STRENGTH CYCLE | MAX REPETITION METHOD

Micro Cycle #1A | 3 Weeks | Strict Press, Deadlift, Back Squat
Micro Cycle #1B | 3 Weeks | Bench Press, Power Clean, Front Squat
Micro Cycle #2A | 3 Weeks | Strict Press, Deadlift, Back Squat
Micro Cycle #2B | 3 Weeks | Bench Press, Power Clean, Front Squat

***In cycle 2, athletes will add 5lbs to their cycle 1 loads with the presses and 10lbs to their pulls & squats.**

WEEK	SUGGESTED BUILDS	MAX SET %	SUGGESTED REP TARGETS
1	2-3 SETS BUILDING TO 80%	80%	6-12
2	3-4 SETS BUILDING TO 85%	85%	4-8
3	4-5 SETS BUILDING TO 90%	90%	2-5

Lifting Format
For classes, we are assigning a 10:00 window to complete the assigned max rep set at the target percentage.

It's important that the coach work with the individuals in their class to find appropriate loads. Many athletes may be unaware of what their true 1RM is. In this case, the target should the suggested rep ranges.

***Max sets are to be completed to "Technical Failure" | This means the set is stopped once technical proficiency is lost, not once the lifter can no longer lift the weight. Look for mechanical deviations and / or loss of bar speed.**

STRENGTH CYCLE | MAX REPETITION METHOD

Micro Cycle #1A | 3 Weeks | Strict Press, Deadlift, Back Squat
Micro Cycle #1B | 3 Weeks | Bench Press, Power Clean, Front Squat
Micro Cycle #2A | 3 Weeks | Strict Press, Deadlift, Back Squat
Micro Cycle #2B | 3 Weeks | Bench Press, Power Clean, Front Squat

***In cycle 2, athletes will add 5lbs to their cycle 1 loads with the presses and 10lbs to their pulls & squats.**

WEEK	SETS | REPS	%	BRIEF	GENERAL WU	SPECIFIC WU	BUILDING	LIFT TIME	WOD PREP	WOD TIME	CLASS TIME
1	*Max	80%	3:00	6:00	15:00	4:00	6:00	8:00	15:00	57:00
2	*Max	85%	3:00	6:00	15:00	5:00	5:00	8:00	15:00	57:00
3	*Max	90%	3:00	6:00	15:00	6:00	4:00	8:00	15:00	57:00

***When WOD movement varies from lift, the WOD timing will be decreased to provide more time for specific teaching & preparation.**

- ***Max sets are to be completed to "Technical Failure" | This means the set is stopped once technical proficiency is lost, not once the lifter can no longer lift the weight. Look for mechanical deviations and / or loss of bar speed.**
- Top end strength is determined by the amount of external loads you can move through the primary movement patterns (squat, press and pull) and are best developed when performed above 80%.
- Each week, lifters perform sets as many repetitions as possible at 80-85-90% for each of the main lifts, gradually increasing the intensity as the cycle progresses. The intensity is calculated based on a percentage of the lifter's one-rep max (1RM).

STRENGTH CYCLES | FAQ

Why do we rotate lifts every month?

SAID Principle | The SAID principle underscores the importance of regular practice to enhance proficiency in specific movement patterns. Just as practicing the butterfly stroke improves swimming, consistent practice of primary movement patterns is essential for skill development and performance enhancement.

Law of Accommodation | The human body is adept at adapting to repetitive stressors over time. However, prolonged exposure to the same stimulus leads to diminishing returns as the body reaches a point of accommodation. To counteract this phenomenon, we rotate lifts regularly to prevent stagnation and ensure continual progress. As the saying goes, "trees don't grow to the sky"—we must challenge ourselves with varied stimuli to avoid plateauing.

Overload Principle | Progression is key to achieving strength gains. By progressively increasing the load placed on our bodies, we continually challenge our muscles and stimulate growth. Throughout each cycle, we systematically add weight to each lift, adhering to the overload principle to drive continuous improvement.

Variety and Progression | By changing rep schemes, incrementally increasing loads week by week, and rotating movements monthly—such as transitioning from Bench to Press, Deadlift to Clean, and Front to Back squat—we expose our bodies to slightly different yet similar training stresses. This variation ensures that we continually challenge our muscles and stimulate adaptation, leading to consistent strength gains throughout the year.

STRENGTH CYCLES | FAQ

What lifting cycles are incorporated? [1 of 2]

Progressive Overload of 5-3-2-1 | The program provides a clear and structured progression over the course of the month. Starting with sets of five repetitions (5), then three repetitions (3), followed by two repetitions (2), and finally one repetition (1), allows for a gradual increase in intensity while managing fatigue.

Triphasic | A structured training approach that focuses on breaking down each phase of a lift into distinct components—eccentric, isometric, and concentric—to optimize strength and power development. By emphasizing specific adaptations in each phase through targeted exercises and varying tempos, triphasic training aims to enhance overall lifting performance and athletic abilities. This method promotes comprehensive muscular adaptation, improves neuromuscular coordination, and helps athletes overcome plateaus by addressing weaknesses and maximizing force production throughout the entire lift.

Heavy Singles | Heavy singles allow lifters to work with near-maximal loads, which stimulates the recruitment of high-threshold motor units and encourages adaptation in the muscles, leading to improvements in maximal strength. Heavy singles require maximal neural drive and coordination, leading to improvements in neuromuscular efficiency. This results in better synchronization of muscle contractions, increased rate of force development, and enhanced motor unit recruitment, all of which contribute to greater strength gains

STRENGTH CYCLES | FAQ

What lifting cycles are incorporated? [2 of 2]

Heavy 20's | The prolonged effort required to complete a set of 20 reps induces significant metabolic stress on the muscles, leading to adaptations such as increased muscle glycogen storage, improved lactate tolerance, and enhanced mitochondrial density. These adaptations contribute to better energy production and utilization during high-intensity efforts. Completing a set of 20 reps with a challenging weight requires mental fortitude and determination. Pushing through fatigue and discomfort builds mental toughness and resilience, which can transfer to improved performance in both training and competition settings.

Max Repetition Method | This cycle is very similar to the Wendler 5-3-1 protocol. Each week, lifters perform sets as many repetitions as possible at 80-85-90% for each of the main lifts, gradually increasing the intensity as the cycle progresses. The intensity is calculated based on a percentage of the lifter's one-rep max (1RM).

Heavy 10's | Training with heavier weights and higher rep ranges like 10-rep sets can stimulate muscle growth (hypertrophy). The increased time under tension and metabolic stress from lifting heavier loads for multiple repetitions can lead to muscle fiber recruitment and growth, contributing to greater overall muscle size and strength, challenging the neuromuscular system and stimulates adaptations in muscle fibers, motor units, and coordination, leading to improvements in overall strength.