

LOADING CHART | Conditioning Loading Targets

This chart describes how and why we program specific loads in workouts, how they should feel, and what they will accomplish. As a principle, our programming targets the “sweet spots” for 35%-75% for conditioning workouts. The **orange zones** indicate the sweet spot for our programming.

LOADING ZONE	LOADING FEEL	% OF MAX	CYCLE RATE	TOTAL VOLUME IN WORKOUTS	PURPOSE
1-2	Extremely Light	>20%	Effortless; Unrestricted	100+ Reps	Low load/bodyweight exercise increase aerobic output, muscular endurance, and reduce limitations.
3	Very Light	20-35%	Very Fast; Minimal Rest	75-100 Reps	Low loads allow for high-aerobic output, improving muscular endurance.
4	Light	35-45%	Fast; Intentional Rest	50-75 Reps	Low-range of the loading sweet spot; high power output & strong metabolic response.
5	Light-Moderate	45-55%	Moderately Fast; Intentional Pacing	30-60 Reps	Mid-range of the loading sweet spot; optimal power output and high metabolic response.
6	Moderate	55-65%	Moderate; Deliberate Rest & Pacing	20-45 Reps	High-range of the loading sweet spot; high power output and high metabolic response.
7	Moderate-Heavy	65-75%	Deliberate Pacing	15-30 Reps	Optimal range for improving power stamina.
8	Heavy (Threshold)	75-85%	Moderately Slow; Calculated Pacing	10-20 Reps	Moderate to heavy loads have high anaerobic & neuromuscular demand, improving muscle strength, size, and coordination.
9	Very Heavy	85-95%	Slow; Dictated Pacing	3-10 Reps	High loads demand improvements of muscle fiber recruitment.
10	Absolute Limit	95-100%	Very Slow; Limited Pace	1-3 Reps	Test

LOADING CHART | Specific Conditioning Loading Chart

Specific loading based off of the our principle of programming for the majority. Athletes should reference this chart for an understanding of the target stimulus of the workout depending on the loading. Percentages are provided for quick modification.

Movement	Light 35-45%	Light-Moderate 45-55%	Moderate 55-65%	Moderate-Heavy 65-75%
Load Zone	4	5	6	7
Reps Target	50-75	30-60	20-45	15-30
Power Snatch	75/55	95/65	115/75	135/95
Thruster	75/55	95/65	115/75	135/95
Push Press	95/65	135/95	155/105	185/135
Power Clean	95/65	135/95	155/105	185/135
Front Squat	95/65	135/95	155/135	185/135
Deadlift	135/95	225/155	275/185	315/225