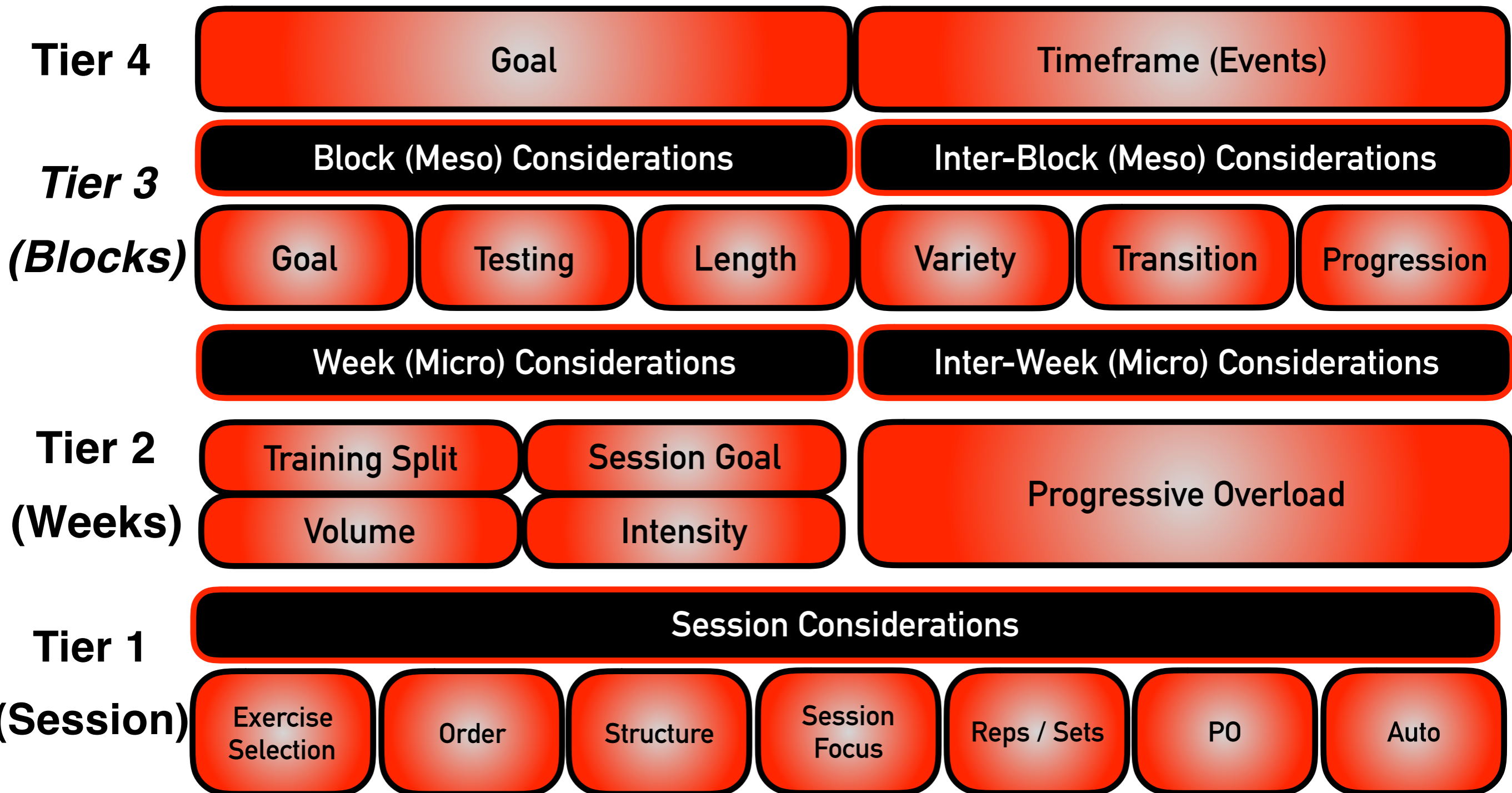


PROGRAMME CONSIDERATIONS



PROGRAMME DESIGN A-Z

Stage 1

Clients Goal

F3

F4

Ps

Pr

Is It time bound ?

Yes

No

Map Out Breaks / Rough Training Blocs

Stage 2

Goal of the Block

Macro Goal

Micro Goal

*Only Plan One Block At A Time**

Testing

Non Training

Indicator Lifts

Micro Goal Indicators

Length Of The Block

Breaks

Work / Social

Do They Need A Reload

Stage 3

How Many Times Can They Train ?

1

2

3

4

4

5

Training Split

Training Split Cheat Sheet

FOUNDATIONS OF GENERAL POPULATION PROGRAMME DESIGN

Stage 4

Exercise Selection

Screening - Add, Adjust, Remove

Goal - Macro / Micro

Balanced Programme

Client Preferences

Continuum



Volume / Intensity - Sets and Reps

Goal Appropriate

Tolerance Appropriate (B,I,A)

Distributed Appropriately (Week)

Intensifiers

Progression and Volume Sheets

Stage 5

Weekly Progression

Client "Level"

Exercise

Autoregulation

Progressive Overload Sheet

Variety

Fillers

Movement Preps

Finishers

Movement Prep - Essentials

Inter Block Considerations

Variety

Exercise Selection / Deletion

Sets and Reps

Progress

Movement Vocabulary

Progressive Overload

TRAINING SPLITS CHEAT SHEET

Split	x 2 Week	x 3 Week	x 4 Week	x 5 Week
2 x Full Body	✓			
3 x Full Body		✓		
Full Body, Full Body Push, Full Body Pull		✓		
Upper, Lower, Full Body		✓		
Full Body, Full Body Posterior, Full Body Anterior		✓		
4 x Full Body			✓	
Upper, Lower, Upper, Lower			✓	
Upper, Lower, Full Body Push, Full Body Pull			✓	
Upper, Lower, Full, Isolation (Full)			✓	
5 x Full Body				✓
Upper, Lower, Push, Pull, Lower				✓
Upper, Lower, Upper, Lower, Weak Point				✓

FOUNDATIONS OF GENERAL POPULATION PROGRAMME DESIGN

PROGRESSIVE OVERLOAD CHEAT SHEET

Split	Technique	Volume	Intensity	Density
Progress Up The Continuum	✓			
Increase ROM	✓			
Same Load And Volume With Better Form, Control And Reduced Effort	✓			
Same Load For More Reps				
Same Load and Intensity More Frequebntly				
Doing The Same Work At Lower Bodyweight				
Lifting Heavier Loads			✓	
Lifting Loads With Greater Speed			✓	
Doing The Same Work With Less Rest				✓
Doing More Work In The Same Time				✓
Doing The Same Work In Less Time				✓

VOLUME CHEAT SHEET

Frequency	Reps Per Session					
	Novice (20 Reps)	Lower (30 Reps)	Moderate (40 Reps)	High (50 Reps)	Very High (60 Reps)	Highest (70)
1 x Week	20 (2 sets)	30 (4 sets)	40 (4 sets)	50 (5 sets)	60 (6 sets)	70 (7 sets)
2 x Week	40 (4 sets)	60 (6 sets)	80 (8 sets)	100 (10 sets)	120 (12 sets)	140 (14 Sets)
3 x Week	60 (6 sets)	90 (3 sets)	120 (12 sets)	150 (15 sets)	180 (18 sets)	210 (21 sets)

*Prioritise Volume

LIFT THE BAR

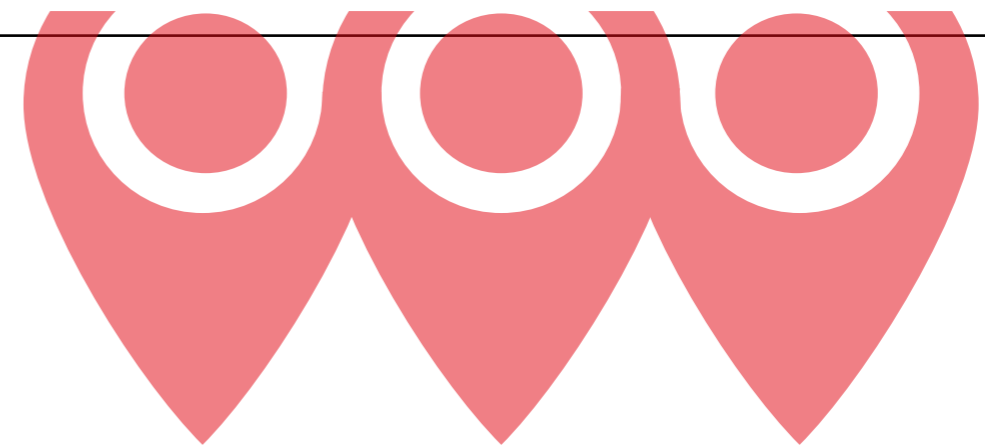


INFORMATION FOR EXCELLENCE

LOADING SCHEMES CHEAT SHEET

	Loading Schemes
Block Progression	<ul style="list-style-type: none">📍 Single Progression (Constant)📍 Beginner Wave📍 Linear Wave📍 Linear📍 Accumulation📍 Undulating
Set Progression	<ul style="list-style-type: none">📍 Flat Load📍 Step Load📍 Pyramid📍 Reverse Pyramid📍 Wave Load📍 Cluster
Intensifiers	<ul style="list-style-type: none">📍 1.5 Reps📍 Pause Go, Go Pause, Pause Go Eccentrics📍 Drop Sets / Mechanical Advantage📍 Pre and Post Exhaust📍 2:1 Method📍 As Few Sets As Possible (AFSAP)📍 Iso-Dynamic

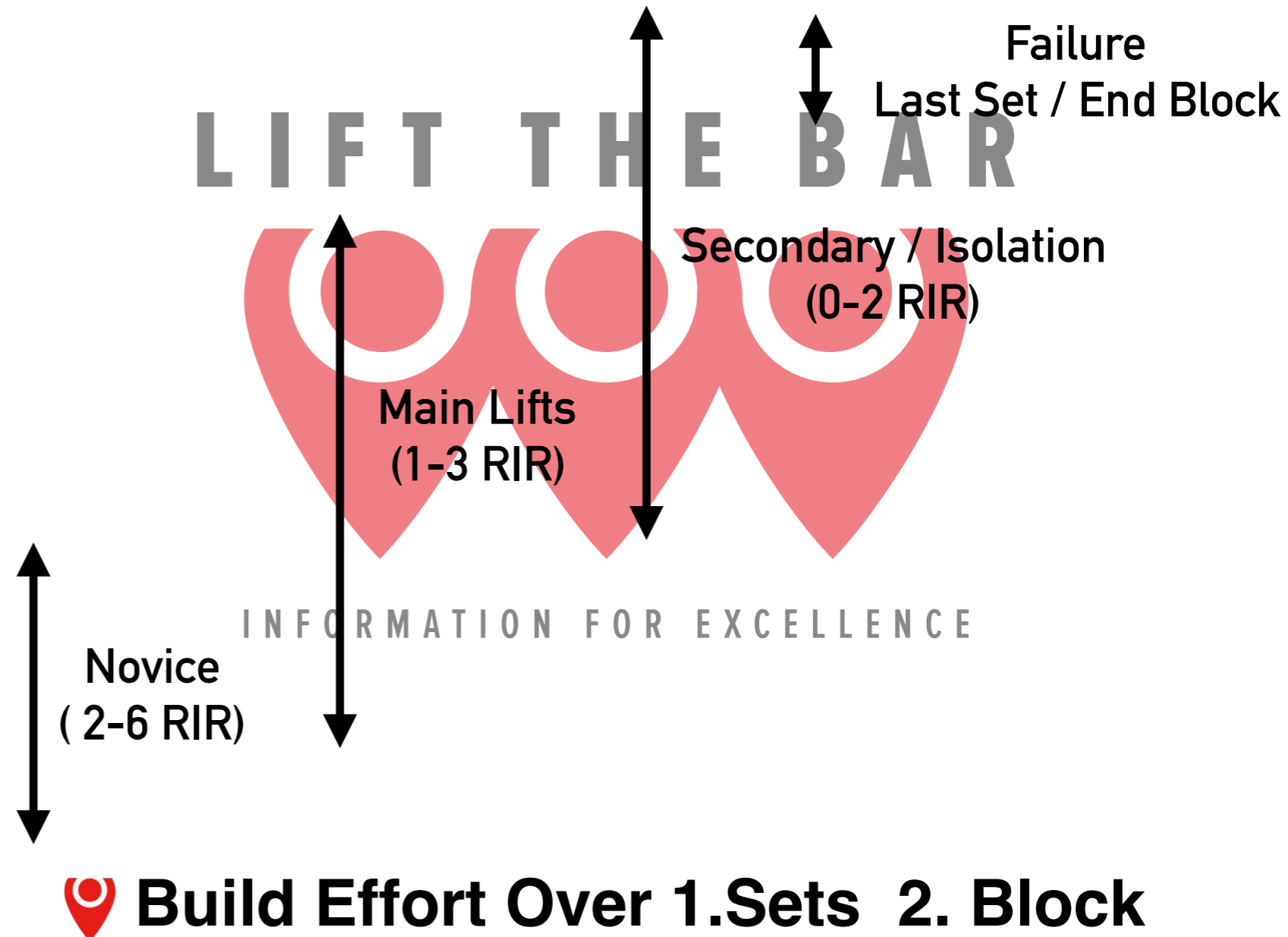
LIFT THE BAR



INFORMATION FOR EXCELLENCE

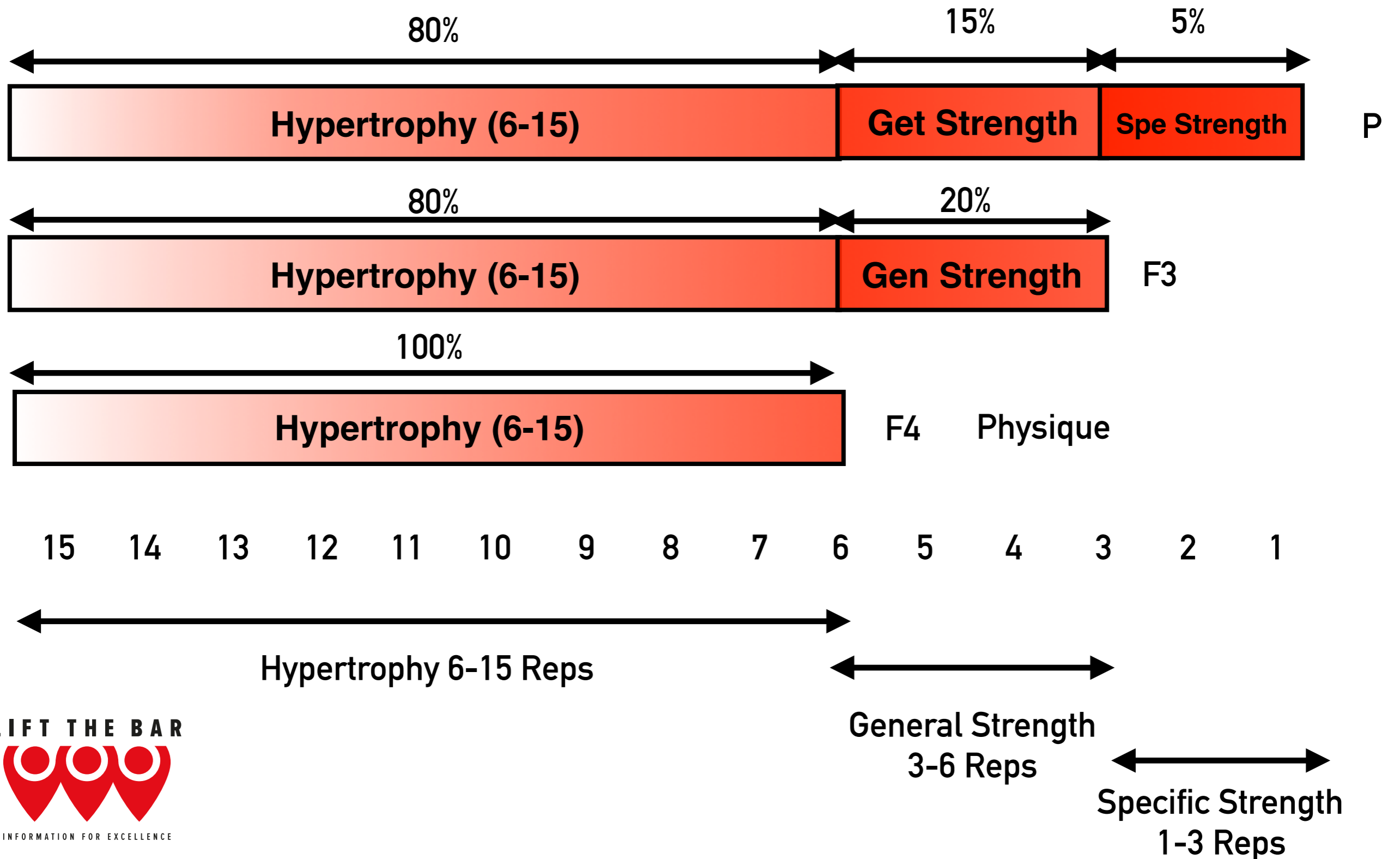
INTENSITY V EFFORT

RPE	(RIR)
10	0
9.5	0 (+)
9	1
8.5	1 (+)
8	2
7.5	2 (+)
7	3
5-6	5-6
1-4	



FOUNDATIONS OF GENERAL POPULATION PROGRAMME DESIGN

INTENSITY



FOUNDATIONS OF GENERAL POPULATION PROGRAMME DESIGN

PROGRESSION CHEAT SHEET

Level	Main	Secondary	Supplementary / Isolation
Novice	<ul style="list-style-type: none"> 📍 Technical Competency 📍 2-6 RIR 📍 Improve Movement Vocabulary 📍 Single Progression 📍 Beginner Wave Loading 📍 Double Progression 	<ul style="list-style-type: none"> 📍 Technical Competency 📍 2-6 RIR 📍 Single Progression 📍 Beginner Wave 	<ul style="list-style-type: none"> 📍 Technical Competency 📍 0-4 RIR 📍 Double Progression Method
Intermediate	<ul style="list-style-type: none"> 📍 1-3 RIR Build Over Sets And Block 📍 Linear Periodization (Wave) 📍 Double Progression 	<ul style="list-style-type: none"> 📍 0-2 RIR Build Over Sets And Block 📍 Beginner Wave 📍 Double Progression 📍 Triple Progression 	<ul style="list-style-type: none"> 📍 0-2 RIR Build Over Sets And Block 📍 Double Progression 📍 Triple Progression
Advanced Intermediate	<ul style="list-style-type: none"> 📍 Advanced Linear (Strength) 📍 Accumulation (Hypertrophy) 	<ul style="list-style-type: none"> 📍 0-2 Rir Build Over Sets And Block 📍 Linear Periodization (Wave) 📍 Double Progression 📍 Triple Progression 	<ul style="list-style-type: none"> 📍 0-2 RIR Build Over Sets And Block 📍 Double Progression 📍 Triple Progression