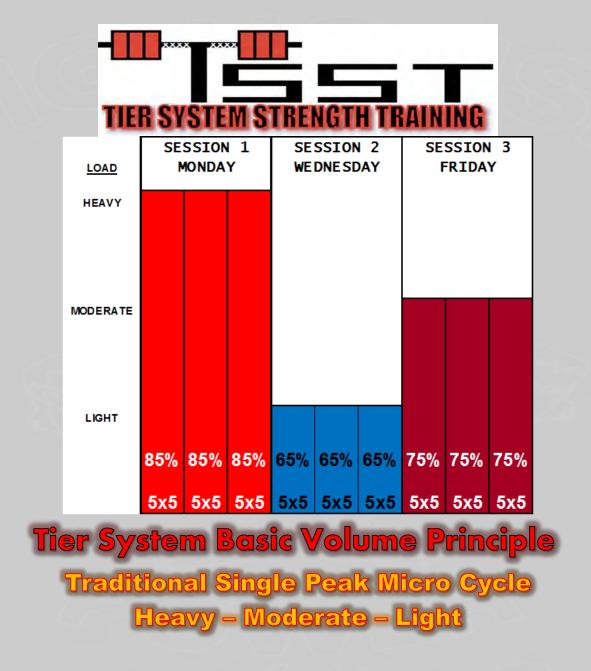


TRADITIONAL VOLUME





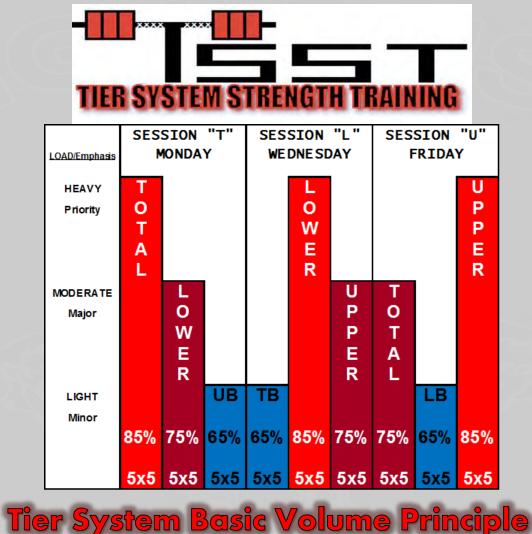
Tier System Basic Volume Principle Traditional Single Peak Micro Cycle Heavy – Moderate – Light





Volume/Emphasis	Session T Monday	Session L Wednesday	Session U Friday
High/Priority			
Moderate/Major			
Low/Minor			
Key	Total Body	Lower Body	Upper Body

Tier System Basic Volume Principle Tier System 3 Peak Microcycle Daily Rotation Heavy – Moderate – Light



3 Peak Micro Cycle Moderate Load Intensity Principle Daily Rotation Heavy – Moderate – Light



Traditional Volume Rules Per Tier Based On Work Sets

Volume By Movement Category

Tier	3x3	3x5	3x7
Level	Traditional	Traditional	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/	3x3 Tier	<u>3x5 Tier</u>	3x7 Tier
<u>Emphasis</u>	<u>Program</u>	<u>Program</u>	<u>Program</u>
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		
тwo		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	Тор		
Heavy	Training		
Two	Percentage	[-]minus	
Moderate	Per	9%	
Three	Movement	То	[-]minus
Light	Category	12.5%	15%
			18%



CONCURRENT SEQUENCING

3 Ways to Achieve Muscular Tension Zationsky #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)

3 Ways to Achieve Muscular Tension 12016100

#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

3 Ways to Achieve Muscular Tension zationals #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	
	Hyper	trophy	1		Stre	ngth		Power				
S	trength E	Induranc	e .		Absolute	olute Strength Explosive Strength					h	

Concurrent Based Model

WK1 Wk2 Wk3 Wk4	Wk 5 Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Hypertrophy	Stre	ngth			Po	wer	
Strength	Ро	wer			Stre	ngth	
Power	Hyper	trophy			Hyper	trophy	1

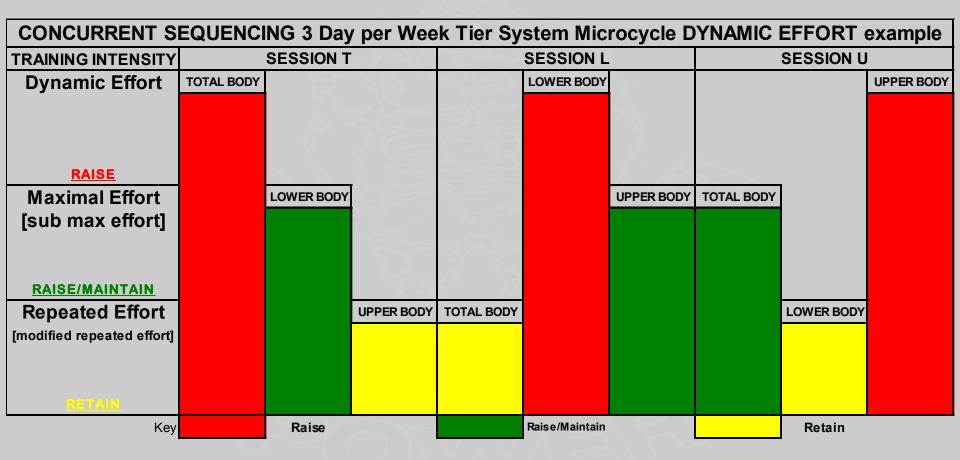
BASE ROTATION of TIER MODEL

HEAVY - MOD	ERATE	- LIGHT	Traditi	onal 3 D	ay per	Week Ti	er Syste	em Micr	ocycle
TRAINING INTENSITY/EMPHASIS		SESSION T			SESSION L			SESSION U	
Heavy/Priority	TOTAL BODY				LOWER BODY				UPPER BODY
Moderate/Major Light/Minor		LOWER BODY	UPPER BODY	TOTAL BODY		UPPER BODY	TOTAL BODY	LOWER BODY	
Key		Heavy			Moderate			Light	

CONCURRENT ROTATION of TIER MODEL

CONCURRENT S	EQUENCI	NG 3 Day	per Wee	k Tier Sy	stem Mic	rocycle N	IAXIMAL I	EFFORT	example
TRAINING INTENSITY		SESSION T			SESSION L			SESSION U	
Maximal Effort	TOTAL BODY				LOWER BODY				UPPER BODY
[sub max effort]									
						. P			
RAISE									
Dynamic Effort		LOWER BODY				UPPER BODY	TOTAL BODY		
			National						
RAISE/MAINTAIN				20.05					
Repeated Effort			UPPER BODY	TOTAL BODY				LOWER BODY	
[modified repeated effort]									
<u>RETAIN</u>									
Key		Raise			Raise/Maintain			Retain	

CONCURRENT ROTATION of TIER MODEL



CONCURRENT ROTATION of TIER MODEL

CONCURRENT SI	EQUENCI	NG 3 Day	per Week	Tier Syst	tem Micro	cycle RE	PEATED E	EFFORT e	xample
TRAINING INTENSITY		SESSION T			SESSION L			SESSION U	
Repeated Effort	TOTAL BODY				LOWER BODY				UPPER BODY
[modified repeated effort]									
						2			
RAISE									
Maximal Effort		LOWER BODY				UPPER BODY	TOTAL BODY		
[sub max effort]									
RAISE/MAINTAIN									
Dynamic Effort			UPPER BODY	TOTAL BODY				LOWER BODY	
<u>RETAIN</u>									
Key		Raise			Raise/Maintain	1.2.5		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
101.102032		
Summer Cycle 1	Summer Cycle 2	Summer Cycle 3
Summer Cycle 1 Modified Repeated Effort		Summer Cycle 3 Dynamic Effort
	Modified Maximal Effort	

Winter Program – Sample – Outside the Box

<u>Method</u>	SESSION U	SESSION L	SESSION T
Modified	Grip 2 Bench Press	BACK SQUAT	Hang Clean
Maximal Effort	6 x 5 @ 80%	6 x 5 @ 80%	6 x 3 @ 80%
Dynamic	Clean Grip Snatch	Grip 4 Bench Press	Box Squat - pause
Effort	from deck	AccRes - Chains	AccRes - bands
	6 x 3 @ 50%	8 x 3 @ 50%	8 x 2 @ 45%
Modified	Single Leg Squat	Snatch Grip Shrug Pull	Horizontal Pull
Repeated		from 5-7" block	Hammer, BB, DB
Éffort	4 x 6 each leg	4 x 6	4 x 12
Mobility	Vertical Pull - 2x8	Barbell Lunge - 2x8	Vertical Jump - 2x6
	Long Jump - 2x6	DB Press - 2x8	Step Up 17" - 2x8
Posterior Chain	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
Dynamic	Hang Clean	BOX SQUAT	VG Bench Press
Effort	high catch	AccRes - Chains	AccRes - Bands
	6 x 3 @ 60%	6 x 2 @ 47.5%	8 x 3 @ 40%
Maximal	Safety Bar Squat	Gr3 Bench Press	Hammer Jammer
Effort	wk 1 - work to 3 x 1 @ 90%	wk 1 - work to 3 x 1 @ 90%	double leg
	wk 2 - work to 1 x 1 @ 101%	wk 2 - work to 1 x 1 @ 101%	4 x 5
Modified	Wtd Push Ups	Mini Band Jumps	Walking Lunge
Repeated	w/ Inverted Row	to box	bodyweight
Éffort	3 x 10	3 x 6	2 x 12
Posterior Chain	Glute Ham Raise	Reverse Hypers	Band Good Morn