

UNDERSTANDING THE BASICS OF TRAINING METHODOLOGIES

STRENGTH TRAINING MODELS: A COMPREHENSIVE OVERVIEW



EXPLORING VARIOUS MODELS TO ENHANCE STRENGTH TRAINING
EFFECTIVENESS AND PERFORMANCE.



ATHLETIC EVOLUTION



UNDERSTANDING PERIODIZATION IN STRENGTH TRAINING

**UNLOCK YOUR STRENGTH TRAINING
POTENTIAL WITH PERIODIZATION**

**PERIODIZATION IS A STRATEGIC APPROACH TO
STRENGTH TRAINING THAT INVOLVES VARYING YOUR
WORKOUT INTENSITY AND VOLUME. THIS METHOD NOT
ONLY HELPS IN MAXIMIZING PERFORMANCE BUT ALSO
REDUCES THE RISK OF INJURY OVER TIME, ENSURING
SUSTAINABLE PROGRESS.**

TIMELINE OF STRENGTH TRAINING

EARLY TECHNIQUES

THE FOUNDATIONS OF STRENGTH TRAINING PRACTICES

WEIGHTLIFTING BEGAN WITH
BASIC EXERCISES AND LIMITED
EQUIPMENT.

SCIENTIFIC ADVANCES

UNDERSTANDING MUSCLE ADAPTATION AND GROWTH

RESEARCH LED TO REFINED
TRAINING METHODS AND
IMPROVED PERFORMANCE.

MODERN TECHNIQUES

INCORPORATING PERIODIZATION FOR OPTIMAL RESULTS

TODAY'S TRAINING USES
STRUCTURED PLANS TO
MAXIMIZE STRENGTH GAINS.

STRENGTH TRAINING TIMELINE

Milestone 1

EARLY BEGINNINGS OF STRENGTH TRAINING

STRENGTH TRAINING
DATES BACK TO ANCIENT
CIVILIZATIONS.

Milestone 2

MODERN APPROACHES TO TRAINING

THE FOCUS SHIFTED TO
PERIODIZATION AND
SCIENCE-BASED
METHODS.

Milestone 3

EMERGENCE OF POWERLIFTING

POWERLIFTING CREATED
NEW STANDARDS FOR
STRENGTH ATHLETES.

Milestone 4

CROSSFIT REVOLUTION

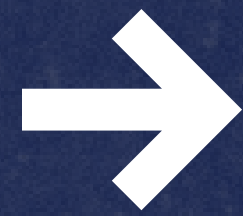
CROSSFIT POPULARIZED
STRENGTH TRAINING
THROUGH VARIED
WORKOUTS.

Milestone 5

CURRENT TRENDS IN STRENGTH TRAINING

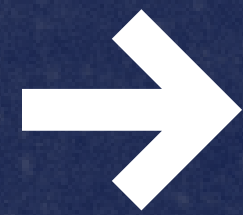
EMPHASIS ON
PERSONALIZED
TRAINING AND
RECOVERY STRATEGIES.

FOR THE WIN



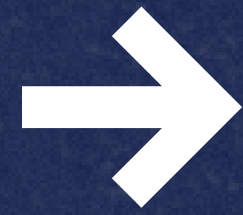
LINEAR PERIODIZATION OVERVIEW

THIS MODEL FOCUSES ON GRADUAL INCREASES IN INTENSITY WITH A SPECIFIC GOAL OF BUILDING STRENGTH OVER TIME.



UNDULATING PERIODIZATION EXPLAINED

THIS METHOD INVOLVES VARYING INTENSITY AND VOLUME THROUGHOUT THE WEEK FOR OPTIMAL MUSCLE ADAPTATION.



BLOCK PERIODIZATION INSIGHTS

- FOCUSES ON SPECIFIC TRAINING BLOCKS FOR DISTINCT GOALS
- ALLOWS FOR PERIODS OF HIGH INTENSITY FOLLOWED BY RECOVERY
- ENHANCES PERFORMANCE AND REDUCES INJURY RISK

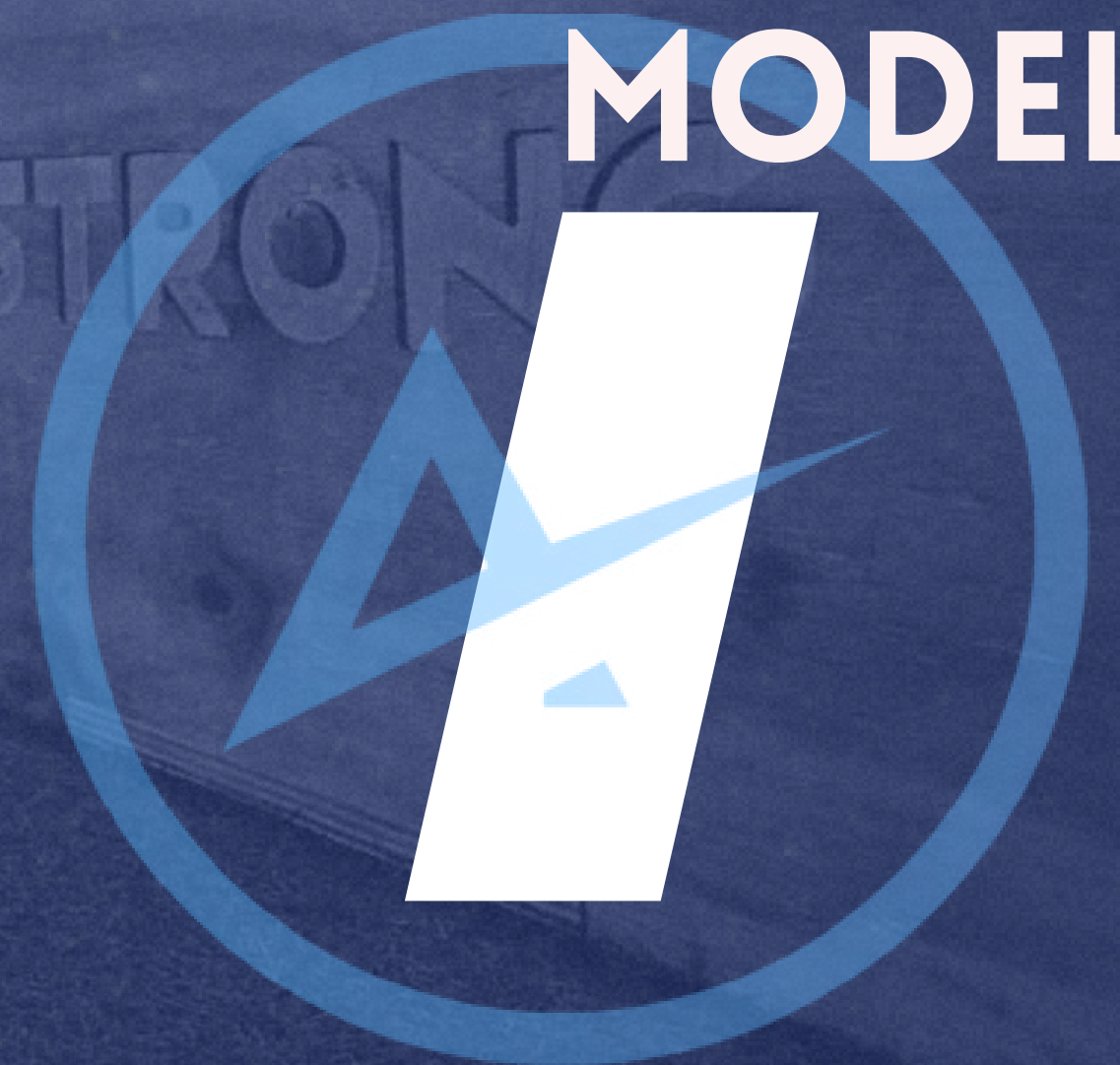
KEY PERIODIZATION MODELS



UNDULATING PERIODIZATION (ALSO CALLED NONLINEAR PERIODIZATION) INVOLVES FREQUENT VARIATIONS IN INTENSITY, VOLUME, AND EXERCISE SELECTION TO MAXIMIZE ADAPTATION AND PREVENT PLATEAUS.

- **DAILY UNDULATING PERIODIZATION (DUP): TRAINING VARIABLES (E.G., SETS, REPS, LOAD) CHANGE WITHIN THE SAME WEEK OR EVEN WITHIN A SINGLE SESSION. FOR EXAMPLE:**
 - **MONDAY: HIGH VOLUME (4X10 AT 65% 1RM)**
 - **WEDNESDAY: MODERATE VOLUME/INTENSITY (4X6 AT 75%)**
 - **FRIDAY: HEAVY LOAD (5X3 AT 85%)**
 - **THIS KEEPS THE BODY ADAPTING AND REDUCES STAGNATION.**
- **WEEKLY UNDULATING PERIODIZATION (WUP): CHANGES OCCUR ON A WEEK-TO-WEEK BASIS INSTEAD OF DAILY. ONE WEEK MAY FOCUS ON HYPERTROPHY, THE NEXT ON STRENGTH, THEN POWER, ETC. THIS IS SLIGHTLY MORE STRUCTURED THAN DUP BUT STILL AVOIDS THE STRICT LINEAR PROGRESSIONS OF TRADITIONAL MODELS.**

WEEKLY AND DAILY UNDULATED PERIODIZATION MODELS



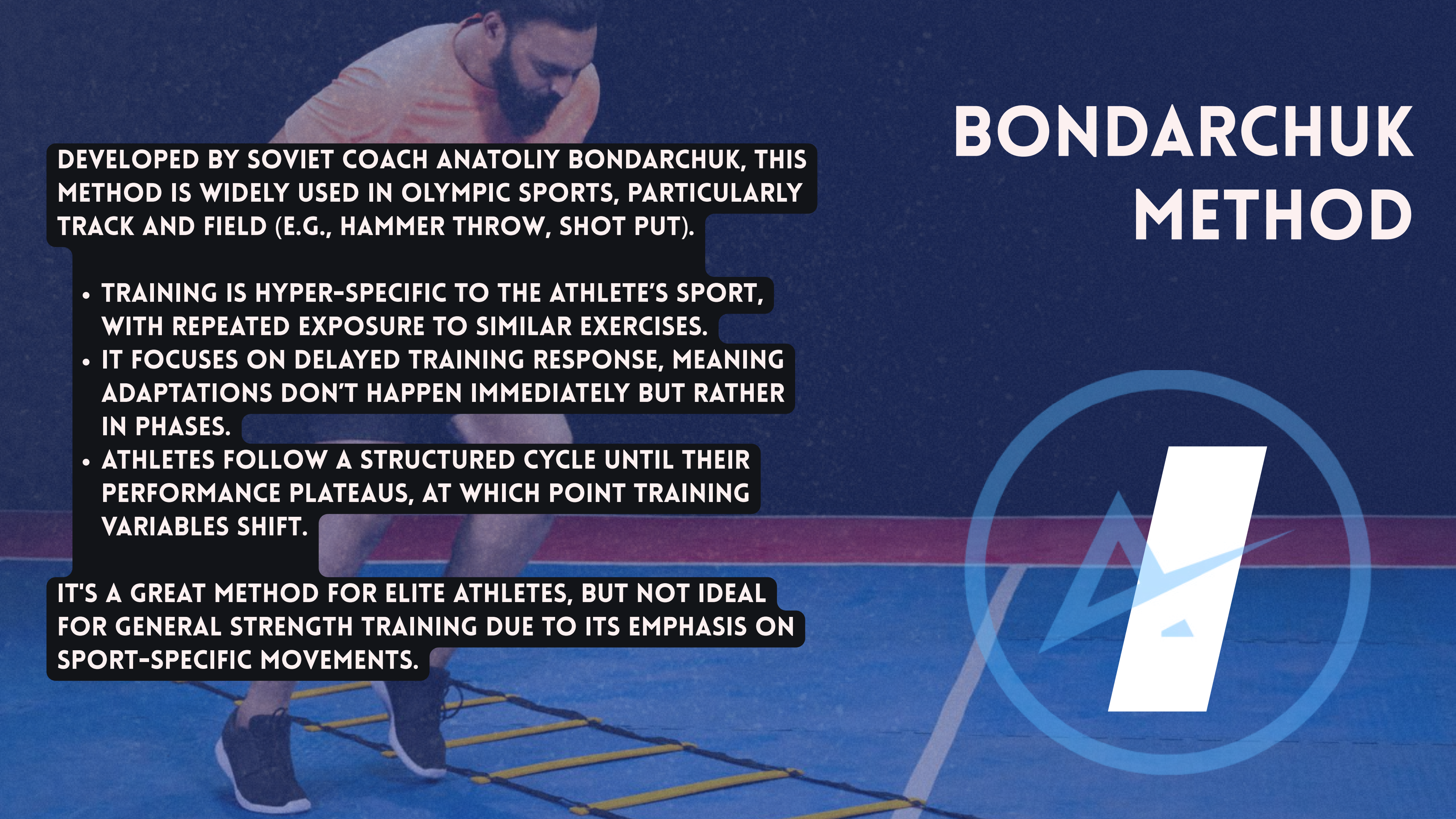
BLOCK PERIODIZATION

BLOCK PERIODIZATION DIVIDES TRAINING INTO DISTINCT “BLOCKS”, EACH TARGETING A SPECIFIC ADAPTATION. IT’S OFTEN USED IN ADVANCED ATHLETIC TRAINING.

- **ACCUMULATION BLOCK – HIGH VOLUME, MODERATE INTENSITY, BUILDING A BASE (HYPERTROPHY, MUSCULAR ENDURANCE).**
- **TRANSMUTATION BLOCK – HIGHER INTENSITY, MODERATE VOLUME, FOCUSING ON SPORT-SPECIFIC STRENGTH.**
- **REALIZATION (PEAKING) BLOCK – LOW VOLUME, HIGH INTENSITY, MAXIMIZING POWER OUTPUT AND COMPETITION READINESS.**

THIS METHOD HELPS ATHLETES PEAK FOR SPECIFIC COMPETITIONS AND AVOID OVERTRAINING BY CYCLING FOCUS AREAS.





DEVELOPED BY SOVIET COACH ANATOLIY BONDARCHUK, THIS METHOD IS WIDELY USED IN OLYMPIC SPORTS, PARTICULARLY TRACK AND FIELD (E.G., HAMMER THROW, SHOT PUT).

- **TRAINING IS HYPER-SPECIFIC TO THE ATHLETE'S SPORT, WITH REPEATED EXPOSURE TO SIMILAR EXERCISES.**
- **IT FOCUSES ON DELAYED TRAINING RESPONSE, MEANING ADAPTATIONS DON'T HAPPEN IMMEDIATELY BUT RATHER IN PHASES.**
- **ATHLETES FOLLOW A STRUCTURED CYCLE UNTIL THEIR PERFORMANCE PLATEAUS, AT WHICH POINT TRAINING VARIABLES SHIFT.**

IT'S A GREAT METHOD FOR ELITE ATHLETES, BUT NOT IDEAL FOR GENERAL STRENGTH TRAINING DUE TO ITS EMPHASIS ON SPORT-SPECIFIC MOVEMENTS.

BONDARCHUK METHOD



CONJUGATE METHOD

POPULARIZED BY LOUIE SIMMONS (WESTSIDE BARBELL), THIS METHOD BLENDS MULTIPLE TRAINING ADAPTATIONS SIMULTANEOUSLY, RATHER THAN SEQUENTIALLY LIKE BLOCK PERIODIZATION.

- **MAX EFFORT (ME) DAYS – HEAVY LIFTS (90-100% 1RM) FOR LOW REPS TO BUILD ABSOLUTE STRENGTH.**
- **DYNAMIC EFFORT (DE) DAYS – LIFTING SUBMAXIMAL WEIGHTS (40-70% 1RM) WITH MAXIMUM SPEED TO DEVELOP EXPLOSIVENESS.**
- **REPETITION EFFORT (RE) WORK – ASSISTANCE EXERCISES TO BUILD HYPERTROPHY AND ADDRESS WEAKNESSES.**

THIS SYSTEM IS HIGHLY EFFECTIVE FOR POWERLIFTERS AND STRENGTH ATHLETES BUT REQUIRES CAREFUL PLANNING AND RECOVERY MANAGEMENT.



CUBE METHOD

CREATED BY BRANDON LILLY, THE CUBE METHOD IS A VARIATION OF THE CONJUGATE METHOD BUT SIMPLIFIED FOR POWERLIFTERS WHO NEED MORE STRUCTURED PROGRESSIONS.

- **ROTATES HEAVY, SPEED, AND REP WORK OVER A 3-WEEK WAVE:**

- **WEEK 1: HEAVY SQUAT, SPEED BENCH, REP DEADLIFT**
- **WEEK 2: SPEED SQUAT, REP BENCH, HEAVY DEADLIFT**
- **WEEK 3: REP SQUAT, HEAVY BENCH, SPEED DEADLIFT**
- **WEEK 4 IS A DELOAD BEFORE REPEATING THE CYCLE WITH HIGHER WEIGHTS.**

IT BALANCES INTENSITY AND VOLUME, MAKING IT GREAT FOR INTERMEDIATE LIFTERS LOOKING FOR STEADY PROGRESS.



CREATED BY CHAD WESLEY SMITH, THE JUGGERNAUT METHOD IS A HIGH-VOLUME, AUTO-REGULATED SYSTEM DESIGNED FOR LONG-TERM STRENGTH DEVELOPMENT.

- **STARTS WITH HIGH-REP, LOWER-INTENSITY WORK, GRADUALLY TRANSITIONING TO LOW-REP, HIGH-INTENSITY WORK OVER MULTIPLE PHASES:**
 - **10S WAVE → 8S WAVE → 5S WAVE → 3S WAVE**
- **EACH WAVE CONTAINS ACCUMULATION, INTENSIFICATION, AND REALIZATION PHASES TO PROGRESSIVELY OVERLOAD STRENGTH.**
- **USES AMRAP (AS MANY REPS AS POSSIBLE) SETS TO DETERMINE WHEN TO PROGRESS, MAKING IT ADAPTABLE TO INDIVIDUAL RECOVERY AND PERFORMANCE.**

A FANTASTIC SYSTEM FOR POWERLIFTERS AND GENERAL STRENGTH ATHLETES LOOKING FOR STRUCTURED, LONG-TERM GAINS.

JUGGERNAUT METHOD



TRIPHASIC TRAINING

DEVELOPED BY CAL DIETZ, TRIPHASIC TRAINING IS BASED ON THE THREE PHASES OF MUSCLE CONTRACTION:

1. ECCENTRIC (LOWERING PHASE) – BUILDS STRENGTH AND CONTROL (E.G., SLOW-TEMPO SQUATS).

2. ISOMETRIC (PAUSING PHASE) – DEVELOPS FORCE PRODUCTION AT WEAK POINTS (E.G., PAUSED SQUATS).

3. CONCENTRIC (LIFTING PHASE) – MAXIMIZES POWER OUTPUT (E.G., EXPLOSIVE MOVEMENTS).

EACH PHASE LASTS 2-4 WEEKS, PROGRESSIVELY SHIFTING FOCUS. OFTEN USED FOR ELITE ATHLETES AND EXPLOSIVE SPORTS LIKE FOOTBALL, MMA, AND SPRINTING.





SUMMARY

EACH OF THESE METHODS SERVES DIFFERENT ATHLETES AND GOALS:

UNDULATING PERIODIZATION – GREAT FOR AVOIDING PLATEAUS, USED IN BODYBUILDING AND GENERAL STRENGTH TRAINING.

BLOCK PERIODIZATION – BEST FOR STRUCTURED SPORT PREPARATION AND PEAKING.

BONDARCHUK METHOD – ELITE, SPORT-SPECIFIC TRAINING WITH DELAYED ADAPTATION.

CONJUGATE METHOD – MAXIMIZES STRENGTH, SPEED, AND HYPERTROPHY FOR POWERLIFTERS.

CUBE METHOD – A SIMPLIFIED CONJUGATE-STYLE APPROACH FOR STEADY PROGRESS.

JUGGERNAUT METHOD – HIGH-VOLUME, LONG-TERM STRENGTH DEVELOPMENT.

TRIPHASIC TRAINING – FOCUSED ON ECCENTRIC, ISOMETRIC, AND CONCENTRIC PHASES FOR EXPLOSIVE POWER.



**“EFFECTIVE PERIODIZATION
IN STRENGTH TRAINING
ENSURES OPTIMAL
PERFORMANCE GAINS AND
MINIMIZES THE RISK OF
INJURY OVER TIME.”**

– Dr. Y. Zatsiorsky

**FOR
THE
WIN**



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