

Advanced Triphasic Training Methods

CSCCa 2015

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Goals of Triphasic Training

- Transfer of training is ultimate goal
 - Every movement or action is a learned skill
 - Must “teach” athletes proper skills required
- Stress the body optimally
 - Must be completed with a purpose
 - Quality of work
 - Specific to high-intensity requirements
- Prevent body from being pulled in too many directions
 - Number of qualities trained
 - Per day and per block
 - Triathlete example

3 Components of Triphasic Training

1. Block Training Model

- Based on residual effects
- Allows multiple peaks per year

2. Modified Undulated Training

- Based on day
- Keeps organism from being “pulled” in too many directions

3. Triphasic Muscle Action

- 3 muscle actions of every dynamic movement
 - Eccentric
 - Isometric
 - Concentric

Block Training Model – 3 Phases

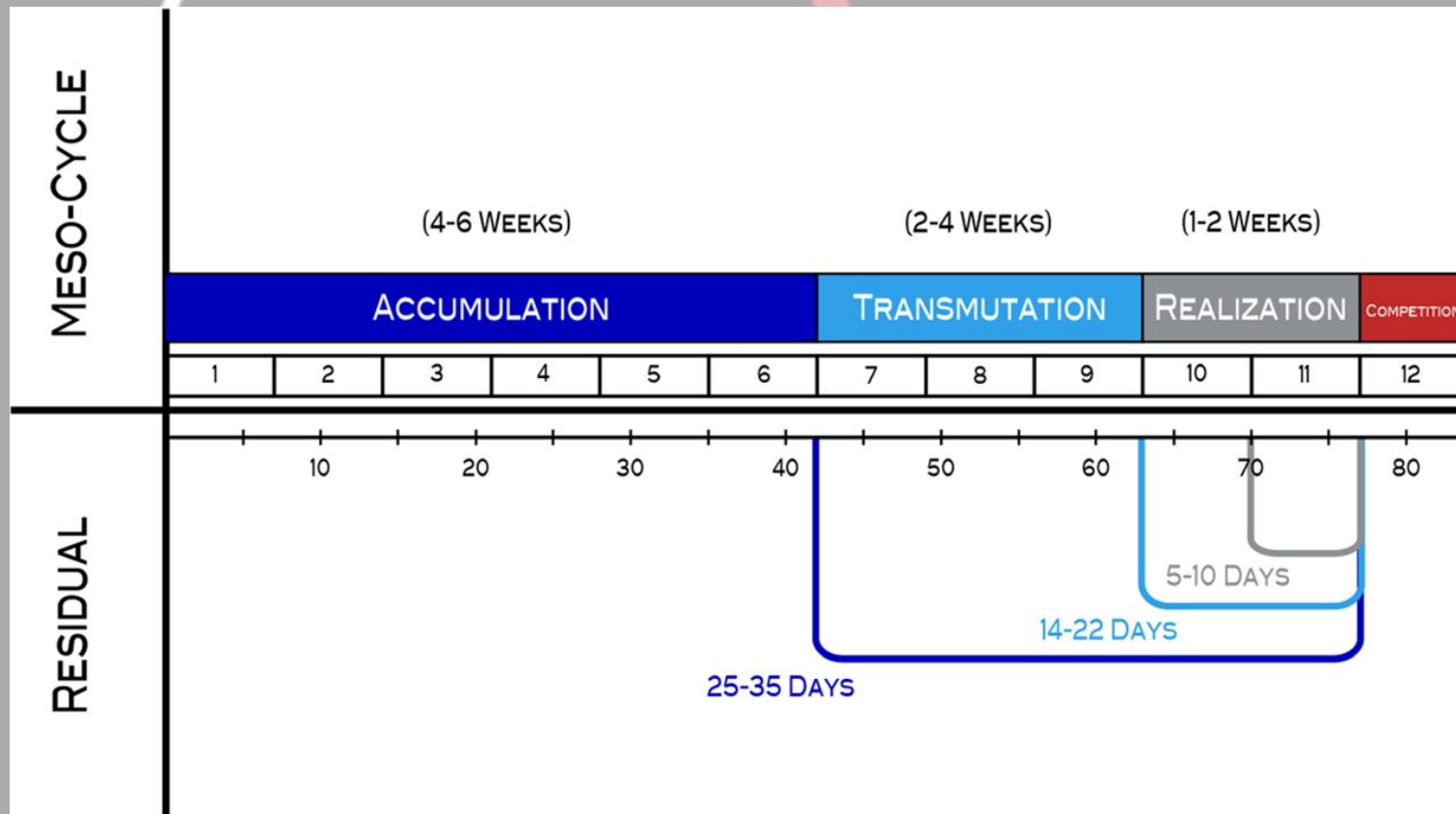
- Accumulation
 - Aimed at developing basic motor qualities
 - Aerobic system
 - Max strength
 - Longest Phase
- Transmutation
 - Aimed at developing specific motor abilities to competition
 - Strength-specific endurance
 - Power
 - Adaptation peaks after 3 week block
- Realization
 - Develops pre-competition readiness levels (peaking)
 - Max Speed and RFD
 - Completed as close to competition as possible

Block Training Model

DURATION OF RESIDUAL TRAINING EFFECTS (RTE) ON MOTOR ABILITIES			
MESOCYCLE	MOTOR ABILITY	RTE (DAYS)	PHYSIOLOGICAL BACKGROUND
ACCUMULATION	AEROBIC ENDURANCE	30 _± 5	INCREASED NUMBER OF AEROBIC ENZYMES, MITOCHONDRIA, CAPILLARY DENSITY, HEMOGLOBIN CAPACITY, GLYCOGEN STORAGE, HIGHER RATE OF FAT METABOLISM
	MAXIMAL STRENGTH	30 _± 5	IMPROVEMENT OF NEURAL MECHANISM MUSCLE HYPERTROPHY
TRANSMUTATION	ANAEROBIC GLYCOLYTIC ENDURANCE	18 _± 4	INCREASED ANAEROBIC ENZYMES, BUFFERING CAPACITY, AND GLYCOGEN STORAGE, HIGHER POSSIBILITY OF LACTATE ACCUMULATION
	STRENGTH ENDURANCE	15 _± 5	MUSCLE HYPERTROPHY, IMPROVED AEROBIC/ANAEROBIC ENZYMES, IMPROVED LOCAL BLOOD CIRCULATION AND LACTATE TOLERANCE, REPEAT SPRINT ABILITY
REALIZATION	MAXIMAL SPEED	5 _± 3	IMPROVED NEUROMUSCULAR INTERACTIONS AND MOTOR CONTROL, INCREASED ANAEROBIC POWER

Block Training Model

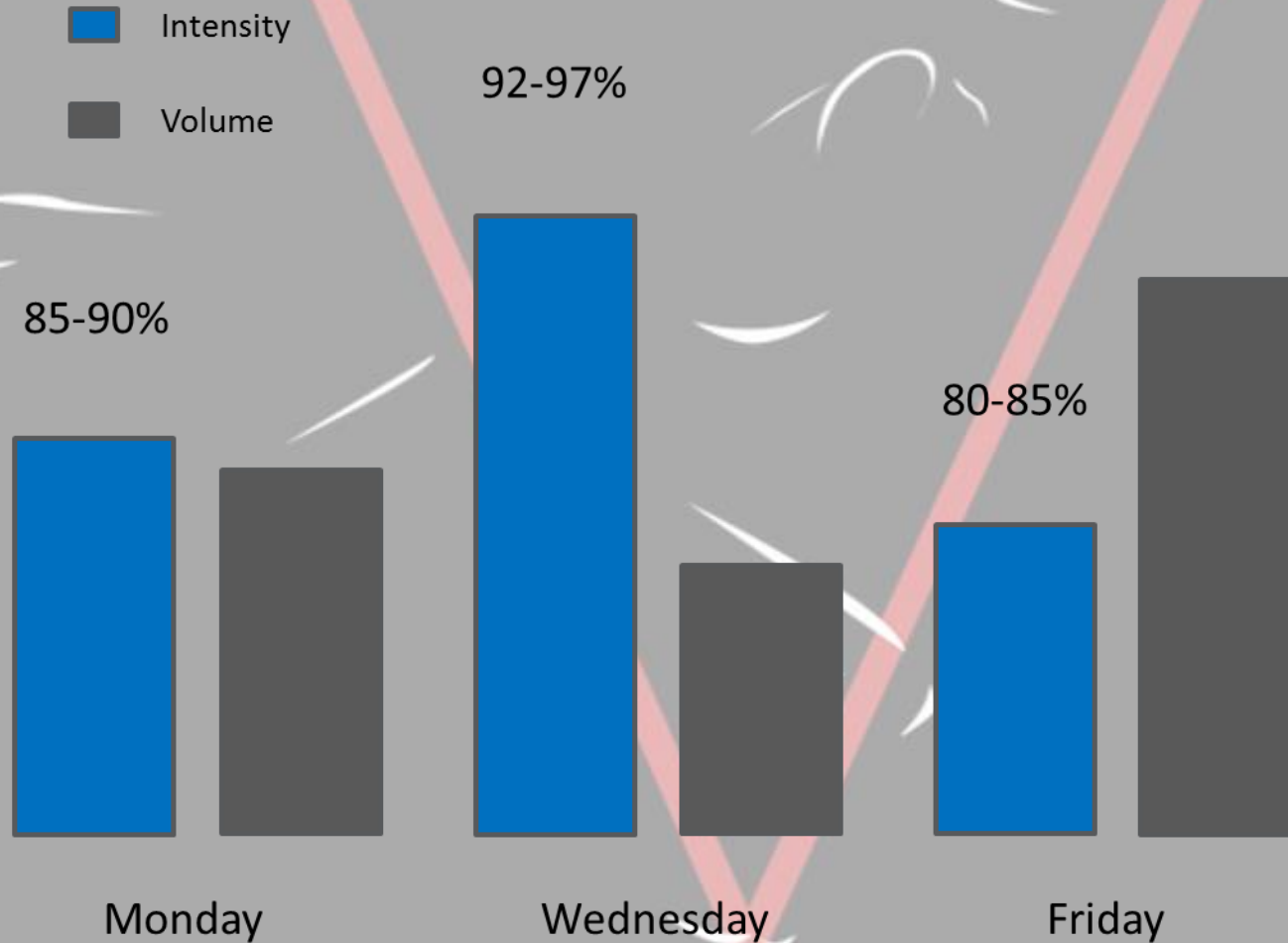
- Multiple peaks in a smaller training period
- All qualities peaked simultaneously
- Maximized performance



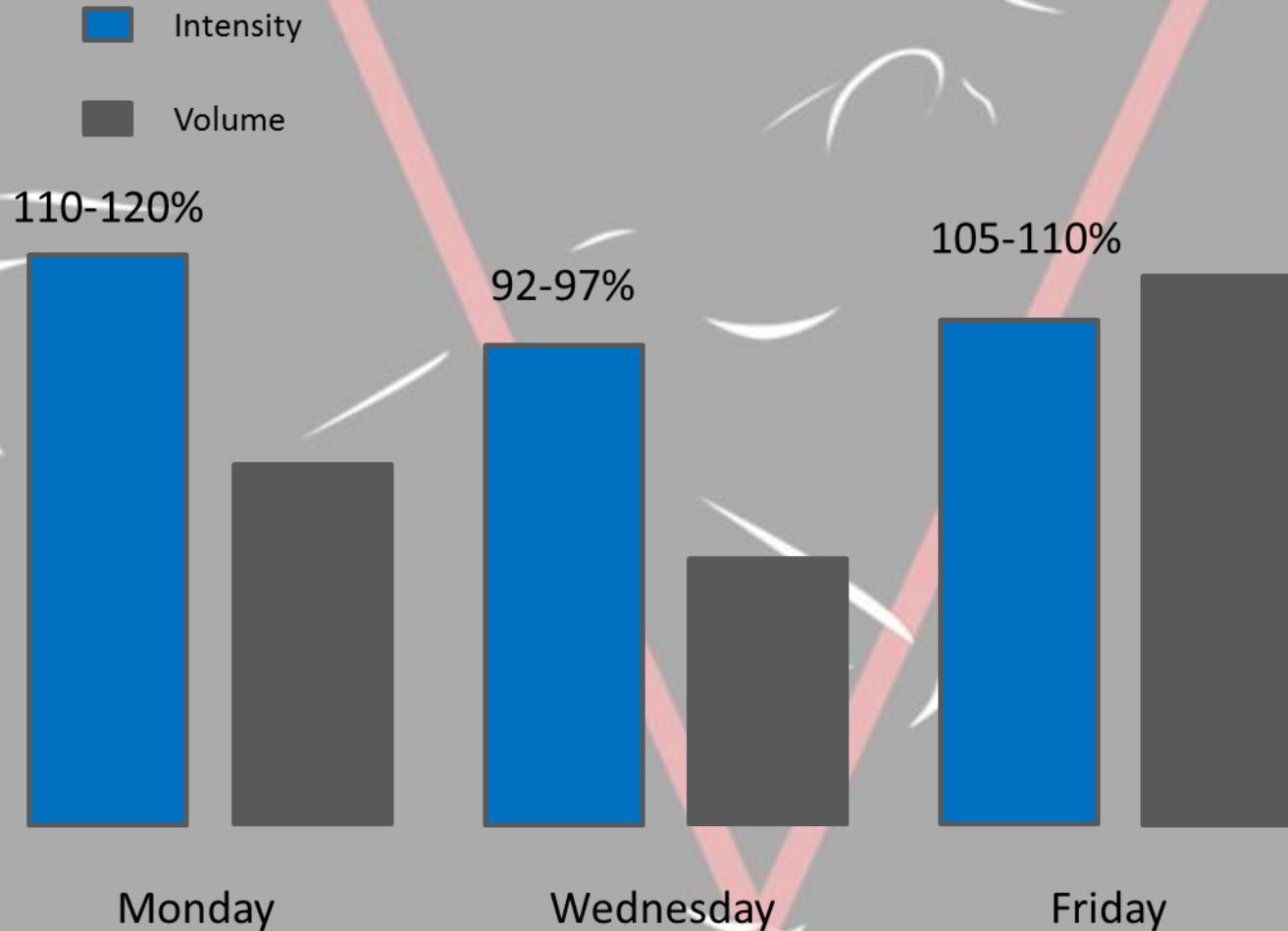
Modified Undulated Training

- Training percent and volume based on day
 - Ensures organism is “pulled” or adapts in the desired direction
- Timed sets
 - Train specifically for competitive event
 - Right at competition time
 - Just above
 - Just below

Modified Undulated Training

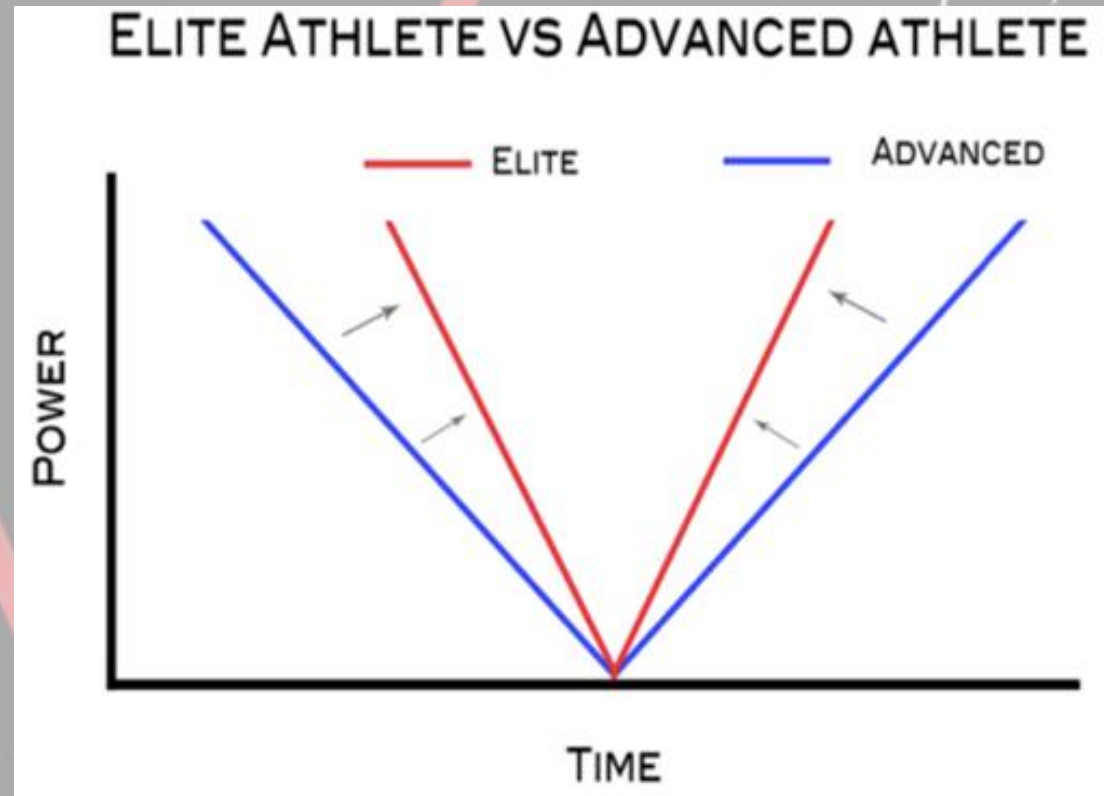


Supramaximal Modified Undulated Training



Triphasic Muscle Action

- Every movement contains 3 phases
 - Eccentric
 - Muscle lengthening
 - Isometric
 - No length change
 - Most commonly missed action
 - Concentric
 - Muscle shortening
- Ultimate goal is improving efficiency and power of SSC

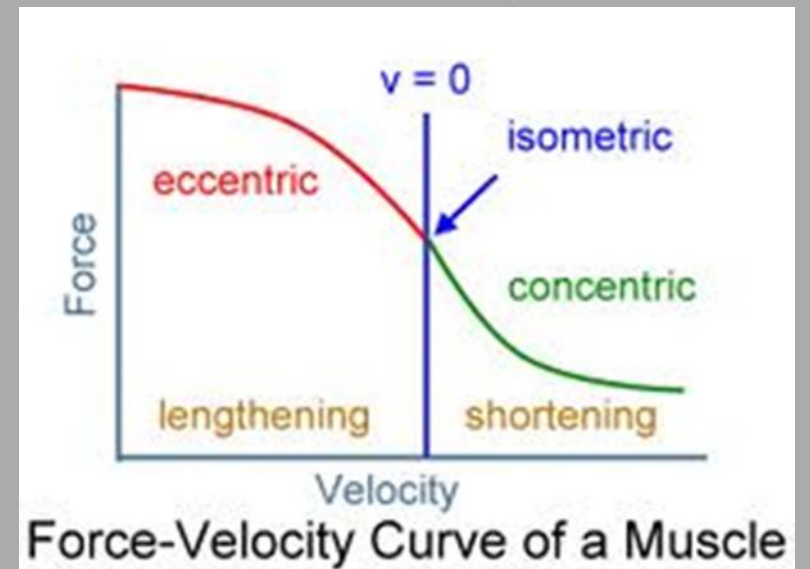


Eccentric Training Phase

- Vital for deceleration
 - Stresses muscle fibers and tendons with slow movements
- Cannot produce what you cannot absorb
 - Concentric portion of “V” never steeper than eccentric portion
- Tissue remodeling
 - Myosin “forcefully ripped” from actin binding site
 - Microscopic damage
 - Fewer attachment sites used so greater stress on each myosin head
 - Body adapts and rebuilds stronger attachment site

Eccentric Training Phase

- Forces correct technique
- Focus on exploding concentrically at end of set
- Supramaximal training
 - Force-velocity curve of muscle
 - Eccentric is strongest muscle phase
 - Only with advanced athletes
 - Have a spotter on both sides of the bar



Hands Assisted-Safety Bar Split Squat

- Unilateral movement for advanced athletes
 - Most specific
- Safety bar frees hands
 - Maximizes stress on body and nervous system
 - Core training
 - Transferring force through the entire kinetic chain
- Ensure legs are around 90-90
 - Back leg extension means hips pulled out of alignment
- Belly breathing throughout rep is encouraged

Eccentric Example Exercises

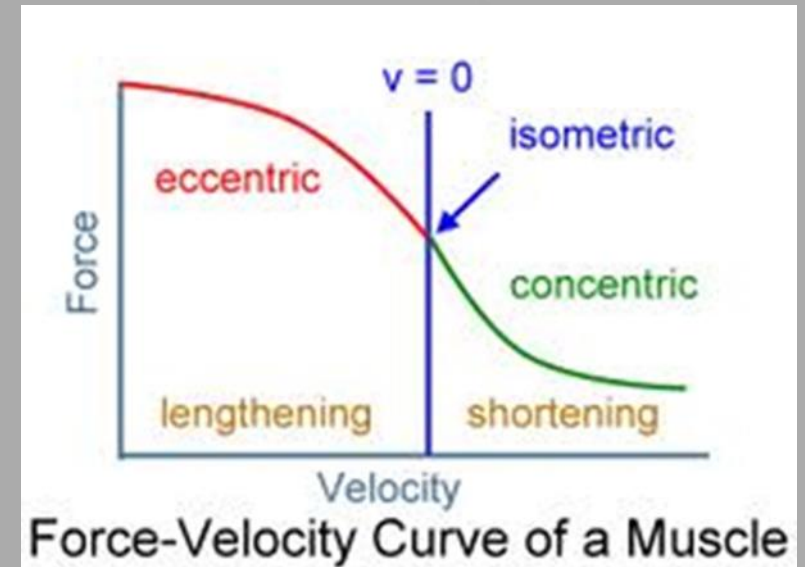
- Slow and controlled motion for duration of set
- [Hands Assisted-Safety Bar Split Squat](#)
- [Partner Pull Up](#)
- [Manual Bench Adduction](#)
- [Manual Hip Flex Prone](#)

Isometric Training Phase

- Brief transition from eccentric to concentric
- Commonly missed phase
 - Not easily seen in “V” of muscle actions
- Eccentric improved absorption, isometric must now withstand increased forces
 - \surd vs. V
 - If left untrained, athlete will “bleed” power

Isometric Training Phase

- Continued tissue remodeling
 - Strengthen attachment sites
 - Fewer attachment sites used so still greater stress than concentric
 - Improve ability to “anchor on”
 - Increases stretching of tendons
 - Maximizes “free-energy” of SSC
- Train similar to joint angle in competition
- Focus on exploding concentrically at end of set
- Supramaximal training
 - Isometric still stronger than concentric
 - Only with advanced athletes
 - Use spotters

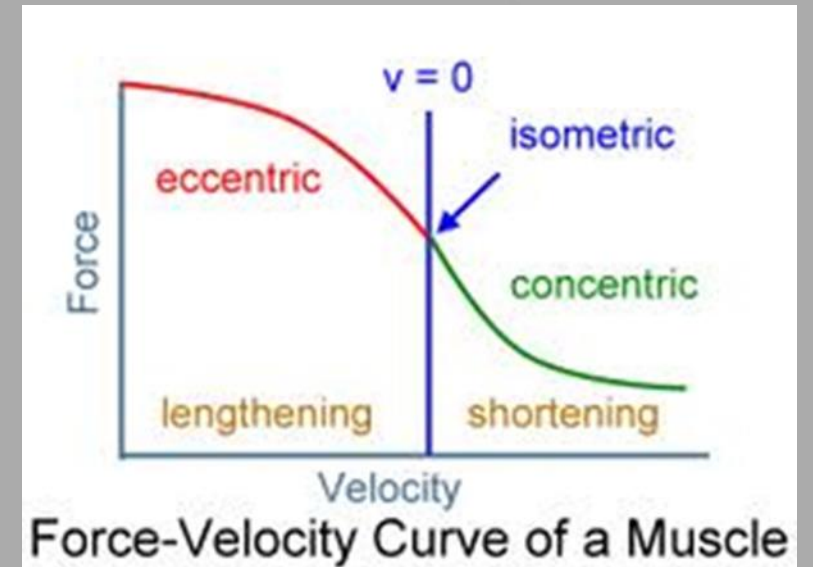


Isometric Example Exercises

- Pull down with high-velocity, yet under control, and immediately halt movement
- [Hands Assisted-Safety Bar Split Squat](#)
- [Partner Pull Up](#)
- [Manual Bench Adduction](#)
- [Manual Hip Flex Prone](#)

Concentric Muscle Action

- “Typical” strength training
- Combines all 3 phases of dynamic movement
- Timed sets competition specific
 - Maximize work completed
- Supramaximal training not possible



4 Blocks of Triphasic Training

- GPP (General Physical Preparedness)
 - Basic preparation
- Triphasic Muscle Action Training
 - Above 80%
 - Supramaximal
- High-Velocity, High-Load Phase
 - 55-80%
- High-Velocity, Low-Load Phase
 - Below 55%

GPP Training

- Maximize oxygen intake by body and kinetics to muscles
- Optimize clearance of metabolites produced at high-intensities
- Aerobic system is vital for repeat sprint ability
 - Improve Cr-P ATP re-synthesis abilities
 - Removal of metabolic waste
- Glycolysis
 - 10-120 seconds
 - Prepares athletes for high-intensity repeat bouts
- Alactic Training
 - 0-10 seconds
- Training not “sport specific”

GPP Blocks

1. Aerobic Block

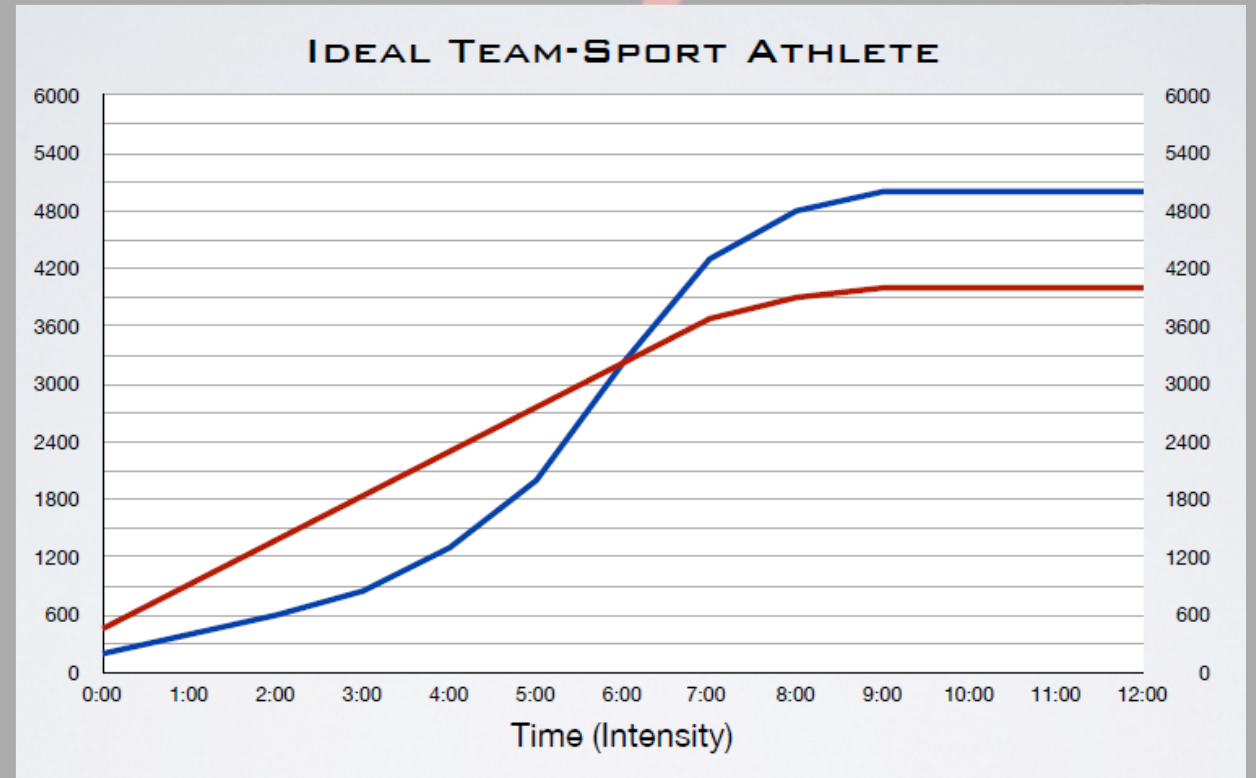
- HIIT Circuit Style
- Contralateral

2. Glycolysis Block

- 30 sec. on 10 off
- SA/SL to prevent systemic metabolite accumulation

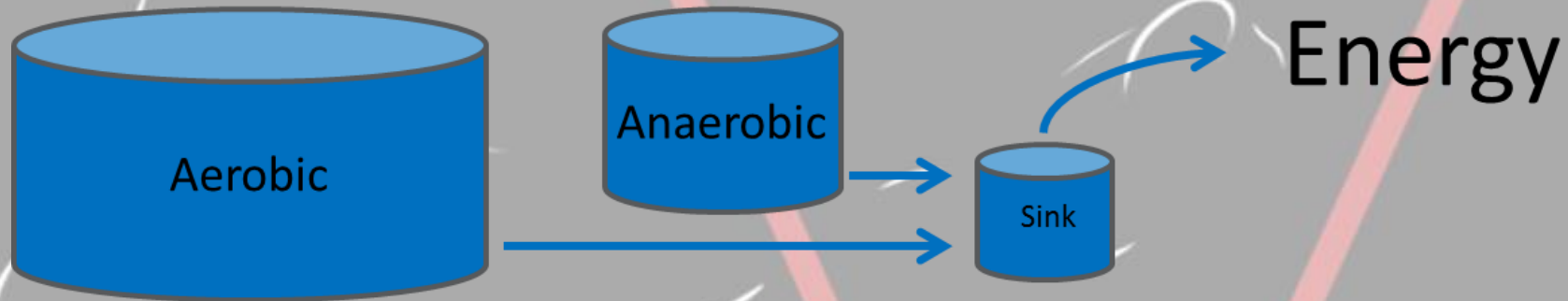
3. Alactic/Myelination Block

- 10 sec. on 30 off
- Max Iso

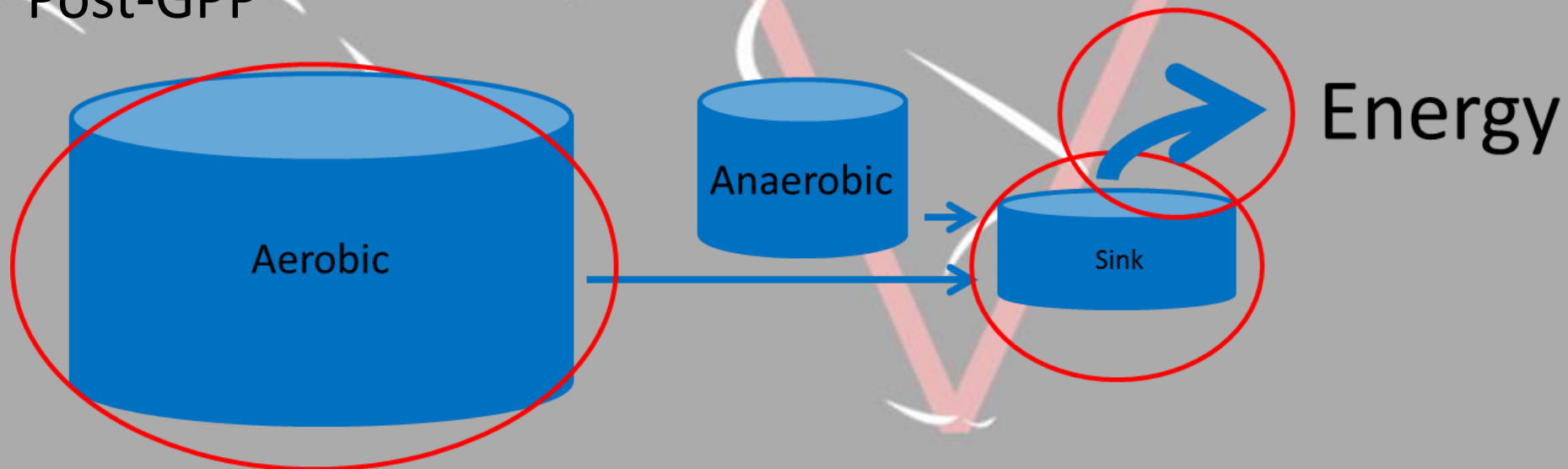


Effects of GPP Training on Repeat Sprints

Pre-GPP



Post-GPP

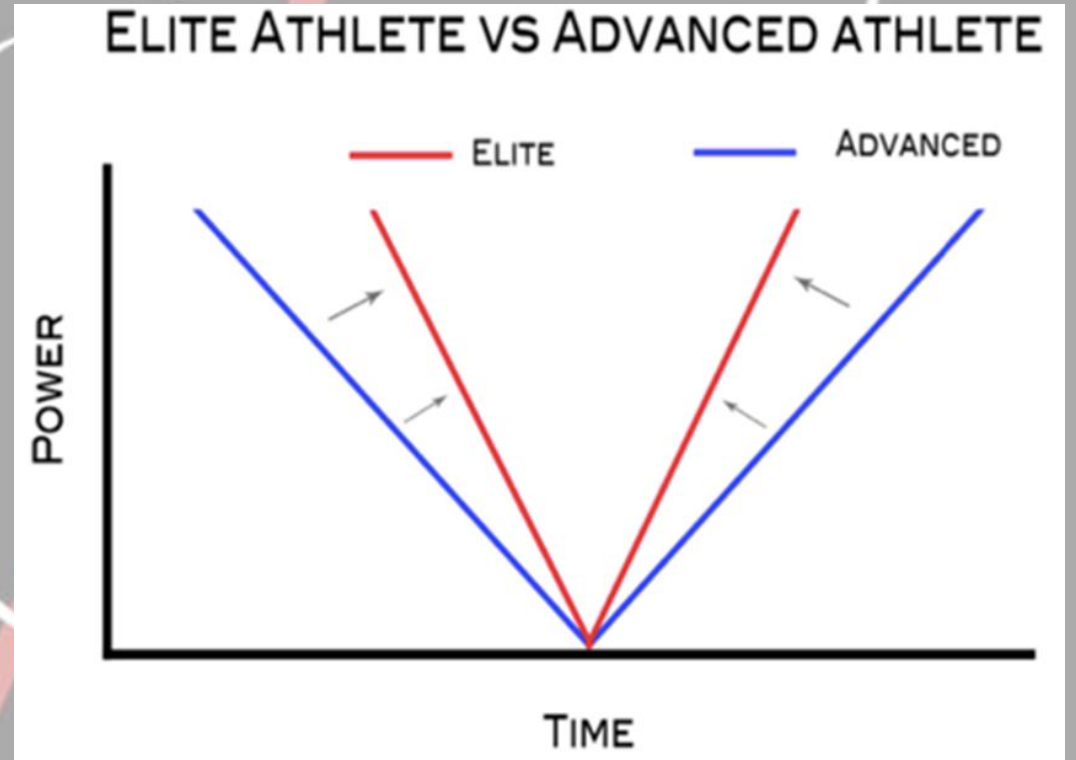


Block Training Model – 3 Phases

- Accumulation
 - Aimed at developing basic motor qualities
 - ~~GPP Training~~
 - Max strength
- Transmutation
 - Aimed at developing specific motor abilities to competition
 - Strength-specific endurance
 - Power
- Realization
 - Develops pre-competition readiness levels (peaking)
 - Max Speed

Triphasic Muscle Action Block

- Most well known for this block
- Every movement contains 3 phases
 - Eccentric
 - Isometric
 - Concentric
- Only block that utilizes these muscle actions in sequencing
- Training still not “sport specific”
 - Preparing for optimal transfer of training



French Contrast Method

- Potentiation effect of Above 80/Supramaximal Training
- Consists of 3 Jumps
 - Body weight – [Hurdle Hops](#)
 - Slightly weighted – [Weighted Squat Jump with Pause](#)
 - Accelerated – [Accelerated Band Jump](#)
- Based on competition like timed sets
 - Just at competition speed – body weight
 - Just below – slightly weighted
 - Just above – accelerated

French Contrast Example

- Lower Ecc. and Iso. Phases

FRENCH CONTRAST - ECC & ISO					
	Hurdle Hop	4		4	Height
	pair w/				
	SQ Jump Wt. Pause	4		4	0:1:0:0
	pair w/				Pull-Pause
	Acc. Band Jump Pause	4		4	0:1:0:0
	pair w/				Pull-Pause

- Upper Ecc. and Iso. Phases

FRENCH CONTRAST - ECC & ISO						
100	Speed Bench Press	5	20	25	4	5 Reps AFSM
	pair w/					
30	DB Incline Press	5	15	15	4	5 Reps AFSM
	pair w/					
	Rack Band Push Up	5			4	5 Reps AFSM
	pair w/					Pull-Pause

- Lower Conc. Power and Peak

FRENCH CONTRAST - POWER & PEAK					
	Hurdle Hop	4		4	Distance
	pair w/				
	SQ Jump Wt.	4		4	Pull
	pair w/				
	Acc. Band Jump	4		4	Pull
	pair w/				

- Upper Conc. Power and Peak

FRENCH CONTRAST - ECC & ISO						
100	Speed Bench Press	5	20	25	4	5 Reps AFSM
	pair w/					
30	DB Incline Press	5	15	15	4	5 Reps AFSM
	pair w/					
	Rack Band Push Up	5			4	5 Reps AFSM
	pair w/					Pull

3 DAY ABOVE 80 & SUPRAMAXIMAL TRAINING BLOCK

DAY 1 TOTAL	DAY 2 TOTAL	DAY 3 TOTAL
MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION
ECCENTRIC ISOMETRIC CONCENTRIC	CONCENTRIC/OC CONCENTRIC/OC CONCENTRIC/OC	ECCENTRIC ISOMETRIC CONCENTRIC
PERCENTAGE	PERCENTAGE	PERCENTAGE
85-90 110-120	92-97 92-97	80-85 105-110
TIME	TIME	TIME
7 SECONDS	5 SECONDS	10 SECONDS

5 DAY ABOVE 80 & SUPRAMAXIMAL TRAINING BLOCK

DAY 1 LOWER	DAY 2 UPPER	DAY 3 LOWER	DAY 4 UPPER	DAY 5 TOTAL
MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION
ECCENTRIC ISOMETRIC CONCENTRIC	ECCENTRIC ISOMETRIC CONCENTRIC	CONCENTRIC/OC CONCENTRIC/OC CONCENTRIC/OC	CONCENTRIC/OC CONCENTRIC/OC CONCENTRIC/OC	ECCENTRIC ISOMETRIC CONCENTRIC
PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE
85-90 110-120	85-90 110-120	92-97 92-97	92-97 92-97	80-85 105-110
TIME	TIME	TIME	TIME	TIME
7 SECONDS	7 SECONDS	5 SECONDS	5 SECONDS	10 SECONDS

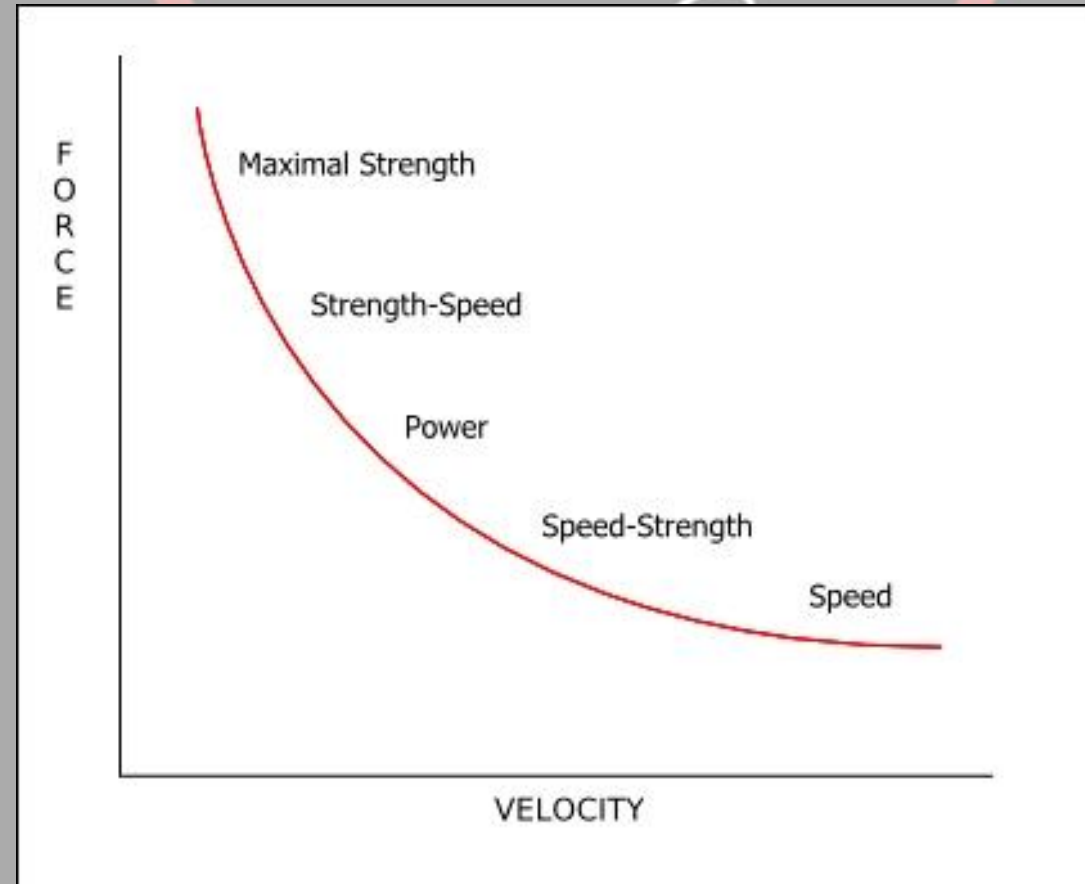
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 - Aimed at developing basic motor qualities
 - ~~Aerobic system~~
 - ~~Max strength~~
- Transmutation
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 - Power
- Realization
 - Develops pre-competition readiness levels (peaking)
 - Max Speed

High-Velocity, High-Load Power Block

- Designed to maximize power
 - $\text{Power} = \text{Force} \times \text{Velocity}$
- Exercises progress “down the force curve”
- Produce the most force possible with the highest velocity
 - Entire block occurs between 55 and 80%
 - Load still heavy, but athlete is able to increase velocity

Force Velocity Curve - Power



Biometric Drop-Off Training

- Designed to maximize training on an individual basis
 - Ensures athlete is stimulated appropriately
 - Never overtrained or undertrained
- Repeat Sprint Ability
- Change drop-off percentage based on how often you desire to train specific quality
 - 10% drop requires 3-5 days rest typically
 - 3% drop can be trained nearly every day
 - Maximal speed effort after warm up

3 DAY POWER TRAINING BLOCK

DAY 1 TOTAL	DAY 2 TOTAL	DAY 3 TOTAL
MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION
CONCENTRIC/AFSM	CONCENTRIC/OC	CONCENTRIC/AFSM
PERCENTAGE	PERCENTAGE	PERCENTAGE
65-70	72-80	55-62
TIME	TIME	TIME
7 SECONDS	5 SECONDS	10 SECONDS

5 DAY POWER TRAINING BLOCK

DAY 1 LOWER	DAY 2 UPPER	DAY 3 LOWER	DAY 4 UPPER	DAY 5 TOTAL
MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION
CONCENTRIC/AFSM	CONCENTRIC/AFSM	CONCENTRIC/OC	CONCENTRIC/OC	CONCENTRIC/AFSM
PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE
65-70	65-70	72-80	72-80	55-62
TIME	TIME	TIME	TIME	TIME
7 SECONDS	7 SECONDS	5 SECONDS	5 SECONDS	10 SECONDS

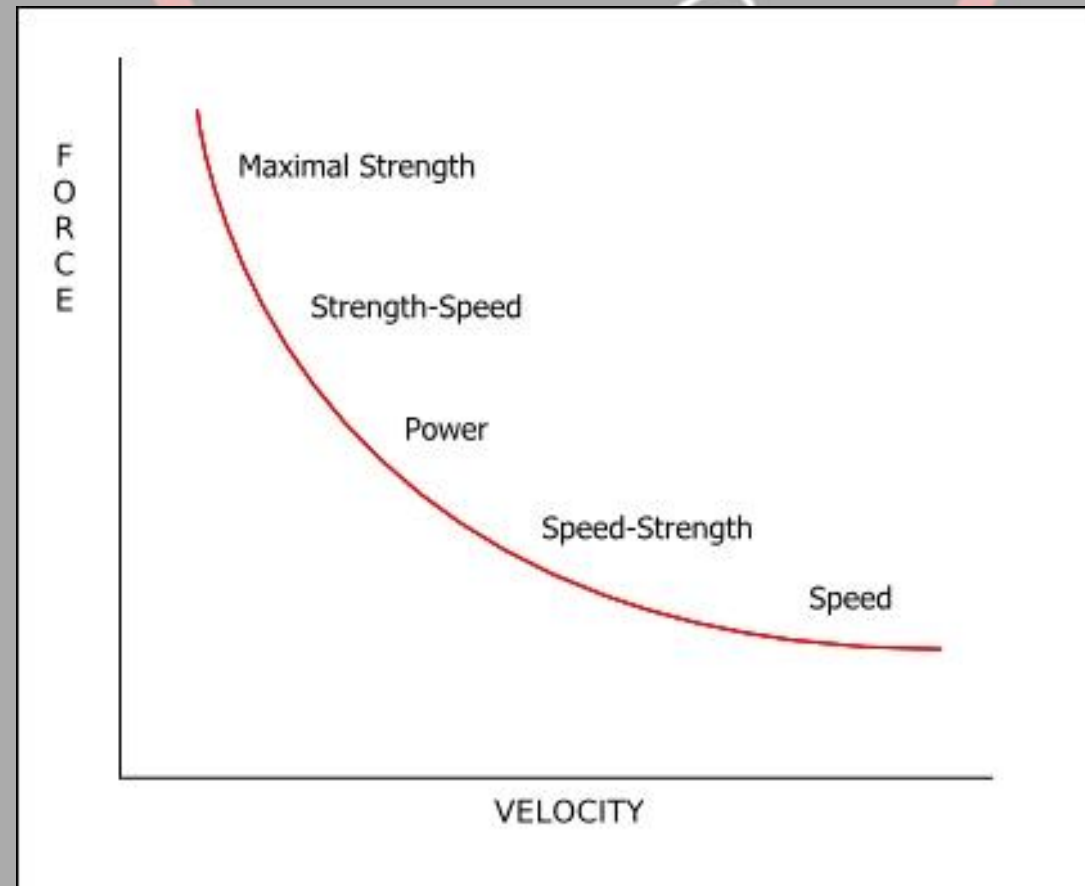
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 - Aimed at developing specific motor abilities to competition
 - ~~Strength specific endurance~~
 - ~~Power~~
- Realization
 - Develops pre-competition readiness levels (peaking)
 - Max Speed

High-Velocity, Low-Load Peaking Block

- Training at velocities most closely related to athletic event
- Maximizes transfer of training
 - Allows realization of strength improvements from earlier blocks
 - Continues using exercises that have been used through all cycles
 - Hands-assisted safety bar split squat to Lunge OC Hops
- Targets explosive type II fibers

Force Velocity Curve – Maximal Speed

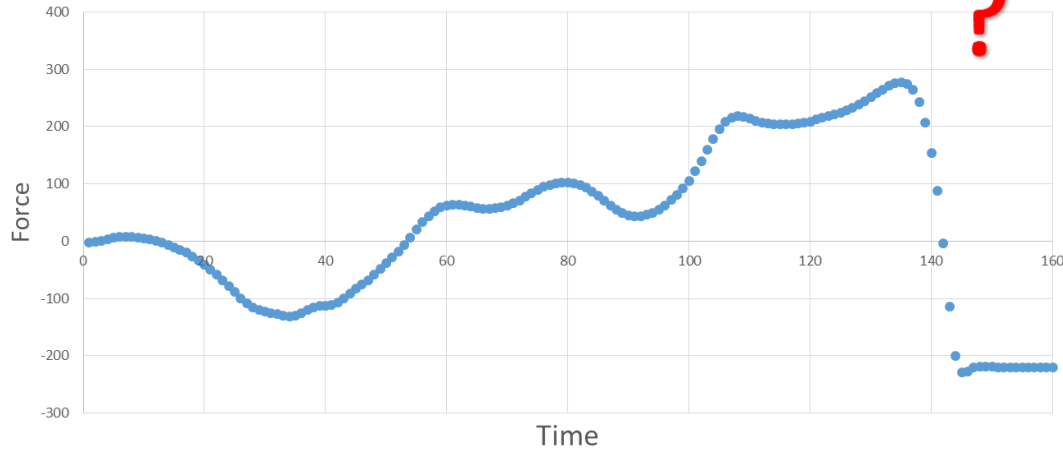


RFD in Athletics

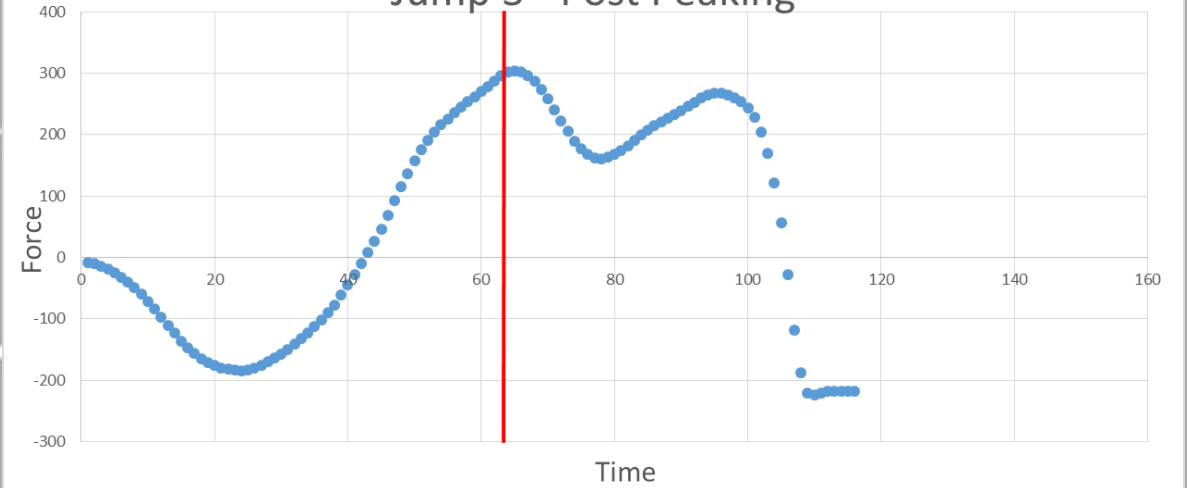
- Success predicted by which athlete can produce greatest force in time allotted
- Not enough time to produce max force
 - Most athletic movements executed in under 250 ms
 - 300 to 400 ms to reach peak force
 - Max force plays role, but not most important
- Dependent on multiple factors
 - Neural & Mechanical
 - Recruitment
 - Rate coding
 - Skill learning
 - Antagonist co-activation

Force Curve Changes Due to Training

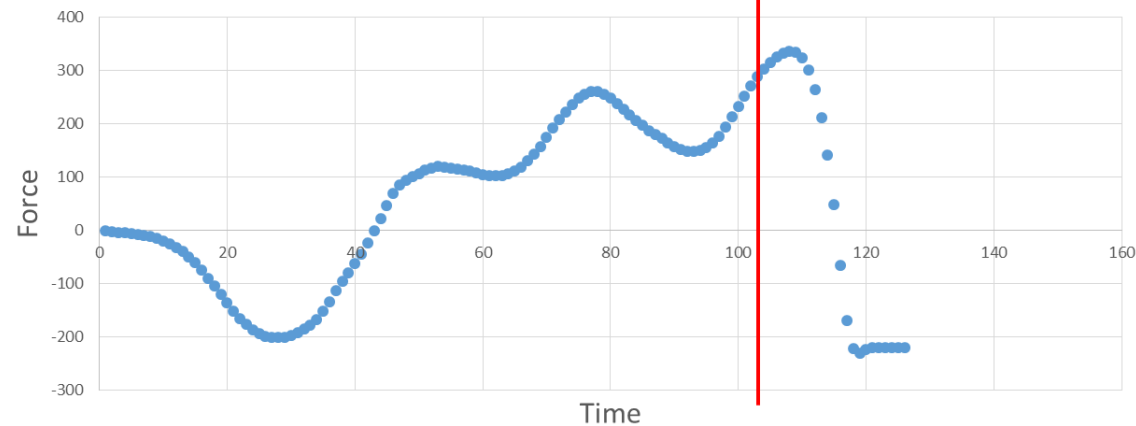
Jump 1 - Pre Triphasic



Jump 3 - Post Peaking



Jump 2 - Post Triphasic Above 80



RFD Changes Due to Training



AFSM and Oscillatory (OC) Training

- Elite athletes not only contract muscles faster, but also relax faster
 - Co-activation of antagonist reduced
 - Increased RFD
- AFSM
 - Full range of motion movement
 - Push away and pull implement
- OC
 - Small range of motion
 - 3-4 inch
 - Completed in advantageous or disadvantageous position
 - Adv. for max speed
 - Dis. for acceleration

AFSM and OC Examples

- [Lunge OC Hops](#)
- [GH Hyper OC](#)
- [DB OC Row](#)
- [Speed Band Adduction](#)
- [Speed Cycle Jump Lunge](#) – Can make accelerated

PEAK LOADING TIMES BASED ON COMPETITION EVENT

PARAMETER	APPLIED PEAKING EVENT	DAY 1	DAY 2	DAY 3
		SET DURATION (SECONDS)	SET DURATION (SECONDS)	SET DURATION (SECONDS)
STRENGTH SPEED	SHOT PUT FOOTBALL: LINEMAN VOLLEYBALL	5	3	7
SPEED STRENGTH	FOOTBALL: SKILL BASEBALL SOFTBALL 100 M SPRINTER	7	5	10
STRENGTH ENDURANCE	HOCKEY BASKETBALL	15	10	17
ENDURANCE STRENGTH	SOCCER LACROSSE SWIMMING 50-200M	25	17	32
ENDURANCE (MODERATE)	SWIMMING 200M+ 400M RUNNER	32	25	40
ENDURANCE (LONG)	800M RUNNER DISTANCE SWIMMER ROWING	40	32	47

3 DAY PEAKING TRAINING BLOCK

DAY 1 TOTAL	DAY 2 TOTAL	DAY 3 TOTAL
MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION
CONCENTRIC/AFSM	CONCENTRIC/OC	CONCENTRIC/AFSM
PERCENTAGE	PERCENTAGE	PERCENTAGE
35-40	45-55	25-30
TIME	TIME	TIME
7 SECONDS	5 SECONDS	10 SECONDS

5 DAY PEAKING TRAINING BLOCK

DAY 1 LOWER	DAY 2 UPPER	DAY 3 LOWER	DAY 4 UPPER	DAY 5 TOTAL
MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION	MUSCLE ACTION
CONCENTRIC/AFSM	CONCENTRIC/AFSM	CONCENTRIC/OC	CONCENTRIC/OC	CONCENTRIC/AFSM
PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE	PERCENTAGE
35-40	35-40	45-55	45-55	25-30
TIME	TIME	TIME	TIME	TIME
7 SECONDS	7 SECONDS	5 SECONDS	5 SECONDS	10 SECONDS

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- Accumulation
 - Aimed at developing basic motor qualities
 - ~~GPP Training~~
 - ~~Max strength~~
- Transmutation
 - Aimed at developing specific motor abilities to competition
 - ~~Strength-specific endurance~~
 - ~~Power~~
- Realization
 - Develops pre-competition readiness levels (peaking)
 - ~~Max Speed~~
- **All Qualities Now Peaked Simultaneously!**

Triphasic Program Phases

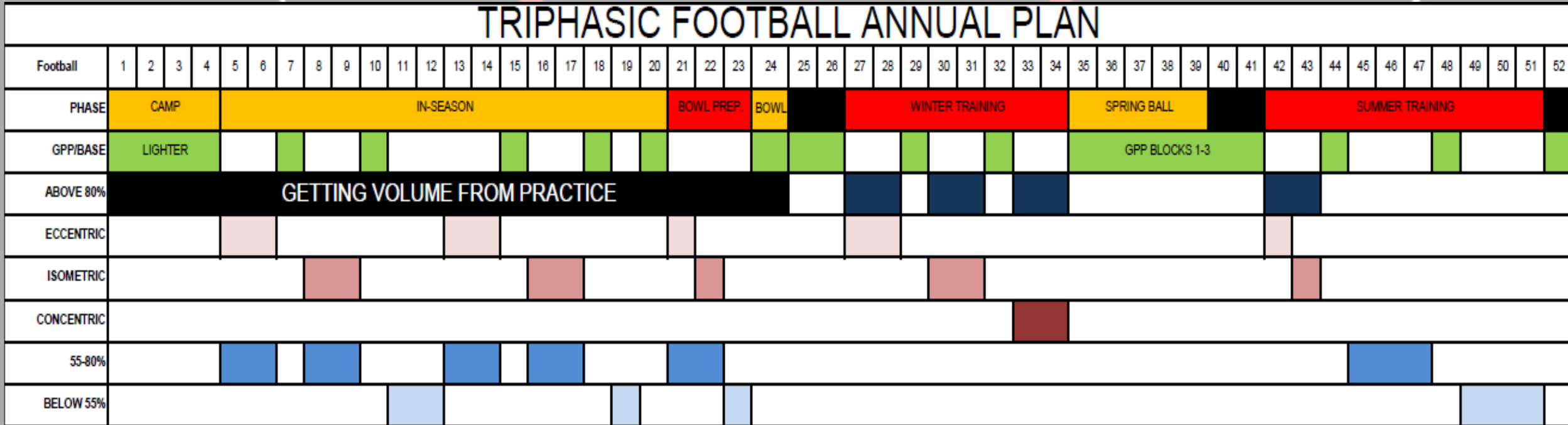
TRIPHASIC WEEKLY PLAN																							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Download																							
GPP	Aerobic	Glycolytic	Myelination																				
High-Intensity (Above 80%)																							
High-Intensity (55-80%)																							
Peaking (Below 55%)																							

- Not many coaches have 23 weeks to dedicate solely to training

Triphasic Training In-Season Model

- Once quality is originally trained, it is easily adapted again
 - Especially if residual effects are factored
- Allows muscle actions to be re-trained with less fatigue
 - Stay in 55-80% block generally
- Use block periodization to re-peak multiple times per season

Annual Football Triphasic Model



Max Speed Training and Conditioning

- Follow modified undulated block
 - Utilize same timed sets as used in weight room for each day
- Implement running day within training
 - Acceleration day
 - Hurdle hops for distance (angle used in acceleration)
 - Sled pulls can be used within French contrast as well
 - Always consider volume
- Train max speed while freshest
 - Give time for complete recovery
 - Must run fast to become faster
- Condition post-training if desired

French Contrast Method Based on Running Quality

Velocity	Acceleration	Max Velocity	Change of Direction
Same Velocity	Hurdle Hops for Distance	Hurdle Hops for Distance	Lateral Hurdle Hops
Lower Velocity	Sled Resisted Starts	Resisted Treadmill Run	Band Resisted Shuffle
Higher Velocity	Accelerated Band Bounds	Accelerated Partner Sprints	Accelerated Lateral Band Bounds

Progression Based on Block Training

Block Parameters	Quality Trained		
	Acceleration	Maximal Velocity	Change of Direction
Above 80%	Lighter sleds for technique to start Increase weight to maximize strength	Resisted treadmill running	Resisted lateral training
55-80%	Lighten sled load to increase velocity of training	Flying 40's maintaining proper technique	Decreased resistance lateral training
Below 55%	Unloaded starts for mastery of acceleration technique	Overspeed training with partner	Unloaded lateral training with reactive response

Secrets to Success

- What am I trying to accomplish
- Does it do what I want?
 - Understanding adaptation principles
- The method of Completing Exercise
 - Natural
 - Kinematic Sequencing
 - Transferring force through body
- Skill is everything – everything is a learned skill
- Quality vs. Quantity
 - Always low reps
 - Times based on competition event

Bringing it All Together

- Maximizing transfer of training is the ultimate key to successful training
 - Choose exercises that have high levels of transfer of training
- “Pull” Organism in one direction
- Quality of work is crucial to success in team sports
 - Repeat sprint ability – always need max effort available
- Triphasic Training can be applied to any program currently run
 - Muscle actions
 - Block training method

Future of Triphasic Training

- Advanced Principles of Triphasic Training
 - Supramaximal and other new methods explained in depth
 - By: Cal Dietz & Jonathan Janz
- Skill Learning and The Advanced Peaking Model in Competition
 - Advancements in peaking and how to maximize transfer of training
 - Progressions for each exercise through training blocks
 - By: Cal Dietz & myself
- GPP
 - P.C.S.P model
 - By: Cal Dietz & Ben Peterson

Special Thanks

- Cal Dietz
- Ben Peterson
- St. Cloud State University HPL
- Gary Boros
- Iowa State Football Staff

Questions?



Lift Examples



Eccentric Upper Training Block Example

UPPER BODY ECCENTRIC BLOCK													
TUESDAY - ECCENTRIC						THURSDAY - DYNAMIC							
100%		Reps	Load		Sets	Notes	100%		Reps	Load	Sets	Notes	
	TRX T Raise	1			1	7:0:0:0		TRX T Raise	8		1		
	pair w/ Band OH Rainbow	8			1			pair w/ Band OH Rainbow	8		1		
100	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1	
100	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1	
100	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1	
100	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1	
100	Bench Press	1	80	85	4	7:0:0:0	100	Bench Press	T-1,1	85	90	4	0:0:5:0
	pair w/ Speed Bench Press	5	20	25	4	5 Reps AFSM		pair w/ Med Ball Pass	4		4		
100	pair w/ DB Incline Press	5	15	15	4	5 Reps AFSM		pair w/ Delt BO Lat. Reb Drop	4		4	1 Arm	
30	pair w/ Rack Band Push Up	5			4	5 Reps AFSM						1 Arm	
	pair w/ EXT. Rotation Band	1			4	7:0:0:10	30	DB Incline Press	T	25	25	3	0:0:5:10
	pair w/ Wrist Uln & Rad	1			4	7:0:0:0		pair w/ DB BO Row	T	30	30	3	0:0:5:10
	pair w/ Cuban EXT Band	1			4	7:0:0:10		pair w/ MB OH Slams	4		3	OC-D+1	
						Partner Pull							
35	DB BO Row	1	25	25	5	7:0:0:10		OC Push Up	T		3	0:0:5:10	
	pair w/ Pull Up	1			5	7:0:0:0		pair w/ Chin Up	T		3	OC-D+1	
	pair w/ Straight Arm Lat Pull	1	15	20	5	7:0:0:0		pair w/ Stiff Leg Ankle Hops	T		3	0:0:5:0	
						Partner Pull						Bottom 1/2	
25	Chin Up	1			4	7:0:0:0	50	Tri Push Down	T	45	50	3	0:0:5:0
	pair w/ Tri Push Down	1	30	35	4	7:0:0:0		pair w/ Bar Curl	T	35	40	3	0:0:5:0
	pair w/ Bar Curl	1	25	30	4	7:0:0:10		pair w/ Wrist Uln & Rad	T		3	0:0:5:10	
						Partner Push							
40	Wrist Pro & Sup	1			3	7:0:0:10		Wrist Pro & Sup	1		3	0:0:5:10	
	pair w/ Farmers Carry	1			3	7:0:0:10		pair w/ Farmers Carry	1		3	1 Arm	
	pair w/ SWB Band Twist	1			3	7:0:0:10		pair w/ Partner Band Abs	1		3	0:30:0:10	
						1 Arm							

Isometric Lower Training Block Example

LOWER BODY ISOMETRIC BLOCK																				
MONDAY - ISOMETRIC						WEDNESDAY - DYNAMIC						FRIDAY - ISOMETRIC								
100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes
	6 Way Shoulder	1			1	0:7:0:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	0:10:0:0
	pair w/ Infraspinatus	10			1			pair w/ Infraspinatus	10			1			pair w/ Infraspinatus	10			1	
130	Safety Bar Split Squat	5	60	65	1		115	Hex Bar Deadlift	5	50	65	1		130	Safety Bar Split Squat	5	60	65	1	
130	Safety Bar Split Squat	3	75	80	1		115	Hex Bar Deadlift	3	70	75	1		130	Safety Bar Split Squat	3	75	80	1	
130	Safety Bar Split Squat	1	85	90	1		115	Hex Bar Deadlift	1	75	80	1		130	Safety Bar Split Squat	1	85	90	1	
130	Safety Bar Split Squat	1	90	95	1		115	Hex Bar Deadlift	1	80	85	1		130	Safety Bar Split Squat	1	90	95	1	
130	Safety Bar Split Squat	1,1	105	110	4	0:7:0:10	115	Hex Bar Deadlift	T	100	105	8	0:0:5:0 1:30 Rest	130	Safety Bar Split Squat	1	100	105	4	0:10:0:10
	pair w/ Hurdle Hop	4			4	Height	75	SL Leg Press	T	65	70	3	0:0:5:10 OC-D+1		pair w/ Hurdle Hop	4			4	Height
	pair w/ SQ Jump Wt. Pause	4			4	0:1:0:0 Pull-Pause	35	DB RDL	T	30	30	3	0:0:5:0 OC-D+1		pair w/ SQ Jump Wt. Pause	4			4	0:1:0:0 Pull-Pause
	pair w/ Acc. Band Jump Pause	4			4	0:1:0:0 Pull-Pause		SL Hip Flex Prone	T			3	0:0:5:10 OC-D+1		pair w/ Acc. Band Jump Pause	4			4	0:1:0:0 Pull-Pause
	pair w/ Manual neck F/R	1			4	0:7:0:10 Partner Push	25	DB Step Up	T	15	20	3	0:0:5:10 Bottom 1/2		pair w/ Lateral Manual Neck	2			4	0:5:0:10 Partner Push
	pair w/ Wrist Curl Flexion	1			4	0:7:0:0		GH Hyper EXT	T			3	0:0:5:10 OC-D+1		pair w/ Bench Glute	2			4	0:5:0:10 Partner Push
	pair w/ Ant. Tib. Band	2			4	0:3:0:0		Bench Groin	T			3	0:0:5:10		pair w/ SL Hip Flex ISO Prone	2			4	0:5:0:10
75	SL RDL	1	50	55	5	0:7:0:10 Pins @ 4	100	Glute Bar Lift	T	85	90	3	0:0:5:0 AFSM	75	SL RDL	2	55	60	5	0:5:0:10 Pins @ 4
	pair w/ Cuban Press Inc. Fig 8	1			5	0:7:0:0	35	Psoas SL Squat	T	30	30	3	0:0:5:10 OC-D+1	35	Psoas SL Squat	2	25	25	5	0:5:0:10
	pair w/ Ankle Band Work	1			5	0:7:0:0		pair w/ Bench Glute	T			3	0:0:5:10		pair w/ Cuban Press	2			5	0:5:0:10
60	SL Glute Bar Lift	1	35	45	5	0:7:0:10								100	Bench Press	FFF	70	40	3	0:5:0:0 F,F,F
	pair w/ Psoas SL Squat	2	20	25	5	0:3:0:0									pair w/ Inverted Row	FFF			3	0:5:0:0 F,F,F
	pair w/ Bench Groin	1			5	0:7:0:10 Partner Push								50	pair w/ Tri Push Down	FFF	35	20	3	0:5:0:0 F,F,F

Isometric Upper Training Block Example

UPPER BODY ISOMETRIC BLOCK														
TUESDAY - ISOMETRIC						THURSDAY - DYNAMIC								
100%		Reps	Load		Sets	Notes	100%		Reps	Load	Sets	Notes		
	TRX T Raise	1			1	0:7:0:0		TRX T Raise	8		1			
	pair w/ Band OH Rainbow	8			1			pair w/ Band OH Rainbow	8		1			
100	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1		
100	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1		
100	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1		
100	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1		
100	Bench Press	1	80	85	4	0:7:0:0	100	Bench Press	T-1,1	85	90	4	0:0:5:0	
	pair w/ Speed Bench Press	5	20	25	4	5 Reps AFSM		pair w/ Med Ball Pass	4		4			
30	DB Incline Press	5	15	15	4	5 Reps AFSM		pair w/ Delt BO Lat. Reb Drop	4		4	1 Arm		
	pair w/ Rack Band Push Up	5			4	5 Reps AFSM						1 Arm		
	pair w/ EXT. Rotation Band	1			4	0:7:0:10	30	DB Incline Press	T	25	25	3	0:0:5:10	
	pair w/ Wrist Pro & Sup	1			4	0:7:0:0		pair w/ DB BO Row	T	30	30	3	0:0:5:10	
	pair w/ Cuban EXT Band	1			4	0:7:0:10		pair w/ MB OH Slams	4		3			
						Partner Pull								
35	DB BO Row	1	25	25	5	0:7:0:10		OC Push Up	T		3	0:0:5:10		
	pair w/ Pull Up	1			5	0:7:0:0		pair w/ Chin Up	T		3	0:0:5:0		
	pair w/ Straight Arm Lat Pull	1	15	20	5	0:7:0:0		pair w/ Stiff Leg Ankle Hops	T		3	0:0:5:0		
						Partner Pull						Bottom 1/2		
	Chin Up	1			4	0:7:0:0		50	Tri Push Down	T	45	50	3	0:0:5:0
	pair w/ Tri Push Down	1	30	35	4	0:7:0:0						0:0:5:0		
	pair w/ Bar Curl	1	25	30	4	0:7:0:0		40	Bar Curl	T	35	40	3	0:0:5:0
						Partner Push							0:0:5:10	
	Wrist Uln & Rad	1			3	0:7:0:0							0:0:5:10	
	pair w/ Farmers Carry	1			3									
	pair w/ SWB Band Twist	1			3	0:7:0:0							0:30:0:10	
						1 Arm								

Concentric Lower Training Block Example

LOWER BODY CONCENTRIC BLOCK																				
MONDAY - DYNAMIC						WEDNESDAY - DYNAMIC						FRIDAY - DYNAMIC								
100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes
	6 Way Shoulder pair w/ Infraspinatus	1 10			1 1	0:0:7:0		6 Way Shoulder pair w/ Infraspinatus	6 10			1 1			6 Way Shoulder pair w/ Infraspinatus	1 10			1 1	0:0:10:0
130	Safety Bar Split Squat	5	60	65	1		115	Hex Bar Deadlift	5	50	65	1		130	Safety Bar Split Squat	5	60	65	1	
130	Safety Bar Split Squat	3	75	80	1		115	Hex Bar Deadlift	3	70	75	1		130	Safety Bar Split Squat	3	75	80	1	
130	Safety Bar Split Squat	1	85	90	1		115	Hex Bar Deadlift	1	75	80	1		130	Safety Bar Split Squat	1	85	90	1	
130	Safety Bar Split Squat	1	90	95	1		115	Hex Bar Deadlift	1	80	85	1		130	Safety Bar Split Squat	1	90	95	1	
130	Safety Bar Split Squat pair w/ Hurdle Hop	T-1,1 4	105	110	4	0:0:7:10 Height	115	Hex Bar Deadlift	T	100	105	8	0:0:5:0 1:30 Rest	130	Safety Bar Split Squat pair w/ Hurdle Hop	T 4	100	105	4	0:0:10:10 Height
	pair w/ SQ Jump Wt.	4			4		75	SL Leg Press pair w/ DB RDL	T T	65 30	70 30	3 3	0:0:5:10 OC-D+1 0:0:5:0 OC-D+1		pair w/ SQ Jump Wt.	4			4	
	pair w/ Acc. Band Jump	4			4		35	pair w/ SL Hip Flex Prone	T			3	0:0:5:10 OC-D+1		pair w/ Acc. Band Jump	4			4	
	Manual neck F/R pair w/ Wrist Curl Flexion	T T			4	0:0:7:10 Partner Push 0:0:7:0	25	DB Step Up pair w/ GH Hyper EXT	T T	15	20	3	0:0:5:10 Bottom 1/2 0:0:5:10		pair w/ Lateral Manual Neck	T			4	0:0:10:10 Partner Push
	pair w/ Ant. Tib. Band	T			4	0:0:7:0		pair w/ Bench Groin	T			3	0:0:5:10		pair w/ Bench Glute	T			4	0:0:10:10
75	SL RDL pair w/ Cuban Press Inc. Fig 8	T T	50	55	5	0:0:7:10 0:0:7:0	100	Glute Bar Lift pair w/ Psoas SL Squat	T T	85 30	90 30	3 3	0:0:5:0 AFSM 0:0:5:10 OC-D+1	75	SL RDL pair w/ Psoas SL Squat	T T	55 25	60 25	5 5	0:0:10:10 0:0:10:10
	pair w/ Ankle Band Work	T			5	0:0:7:10	35	pair w/ Bench Glute	T			3	0:0:5:10		pair w/ Cuban Press	T			5	0:0:10:0
60	SL Glute Bar Lift pair w/ Psoas SL Squat	T T	35 20	45 25	5 5	0:0:7:10 0:0:7:10								100	Bench Press pair w/ Inverted Row	T T	70	40	3	0:0:10:0 AFSM 0:0:10:0
35	pair w/ Bench Groin	T			5	0:0:7:10									pair w/ Tri Push Down	T	35	20	3	0:0:10:0 AFSM

Concentric Upper Training Block Example

UPPER BODY CONCENTRIC BLOCK													
TUESDAY - DYNAMIC						THURSDAY - DYNAMIC							
100%		Reps	Load		Sets	Notes	100%		Reps	Load	Sets	Notes	
	TRX T Raise	1			1	0:0:7:0		TRX T Raise	8		1		
	pair w/ Band OH Rainbow	8			1			pair w/ Band OH Rainbow	8		1		
100	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1	
100	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1	
100	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1	
100	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1	
100	Bench Press	1	80	85	4	0:0:7:0	100	Bench Press	T-1,1	85	90	4	0:0:5:0
	pair w/ Speed Bench Press	5	20	25	4	5 Reps AFSM		pair w/ Med Ball Pass	4		4		
30	DB Incline Press	5	15	15	4	5 Reps AFSM		pair w/ Delt BO Lat. Reb Drop	4		4	1 Arm	
	pair w/ Rack Band Push Up	5			4	5 Reps AFSM						1 Arm	
	pair w/ EXT. Rotation Band	1			4	0:0:7:10	30	DB Incline Press	T	25	25	3	0:0:5:10
	pair w/ Wrist Pro & Sup	1			4	0:0:7:0		pair w/ DB BO Row	T	30	30	3	0:0:5:10
	pair w/ Cuban EXT Band	1			4	0:0:7:10		pair w/ MB OH Slams	4		3	0:0:5:10	
35	DB BO Row	1	25	25	5	0:0:7:10		OC Push Up	T		3	0:0:5:10	
	pair w/ Pull Up	1			5	0:0:7:0		pair w/ Chin Up	T		3	0:0:5:0	
	pair w/ Straight Arm Lat Pull	1	15	20	5	0:0:7:0		pair w/ Stiff Leg Ankle Hops	T	Partner Pull	3	Bottom 1/2	
25	Chin Up	1			4	0:0:7:0	50	Tri Push Down	T	45	50	3	0:0:5:0
	pair w/ Tri Push Down	1	30	35	4	0:0:7:0		pair w/ Bar Curl	T	35	40	3	0:0:5:0
40	Bar Curl	1	25	30	4	0:0:7:10		pair w/ Wrist Uln & Rad	T		3	0:0:5:10	
	pair w/ Wrist Uln & Rad	1			3	0:0:7:10							
	pair w/ Farmers Carry	1			3			pair w/ Farmers Carry	1		3	1 Arm	
	pair w/ SWB Band Twist	1			3	0:0:7:10		pair w/ Partner Band Abs	1		3	0:30:0:10	

Power Lower Example

LOWER BODY POWER BLOCK																				
MONDAY - DYNAMIC						WEDNESDAY - DYNAMIC						FRIDAY - DYNAMIC								
100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes
	6 Way Shoulder	1			1	0:0:7:0		6 Way Shoulder	6			1			6 Way Shoulder	1			1	0:0:10:0
	pair w/ Infraspinatus	10			1			pair w/ Infraspinatus	10			1			pair w/ Infraspinatus	10			1	
130	Safety Bar Split Squat	5	60	65	1		70	SL Hex Bar Deadlift	5	25	30	1		130	Safety Bar Split Squat	5	60	65	1	
130	Safety Bar Split Squat	3	75	80	1		70	SL Hex Bar Deadlift	3	30	35	1		130	Safety Bar Split Squat	3	75	80	1	
130	Safety Bar Split Squat	1	85	90	1		70	SL Hex Bar Deadlift	1	35	40	1		130	Safety Bar Split Squat	1	85	90	1	
130	Safety Bar Split Squat	1	90	95	1		70	SL Hex Bar Deadlift	1	40	45	1		130	Safety Bar Split Squat	1	90	95	1	
130	Safety Bar Split Squat	C-1	80	90	4	3% Drop	70	SL Hex Bar Deadlift	T	40	45	8	0:0:5:0 1:30 Rest	130	Safety Bar Split Squat	C-2	70	80	4	3% Drop
	pair w/ Hurdle Hop	4			4	Distance	75	SL Leg Press	T	55	60	3	0:0:5:10 OC-D+1		pair w/ Hurdle Hop	4			4	Distance
	pair w/ SQ Jump Wt.	4			4	Pull	35	DB RDL	T	25	30	3	0:0:5:0 OC-D+1		pair w/ SQ Jump Wt.	4			4	Pull
	pair w/ Acc. Band Jump	4			4	Pull		SL Hip Flex Prone	T			3	0:0:5:10 OC-D+1		pair w/ Acc. Band Jump	4			4	Pull
	pair w/ Manual neck F/R	T			4	0:0:7:10 Partner Push	25	DB Step Up	T	15	15	3	0:0:5:10 Bottom 1/2		pair w/ Lateral Manual Neck	T			4	0:0:10:10 Partner Push
	pair w/ Wrist Curl Flexion	T			4	0:0:7:0 AFSM		GH Hyper EXT	T			3	0:0:5:10 OC-D+1		pair w/ Band Glute	T			4	0:0:10:10 AFSM
	pair w/ Ant. Tib. Band	T			4	0:0:7:0 AFSM		Band Groin	T			3	0:0:5:10 AFSM		pair w/ SL Hip Flex Prone	T			4	0:0:10:10 OC-D+1
75	SL DB RDL	T	50	55	5	0:0:7:10 OC-D+1	100	Glute Bar Lift	T	70	80	3	0:0:5:0 OC-D+1	75	SL DB RDL	T	40	45	5	0:0:10:10 OC-D+1
	pair w/ Cuban Press Inc. Fig 8	T			5	0:0:7:0 AFSM	35	Psoas SL Squat	T	25	30	3	0:0:5:10 OC-D+1		pair w/ Speed Cycle Lunge	T			5	0:0:10:10 AFSM
	pair w/ Ankle Band Work	T			5	0:0:7:10 AFSM		Band Glute	T			3	0:0:5:10 AFSM		pair w/ Cuban Press	T			5	0:0:10:0 AFSM
100	Glute Bar Lift	T	65	70	5	0:0:7:10 AFSM								100	Bench Press	T	55	60	3	0:0:10:0 AFSM
	pair w/ Speed Cycle Lunge	T			5	0:0:7:10 AFSM									pair w/ Inverted Row	T			3	0:0:10:0 AFSM
	pair w/ Band Groin	T			5	0:0:7:10 AFSM								50	pair w/ Tri Push Down	T	25	25	3	0:0:10:0 AFSM

Power Upper Example

UPPER BODY POWER BLOCK													
TUESDAY - DYNAMIC						THURSDAY - DYNAMIC							
100%		Reps	Load		Sets	Notes	100%		Reps	Load	Sets	Notes	
	TRX T Raise	1			1	0:0:7:0		TRX T Raise	8		1		
	pair w/ Band OH Rainbow	8			1			pair w/ Band OH Rainbow	8		1		
100	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1	
100	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1	
100	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1	
100	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1	
100	Bench Press	C-1	65	70	4	3% Drop	100	Bench Press	T-1,1	70	80	4	0:0:5:0
	pair w/ Speed Bench Press	5	20	25	4	5 Reps AFSM		pair w/ Med Ball Pass	4		4		
30	DB Incline Press	5	15	15	4	5 Reps AFSM		pair w/ Delt BO Lat. Reb Drop	4		4	1 Arm	
	pair w/ Rack Band Push Up	5			4	5 Reps AFSM						1 Arm	
	pair w/ EXT. Rotation Band	T			4	0:0:7:10	30	DB Incline Press	T	25	25	3	0:0:5:10
	pair w/ Wrist Pro & Sup	T			4	0:0:7:0	35	pair w/ DB BO Row	T	30	30	3	0:0:5:10
	pair w/ Cuban EXT Band	T			4	0:0:7:10		pair w/ MB OH Slams	4		3	OC-D+1	
35	DB BO Row	T	20	25	5	0:0:7:10	45	DB Bench Press	T	30	35	3	0:0:5:10
	pair w/ Pull Up	T			5	0:0:7:0		pair w/ Chin Up	T		3	OC-D+1	
	pair w/ Straight Arm Lat Pull	T	15	20	5	0:0:7:0		pair w/ Stiff Leg Ankle Hops	T		3	0:0:5:0	
						AFSM	50	Tri Push Down	T	35	40	3	0:0:5:0
	Chin Up	T			4	0:0:7:0		pair w/ Bar Curl	T	30	35	3	0:0:5:0
	pair w/ Tri Push Down	T	25	30	4	0:0:7:0		pair w/ Wrist Uln & Rad	T		3	0:0:5:10	
50	Tri Push Down	T	25	30	4	0:0:7:0							
	pair w/ Bar Curl	T	20	25	4	0:0:7:10		Wrist Pro & Sup	T		3	0:0:5:10	
40	Bar Curl	T	20	25	4	0:0:7:10		pair w/ Farmers Carry + Skip	1		3		
						AFSM		pair w/ Partner Band Abs	T		3	0:30:0:10	
	Wrist Uln & Rad	T			3	0:0:7:10							
	pair w/ Farmers Carry + Skip	1			3							1 Arm	
	pair w/ SWB Band Twist	T			3	0:0:7:10							

Peaking Upper Example

UPPER BODY PEAKING BLOCK													
TUESDAY - DYNAMIC						THURSDAY - DYNAMIC							
100%		Reps	Load		Sets	Notes	100%		Reps	Load		Sets	Notes
	TRX T Raise	1			1	0:0:7:0		TRX T Raise	8			1	
	pair w/ Band OH Rainbow	8			1			pair w/ Band OH Rainbow	8			1	
100	Bench Press	5	45	50	1		100	Bench Press	5	45	50	1	
100	Bench Press	3	55	60	1		100	Bench Press	3	55	60	1	
100	Bench Press	1	65	70	1		100	Bench Press	1	65	70	1	
100	Bench Press	1	75	80	1		100	Bench Press	1	75	80	1	
100	Bench Press	T	65	70	4	0:0:7:0	100	Bench Press	T	70	80	4	0:0:5:0
	pair w/							pair w/					OC-D+1
100	Speed Bench Press	5	20	25	4	5 Reps AFSM		Med Ball Pass	4			4	
	pair w/							pair w/					1 Arm
30	DB Incline Press	5	15	15	4	5 Reps AFSM		Delt BO Lat. Reb Drop	4			4	
	pair w/												1 Arm
	Rack Band Push Up	5			4	5 Reps AFSM	30	DB Incline Press	T	15	15	3	0:0:5:10
	pair w/					Pull		pair w/					OC-D+1
	OH Lat. React. Drop	T			4	0:0:7:10	35	DB BO Row	T	15	15	3	0:0:5:10
	pair w/							pair w/					OC-D+1
	Wrist Pro & Sup	T			4	0:0:7:0		MB OH Slams	4			3	
	pair w/												
	Cuban EXT Band	T			4	0:0:7:10	45	DB Bench Press	T	20	25	3	0:0:5:10
								pair w/					OC-D+1
35	DB BO Row	T	15	20	5	0:0:7:10		Bicep Shock Curls	T			3	0:0:5:0
	pair w/					AFSM		pair w/					OC-D+1
	Bicep Shock Curls	T			5	0:0:7:0		Stiff Leg Ankle Hops	T			3	0:0:5:0
	pair w/					1 Arm							
	OH Band Pull	T			5	0:0:7:0		Tricep Band Press	T			3	0:0:5:0
						AFSM		pair w/					OC-D+1
	Bicep Shock Curls	T			4	0:0:7:0		Band Curls	T			3	0:0:5:0
	pair w/					AFSM		pair w/					AFSM
	Band Tri Push Down	T			4	0:0:7:0		Wrist Uln & Rad	T			3	0:0:5:10
	pair w/					AFSM							OC-D+1
	Wrist Uln & Rad	T			4	0:0:7:10		Wrist Pro & Sup	T			3	0:0:5:10
						AFSM		pair w/					OC-D+1
	Wrist Uln & Rad	T			3	0:0:7:10		Farmers Carry + Skip	1			3	
	pair w/					AFSM		pair w/					1 Arm
	Farmers Carry + Skip	1			3			Partner Band Abs	T			3	0:30:0:10
	pair w/					1 Arm							
	SWB Band Twist	T			3	0:0:7:10							