High/Low Sequences of Programming and Organizing Training

By

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The material presented in this text outlines a particular method of programming and organizing training. The directive of this manual is to provide an organizational framework from which coaches, athletes, and trainers may begin to programme training based upon High/Low sequencing.

This work has been heavily influenced by the work of individuals from the former Soviet Union, Canada, and the United States who have forever impacted the training of athletes who seek strength, power, and speed development.

If one useful consideration may be taken from this material let it be that the training process is a living thing. No training model or program is ever set in stone. So long as the human being is composed of biological units, the application of training means and methods must remain as adaptive as the very infrastructure of our organism.

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1. The Evolution of the Training Process, The Training Load and the Significance of the Training Effect

Athletes must continually integrate methods of programming and organizing training which correspond to their evolving physiological state. It is this quest for raising the motor potential of the athlete which ultimately yields heightened training and competition results.

As the strength/power development athlete progresses through the various stages of achieving sports mastery he/she, as an organism, requires a continually evolving and systematized approach to training so as to continually experience a positive training effect from the imposed stressors of any particular phase of training. Regarding the stressors of any particular phase of training; regulating the training load is critical.

"The training load refers to the quantitative calculation of the training work performed. It is customary to recognize the concepts of external, internal, and psychological loading, i.e., the quantity of work done, its effects on the body and the psychologically perceived effect on the athlete, respectively (Matveyev, 1964; Volkov, 1969; Ozolin, 1970; Tumanyan, 1974). Volume and intensity are used as the most general characteristics of the training load..." (Siff 2000)

The degree to which the training load increases is highly correlated with the increase in the preparedness of the sportsman. For this reason, it is imperative that the training load be programmed relative to the evolving and fluctuating physiological state of the sportsman's organism. It should be clear that the interrelation between the athlete's fitness state and the training load is extremely complex, dependent upon many factors and determined by numerous variables. (Siff, 2000) What we may conclude in general terms is that the training load prescribed too high in volume and intensity will ultimately yield to over training and negatively impact readiness. Conversely, a training load insufficient in volume and intensity will not yield substantial adaptations. A

load will lead to success if its means create an adequate training effect, i.e., provoke a specific accommodative reaction within the organism. (Verkhoshanski 1977)

There are many methods of systematizing training so as to promote continued general and specific adaptive responses in the organism. It is only when the training is programmed appropriately, relative to the physiological state of the organism and the sporting requirements, that the athlete will experience a positive training effect.

The purpose of managing the training load is to obtain a high training effect through the rational organization of the composition and structure of the load, with an optimal volume and intensity. (Verkhoshanski 1977) In so doing, the coach demonstrates the skill to effectively program and organize the training load, such that the athlete(s) experience successive positive training results and are at their most heightened state of readiness for contests.

2. The Development of Targeted Motor Tasks and Programming Considerations

The development of some or all of the motor tasks strength, power, speed, agility, and endurance (and their respective regimes) is absolutely fundamental for the success of any track, field, contact, or combat sport athlete. The development of these motor tasks heightens the potential for an athlete to more effectively express sport skill.

In order that specific motor tasks may be developed during any phase of training; a systematized approach must be utilized to program and organize the training load. This is especially important for highly qualified sportsmen in so far as the means they have utilized in previous stages of preparation do not have the ability to provoke a sufficient training effect for further improvement. (Verkhoshanski 1977)

There are many effective methods for programming and organizing the development of various regimes of strength,

power, speed, agility, and endurance. Regardless of what school of thought one may subscribe to, the following programming and organizational objectives must be satisfied:

- Sufficient recovery periods between similar CNS intensive stressors
- Sufficient allocation of volume and intensity of training to yield desired improvements of any particular ability
- Utilization and classification of General, General Specific, and Specific training means and methods which score favorably on cost:benefit analysis relative to the needs/state of the athlete, orthopedics, and sporting requirements
- Classification of athletes based upon physical preparedness which dictates appropriate and optimal training methodics

In regards to most organizational templates it is important to recognize the fact that most exist as frameworks which are highly flexible with respect to the manipulation of their parameters.

3. The Unification of WSB and CFTS and the High/Low Method

In the interest of developing very strong, powerful, fast, agile, and well conditioned athletes one may unify the training principles of the Westside Barbell Method (WSB) and the Charlie Francis Training System (CFTS). In order to accomplish this programming task one must manage high intensity stressors. N.G. Ozolin states that management is understood as the process of uninterrupted cause and effect; the working-out of solutions, realized basically in the form of training programs. (Medvedyev 1986)

A high/low approach may be utilized in order to consolidate the most CNS intensive demands to same training days. When adhering to a high/low approach, CNS intensive training days must be separated by one or more low intensity training or recovery days. Following is a

breakdown of the main training components of WSB and CFTS classified relative to CNS impact:

High CNS Stressors:

- Max Speed (+95% effort) starts, accelerations, sprints, finishing drills
- Explosive Medicine Ball throws
- Sport implement throws (hammer, shot, disc, etc)
- High Intensity Plyometric Jumps, bounds, landings
- Maximal Effort weights (+90%1RM)
- Dynamic Effort weights (submaximal weights lifted explosively)
- EMS Strength Protocols

Low CNS Stressors:

- Tempo Runs/Drills (<75% top speed for that distance)
- Repetition Method (modified) weights/calisthenics
- Technical SPP methodics performed at low intensity
- EMS Recovery Protocols

In order to adhere to and unify the principles of both systems (WSB and CFTS) one must program the training in observation of the minimal agreed recovery period between like CNS intensive stressors (48-72hrs). (Zatsiorsky 1995, Francis 1997)

4. Distribution of Loading Strategies

"The month's plan should stipulate: the volume and intensity of the weekly loading; the weekly volume in the various exercises and the GPP; the competition dates. The objective of the weeks plan is the optimal distribution of the volume and intensity of the exercises within individual workout. The month's plan is distributed non-uniformly: weeks with a large volume should be alternated with weeks with small and moderate volumes. There is less variation in the weekly loading and in the individual workouts, when the month's volume of loading is significant. A relatively uniform distribution of the month and the week volumes can be appropriate for beginners or after a prolonged lay-off from training. There is a typical reduction of the loading in the final week -11-14% of the general month's volume, during the competition period." (Roman 1986)

These methodologies may be considered useful in influencing the distribution of CNS intensive loading not only of strength training means but also speed, agility, conditioning, plyos, med ball work, etc. One may simply view large, moderate, and small volume days in general and in consideration of all regimes of training for that day.

One of the many concepts which may be useful to take from this material is that the organism adapts, and certainly more rapidly, to the cyclic introduction of stimuli. Meaning; if we continually introduce a M-W-F, or M-T-Th-F, or T-Th-Sa, or M-Thu-Sa, etc CNS intensive (of varying gradation) workout split, than the organism will accommodate to the split and effectively prepare itself for the most intensive demands which it has adapted to on these particular days. Accordingly, we may continually rotate, specifically during the prepatory/off season, the CNS intensive days so as to positively delay, and possibly completely avoid, the organism's accommodation to a particular sequence of loading.

The following tables have been assembled in reference to Roman's work in his text "The Training of the Weightlifter".

L=large
M=moderate
S=small
R=rest

In Roman's text the volume indicators represent number of lifts (NL) per workout. Here, however, we may correlate the volume indicators as being representative of the load volume of the primary emphasized skill, or entire training load for that workout or training day.

There are many more strategic variations for distributing the weekly loading presented in Roman's text. Here, however, the only strategies presented are those which are consistent with High/Low programming.

Strategies for 3 workouts/week

Mon	Tue	Wed	Thu	Fri	Sa	Su
S	R	L	R	S	R	Off
M	R	L	R	M	R	Off
L	R	S	R	L	R	Off
L	R	M	R	L	R	Off

Strategies for 4 workouts/week

Mon	Tue	Wed	Thu	Fri	Sa	Su
S	R	L	R	M	S	Off
L	R	M	R	L	M	Off
L	R	M	R	L	S	Off
L	R	S	R	R	L	Off
S	R	M	R	M	S	Off
M	R	L	R	M	S	Off

Strategies for 5 workouts/week

Mon	Tue	Wed	Thu	Fri	Sa	Su
M	S	L	R	M	S	Off
S	L	S	R	L	S	Off
M	S	M	R	M	S	Off

Strategies for 6 workouts/week

Mon	Tue	Wed	Thu	Fri	Sa	Su
S	M	S	M	S	M	Off
M	S	L	S	M	S	Off
S	L	S	L	S	M	Off

Regarding the context of this manual, multiple motor abilities must be considered during the planning process. Accordingly, these various loading distribution tables may effectively be utilized for managing the daily and weekly training load in its entirety.

5. Classification of Effort

Through both research and anecdotal experience, it is in the opinion of the author that the following percentages of 1RM coincide with the Maximal Effort (ME), Submaximal Effort (SE), Repeated Effort (RE), and Dynamic Effort (DE) method repetition parameters:

- **ME** → (+90%) 1-3RM depending on strength preparedness
- **SE** → (80-90%) 4-7RM depending on strength preparedness, 4-10 repetition range
- **RE** → (<80%) +8RM, >8 repetitions
- **DE** → (up to 80% for Olympic lifts/derivatives) (up to 70% for classic Powerlifts/derivatives)
- It is the opinion of the author, as per cost:benefit that overhead presses/overhead Olympic weightlifting variations are not necessary for athletes whose primary expression of sport skill does not necessitate supporting, or lifting a load overhead. In an effort to accommodate coaches/athletes of all schools of thought, however, the inclusion of these lifts have been accounted for in the following lift categories

- Olympic weight lifts and their derivatives are clearly total body efforts. For the purposes of organizing lifts into upper body dominant and lower body dominant, however, they have been classified as upper body if the upper body extensor chain groups are highly active in the dynamic muscle action regime

ME Lower

- Any lower back/leg lift performed within the parameters of the Maximum Effort method (ME)
- Squat, DL, GM, Clean pull, Snatch Pull, Clean, Snatch, Power Clean, Power Snatch

ME Upper

- Any upper body lift performed within the parameters of the ME method
- Supine press, Overhead Press, Push Press, Behind the Neck Press, Jerk, Jerk Behind the Neck

DE Lower

- Any lower back/leg lift performed within the parameters of the Dynamic Effort (DE) method
- Squat, DL, Clean, Snatch
- Clean Pull, Snatch Pull, Power Clean, Power Snatch
- Plyometric Jumps, Bounds, Squats, etc

DE Upper

- Any upper body lift performed within the parameters of the DE method
- Supine press, Overhead press, Push Press, Behind the Neck Press, Jerk, Jerk Behind the Neck
- Ballistic Push ups, Presses, Rows, Pull ups
- Medicine Ball Throws

SE Lower

- Any lower back/leg lift performed within the parameters of the Submaximal Effort (SE) method

SE Upper

- Any upper body lift performed within the parameters of the SE method

RE Lower

- Any lower back/leg lifts which are performed within the parameters of the Repeated Effort (RE) method

RE Upper

- Any upper body lifts which are performed within the parameters of the Repeated Effort method

Total Body DE

- Any of the aforementioned DE lifts. In this case Total Body does not necessarily refer to lifts which involve total body movement; but rather, a workout devoted to any DE lifts which together, or individually, target all major compound extensor and flexor chain movements.
- The majority of OL derivates and explosive medicine ball throws fall under this category

6. Tempo, Speed, Agility, Conditioning and the Qualification of Intensity

Tempo

- Any linear or multi-directional run/drill/activity performed at <75% of max effort for that particular means

Tempo work, in regards to being applied to acyclic activities, may consist of any variety of submaximal efforts which serve to raise oxidative work capacity. Examples of cyclic and acyclic low intensive work:

- Linear runs performed under 75% max speed for that distance
- Multi-directional drills performed under 75% max speed for that drill (e.g. on feet, bear crawl, partner wheel barrow, etc)
- Pool work (swims, runs in shallow end, etc)
- Circuit weight training with submaximal loads/calisthenics
- Sled/weighted drags/pushes performed with moderate-light weight with sub-maximal effort
- Tire flip performed with moderate-light weight implements with sub-maximal effort
- Implement/weight/medicine ball throw performed with moderate-light weight with sub-maximal effort

CNS Intensive: (S)peed, (A)gility, or (C)onditioning Drills (SAC) >75% effort for that means

- Any sprint, agility, or conditioning drill performed at >90-95% of max effort for that particular means
- Also any sprint, agility, or conditioning drill performed at >75% of max effort for that particular means. Although sprinting in the 75-95% range does not require maximal efforts it must be accounted for as CNS intensive due to the organism's inability to recover from, and repeat, similar efforts within 48 hours. (Charlie Francis 1997, 2004)
- It must also be acknowledged that sprinting conducted within this middle intensity zone (75-90%) is too slow to develop max speed/acceleration. (Charlie Francis 2004) Accordingly, for those

coaches/athletes who favor wind sprints/gassers, 300yd shuttles, and other med-hi intensity drills it is recommended that you account for these activities as CNS intensive in order to maximize recovery and understand that the incomplete recoveries inhibit max speed development.

- Utilize complete recoveries (+3 minutes) between successive speed and agility repetitions and 5-10 minutes between sets

7. Prilepin's Recommendations and the Significance of Speed of Movement Relative to CNS Impact

A.S. Prilepin's recommendations for strength and power development loading parameters (R.A. Roman 1986)

%1RM	Repetitions per Set	Optimal Total Repetitions	Repetition Range
55-65	3-6	24	18-30
70-75	3-6	18	12-24
80-85	2-4	15	10-20
>90	1-2	7	4-10

- It is suggested that one refer to Prilepin's recommendations for loading parameters when programming CNS intensive lifts (ME and DE), as well as SE lifts, for CNS intensive training days
- Although lifts less than 90%1RM do not qualify as ME, they must be considered CNS intensive if one attempts to perform the repetition(s) with maximum attainable speed (DE). For example: the DE squat lift performed at 70%1RM for two repetitions is much more CNS intensive than the RE squat lift performed at 70%1RM for two repetitions. In this example both methods of training are realized via the same means with the same load yet the stress yielded to the CNS is significantly greater when utilizing DE. This increased demand experienced by the CNS is a result of higher threshold MU activation which in turn increases muscle tension.(Bosco 1999)

8. Training Template Considerations

One may conclude that the entirety of training exists, ultimately, as a physiological continuum: external stress imposed to the organism → disturbance in homeostasis → recuperation → adaptive reconstruction/development of targeted motor tasks.

In observation of the management of CNS intensive stressors as well as the continuum of the development of targeted motor tasks, the presented training split variations were created in order to illustrate many of the various training split permutations yielded from the unification of WSB and CFTS.

When reviewing the following templates it is recommended that one maintains the perspective that the parameters are widely open to adjustment. For example:

- Intensive Speed, Agility, or Conditioning (SAC) could indicate speed training only for that workout, or a complex workout consisting of agility work followed by linear speed drills. SAC could also indicate a high intensity conditioning drill that simulates the type of energy system demand experienced during an American Football game (e.g. 4-10 second efforts followed by 30 second recoveries).

ME, SE, DE, and RE are also merely indicators for the loading parameters to be utilized for any particular lift. The training load performed during any particular workout is entirely up to the coach/athlete. For example:

- DE Upper, ME Lower, and SE Lower (in one workout) could consist of medicine ball chest throw (3x5), front squat for a 3RM, and RDL for (3x6). These parameters indicate fairly low volume weight work.

OR

- The same parameters could include bench press for 8x3@60%, plyometric push up for 3x5, parallel box squat for 3x2@90%, and reverse hyper extension for 5x8. These parameters illustrate a greater load than the previous example.

A workout which illustrates ME Lower, SE Lower, and RE Lower could consist of only 1 ME lift, 1 SE lift and 1 RE lift, or 1 ME lift, 2 SE lifts, and 3 RE lifts. Here we see that the second example illustrates double the number of lifts than the first example.

The volume and intensity of loading is entirely dependent on the level of preparedness and requirements of the athlete, where the athlete is in the yearly cycle, and the sporting requirements.

- Training splits are illustrated as one training week per example
- A training week is the amount of calendar days which transpire between the same workouts (e.g., one ME SQ/DL to the next ME SQ/DL)
- Days are illustrated as numbers, instead of days of the week, in an effort to simplify programming
- Due to their CNS intensive demand, it is suggested that agility work be performed on a CNS intensive training day and may substitute or augment linear speed training
- If agility and speed are to be trained during the same workout it is recommended that agility work be performed prior to linear speed work
- Assistance lifts may be performed on tempo days provided repetitions are not performed to failure
- Training templates **9, 10, 11, 12, and 13** feature a rotating schedule. This sequencing of the distribution of loading is particularly effective in avoiding the physiological accommodation inherent to the fixed-cyclic introduction of CNS intensive training to same days of the calendar week. (Off season only)

- **Sample Training Weeks are directed towards Off-Season American Football** with Weights, Speed, Agility, Conditioning, or combined skills emphasis.

- Nomenclature- Sets x Repetitions (e.g., 3x2 signifies 3 sets of 2 repetitions)

- Drop Off (DO) (e.g., work up to 7reps, 3-5%drop offx7, 3-5%DOx7, or Max reps-2, 20%RepDO, 20%RepDO, or 3x12, 5lb DO each set, etc) In all cases, the DO for 2nd, 3rd, 4th, etc set is based upon the preceding set. Set two is based off of set one; set three is based off of set two, etc.

- If SAC and weight training is to be performed back to back then it is recommended that the two regimes of work be separated by 30-60 minutes.

- Rest 30-90 seconds between Tempo repetitions during which any abdominal or low intensive calisthenic exercise may be performed.

- Perform any weighted/intensive torso work on high intensity training days.

As eluded to earlier, whenever maximal strength, power, speed, or agility is the target of training then full/complete recoveries must be utilized between subsequent repetitions. Although, short sprints, jumps, throws, etc may not feel excessively taxing, it is important to realize that these drills are have an intensive impact to the CNS and neuromuscular systems.

The templates are not intended to be performed in the sequence in which they are presented. Consider each one independently and formulate your own programming strategies relative to your specific set of circumstances.

9. Training Load Considerations for The Sample Training Weeks

To summarize the previously listed points, in reference to the following templates, those who are familiar with the WSB method often associate the letters ME, and DE with entire workouts. Here, however, it must be observed that ME, DE, SE, and RE are only referring to the regime of muscular effort for individual work sets to be realized through the means of your choice.

The parameters of the WSB and CFTS templates are highly adjustable; so are the presented training variations.

Utilize experience, knowledge, intuition, and recovery ability to manipulate the training parameters so as to appropriately accommodate your specific physiological state and sporting requirements.

When reviewing the following sample training weeks, observe the gradation in volume and intensity of the training load. Which ever high intensity activity is emphasized demands that all other high intensity activities be reduced in volume and/or intensity.

Note that complex training may be realized intra-workout, intra-training day, or intra-training week. Accordingly, different skills may be trained within single workouts, training days, or training weeks. This training effect is realized via the combination of ME, DE, SE, RE, plyometric/ballistic, speed, agility, and conditioning drills within single training days or training weeks.

Observe the frequently used drop off (DO) in either intensity or volume for subsequent sets. This method of regulating the loading is most effectively realized if the first work set consists of a weight that truly challenges the lifter (specifically in regards to SE and RE lifts) to perform the prescribed amount of corresponding repetitions for the first work set. Hence the first work set consists of the highest intensity or volume. The DO then accommodates the accumulation of fatigue for subsequent sets by facilitating the performance of successive quality repetitions.

It has been the experience of the author that approximately a 20%DO in repetitions for sets which consist of 10 or more repetitions is most effective when the intensity remains constant for all work sets.

The emphasis of any single ability during a training block, and ultimately the sequencing of concentrated loading, along with the concurrent maintenance of all other required abilities, is the realization of Conjugate Sequence System/Coupled Successive System/Block Training also referred to as Vertical Integration by Charlie Francis.

If Conjugate Sequencing is to be effectively employed it is recommended that the target skill retain its concentrated loading for a period of 3-4 weeks before the training load is decreased or a different skill is targeted; otherwise, a more evenly distributed loading cycle may be prolonged for 5-6 weeks before a reduction in load is necessary. (Siff 2000)

The unification of the Westside Barbell Method and Charlie Francis Training System may effectively be employed in the training of nearly any strength/power/speed development athlete. After gaining an understanding of how to qualify high, medium, and low neurological and neuromuscular intensive activities the trainer may then begin to program optimal volumes and intensities of loading to motor tasks which are specific to the sporting requirements on various days of the training week.

The training process, SPP included, must be considered an organic whole. Accordingly, it must be the directive of the coach/trainer/athlete to qualitatively and quantitatively regulate the training load in observance of CNS impact so that athletes will be at their most heightened state of readiness on contest day.

*In order to effectively program training based upon any of the following sample training weeks, any athlete must have already developed a relatively high level of preparedness. For this reason, it is strongly recommended that all athletes/coaches carefully consider the preparedness of the athlete if they intend to perform any of the sample training weeks as they are illustrated.

As previously stated, the sample training weeks are directed towards off-season American Football. In order to effectively utilize High/Low methodology for the programming of training for any other strength/power/speed development sport it is suggested that coaches and athletes qualify the CNS intensiveness of all sport and training related stressors and utilize the provided sample training weeks as a programming reference.

The Templates

Template 1

Day	CNS Impact	1a
1	High	SAC DE Upper ME Lower SE Lower
2	Low	Tempo RE Lower
3	Low	Tempo
4	High	SAC DE Lower ME Upper SE Upper
5	Low	Tempo RE Upper
6	Low	Tempo
7		Off

Day	CNS Impact	1b
1	High	SAC DE Lower ME Upper SE Upper
2	Low	Tempo RE Upper
3	Low	Tempo
4	High	SAC DE Upper ME Lower SE Lower
5	Low	Tempo RE Lower
6	Low	Tempo
7		Off

Template 1 Summary

- 7 day training week
- Two CNS intensive training days per calendar week
- Fixed weekly schedule
- High/Low/Low/High/Low/Low split
- Two low intensive days separate each high intensive day, thereby, allowing for a greater volume of CNS intensive loading on each respective high impact day

- CNS intensive workouts occur on days 1 and 4 of each training week
- Assistance lifts performed on the tempo days which follow their respective ME workouts

Template 1a Sample Training Week (Speed/Agility)

Day	Training Parameters
1	**Speed>95% Big**- 5ydx10, 10ydx2x5, 20ydx5, (250)
	Speed>95% Little- 10ydx5, 20ydx2x5, 40ydx5 (450)
	DE Medicine Ball Chest Throw- 8x3
	ME Back Squat- 90%x3x2
	SE GM- work up to 7reps, 3-5%drop offx7, 3-5%DOx7
2	**Tempo Run<75% Big**- 40ydx2x10 abs in between (800)
	Tempo Run<75% Little-80ydx2x10 abs in between (1600)
	RE 4way neck-15, 12, 10
	RE GHR- 3xreps 20%rep DO each set
	RE 45degree Back Raise-3xreps 20%rep DO each set
3	**Tempo Drill- Big/Little**- Light Sled Dragging by feel
4	**Agility>95% Big**- Mirror Drill 6secondsx2x10 (120s)
	Agility>95% Little- Direction Drill 6secondsx2x10 (120s)
	DE High Pull- up to 80% of limit 8x2
	ME Floor Press- 90%x3x2
	SE Weighted Chin Up- work up to 1x7,same weight 1x6, same weight 1x5
5	**Tempo Run<75% Big**- 40ydx2x10 abs in between (800)
	Tempo Run<75% Little-80ydx2x10 abs in between (1600)
	RE 4way neck-80%Day 2x3xreps
	RE DB Shrug- 20,16,13
	RE Neutral Grip DB Push up- Max reps-2, 20%RepDO, 20%RepDO
	RE Retract Row Rotate- 15, 12, 10 same weight
	RE DB Curl- 12, 10, 8 same weight
6	**Tempo Drill- Big/Little**- Light Sled Dragging by feel
7	**Off**

Template 2

Day	CNS Impact	2a
1	Low	Tempo
2	High	SAC DE Upper ME Lower SE Lower
3	Low	Tempo RE Lower
4	Low	Tempo
5	High	SAC DE Lower ME Upper SE Upper
6	Low	Tempo RE Upper
7		Off

Day	CNS Impact	2b
1	Low	Tempo
2	High	SAC DE Lower ME Upper SE Upper
3	Low	Tempo RE Upper
4	Low	Tempo
5	High	SAC DE Upper ME Lower SE Lower
6	Low	Tempo RE Lower
7		Off

Template 2 Summary

- 7 day training week
- Two CNS intensive training days per calendar week
- Fixed weekly schedule
- Low/High/Low/Low/High/Low split
- CNS intensive workouts occur on days 2 and 5 of each training week

Template 2b Sample Training Week (Agility/Conditioning)

Day	Training Parameters
1	**Tempo Drill-Big/Little-** Pool Swim
2	**Agility>95% Big- Mirror Drill** 6secondsx10 (60s)
	Agility>95% Little- Direction Drill 6secondsx10 (60s)
	Speed>95% Big- 5ydx10, 10ydx2x5 (150)
	Speed>95% Little- 10ydx5, 20ydx2x5 (250)
	DE Box Jump-3x5
	ME 45degree Incline Press- up to 3RM, 2-3%DOx3, 2-3%DOx3
	SE Snatch Grip Barbell Row- work up to 1x7,same weight 1x6, same weight 1x5
3	**Tempo Run<75% Big-** 50ydx2x10 abs in between (1000)
	Tempo Run<75% Little-100ydx2x10 abs in between (2000)
	RE 4way neck- 16, 13, 10
	RE DB Shrug- 20,16,13
	RE Neutral Grip Suspended Push up- Max reps-2,20%RepDO, 20%RepDO
	RE DB Hammer Curl- 3x12 5lb DO each set
	RE DB External Rotate 90degrees abduction- 3x12-15
4	**Tempo Drill-Big/Little-** Pool Swim
5	**Intensive Conditioning Drill- Big- Tackling Sled** 6second drive 30seconds restx2x8 (480s)
	Intensive Conditioning Drill- Little- Agility Patterns 6seconds work 30seconds restx2x8 (480s)
	DE Neutral Grip DB Push Up- 8x3
	ME Conv DL from Knee- up to heavy singlex1, 5%DOx1, 5%DOx1, 5%DOx1
	SE Rev Hyper- 4x8, 4%DO each set
6	**Tempo Run<75% Big-** 50ydx2x10 abs in between (1000)
	Tempo Run<75% Little-100ydx2x10 abs in between (2000)
	RE 4way neck-80%Day 3 x3xreps
	RE GHR- Max reps-2, 20%RepDO, 20%RepDO
7	**Off**

Template 3

Day	CNS Impact	3a
1	High	SAC ME Lower SE Lower RE Lower
2	Low	Tempo
3	High	SAC ME Upper SE Upper RE Upper
4	Low	Tempo
5	High	SAC DE Total
6	Low	Tempo
7		Off

Day	CNS Impact	3b
1	High	SAC ME Upper SE Upper RE Upper
2	Low	Tempo
3	High	SAC ME Lower SE Lower RE Lower
4	Low	Tempo
5	High	SAC DE Total
6	Low	Tempo
7		Off

Template 3 Summary

- 7 day training week
- Three CNS intensive training days per calendar week
- Fixed weekly schedule
- High/Low split
- CNS intensive workouts occur on days 1,3, and 5 of each training week
- Inclusion of total body DE training

- Three CNS intensive training days, in comparison to two, allows for the volume of intensive work to be somewhat reduced each CNS intensive day as there is an additional day to program intensive work

Template 3a Sample Training Week (Speed/Agility)

Day	Training Parameters
1	**Speed>95% Big**- 5ydx10, 10ydx2x5, 15ydx5 (225)
	Speed>95% Little- 10ydx10, 20ydx2x5, 30ydx5 (450)
	ME Front Squat- up to 3RM, 2-3%DOx3, 2-3%DOx3
	SE RDL/Shrug- work up to 1x7,same weight 1x6, same weight 1x5
	RE Reverse DB Lunge- 4x8, 5lb DO each set
2	**Tempo Run<75% Big**- 50ydx6, 40ydx5, 30ydx4 abs in between (620)
	Tempo Run<75% Little-100ydx6, 80ydx5, 60ydx4 abs in between (1240)
	RE 4way Neck-15, 12, 10 same weight
3	**Agility>95% Big- Mirror Drill** 6secondsx3x10 (180s)
	Agility>95% Little- Direction Drill 6secondsx3x10 (180s)
	ME 2Board Press- 4RM, 2-3%DOx4, 2-3%DOx4
	SE DB Row-4x7, 5lb DO each set
	RE DB Clean-3x15, 5lb DO each set
	RE DB Hammer Curl- 3x12, 5lb DO each set
4	**Tempo Run<75% Big**- 50ydx6, 40ydx5, 30ydx4 abs in between (620)
	Tempo Run<75% Little-100ydx6, 80ydx5, 60ydx4 abs in between (1240)
	RE 4way Neck-80%Day 2 x3x20
5	**Speed>95% Big**- 5ydx10, 10ydx2x5, 15ydx5 (225)
	Speed>95% Little- 10ydx10, 20ydx2x5, 30ydx5 (450)
	DE Medicine Ball Chest Throw- 8x3
	DE Power Clean up to 80% of limit 5x2
6	**Tempo Drill Big/Little**- Light Sled Drag by feel
7	**Off**

Template 4

Day	CNS Impact	4a
1	High	SAC ME Lower SE Lower RE Lower
2	Low	Tempo
3	High	SAC DE Total
4	Low	Tempo
5	High	SAC ME Upper SE Upper RE Upper
6	Low	Tempo
7		Off

Day	CNS Impact	4b
1	High	SAC ME Upper SE Upper RE Upper
2	Low	Tempo
3	High	SAC DE Total
4	Low	Tempo
5	High	SAC ME Lower SE Lower RE Lower
6	Low	Tempo
7		Off

Template 4 Summary

- 7 day training week
- Three CNS intensive training days per calendar week
- Fixed weekly schedule
- CNS intensive workouts occur on days 1,3, and 5 of each training week
- DE Total body training on day 3
- High/low alternating split

Template 4b Sample Training Week (Speed)

Day	Training Parameters
1	**Speed>95% Big-** 5ydx10, 15ydx5, 25ydx4, 30ydx4 (345)
	Speed>95% Little- 10ydx10, 30ydx5, 50ydx4, 60ydx4 (690)
	ME Bench Press-90%x3x1
	SE Chest Supported Row-12, 10, 8 same weight
	RE DB Reverse Fly-15, 12, 10 same weight
2	**Tempo Run<75% Big-** 50ydx10, 40ydx10, abs in between (900)
	Tempo Run<75% Little-100ydx10, 80ydx10, abs in between (1800)
	RE 4way Neck-3x12, 5lbDO each set
	RE EZ Bar Curl- 3x15, 5lbDO each set
3	**Speed>95% Big-** 5ydx10, 15ydx4, 25ydx2, 30ydx2 (220)
	Speed>95% Little- 10ydx5, 30ydx3, 50ydx2, 60ydx2 (360)
	DE Backward Overhead MB Throw- 5x3
	DE Box Jump- 5x3
4	**Tempo Run<75% Big-** 50ydx10, 40ydx10, abs in between (900)
	Tempo Run<75% Little-100ydx10, 80ydx10, abs in between (1800)
	RE 4way Neck-80%Day 2 20,18, 16
5	**Speed>95% Big-** 5ydx10, 15ydx5, 25ydx4, 30ydx4 (345)
	Speed>95% Little- 10ydx10, 30ydx5, 50ydx4, 60ydx4 (690)
	ME Safety Bar squat- 90%x2x2
	SE GM- up to 8, 5%DOx8, 5%DOx8
	SE Shrug- 10, 8, 6 same weight
	RE Weighted GHR- 10, 10lbDOx10, 10lbDOx10
6	**Tempo Drill Big/Little- Pool Swim**
7	**Off**

Template 5

Day	CNS Impact	5a
1	High	SAC DE Total
2	Low	Tempo
3	High	SAC ME Upper SE Upper RE Upper
4	Low	Tempo
5	High	SAC ME Lower SE Lower RE Lower
6	Low	Tempo
7	Off	Off

Day	CNS Impact	5b
1	High	SAC DE Total
2	Low	Tempo
3	High	SAC ME Lower SE Lower RE Lower
4	Low	Tempo
5	High	SAC ME Upper SE Upper RE Upper
6	Low	Tempo
7	Off	Off

Template 5 Summary

- 7 day training week
- Three CNS intensive training days per calendar week
- Fixed weekly schedule
- CNS intensive workouts occur on days 1,3, and 5 of each training week
- DE Total body training on day 1
- High/low alternating split

Template 5a Sample Training Week (Agility)

Day	Training Parameters
1	**Agility>95% Big- Mirror Drill** 8secondsx4x8 (256s)
	Agility>95% Little- Direction Drill 8secondsx4x8 (256s)
	DE Russian Lunge- 8x2
	DE MB Forward Scoop Throw-8x3
2	**Tempo Run<75% Big-** 50ydx8, 40ydx5, abs in between (600)
	Tempo Run<75% Little-100ydx8, 80ydx5, abs in between (1200)
	RE 4way Neck-17, 14, 11
3	**Agility>95% Big- Close Quarter Cone Drill** 4secondsx4x8 (128s)
	Agility>95% Little- Big Cone Drill 4secondsx4x8 (128s)
	ME 1Board Press- up to 3RM, 5%DOx3x2
	SE Weighted Pull Up- up to 7, -5lbsx7, -5lbsx7, -5lbsx7
	RE DB Shrug- 15, 12, 10 same weight
4	**Tempo Run<75% Big-** 50ydx8, 40ydx5, abs in between (600)
	Tempo Run<75% Little-100ydx8, 80ydx5, abs in between (1200)
	RE 4way Neck-80% Day 2x 3xreps
	RE DB Reverse Curl- 12, 10, 8 same weight
5	**Agility>95% Big- Close Quarter Direction Drill** 8secondsx4x8 (256s)
	Agility>95% Little- Tag 8secondsx4x8 (256s)
	ME Pin DL knee level- work up to heavy single, 80%x3x2
	SE DB Step Up- up to 6ea leg, -5lbsx6ea, -5lbsx6ea
	RE Pull Through- 3x15 5-10lb DO each set
6	**Tempo Drill-Big/Little- Sled work by feel**
7	**Off**

Template 6

Day	CNS Impact	6a
1	Low	Tempo
2	High	SAC ME Lower SE Lower RE Lower
3	Low	Tempo
4	High	SAC ME Upper SE Upper RE Upper
5	Low	Tempo
6	High	SAC DE Total
7	Off	Off

Day	CNS Impact	6b
1	Low	Tempo
2	High	SAC ME Upper SE Upper RE Upper
3	Low	Tempo
4	High	SAC ME Lower SE Lower RE Lower
5	Low	Tempo
6	High	SAC DE Total
7	Off	Off

Template 6 Summary

- 7 day training week
- Three CNS intensive training days per calendar week
- Fixed weekly schedule
- Low/High split
- CNS intensive workouts occur on days 2,4, and 6 of each training week
- DE Total body training on day 6

Template 6b Sample Training Week (Weights)

Day	Training Parameters
1	**Tempo Run<75% Big-** 40ydx10 abs in between (400)
	Tempo Run<75% Little- 80ydx10 abs in between (800)
2	**Speed>95% Big-** 5ydx10, 10ydx5, 20ydx5 (200)
	Speed>95% Little- 10ydx10, 20ydx5, 40ydx5 (400)
	ME Close Grip Bench Press- work up to 1RM, 95%x1, 93%x1, 90%x3x1
	SE DB Bench Press- up to 10, 8, 6 (same weight)
	SE DB Row- up to 10, 8, 7, 6(same weight)
	RE 4way Neck- 16, 13, 10(same weight)
	RE DB Clean- 15, 5lbDOx15, 5lbDOx15
	RE DB Hammer Curl- 10, 5lbDOx15, 5lbDOx15
3	**Tempo Run<75% Big-** 40ydx10 abs in between (400)
	Tempo Run<75% Little- 80ydx10 abs in between (800)
4	**Agility>95% Big- Mirror Drill** 4secondsx2x5 (40s)
	Agility>95% Little- Direction Drill 4secondsx2x5 (40s)
	ME Parallel Box Squat- up to 1RM, 80%x3x2
	SE RDL/Shrug- 7, 6, 5(same weight)
	SE Weighted Step Up- 7,6,5(same weight)
	RE Weighted GHR- 15, 12, 10(same weight)
	RE 4way Neck- 15, 12, 10(same weight)
5	**Tempo Drill- Big/Little- Pool swim**
6	**Speed>95% Big-** 5ydx5, 10ydx5, 20ydx4 (155)
	Speed>95% Little- 10ydx5, 20ydx5, 40ydx4 (310)
	DE Backward Overhead MB Throw- 8x3
	DE Box Jump- 8x3
	DE DB Bench Press- 20RMx8x3
7	**Off**

Template 7

Day	CNS Impact	7a
1	Low	Tempo
2	High	SAC ME Lower SE Lower RE Lower
3	Low	Tempo
4	High	SAC DE Total
5	Low	Tempo
6	High	SAC ME Upper SE Upper RE Upper
7	Off	Off

Day	CNS Impact	7b
1	Low	Tempo
2	High	SAC ME Upper SE Upper RE Upper
3	Low	Tempo
4	High	SAC DE Total
5	Low	Tempo
6	High	SAC ME Lower SE Lower RE Lower
7	Off	Off

Template 7 Summary

- 7 day training week
- Three CNS intensive training days per calendar week
- Fixed weekly schedule
- Low/High split
- CNS intensive workouts occur on days 2,4, and 6 of each training week
- DE Total body training on day 4

Template 7a Sample Training Week
(Speed/Agility/Conditioning)

Day	Training Parameters
1	**Tempo Run<75% Big-** 40ydx15 abs in between (600)
	Tempo Run<75% Little- 80ydx15 abs in between (1200)
2	**Speed>95% Big-** 5ydx10, 10ydx8, 15ydx6, 25ydx4 (320)
	Speed>95% Little- 10ydx10, 20ydx8, 30ydx6, 50ydx4 (540)
	ME Low Pin DL- up to heavy single, 7%DOx1, 3%DOx3x1
	SE 45 Degree Back Raise- 8,7,6 (same weight)
	RE Low Decline Step Up- 12, 10, 8 (same weight)
3	**Tempo Run<75% Big-** 40ydx15 abs in between (600)
	Tempo Run<75% Little- 80ydx15 abs in between (1200)
	RE 4way Neck- 14, 12, 10 (same weight)
4	**Agility>95% Big- Mirror Drill** 6secondsx4x5 (120s)
	Agility>95% Little- Direction Drill 6secondsx4x5 (120s)
	DE Bounding- Big- 5x10yds
	DE Bounding- Little- 5x20yds
	DE Med Ball Chest Throw/Falling Push Up- 8x3
5	**Tempo Run<75% Big-** 40ydx15 abs in between (600)
	Tempo Run<75% Little- 80ydx15 abs in between (1200)
6	**Intensive Conditioning Drill- Big- 1 Tire Flip then 10yd sprint,** 30sec rest 4x8 (32reps)
	Intensive Conditioning Drill- Little- 4 sec direction drill then 20yd sprint, 30 sec rest 4x8 (32reps)
	ME Average Reverse Band Press- 3RM, Same weight for 5x1
	SE BB Row- 7, 5%DOx7, 5%DOx7
	RE Shrug- 12, 10, 8 same weight
	RE 4way Neck- 80% Day 3 x3xreps
	RE Shoulder Horn- 3x12-15
7	**Off**

Template 8

Day	CNS Impact	8a
1	Low	Tempo
2	High	SAC DE Total
3	Low	Tempo
4	High	SAC ME Lower SE Lower RE Lower
5	Low	Tempo
6	High	SAC ME Upper SE Upper RE Upper
7	Off	Off

Day	CNS Impact	8b
1	Low	Tempo
2	High	SAC DE Total
3	Low	Tempo
4	High	SAC ME Upper SE Upper RE Upper
5	Low	Tempo
6	High	SAC ME Lower SE Lower RE Lower
7	Off	Off

Template 8 Summary

- 7 day training week
- Three CNS intensive training days per calendar week
- Fixed weekly schedule
- Low/High split
- CNS intensive workouts occur on days 2,4, and 6 of each training week
- DE Total body training on day 2

Template 8b Sample Training Week (Conditioning)

Day	Training Parameters
1	**Tempo Run<75% Big**- 50ydx15 abs in between (750)
	Tempo Run<75% Little- 100ydx15 abs in between (1500)
2	**DE Backward Overhead Med Ball Throw**-5x3
	DE Box Jump-5x3
	Intensive Conditioning Drill- Little- 4 sec direction drill then 20yd sprint, 30 sec rest 4x8 (32reps)
	Intensive Conditioning Drill- Big- 1 Tire Flip then 10yd sprint, 30sec rest 4x8 (32reps
3	**Tempo Run<75% Big**- 50ydx15 abs in between (750)
	Tempo Run<75% Little- 100ydx15 abs in between (1500)
	RE 4way Neck-3x15
	RE Shrugs- 3x12, 5lbDO each set
4	**Intensive Conditioning Drill- Big- Tackling Sled** 6second drive 30seconds restx2x8 (96s)
	Intensive Conditioning Drill- Little- Agility Patterns 6seconds work 30seconds restx2x8 (96s)
	ME Floor Press- work up to heavy single, 5%DOx2x1, 5%DOx2x1
	SE Weighted V Grip Pull Up- up to 7, 5lbDOx7, 5lbDOx7
	RE Retract Row Rotate- 3x12-15
5	**Tempo Run<75% Big**- 50ydx15 abs in between (750)
	Tempo Run<75% Little- 100ydx15 abs in between (1500)
	RE 4way Neck- 80% Day 3 x3xreps
	RE Shrugs- 80% Day 3 x3x20
	RE BB Curl- 12, 10, 8 same weight
	Intensive Conditioning Drill-Big/Little Touch football, Big perform tire fight for duration of each play. 30s recovery between plays. 4x15 min quarters. 10min half time. 2 (2min) timeouts allowed for each team each half
	Little-ME Chain Susp GM- work up to heavy single, 5%DOx2x1
	Big- No ME work
	SE Weighted GHR- up to 6, 5lbDOx6, 5lbDOx6
	RE Multi-Lunge- 3x10-12ea
7	**Off**

Template 9

Day	CNS Impact	9a
1	High	SAC ME Lower SE Lower RE Lower
2	Low	Tempo
3	High	SAC DE Upper SE Upper RE Upper
4	Off	Off
5	High	SAC DE Lower SE Lower RE Lower
6	Low	Tempo
7	High	SAC ME Upper SE Upper RE Upper
8	Off	Off

Day	CNS Impact	9b
1	High	SAC ME Upper SE Upper RE Upper
2	Low	Tempo
3	High	SAC DE Lower SE Lower RE Lower
4	Off	Off
5	High	SAC DE Upper SE Upper RE Upper
6	Low	Tempo
7	High	SAC ME Lower SE Lower RE Lower
8	Off	Off

Template 9 Summary

- 8 day training week
- Rotating weekly schedule
- 4 CNS intensive workouts per calendar week
- High/Low organization of full WSB split
- ME emphasis on 1st and last CNS intensive day of each training week

Template 9a Sample Training Week (Weights)

Day	Training Parameters
1	**Speed>95% Big-** 5ydx10, 10ydx5, 20ydx5 (200)
	Speed>95% Little- 10ydx10, 20ydx5, 40ydx5 (400)
	ME Box Squat- 1RM, DO to 80%1RMx3x2
	SE GM- 3x7, 5%DO each set
	SE Bulgarian Split Squat- 3x7ea, 5lbDO each set
	RE Pull Through/Shrug- 3x12-15, 3-4%DO each set
	RE 4way Neck-3x15, 5lbDO each set
2	**Tempo Run<75% Big-** 40ydx10 abs in between (400)
	Tempo Run<75% Little- 80ydx10 abs in between (800)
3	**Speed>95% Big-** 5ydx10, 10ydx5 (100)
	Speed>95% Little- 10ydx10, 20ydx5 (200)
	DE Bench Press- 50-60%1RMx8x3
	SE DB Row- 5x8, 5lbDO sets 4 and 5
	SE DB Triceps Extension- 5x8, 5lbDO sets 4 and 5
	RE DB Clean- 3x12-15
	RE DB Biceps Curl- 3x10-12, 5lbDO each set
4	**Off**
5	**Speed>95% Big-** 5ydx10, 10ydx5, 20ydx5 (200)
	Speed>95% Little- 10ydx10, 20ydx5, 40ydx5 (400)
	DE Backward Overhead Med Ball Throw- 8x3
	DE Box Squat- 50-60%1RM Box Squatx8x2
	SE Weighted GHR- 4x7, 5lbDO each set
	RE Shrug- 12, 10, 8 same weight
	RE Multi-Lunge- 3x10-12ea
	RE 4way Neck- 3x25
6	**Tempo Run<75% Big-** 40ydx10 abs in between (400)
	Tempo Run<75% Little- 80ydx10 abs in between (800)
7	**Agility>95% Big- Mirror Drill** 8secondsx2x8(128s)
	Agility>95% Little- Direction Drill 8secondsx2x8 (128s)
	ME Floor Press- 1RM, DO to 90%1RMx4x1
	SE Weighted Chin- 4x6, 5lbDO each set
	SE DB Bench Press- 4x8, 5lbDO on sets 3-5
	RE Row to Face- 3x12-15
	RE Biceps Curl- 3x10-12
8	**Off**

Template 10

Day	CNS Impact	10a
1	Low	Tempo
2	High	SAC ME Lower SE Lower RE Lower
3	Low	Tempo
4	High	SAC ME Upper SE Upper RE Upper
5	Off	Off
6	High	SAC DE Lower SE Lower RE Lower
7	Low	Tempo
8	High	SAC DE Upper SE Upper RE Upper
9	Off	Off

Day	CNS Impact	10b
1	Low	Tempo
2	High	SAC DE Lower SE Lower RE Lower
3	Low	Tempo
4	High	SAC DE Upper SE Upper RE Upper
5	Off	Off
6	High	SAC ME Lower SE Lower RE Lower
7	Low	Tempo
8	High	SAC DE Upper SE Upper RE Upper
9	Off	Off

Template 10 Summary

- 9 day training week
- Rotating weekly schedule
- 3 CNS intensive workouts per calendar week
- Low/High/Low/High-High/Low/High organization of full WSB split
- 10a ME emphasis on 1st and last CNS intensive day of each training week
- 10b DE emphasis on 1st and last CNS intensive day of each training week

Template 10a Sample Training Week (Agility)

Day	Training Parameters
1	Tempo Run<75% Big- 50ydx8, 40ydx5, abs in between (600)
	Tempo Run<75% Little-100ydx8, 80ydx5, abs in between (1200)
2	Agility>95% Big- Close Quarter Cone Drill 8secondsx4x8 (256s)
	Agility>95% Little- Big Cone Drill 8secondsx4x8 (256s)
	ME Box Squat- work up to heavy single, 20%DOx3x2-4
	SE RDL/Shrug- 3x6, 5%DO each set
	RE GHR- 3xreps
	4way Neck- 3x10
3	Tempo Run<75% Big- 50ydx8, 40ydx5, abs in between (600)
	Tempo Run<75% Little-100ydx8, 80ydx5, abs in between (1200)
4	Agility>95% Big- Mirror Drill 4secondsx4x8 (128s)
	Agility>95% Little- Direction Drill 4secondsx4x8 (128s)
	ME 45degree Incline Press- work up to heavy single, 10%DOx3x1
	SE Chest Supported Row- 4x8, 10lbDO each set
	RE DB Clean- 3x12-15
	4way Neck- 80%day 2 3x20
5	Off
6	Agility>95% Big- Close Quarter Direction Drill 8secondsx4x8 (256s)
	Agility>95% Little- Tag 8secondsx4x8 (256s)
	DE Box Squat- 50-60%1RMx5x2
	SE Back Raise- 3x7, 10lbDO each set
	RE Step Up- 3x10-12ea
	RE Shrug- 15, 12, 10 same weight
	4way Neck- 3x15
7	Tempo Run<75% Big- 50ydx8, 40ydx5, abs in between (600)
	Tempo Run<75% Little-100ydx8, 80ydx5, abs in between (1200)
8	Agility>95% Big- Close Quarter Cone Drill 9secondsx4x8 (288s)
	Agility>95% Little- Big Cone Drill 9secondsx4x8 (288s)
	DE Bench Press- 50-60%1RMx5x3
	SE Weighted Pull Up- 3x8, 5lbDO each set
	RE Row to Face- 3x12-15
	4way Neck-80%Day 6 x 3x20
9	Off

Template 11

Day	CNS Impact	11a
1	High	SAC DE Upper SE Upper
2	Low	Tempo
3	High	SAC ME Lower SE Lower
4	Low	Tempo
5	Off	Off
6	High	SAC ME Upper SE Upper
7	Low	Tempo
8	High	SAC DE Lower SE Lower
9	Low	Tempo
10	Off	Off

Day	CNS Impact	11b
1	High	SAC DE Lower SE Lower
2	Low	Tempo
3	High	SAC ME Upper SE Upper
4	Low	Tempo
5	Off	Off
6	High	SAC ME Lower SE Lower
7	Low	Tempo
8	High	SAC DE Upper SE Upper
9	Low	Tempo
10	Off	Off

Day	CNS Impact	11c
1	High	SAC ME Upper SE Upper
2	Low	Tempo
3	High	SAC DE Lower SE Lower
4	Low	Tempo
5	Off	Off
6	High	SAC DE Upper SE Upper
7	Low	Tempo
8	High	SAC ME Lower SE Lower
9	Low	Tempo
10	Off	Off

Day	CNS Impact	11d
1	High	SAC ME Lower SE Lower
2	Low	Tempo
3	High	SAC DE Upper SE Upper
4	Low	Tempo
5	Off	Off
6	High	SAC DE Lower SE Lower
7	Low	Tempo
8	High	SAC ME Upper SE Upper
9	Low	Tempo
10	Off	Off

Template 11 Summary

- 10 day training week
- 4 CNS intensive training days per calendar week

- Rotating schedule
- High/Low/High/Low/Low split
- CNS intensive workouts on days 1,3,6, and 8
- Optional RE work on Tempo Days

Template 11b Sample Training Week (Speed)

Day	Training Parameters
1	**Speed>95% Big-** 5ydx10, 15ydx2x5, 25ydx4, 30ydx3 (390)
	Speed>95% Little- 20ydx10, 30ydx5, 50ydx4, 60ydx4 (790)
	DE Clean from Hang- up to 80% of limit 6x3
	SE Weighted GHR- 3x7, 5lbDO each set
2	**Tempo Run<75% Big-** 40ydx10, 30ydx10, (700) abs in between
	Tempo Run<75% Little-80ydx10, 60ydx10, (1400) abs in between
	4Way Neck- 3xreps
3	**Speed>95% Big-** 5ydx10, 15ydx4, 25ydx3, 30ydx2 (245)
	Speed>95% Little- 10ydx10, 30ydx4, 50ydx3, 60ydx2 (490)
	ME 45degree Incline Press- heavy single x1, 5%DOx4x1
	SE BB Row- up to 7, 10lbDOx7, 10lbDOx7, 10lbDOx7
4	**Tempo Run<75% Big-** 40ydx10, 30ydx10, (700) abs in between
	Tempo Run<75% Little-80ydx10, 60ydx10, (1400) abs in between
	4Way Neck- 80% day 2 3xreps
5	**Off**
6	**Speed>95% Big-** 5ydx10, 15ydx2x5, 25ydx4, 30ydx3 (390)
	Speed>95% Little- 20ydx10, 30ydx5, 50ydx4, 60ydx4 (790)
	ME Half Squat- work up to heavy double
	SE RDL- 3x6, 5%DO each set
7	**Tempo Run<75% Big-** 40ydx10, 30ydx10, (700) abs in between
	Tempo Run<75% Little-80ydx10, 60ydx10, (1400) abs in between
	4Way Neck- 3xreps
8	**Speed>95% Big-** 5ydx10, 15ydx4, 25ydx3, 30ydx2 (245)
	Speed>95% Little- 10ydx10, 30ydx4, 50ydx3, 60ydx2 (490)
	DE Bench Press- 50-60%1RM 8x3
	SE Weighted Med Grip Pull Up- 3x7, 5lbDO each set
9	**Tempo Run<75% Big-** 40ydx10, 30ydx10, (700) abs in between
	Tempo Run<75% Little-80ydx10, 60ydx10, (1400) abs in between
	4Way Neck- 80% day 7 3xreps
10	**Off**

Template 12

Day	CNS Impact	12a
1	High	SAC ME Lower SE Lower RE Lower
2	Low	Tempo
3	High	SAC ME Upper SE Upper RE Upper
4	Low	Tempo
5	Off	Off
6	Low	Tempo
7	High	SAC DE Lower SE Lower RE Lower
8	Low	Tempo
9	High	SAC DE Upper SE Upper RE Upper
10	Off	Off

Day	CNS Impact	12b
1	High	SAC DE Lower SE Lower RE Lower
2	Low	Tempo
3	High	SAC ME Upper SE Upper RE Upper
4	Low	Tempo
5	Off	Off
6	Low	Tempo
7	High	SAC ME Lower SE Lower RE Lower
8	Low	Tempo
9	High	SAC DE Upper SE Upper RE Upper
10	Off	Off

Template 12 Summary

- 10 day training week
- Rotating weekly schedule
- 3 CNS intensive workouts per calendar week
- High/Low/High/Low-Low/High/Low/High organization of full WSB split
- 12a ME emphasis on 1st and last CNS intensive day of each training week
- 12b DE emphasis on 1st and last CNS intensive day of each training week

Template 12b Sample Training Week (Speed)

Day	Training Parameters
1	**Speed>95% Big-** 5ydx10, 20ydx2x5, 30ydx5 (400)
	Speed>95% Little- 10ydx10, 30ydx2x5, 50ydx4, 60ydx3 (780)
	DE Jump Squat- 30%1RMx5x3
	SE Manual Reverse Hyper- 3x8
	RE Weighted GHR- 3x12-15, 5lbDO each set
	RE 4way Neck- 3x12-15
2	**Tempo Run<75% Big-** 50ydx10, 40ydx10, abs in between (900)
	Tempo Run<75% Little-100ydx10, 80ydx10, abs in between (1800)
3	**Speed>95% Big-** 5ydx8, 20ydx2x5 (240)
	Speed>95% Little- 10ydx10, 30ydx2x5, 60ydx1 (460)
	ME Bench Press- 1RM, 10%DOx3x1
	SE Weighted Pull Up- 3x7, 5lbDO each set
	RE Shrug- 20, 16, 13, same weight
	RE Biceps- 3x10, 5lbDO each set
	RE 4Way Neck- 3x20
4	**Tempo Run<75% Big-** 50ydx10, 40ydx10, abs in between (900)
	Tempo Run<75% Little-100ydx10, 80ydx10, abs in between (1800)
5	Off
6	**Tempo Run<75% Big-** 50ydx10, 40ydx10, abs in between (900)
	Tempo Run<75% Little-100ydx10, 80ydx10, abs in between (1800)
7	**Speed>95% Big-** 5ydx10, 20ydx2x5, 30ydx5 (400)
	Speed>95% Little- 10ydx10, 30ydx2x5, 50ydx4, 60ydx3 (780)
	ME Half Squat- 90%1RMx3x1
	SE GM- 3x6, 4%DO each set
	RE Pull Through- 3x12-15
	RE 4way Neck- 3x12-15
8	**Tempo Run<75% Big-** 50ydx10, 40ydx10, abs in between (900)
	Tempo Run<75% Little-100ydx10, 80ydx10, abs in between (1800)
9	**Speed>95% Big-** 5ydx10, 10ydx5, 20ydx2x5, 30ydx5 (450)
	Speed>95% Little- 10ydx10, 30ydx2x5, 40ydx5, 50ydx4 (800)
	DE Bench Press- 50-60%1RMx4x4
	SE DB Row- 4x8, 5lbDO each set
	RE L Raise-Ext Rotate-Straight Arm Lower- 15, 12, 10, same weight
	RE Biceps- 3x12, 5lbDO each set
	RE 4way Neck- 3x20, 5lbDO each set
10	Off

Template 13

Day	CNS Impact	13a
1	Low	Tempo
2	High	SAC ME Lower SE Lower RE Lower
3	Low	Tempo
4	High	SAC ME Upper SE Upper RE Upper
5	Off	Off
6	Low	Temp
7	High	SAC DE Lower SE Lower RE Lower
8	Low	Tempo
9	High	SAC DE Upper SE Upper RE Upper
10	Off	Off

Day	CNS Impact	13b
1	Low	Tempo
2	High	SAC DE Lower SE Lower RE Lower
3	Low	Tempo
4	High	SAC ME Upper SE Upper RE Upper
5	Off	Off
6	Low	Tempo
7	High	SAC ME Lower SE Lower RE Lower
8	Low	Tempo
9	High	SAC DE Upper SE Upper RE Upper
10	Off	Off

Template 13 Summary

- 10 day training week
- Rotating weekly schedule
- 3 CNS intensive workouts per calendar week
- Low/High organization of full WSB split
- 13a DE workouts occur during second half of training week.
- 13b DE workouts occur on 2nd and 2nd to last days of training week

Template 13b Sample Training Week (Conditioning)

Day	Training Parameters
1	**Tempo Run<75% Big**- 50ydx15 abs in between (750)
	Tempo Run<75% Little- 100ydx15 abs in between (1500)
2	**DE Box Jump**- 5x3
	DE Med Ball Forward Scoop Throw- 5x3
	Intensive Conditioning Drill- Big- 1 on 1 Battle, 6 sec work/30sec rest 4x8 (192s)
	Intensive Conditioning Drill- Little- 4 sec direction drill then 20yd sprint, 30 sec rest 4x8 (32reps)
	RE GHR-15, 12, 10 (same weight)
	RE 4way Neck- 15,12, 10 (same weight)
3	**Tempo Run<75% Big**- 50ydx15 abs in between (750)
	Tempo Run<75% Little- 100ydx15 abs in between (1500)
4	**Intensive Conditioning Drill- Big- Tackling Sled** 4second drive 30seconds restx4x8 (128s)
	Intensive Conditioning Drill- Little- Agility Patterns 4second work 30seconds restx4x8 (128s)
	Big-No ME work- SE NG DB Press- 3x8, 51bDO each set
	Little- ME 2Board Press- 1RM, 80%x3x4
	SE Chest Supported Row- 3x12, 101bDO each set
	RE Shrug- 12, 10, 8 same weight
	RE 4way Neck-101bs less then Day 2 x15, 12, 10
	RE DB curl- 3x10-12
5	**Off**
6	**Tempo Run<75% Big**- 50ydx15 abs in between (750)
	Tempo Run<75% Little- 100ydx15 abs in between (1500)
7	**Intensive Conditioning Drill- Big- Tire Fight** 6second fight 30seconds restx4x8 (128s)
	Intensive Conditioning Drill- Little- 5-10-5 Shuttle 30seconds rest 4x8
	Big- No ME work- SE RDL- 3x6, 101bDO each set
	Little- ME Pin DL- work up to heavy single, 20%DOx3x3
	SE Reverse Hyper- 3x10-12
	RE 4way Neck- 4x10
8	**Tempo Run<75% Big**- 50ydx15 abs in between (750)
	Tempo Run<75% Little- 100ydx15 abs in between (1500)
9	**DE DB Push Up**- 5x3
	DE Med Ball Forward Chest Throw- 5x3
	Intensive Conditioning Drill- Big- 1 on 1 Battle, 7 sec work/30sec rest 3x8 (168s)
	Intensive Conditioning Drill- Little- 5 sec direction drill then 20yd sprint, 30 sec rest 3x8 (24reps)
	RE Seated Row- 4x8, 51bDO each set
	RE DB Shrug- 3x15, 51bDO each set
	RE 4way Neck- 101bs less then Day 7 x15, 12, 10
10	**Off**

Template 14

Day	CNS Impact	14a
1	Low	Tempo
2	High	SAC ME Lower SE Lower RE Lower
3	Low	Tempo
4	High	SAC ME Upper SE Upper RE Lower
5	Low	Tempo
6	Low	Tempo
7	Off	Off
8	Low	Tempo
9	High	SAC DE Lower SE Lower RE Lower
10	Low	Tempo
11	High	SAC DE Upper SE Upper RE Upper
12	Low	Tempo
13	Low	Tempo
14	Off	Off

Day	CNS Impact	14b
1	Low	Tempo
2	High	SAC ME Upper SE Upper RE Upper
3	Low	Tempo
4	High	SAC DE Lower SE Lower RE Lower
5	Low	Tempo
6	Low	Tempo
7	Off	Off
8	Low	Tempo
9	High	SAC DE Upper SE Upper RE Upper
10	Low	Tempo
11	High	SAC ME Upper SE Upper RE Upper
12	Low	Tempo
13	Low	Tempo
14	Off	Off

Day	CNS Impact	14c
1	Low	Tempo
2	High	SAC DE Lower SE Lower RE Lower
3	Low	Tempo
4	High	SAC ME Upper SE Upper RE Upper
5	Low	Tempo
6	Low	Tempo
7	Off	Off
8	Low	Tempo
9	High	SAC ME Lower SE Lower RE Lower
10	Low	Tempo
11	High	SAC DE Upper SE Upper RE Upper
12	Low	Tempo
13	Low	Tempo
14	Off	Off

Day	CNS Impact	14d
1	Low	Tempo
2	High	SAC DE Upper SE Upper RE Upper
3	Low	Tempo
4	High	SAC ME Lower SE Lower RE Lower
5	Low	Tempo
6	Low	Tempo
7	Off	Off
8	Low	Tempo
9	High	SAC ME Upper SE Upper RE Upper
10	Low	Tempo
11	High	SAC DE Lower SE Lower RE Lower
12	Low	Tempo
13	Low	Tempo
14	Off	Off

Template 14 Summary

- 14 day training week
- Fixed bi-weekly schedule
- Full WSB Split stretched out over 2 weeks
- 2 CNS intensive workouts per calendar week
- Low/High/Low/High/Low/Low organization

Template 14d Sample Training Week (Weights)

Week 1

Day	Training Parameters
1	**Tempo Run<75% Big-** 40ydx10 abs in between (400)
	Tempo Run<75% Little- 80ydx10 abs in between (800)
	RE 4way Neck-3x10
2	**Speed>95% Big-** 10ydx2x5, 20ydx5, (200)
	Speed>95% Little- 20ydx2x5, 40ydx5 (400)
	DE Bench Press- 50-60%1RMx4x6
	SE DB Bench Press- 4x8, 5lbDO each set
	SE Weighted Chin Up- 8,7,6,5 same weight
	RE DB Clean- 15, 13, 10 same weight
	RE DB Curl- 10,8,7, same weight
3	**Tempo Run<75% Big-** 40ydx10 abs in between (400)
	Tempo Run<75% Little- 80ydx10 abs in between (800)
4	**Speed>95% Big-** 5ydx10, 10ydx5, 20ydx1 (120)
	Speed>95% Little- 10ydx10, 20ydx5, 40ydx1 (240)
	ME SS Bar Squat- 1RM
	SE RDL- 3x6, 5%DO each set
	SE BB Shrug- 10, 8, 6 same weight
	SE Bulgarian Split Squat- 3x5ea, 10lbDO each set
	RE Weighted GHR- 3x12, 7%DO each set
5	**Tempo Run<75% Big-** 40ydx10 abs in between (400)
	Tempo Run<75% Little- 80ydx10 abs in between (800)
	RE 4way Neck-80%Day 1 x 3x20
6	**Tempo Drill- Big/Little-** Pool work
7	**Off**

Week 2

Day	Training Parameters
8	**Tempo Run<75% Big**- 40ydx10 abs in between (400)
	Tempo Run<75% Little- 80ydx10 abs in between (800)
	RE 4way Neck- 3x15, 5lbDO each set
9	**Speed>95% Big**- 10ydx2x5, 20ydx5, (200)
	Speed>95% Little- 20ydx2x5, 40ydx5 (400)
	ME Floor Press- 2RM, 10%DOx2x2
	SE DB 45degree Incline Press- 9,8,7 same weight
	RE Chest Supported Row- 3x12, 10lbDE each set
	RE DB Shrug- 3x15, 5lbDOea-each set
	RE DB Hammer Curl- 3x10, 5lbDO each set
10	**Tempo Run<75% Big**- 40ydx10 abs in between (400)
	Tempo Run<75% Little- 80ydx10 abs in between (800)
11	**Speed>95% Big**- 5ydx10, 10ydx5, 20ydx1 (120)
	Speed>95% Little- 10ydx10, 20ydx5, 40ydx1 (240)
	DE Box Squat- 50-60%1RMx8x3
	SE GM- 3x7, 5%DO each set
	RE Weighted Back Raise- 3x12, 5lbDO each set
	RE GHR- 3xreps
12	**Tempo Run<75% Big**- 40ydx10 abs in between (400)
	Tempo Run<75% Little- 80ydx10 abs in between (800)
	RE 4way Neck- 3x20, 5lbDO each set
13	**Tempo Drill- Big/Little-** Pool work
14	Off

Template 15

Day	CNS Impact	15a
1	High	SAC ME Lower SE Lower
2	Low	Tempo RE Lower
3	Low	Tempo
4	High	SAC ME Upper SE Upper
5	Low	Tempo RE Upper
6	Low	Tempo
7	Off	Off
8	High	SAC DE Lower SE Lower
9	Low	Tempo RE Lower
10	Low	Tempo
11	High	SAC DE Upper SE Upper
12	Low	Tempo RE Upper
13	Low	Tempo
14	Off	Off

Day	CNS Impact	15b
1	High	SAC ME Upper SE Upper
2	Low	Tempo RE Upper
3	Low	Tempo
4	High	SAC DE Lower SE Lower
5	Low	Tempo RE Lower
6	Low	Tempo
7	Off	Off
8	High	SAC DE Upper SE Upper
9	Low	Tempo RE Upper
10	Low	Tempo
11	High	SAC ME Lower SE Lower
12	Low	Tempo RE Lower
13	Low	Tempo
14	Off	Off

Day	CNS Impact	15c
1	High	SAC DE Lower SE Lower
2	Low	Tempo RE Lower
3	Low	Tempo
4	High	SAC ME Upper SE Upper
5	Low	Tempo RE Upper
6	Low	Tempo
7	Off	Off
8	High	SAC ME Lower SE Lower
9	Low	Tempo RE Lower
10	Low	Tempo
11	High	SAC DE Upper SE Upper
12	Low	Tempo RE Upper
13	Low	Tempo
14	Off	Off

Day	CNS Impact	15d
1	High	SAC DE Upper SE Upper
2	Low	Tempo RE Upper
3	Low	Tempo
4	High	SAC ME Lower SE Lower
5	Low	Tempo RE Lower
6	Low	Tempo
7	Off	Off
8	High	SAC ME Upper SE Upper
9	Low	Tempo RE Upper
10	Low	Tempo
11	High	SAC DE Lower SE Lower
12	Low	Tempo RE Lower
13	Low	Tempo
14	Off	Off

Template 15 Summary

- 14 day training week
- Fixed bi-weekly schedule
- 2 CNS intensive workouts per calendar week
- High/Low/Low/High/Low/Low organization

Template 15 Sample Training Week (Speed)
Week 1

Day	Training Parameters
1	**Speed>95% Big**- 5ydx10, 20ydx2x5, 30ydx5 (400)
	Speed>95% Little- 10ydx10, 30ydx2x5, 50ydx4, 60ydx3 (780)
	ME 1Board- 3RM
	SE Bent Over Row- 10,9,8,7 same weight
	SE DB Press- 10,9,8,7 same weight
2	**Tempo Run<75% Big-** 50ydx5, 40ydx5, abs in between (450)
	Tempo Run<75% Little-100ydx5, 80ydx5, abs in between (900)
	RE DB Shrug- 20, 16, 13 same weight
	RE 4way Neck- 20, 16, 13 same weight
	RE Ext Rotate- 3x15 same weight
3	**Tempo Run<75% Big-** 50ydx10, 40ydx10, abs in between (900)
	Tempo Run<75% Little-100ydx10, 80ydx10, abs in between (1800)
4	**Speed>95% Big**- 40ydx2x5 (400)
	Speed>95% Little- 60ydx7, 60ydx6 (780)
	DE Box Squat- 50-60%1RMx6x2
	SE RDL- 7,6,5 same weight
5	**Tempo Run<75% Big**- 50ydx5, 40ydx5, abs in between (450)
	Tempo Run<75% Little-100ydx5, 80ydx5, abs in between (900)
	RE GHR- 12, 10, 8 same weight
	RE 4way Neck- 12, 10, 8 same weight as day 2
6	**Tempo Run<75% Big**- 50ydx10, 40ydx10, abs in between (900)
	Tempo Run<75% Little-100ydx10, 80ydx10, abs in between (1800)
7	**Off**

Week 2

Day	Training Parameters
8	**Speed>95% Big**- 10ydx2x10, 20ydx2x5 (400)
	Speed>95% Little- 20ydx2x10, 40ydx2x5 (800)
	DE Bench Press- 50-60%1RMx5x3
	SE Pull Up- 10, 8, 6, 5 same weight
9	**Tempo Run<75% Big**- 50ydx5, 40ydx5, abs in between (450)
	Tempo Run<75% Little-100ydx5, 80ydx5, abs in between (900)
	RE DB Upright Row to 90degrees abduction- 15, 12, 10
	RE 4way Neck- 18, 14, 11 same weight
	RE DB Biceps curl- 3x12, 5lbDO each set
10	**Tempo Run<75% Big**- 50ydx10, 40ydx10, abs in between (900)
	Tempo Run<75% Little-100ydx10, 80ydx10, abs in between (1800)
11	**Speed>95% Big**- 15ydx2x5, 20ydx5, 30ydx5 (400)
	Speed>95% Little- 30ydx2x5, 40ydx5, 50x4, 60x2 (820)
	ME GM- up to heavy triple, 7%DOx3, 7%DOx3
	SE Reverse Hyper- 10, 9, 8 same weight
12	**Tempo Run<75% Big**- 50ydx5, 40ydx5, abs in between (450)
	Tempo Run<75% Little-100ydx5, 80ydx5, abs in between (900)
	RE DB High Step Up- 12, 10, 8 same weight
	RE 4way Neck- 3x10 same weight as day 9
13	**Tempo Run<75% Big**- 50ydx10, 40ydx10, abs in between (900)
	Tempo Run<75% Little-100ydx10, 80ydx10, abs in between (1800)
14	**Off**

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About the Author

James is a trainer of athletes and a student of former Soviet and Eastern Bloc training methodology. James is self taught in the fields of physical culture and athlete development; nevertheless, as a formality, he does possess the western industry standard NSCA CSCS and USAW Club Coach Credentials.

Dedicated to the utilization of the developmental/ systematic/multi-year/multi-faceted training system of the former CCCP; James instills the components of the Process of Attaining Sport Mastery to all of his athletes. As a result, James' trainees develop psychological, tactical, technical, and physical preparedness which improves training and competition results.

As a dedicated lifter who has been training since 1988, James leads by example. Accordingly, James does not introduce any training methodics to his pupils that he has not already performed himself.

James trains athletes of many different disciplines to include: American Football, Track and Field, Mixed Martial Arts, Wrestling, Basketball, and Baseball.

As a result of his experiences accrued during his five year enlistment in the US Navy James also trains military and government special operators and individuals preparing for military special operations selection courses. James has worked and consulted with US Navy SEALS, US Navy Divers, US Force Reconnaissance Marines, US Army Special Forces Trainees, US Army Ranger Trainees, Australian SAS Trainees, and Federal Air Marshals.

James is the founder of www.powerdevelopmentinc.com and holds a staff writer/Q&A position at www.elitefts.com. James trains athletes privately and is employed as a Physical Education Advisor and Strength/Speed/Conditioning Coach (Varsity and JV Football) at West Valley High School in Cottonwood CA.