|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Phase** | **Volume # of Exercises** | **Sets** | **Reps** | **% of 1RM** |
| **Hypertrophy/ Stability** | Dependent upon level | 2-3 | 8-10 | 60%-70% |
| **Strength** | 6-8  3-6 sessions per wk | 3-5 | 4-6 | 75%-90% |
| **Power** | 5-7  4 Sessions per wk | 4 | 2-4 | 80-95% |
| **Peak** | 5-7  Core Lifts 2-4 | 3-5 | 2-4 | 85%-100% |

* Slow Tempo = Hypertrophy/Endurance
* Fast Tempo = Power
* Force = load (as in strength training)
* Speed = Velocity (at which you move a load)

Hypertrophy/Stability Phase – Typically 1 week at the beginning of a weight training program

* “Training for the training”
* Beginners or those who have not worked out for a month or so start here
* Some may not use it at all depending on: experience, fitness level, background
* Longer running is used here to build stamina, endurance prior to developing speed
* Focuses on proper technique
* Strengthening of CT – tendons, ligaments, muscles, neuromuscular control, balance
* Basic speed development – plyometrics, endurance training

**Hypertrophy** – Enlargement of skeletal muscle fibers in response to overcoming force from high volumes of tension. The process begins in the early stages of training

* May not be apparent for 4-8 weeks in untrained clients
* Low to intermediate reps ranges with progressive overload leading to muscular hypertrophy
* Lowers body composition
* 2-3 sets or 3-5 sets
* 8-10/12 reps
* Moderate to low reps with higher loads
* 60-70% of 1RM

Strength Phase – Muscular Strength – Typically kept in this phase for 4 weeks

* An athletes “off season” is found here
* Builds strength and explosive power
* Higher levels of poundage = intensity
* Multi joint exercises along with core exercises
* Longer phases – add variety
* Specific sport workouts can be added in and optional

Power Phase – An extension of the strength phase

* Found to be more intense than strength exercises
* Higher levels of intensity
* Multijoint exercises along with core

Peak Phase – Found to bring the individual into the next level of fitness

* High Poundage (intensity) but a rather short phase
* Multijoint exercises along with core
* Quick sessions – brief and intense

**Macrocycle** (1yr) – Annual Plan

**Mesocycle** (1-3 months) – Monthly Plan

**Microcycle** (1 Week)- Weekly Plans