Programming Essentials

Kinetikos
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Thank you!!

What is programming & why should we care?

Strategy to Achieve Goal

Series of training sessions repeated over time to elicit a specific adaptation from the body.

What people buy

- Which order for exercises

- Sets/reps & other variables

- How long to do the exercises

- When to change things

- What to change

- etc.

Establish goal & reverse engineer.

"The goal is to keep
the goal the goal."

Dan John

Athlete

- Stronger

- Faster

- More Power

- More Endurance

- Increased Performance

- More Resiliency

- Injury Prevention

- Increased Lean Mass?

Gen-Pop

- Feel Better

- Can Do What They Love

- Look Better

- Stronger

- More Power

- More Endurance

- More Resiliency

- Injury Prevention

Needs Analysis

What are components of goal?

KB Snatch Test

- 100x in 5 mins

- KB weight according to body weight (mine was 24kg KB)

KB Snatch Test

- Arms easily overhead

- Press the KB

- Excellent hinge mechanics

- Anti-extension core endurance

- Clean the KB 100x in 5 min

  - Swing - Double/Single

- ESD for 5 min high output

USB C&P Test

- **5 minute**

- **Women**

  - Under 150lbs: 40lbs Strength 50x

  - Over 150lbs: 60lbs Strength 40x

- **Men**

  - Under 171lbs: 60lbs Strength 50x

  - 171 - 210lbs: 80lbs Burly 40x

  - Over 210lbs: 100lbs Burly 40x

USB C&P Test

- Arms overhead easily

- Excellent hinge, clean, & press mechanics

- Able to clean the USB 50x in 5 min

- Able to press the USB overhead 50x in 5 min

- High upper back endurance strength

- Core endurance (especially anterior chain)

- ESD for 5 min high output

A. Housewife

- 100km mountain hike/race

B. Pro Rugby Athlete

- Run faster in matches

Must establish

1. Where is client/athlete starting from?

2. What is adaptable level of stress?

3. How much time can be dedicated per week?

4. How much time is available to reach the desired goal?

Where are they starting from?

- Questions

- Screens

- Assessments

- Tests

Risk vs Reward

Why Mike Boyle doesn't Back Squat

Why programs fail

- Unrealistic

- Impractical

- Unfocused

- Unmonitored

Adaptation is a process.

Thoughtfully Applied Stress

Programming is repeating training sessions with **incremental progression** to give **adaptable exposure** to stress.

Sufficient exposure

- Must encounter enough to push body to adapt

- Less frequent sessions must be more similar
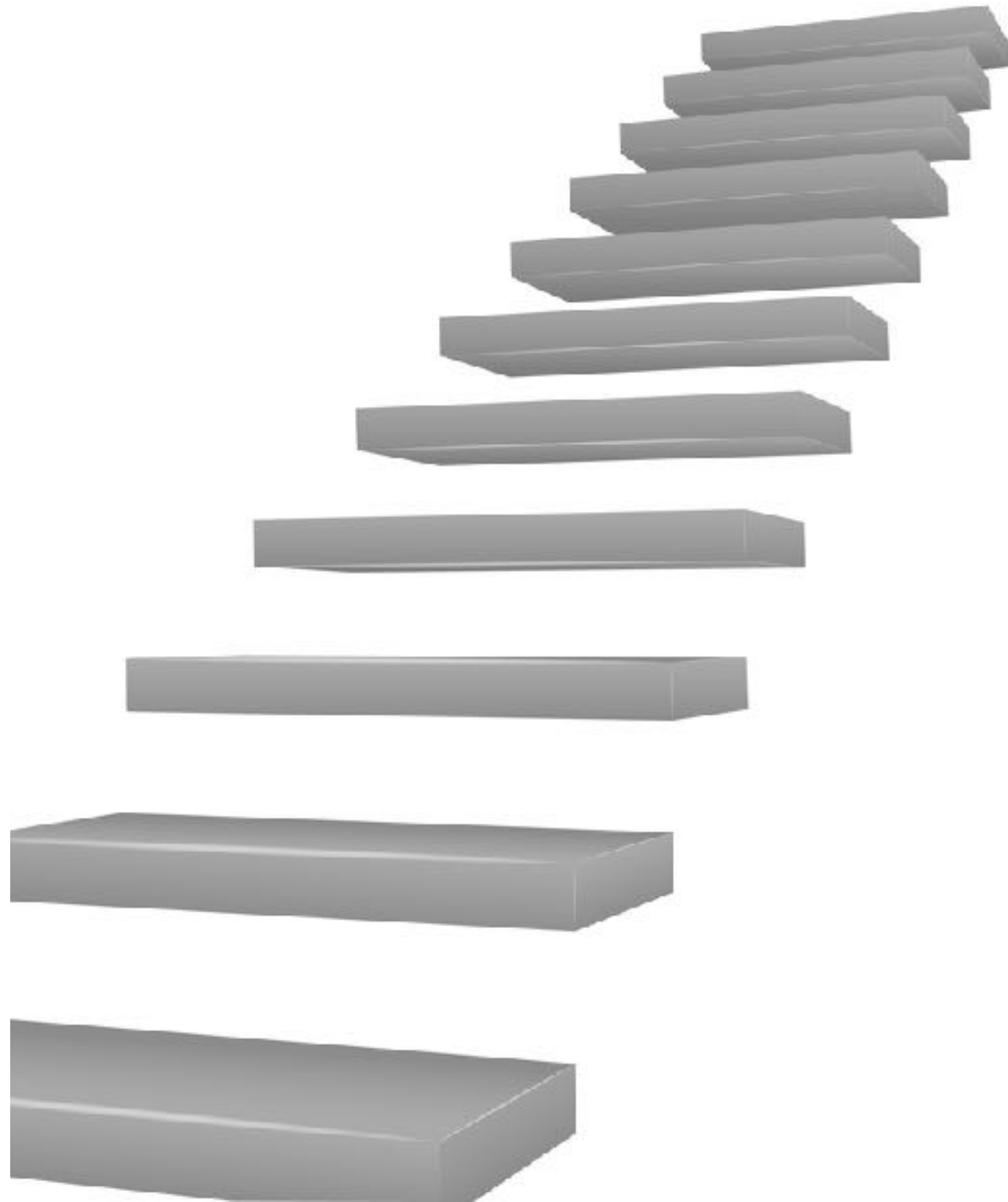
  - 1x week same session 5-6 weeks straight

Graded exposure

- What can they reasonably recover from?

- Frequency, volume & intensity determined by recovery capacity

- Less recovery capacity requires less stress & slower progression
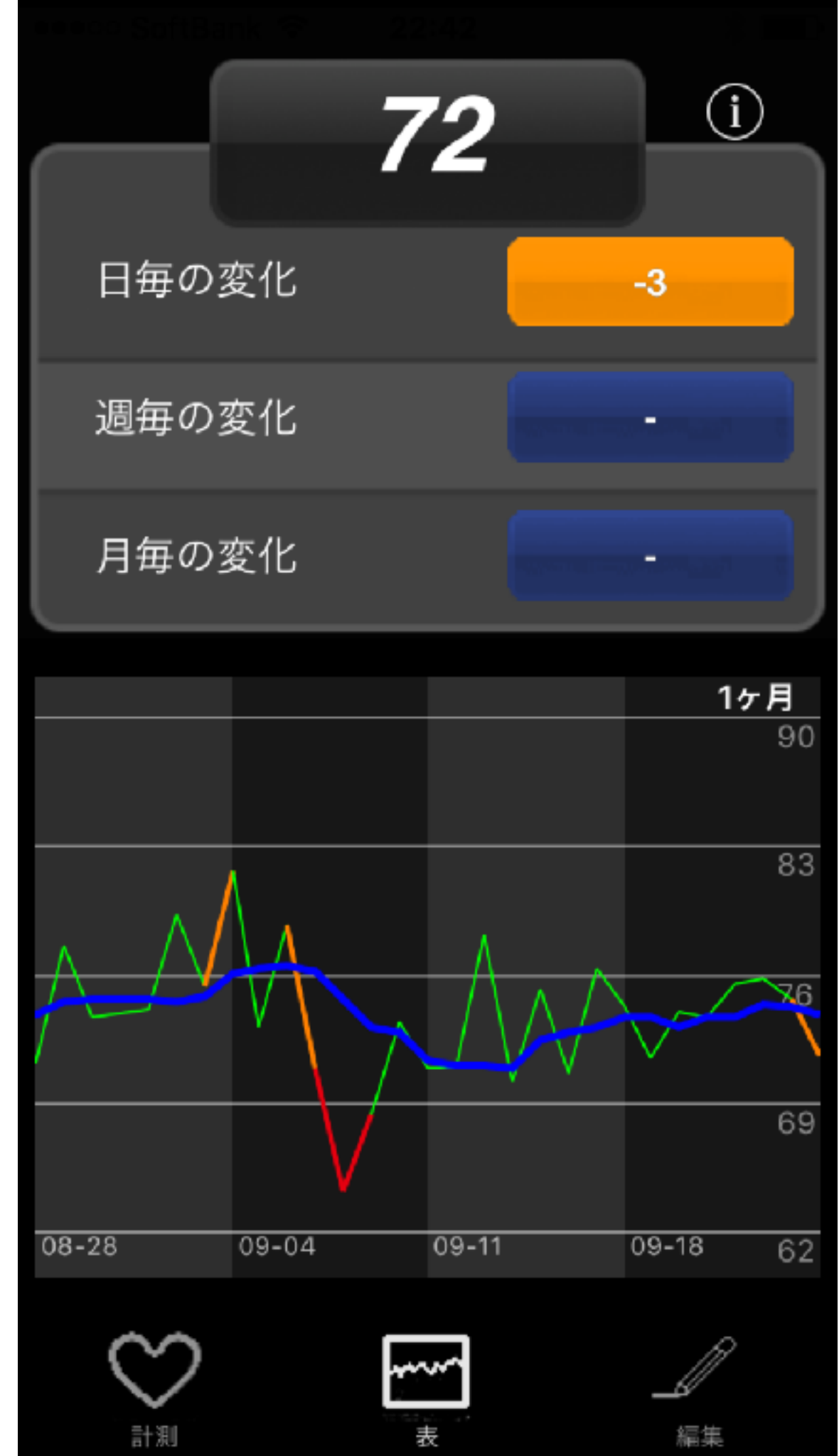
Stress summates

- Mental

  - Worry / Anxiety

  - Conflict

  - Sadness

- Physical

  - Training

  - Lack of sleep

  - Poor nutrition

Monitoring

- What can they adapt to today?

- Identify & account for low recovery days

- Reduce volume first, then intensity

- Less is more

Programming requires structure.
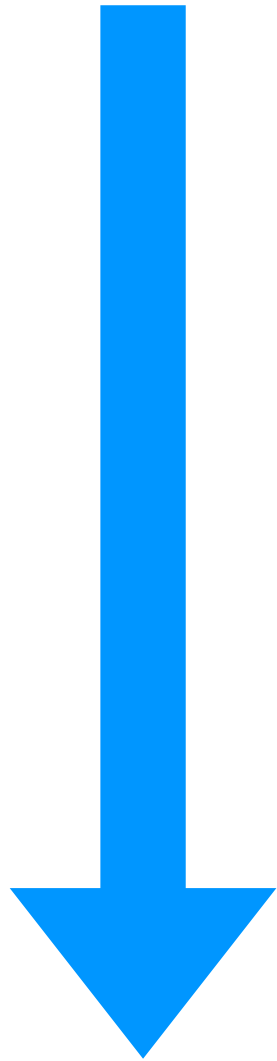
Emphasized qualities based on goals

- Determine Qualities

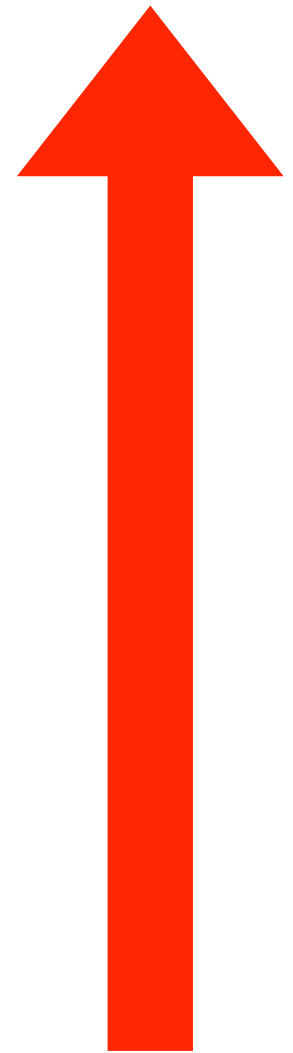 - Consider Methods

    - Pick Exercises/Implements

Structure

Exercises

Training Sessions

Weekly Blocks

Monthly Blocks

Overall Program

Desired Goal

"The fact that it's much, much, much harder to get something for the first time, than it is to keep it or get it back if you've lost it, is why we use periodization blocks in the first place. With a periodization block, basically you stop doing some things so you can redirect your time, energy and will on making gains in a particular something else, the block is long enough so you can get into the zone to accomplish it and make meaningful progress."

JUJIMUFU
acrobolix.com

Periodization

- Main focus during that period of time

- Can build multiple qualities simultaneously if underdeveloped

- Consider individual

- KISS

- Don't get too specific too fast - GPP

Training Session

- Mobilization

- Activation

- Power

- Core*

- SAQ

- Strength

- ESD (Conditioning)

- **Library structured to facilitate**

Mobilization

- Joint complexes

  - Thoracic

  - Hips

  - Ankles

  - Integrated

Activation

- Chains

  - Anterior

  - Posterior

  - Lateral

  - Contra-Lateral

  - Integrated

Power

- Equipment & Direction

  - Bodyweight

  - Heavy Linear

  - Heavy Lateral

  - Throws

Core

- Resist extraneous motion

  - Anti-extension

  - Anti-lateral flexion

  - Anti-rotation

  - PNF

  - Get Up

SAQ

- Direction

  - Linear

  - Lateral

Strength

- By movement

  - Hinge

  - Squat

  - Lunge - Step

  - Push (V & H)

  - Pull (V & H)

- Accessory Knee & Periscapula

Conditioning / ESD

- By mode

  - Cardio

  - Carries

Transformation

- X-pattern eccentric to concentric transition

- By chain

  - Anterior

  - Posterior

  - Rotation

Training Session

- **Mobilization / Activation**
  - 8-10 EX : Whole body or task at hand
- **Power**
  - 1-2 EX : Volume & intensity based on goal. Inverse to strength & ESD
- **Core**
  - 1-2 EX : Own section or couple with power, strength, or ESD
- **SAQ**
  - 1-3 EX : Low volume & intensity when in comprehensive session (can be own session)
- **Strength**
  - 2-6 EX : Volume & intensity based on goal. Inverse to power & ESD
- **ESD (Conditioning)**
  - 10-15 min when in comprehensive session (can be own session)
  - Transformation exercises?

Linking Exercises

Knee Dominant = Lower Body Push = Squat Lunge Step

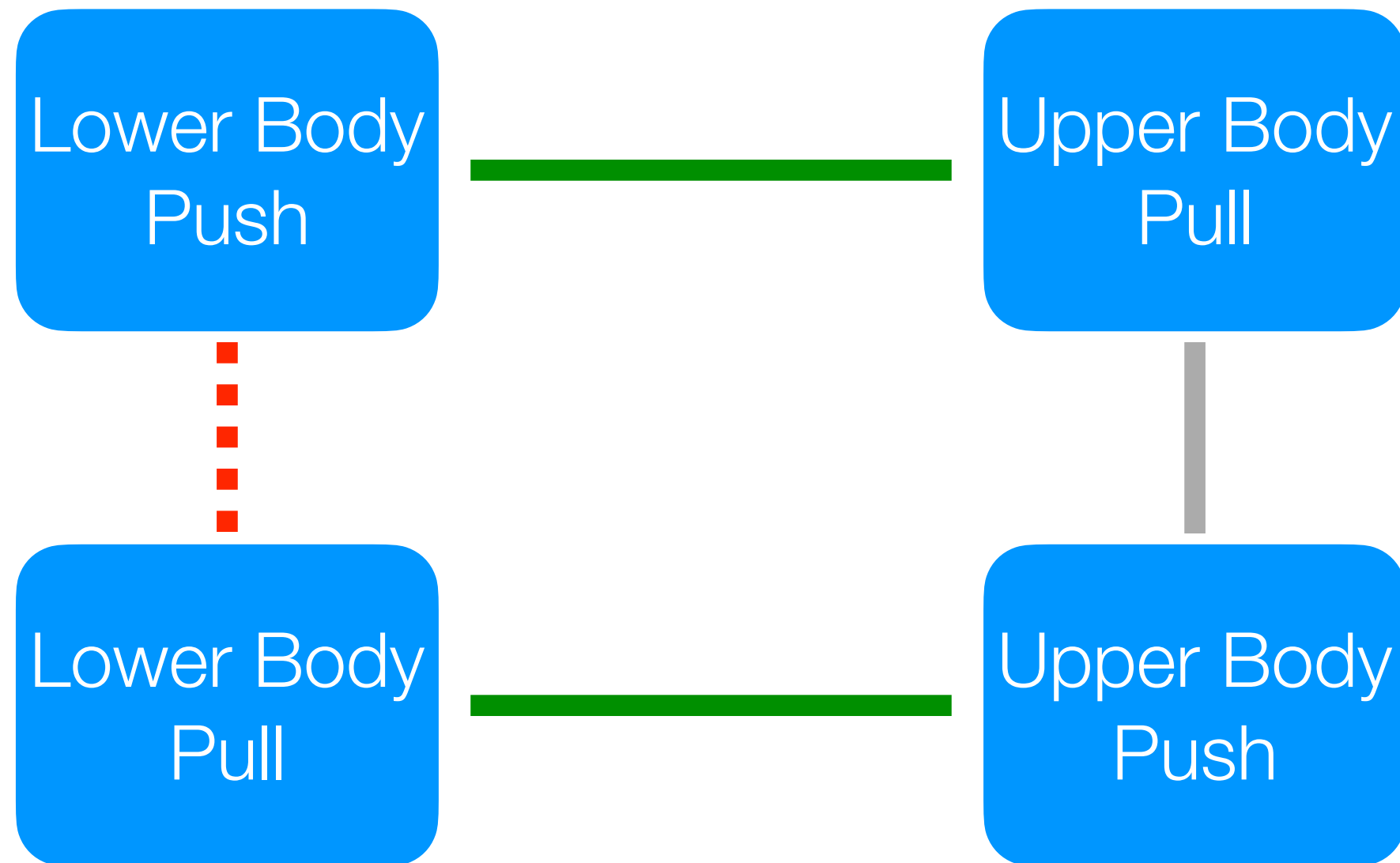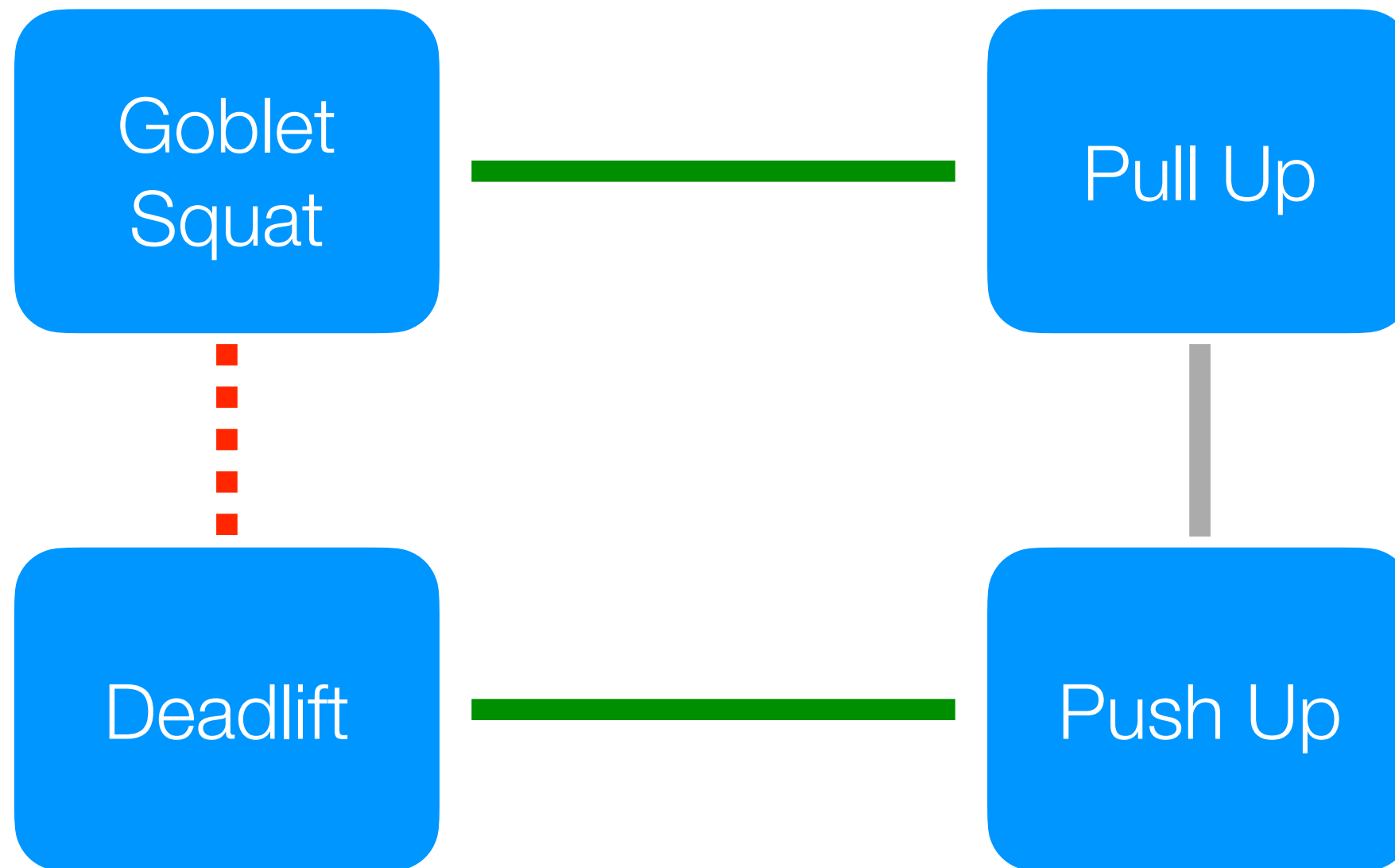Hip Dominant = Lower Body Pull = Deadlift (Hinge)

Linking Exercises

Linking Exercises

Linking Exercises : Non-Competing Chains

| Anterior | Posterior | Lateral | Rotational |

Linking Exercises : Non-Competing Chains

Linking Exercises : Non-Competing Chains

Anterior	Posterior	Lateral
Goblet Squat	Pull Up	Side Bridge

Circuits

- Elaborate super-setting

- Efficiency & Density

- Time Based vs Rep Based

- Intent determines time interval

  - 40:20

    - Negative rest - essentially cardio session

  - 20:40 (or 15:45)

    - Positive rest - can develop strength & power (Coach Dos Remedios)

Circuits

- HIIT

  - HIGH

  - INTENSITY

  - INTERVAL

  - TRAINING

- HISS (Michol Dalcourt)

  - HIGH

  - INTENSITY

  - STEADY

  - STATE

Balancing the week : 2x week

	Day 1	Day 2
Power	Linear	Lateral
Core	Anti-Lateral Flexion	Anti-Extension
Strength 1	Bilateral Hinge	Bilateral Squat
Strength 2	Bilateral Push	Bilateral Pull
Strength 3	Unilateral Squat	Unilateral Hinge
Strength 4	Unilateral Pull	Unilateral Push

Balancing the week : 3x week

	Day 1	Day 2	Day 3
Power	Linear	Lateral	Body Weight
Core	Anti-Lateral Flexion	Anti-Extension	Anti-Rotation
Strength 1	Bilateral Hinge	Bilateral Squat	Unilateral Hinge
Strength 2	Bilateral Push	Bilateral Pull	Unilateral Push
Strength 3	Unilateral Squat	Knee Flexion	Unilateral Squat
Strength 4	Unilateral Pull	Unilateral Push	Periscapular (Pull Based)

Balancing the week : 4x week

	Day 1	Day 2	Day 3	Day 4
Power	Lateral	Linear	Lateral	Linear
Core	Anti-Extension	Anti-Lateral Flexion	PNF	Anti-Rotation
Strength 1	Bilateral Hinge	Bilateral Push	Bilateral Squat	Bilateral Pull
Strength 2	Unilateral Squat	Unilateral Pull	Unilateral Hinge	Unilateral Push
Strength 3	Knee Flexion	Periscapular	Knee Flexion	Periscapular

Templates

- Don't reinvent the wheel

- Similar framework & movements tailored to individual

  - Hinge 3x8

    - Trap Bar | Deadlift

    - USB | Deadlift

    - BB | Sumo | Deadlift

  - Establish baseline & set alternates

DAY 1

Baseline	Alternate #1	Alternate #2
● USB | High Pull	○ KB | Swing	○ BB | High Pull
● Trap Bar | Deadlift	○ USB | Deadlift	○ BB | Sumo | Deadlift
● KB | 1 Hand | OH Press	○ USB | Half Kneeling | Arc Press	○ KB | 2 Hand | OH Press
● KB | Goblet | RFE | Split Squat	○ DB | Reverse Lunge	○ DB | RFE | Split Squat
● Suspension | Feet Elevated | Inverted Row	○ Suspension | Row	○ USB | Bent Over | Row

DAY 2

Baseline	Alternate #1	Alternate #2
● Cable | Half Kneeling | Anti-Rotation Press	○ Cable | Tall Kneeling | Anti-Rotation Press	○ Cable | Half Kneeling Hover | Ant-Rotation Press

Progression is systematic.
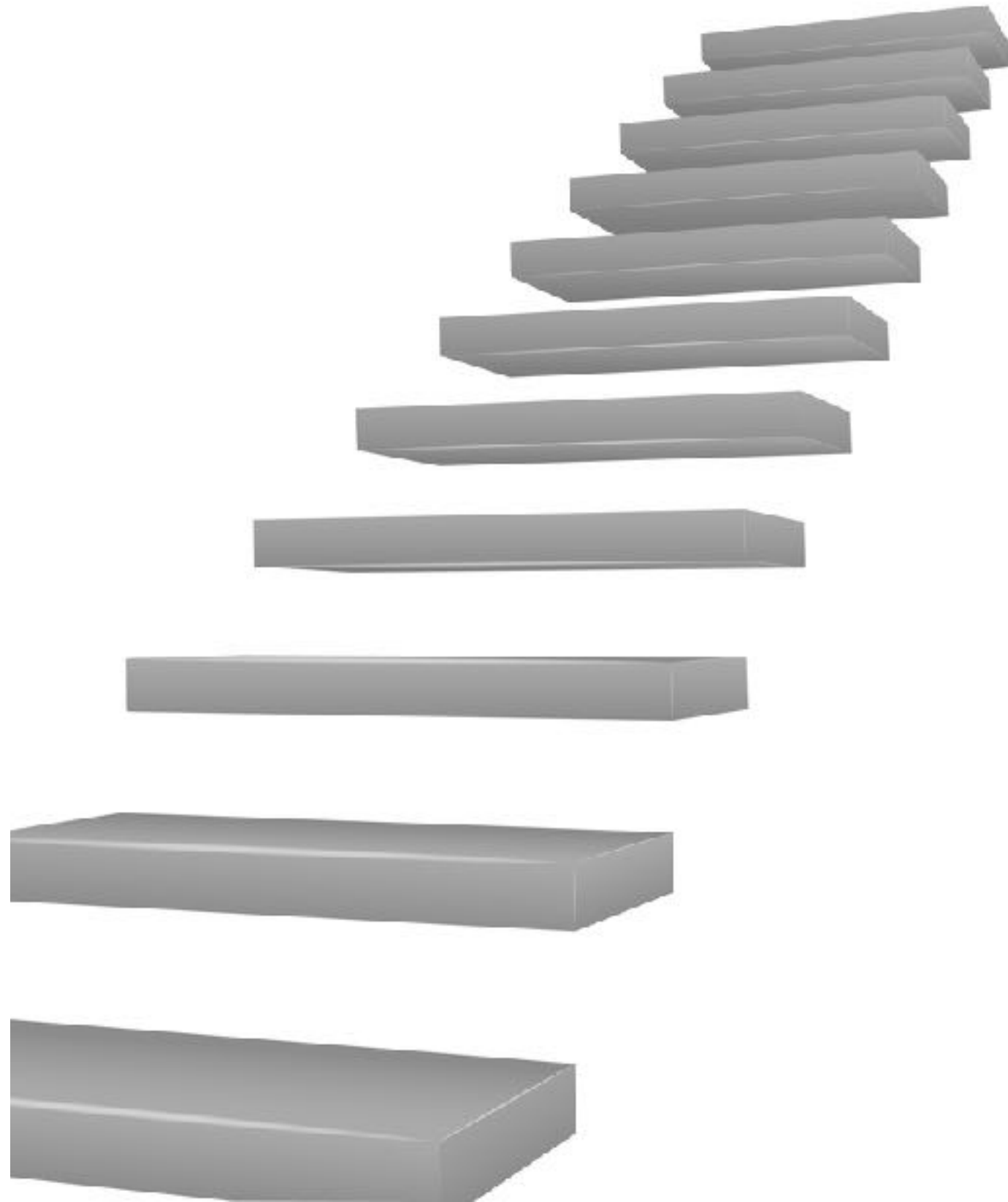
Progression

- Load is most common

- Often neglected (Josh Henkin):

  - Body Position

  - Implement

  - Load Position

  - Plane of Motion

  - Speed

- Make heavy weight light and light weight heavy

Progression

- Short term (month block)

  - Load & Volume

  - 3x8@20kg -> 3x10@25kg

- Long term (month to month)

  - Body Position

  - Implement

  - Load Position

  - Plane of Motion

Hard Progression vs Soft Progression

- KB | Deadlift

- USB | Deadlift

- USB | Good Morning

- Trap Bar | Deadlift

- BB | Sumo | Deadlift

- BB | Deadlift

"Earn your progression."

Chris Frankel

"The hardest thing that you do well."

Craig Liebenson

Counterintuitive

- Not how hard it feels, how well it is executed

- Tall Kneeling | Anti-Rotation Press

- Standing | Anti-Rotation Press

Counterintuitive

- Load can make things easier

- USB | Squat with Press Out easier than bodyweight version

- Heavier implement can sometimes help feel power exercises

Counterintuitive

- Unilateral is not always a progression from bilateral

- If asymmetrical, unilateral may be the best starting point

Progression,
Variation,
NOT Random

Novel input through progressive
variety within adaptable framework

"Same but different."

Pavel Tsatsouline

What reps really mean

Near technical failure at end

The exercise library is the foundation.

Role of exercise library

- Organized to rapidly select exercises and assemble programs

- Clear, consistent structure for staff and colleagues

Organization

- Group & Subgroup

  - Not overly complicated

- Progressions & Regressions according to your philosophy

Naming protocols

- Steve Di Tomaso & Kari Negraiff

- Components of exercise

  - Implement

  - Holding Position

  - Relative Load Position

  - Body Position

  - Activity (i.e. movement)

  - Transition

Kinetikos Library

- Movement based

- Organized by qualities (corresponds to sections of training sessions)

- No people or countries in exercises names (Mike Boyle)

- Not the only way…free to do things your way

Thank you!!