

Technical Tuesday Episode #3

How do I bulk up coach? Some ins and outs of Periodization of Training

When organizing a Periodization Model there are several critical time frames:

One Year

180 Days 2 cycles in the year

90 Days 4 cycles in the year

One month 12 cycles in the year

What does one do during each cycle? Two primary goals: Fat loss or muscle gain.

Muscle Gain: Calorie Surplus 357 per day to gain a pound of muscle a week.

Fat reduction: Calorie Deficit 500 calories per day to lose a pound of fat per week.

Why do you see so many articles saying I can do both at the same time?

Recomposition, reportioning have become hot topics. There are caveats to these concepts! One cannot beat the laws of physics and the first law of thermodynamics.

Case Studies for the Episode

1. Alana - Goal is to decrease fat mass.
Lower her body weight by 21 pounds.
Her RMR is 1516 calories.
She works out for 80 minutes a day (600 calories)
If she wants to lose 1 pound a week she has to have a daily deficit of 500 calories a day.
Daily intake of 1600 calories. **Negative balance**
2. Tara - Goal is to increase Lean Body Mass.
Add 6 pounds for a bigger booty!
Her RMR is 1500 calories.
She works out for 70 minutes a day (530 calories)
If she wants to gain .65 pounds a week she has to have a surplus of 232 calories a day.
Daily intake of 2262 calories. **Positive balance**
3. Cru - athletic performance. Decrease in body fat and likely 'increase' in LBM
Improve her sport performance by 15-25%
Her RMR is 1723 calories.
She works out for 90 minutes a day (725 calories)
She wants to maintain her body weight but increase performance
Daily intake of 2448 calories. **Iso-caloric balance**
*performance improves as the body becomes more efficient in using and storing potential energy.
 - Her muscle tone will become more prominent.
 - Her recovery will become a more energy demanding process.
 - Burn more calories at rest and at sleep.