



Emerging Strategies Basics

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Emerging Strategies Basics

What is Emerging Strategies?

- Different than typical planning models - complex
- Aims to solve the problem - simplify
- Uses a bottom up vs. top down approach that allows the athlete's response to dictate the training approach

Top Down	Bottom Up
Utilizes prediction models	Makes minimal predictions
Plans training far in advance	Keeps planning durations short
Not much emphasis on contingency situations	Heavy emphasis on emerging information
Requires minimal monitoring	Requires extensive monitoring



Emerging Strategies Basics

What do you mean, emerging information?

Emerging definition: becoming apparent or prominent

Instead of having a model that we plug people into, the training adapts to the athlete's response. Athlete's response is shown in the data collected from training. Based on that information, we adjust the training strategy to match the emerging information. Cue Emerging Strategies!

But how?



Emerging Strategies Basics

Simplify - repeat the stimulus

Build a microcycle of training, repeat it, monitor the results

- Stress is set to MRV or just beyond

Monday

- Squat w/belt x1 @8 70%x5x6 (-23%)
- Bench Press x1 @8, x6 @9 plus 2 down sets (load drop)
- Standing Military x10 @6, x10 @7, x10 @8 plus 2 down sets (repeat)

Tuesday

- Deadlift (sumo) with Belt x1 @8 70%x5x6 (-23%)
- 2ct Pause Bench x1 @8, x4 @9 plus 2 down sets (load drop)
- Belt Squat x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Thursday

- 2ct Pause Squat x1 @8, x3 @9 plus 2 down sets (load drop)
- Touch & Go Bench Press x1 @8, x10 @9 plus 2 down sets (load drop)
- Wide Grip Bench Press x10 @6, x10 @7, x10 @8 plus 2 down sets (repeat)

Friday

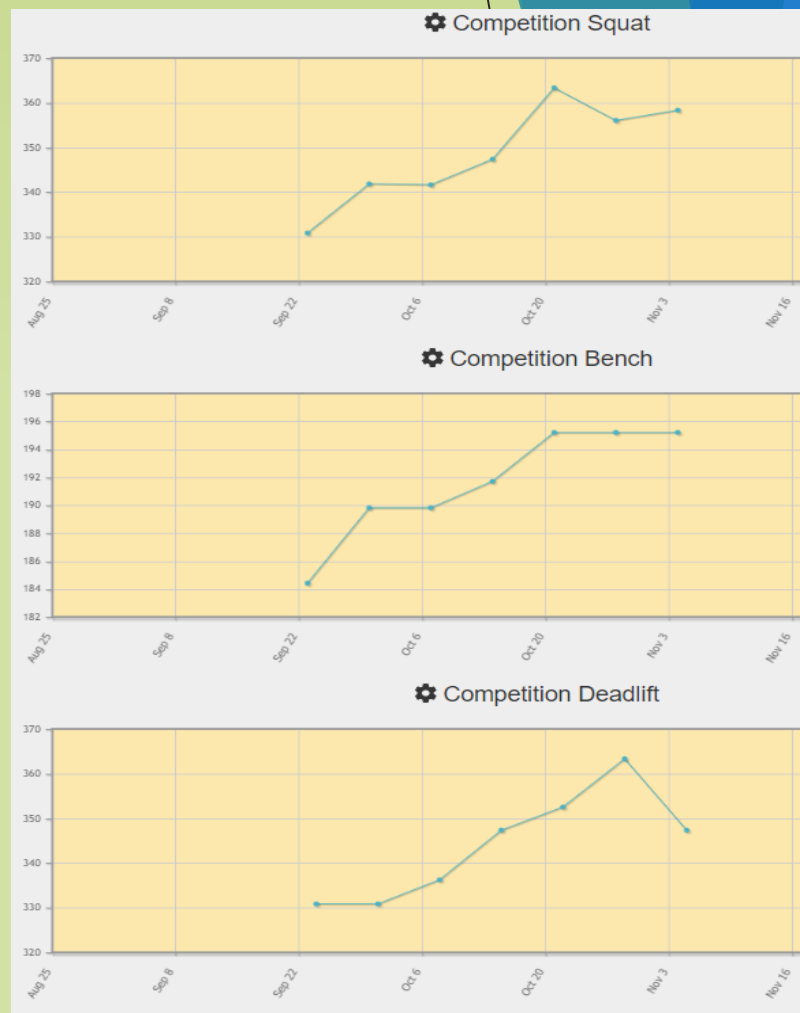
- 2" Deficit Deadlift (sumo) x1 @8, x4 @9 plus 2 down sets (load drop)
- Bench Press with Slingshot x1 @8, x4 @9 plus 2 down sets (load drop)
- SLDL x12 @7, x12 @8, x12 @9 no down sets



Emerging Strategies Basics

How long does the stimulus repeat itself?

- Stimulus repeats until lifter's performance peaks
- OR their injury risk becomes too high to warrant continuing
- This establishes a lifter's Time to Peak (TTP), development block length
- Once determined, TTP remains predictable for that lifter
- 1st block is taken further than peak to see the response
- Lifts can peak at different times





Emerging Strategies Basics

What comes after the peak?

- Pivot Block (similar to a deload)
- Pivot Intent/Goal
 - Reduce Fatigue
 - Restore Training Sensitivity
 - Improve Durability
 - Improve Energy Systems
 - Maintain Strength
- Make up
 - Tempo work
 - Neglected muscle groups
 - Drastically different exercises
 - 1/3 length of development block

Monday

- High Bar Squat x10 @7, x10 @8 Reduce load, perform 2-3 sets of 5 with 530 tempo (RPE 8-9)
- Following Exercises are a Circuit Maximize workload. 20min.
- Bulgarian Split Squat 60% of e1RM Open ended sets/reps
- Row of Choice 70% of e1RM Open ended sets/reps
- Standing Military 80% of e1RM Open ended sets/reps

Tuesday

- Bench Press with Feet Up x10 @7, x10 @8 Reduce load, perform 2-3 sets of 5 with 530 tempo (RPE 8-9)
- Following Exercises are a Circuit Maximize workload. 20min.
- Snatch Grip RDL 60% of e1RM Open ended sets/reps
- Incline Bench 70% of e1RM Open ended sets/reps
- Vertical Pull of Choice 70% of e1RM Open ended sets/reps

Thursday

- Deadlift (conv) x10 @7, x10 @8 Reduce load, perform 2-3 sets of 5 with 530 tempo (RPE 8-9)
- Following Exercises are a Circuit Maximize workload. 20min.
- Bulgarian Split Squat 60% of e1RM Open ended sets/reps
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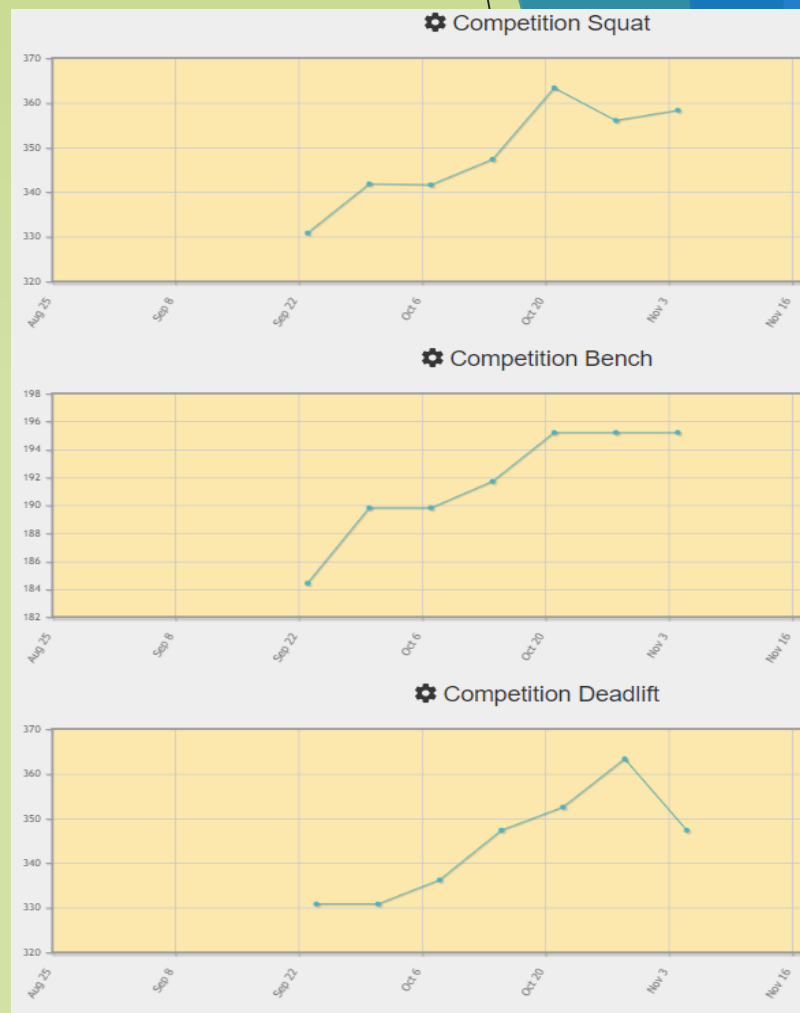
- Following Exercises are a Circuit Maximize workload. 20min.
- Snatch Grip RDL 60% of e1RM Open ended sets/reps
- Incline Bench 70% of e1RM Open ended sets/reps
- Vertical Pull of Choice 70% of e1RM Open ended sets/reps
- Ab Wheel One set @9. Then three additional sets of half the reps.



Emerging Strategies Basics

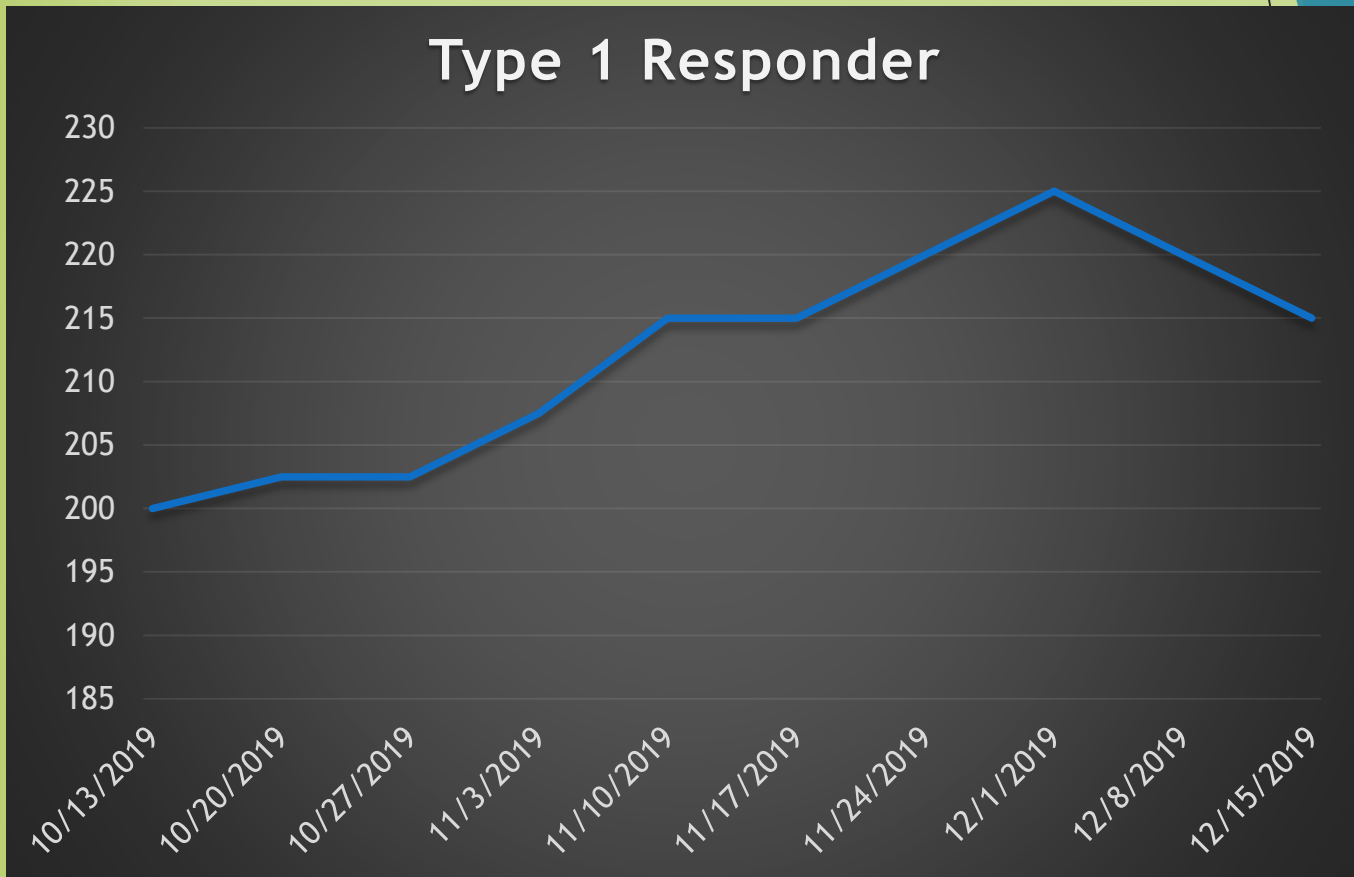
Thoughts on the PEAK

- Lifts can peak at different times
- Peaking pattern depends on response type
- Height of peak is based on training response
- TTP is historically stable, however, it can reduce from initial findings
- I've not seen it increase



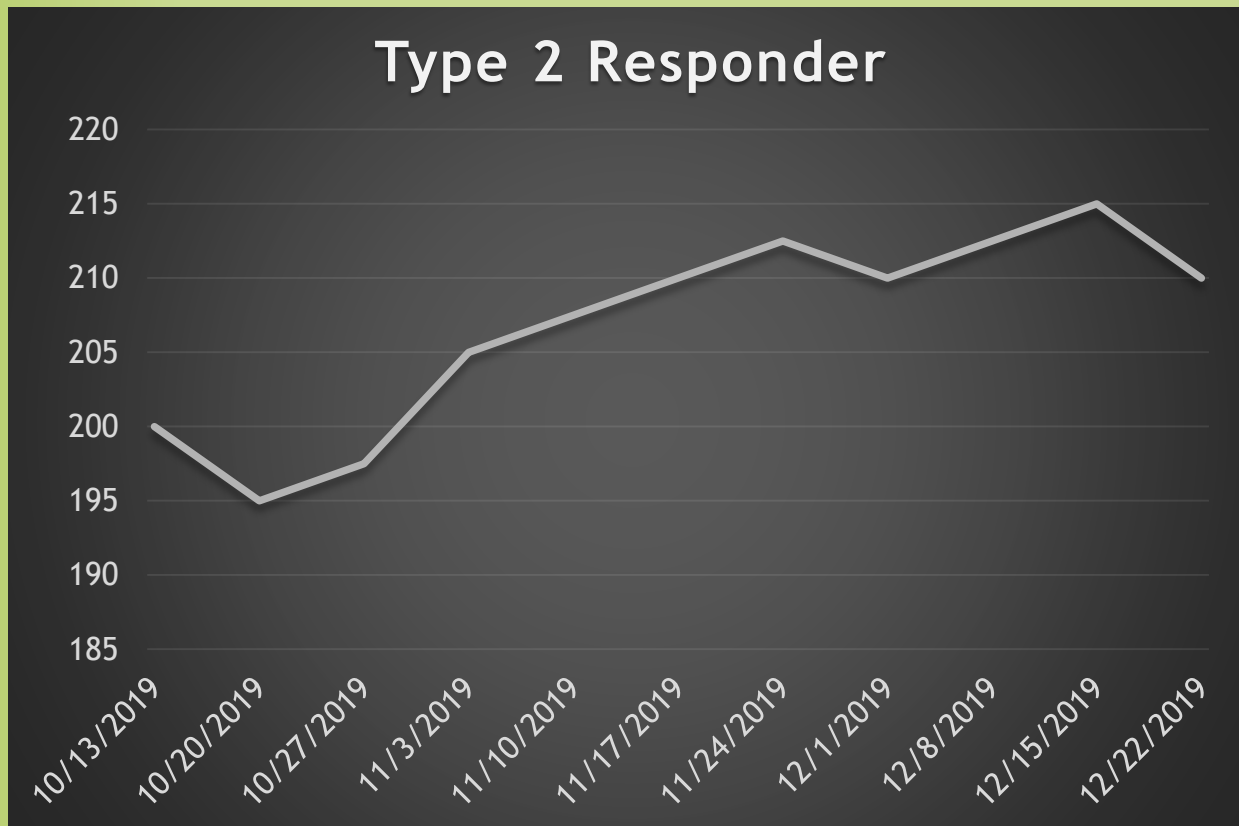


Emerging Strategies Basics



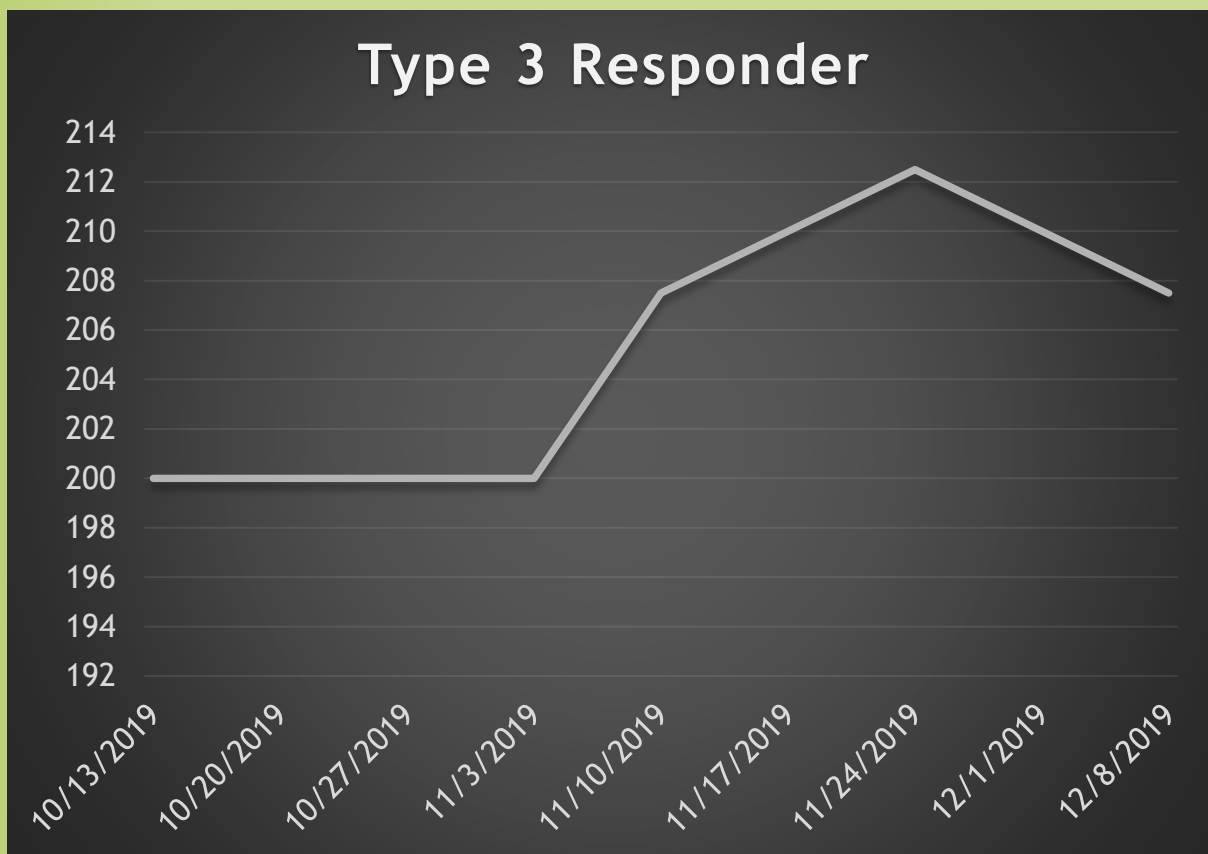


Emerging Strategies Basics





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Emerging Strategies Basics

Successful Dev Block

- Increase in E1RM
- Lifter remains healthy
- Data was collected
- Skill acquisition
- Enjoyable training experience
- Decrease in E1RM?

Unsuccessful Dev Block

- Lifter gets overly fatigued
- Injuries
- No data collection
- Lose of confidence with lifts
- Training was a chore
- Decrease in E1RM
- Peak before the peak
- Unable to complete full block



Emerging Strategies Basics

Successful Pivot Block

- Fatigue adequately decreased
- Restored training response
- Increased durability
- Better conditioned
- Strength loss mitigated

Unsuccessful Pivot Block

- New block starts off fatigued
- New block is stagnant
- Beat up early in the block
- Starting E1RM is lower than previous starting E1RM (varies)
- Peak before the peak



Emerging Strategies Basics

Successive Development Blocks

- Loading protocols and exercise selection are strategy-derived
 - Variation occurs block to block
 - Intensity
 - Exercise Selection
 - Structure
 - Volume
 - Stress adjustments

Monday

- Squat w/belt x1 @8 80%x4x4 (-13%)
- Bench Press x1 @8, x4 @9 plus 2 down sets (load drop)
- 3 Board Close Grip Bench Press x8 @6, x8 @7, x8 @8 plus 2 down sets (repeat)

Tuesday

- Deadlift (sumo) with Belt x1 @8 80%x4x4 (-13%)
- Pin Press (chest level) x1 @8, x4 @9 plus 3 down sets (load drop)
- Leg Press x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Thursday

- Low Pin Squat x1 @8, x3 @9 plus 2 down sets (load drop)
- Close Grip Bench Press x1 @8, x8 @9 plus 3 down sets (load drop)
- 300 Tempo Barbell Row x8 @6, x8 @7, x8 @8 plus 2 down sets (repeat)

Friday

- 600 Tempo Deadlift (sumo) x2 @7, x2 @8, x2 @9 plus 1 down set (load drop)
- Bench Press with Chains x1 @8, x3 @9 plus 2 down sets (load drop)
- Low Pin Good Morning x10 @7, x10 @8, x10 @9 no down sets



Emerging Strategies Basics

Successive Development Blocks

Monday

- Squat w/belt x1 @8 70%x5x6 (-23%)
- Bench Press x1 @8, x6 @9 plus 2 down sets (load drop)
- Standing Military x10 @6, x10 @7, x10 @8 plus 2 down sets (repeat)

Tuesday

- Deadlift (sumo) with Belt x1 @8 70%x5x6 (-23%)
- 2ct Pause Bench x1 @8, x4 @9 plus 2 down sets (load drop)
- Belt Squat x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Thursday

- 2ct Pause Squat x1 @8, x3 @9 plus 2 down sets (load drop)
- Touch & Go Bench Press x1 @8, x10 @9 plus 2 down sets (load drop)
- Wide Grip Bench Press x10 @6, x10 @7, x10 @8 plus 2 down sets (repeat)

Friday

- 2" Deficit Deadlift (sumo) x1 @8, x4 @9 plus 2 down sets (load drop)
- Bench Press with Slingshot x1 @8, x4 @9 plus 2 down sets (load drop)
- SLDL x12 @7, x12 @8, x12 @9 no down sets

Monday

- Squat w/belt x1 @8 80%x4x4 (-13%)
- Bench Press x1 @8, x4 @9 plus 2 down sets (load drop)
- 3 Board Close Grip Bench Press x8 @6, x8 @7, x8 @8 plus 2 down sets (repeat)

Tuesday

- Deadlift (sumo) with Belt x1 @8 80%x4x4 (-13%)
- Pin Press (chest level) x1 @8, x4 @9 plus 3 down sets (load drop)
- Leg Press x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Thursday

- Low Pin Squat x1 @8, x3 @9 plus 2 down sets (load drop)
- Close Grip Bench Press x1 @8, x8 @9 plus 3 down sets (load drop)
- 300 Tempo Barbell Row x8 @6, x8 @7, x8 @8 plus 2 down sets (repeat)

Friday

- 600 Tempo Deadlift (sumo) x2 @7, x2 @8, x2 @9 plus 1 down set (load drop)
- Bench Press with Chains x1 @8, x3 @9 plus 2 down sets (load drop)
- Low Pin Good Morning x10 @7, x10 @8, x10 @9 no down sets



Emerging Strategies Basics

Emerging Strategies Summarized

- Develop a microcycle
- Repeat the stimulus until performance peaks (development block)
- Pivot Block follows the development block
- Being new development block
- Analyze the data for response
- Subsequent development blocks developed based on lifter response patterns
- Develop plan backwards based on lifters TTP





Emerging Strategies Basics

Long Term Planning

4 Week Development block with 1 Week pivot

Week	Start Date	Block Type
1	12/1/2019	Development
2	12/8/2019	Development
3	12/15/2019	Development
4	12/22/2019	Development
1	12/29/2019	Pivot
1	1/5/2020	Development
2	1/12/2020	Development
3	1/19/2020	Development
4	1/26/2020	Development
1	2/2/2020	Pivot
1	2/9/2020	Development
2	2/16/2020	Development
3	2/23/2020	Development
1	3/1/2020	Traditional Taper (Meet)

4 Week Development block with 1 Week pivot

Week	Start Date	Block Type
1	12/1/2019	Pivot
1	12/8/2019	Development
2	12/15/2019	Development
3	12/22/2019	Development
4	12/29/2019	Development
1	1/5/2020	Pivot
1	1/12/2020	Development
2	1/19/2020	Development
3	1/26/2020	Development
4	2/2/2020	Development
1	2/9/2020	Pivot
1	2/16/2020	Development
2	2/23/2020	Development
3	3/1/2020	Development (Meet)



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Traditional Taper

4-5 days out

- Squat w/belt Work up to your opener (x1 @7.5). no down sets +
- Bench Press Work up to your opener (x1 @7.5). no down sets +
- Deadlift (sumo) with Belt Work up to your opener (x1 @7.5). no down sets +

3 days out

- Squat w/belt Go through your warm ups no down sets +
- Bench Press Go through your warm ups no down sets +
- Deadlift (sumo) with Belt Go through your warm ups no down sets +

No Taper (Preferred ES approach)

Monday

- Squat w/belt x1 @8 (3 sets) x5 @9
- Bench Press x1 @8 +4 singles. Maintain 8 RPE.
- Close Grip Bench Press with Mini Band (1/2in) x10 @6, x10 @7, x10 @8 plus 1 down set (load drop)

Tuesday

- Deadlift (sumo) with Belt x1 @8 85%x3x3 (-8%)
- 2ct Pause Bench x1 @8, x4 @9 plus 2 down sets (load drop)
- Safety Bar Reverse Lunges x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)



Emerging Strategies Basics

Develop Block Structure

- TTP is link to the exposure of the competition exercise more than the calendar
- 1x Frequency - Exposure to competition exercises once per microcycle
- 2x Frequency - Exposure to competition exercises twice per microcycle
 - Typically about 1.6x amount of work as 1x
- Half Frequency
 - Typically about $\frac{3}{4}$ amount of work as 1x

Monday

- Squat with Belt and Knee Wraps x1 @8 90%x2 (-3%)
- Bench Press x1 @8, x2 @9 plus 2 down sets (load drop)
- 303 Tempo Bench Press x6 @7, x6 @8, x6 @9 no down sets
- Deadlift (sumo) with Belt x1 @8 90%x2 (-3%)
- Low Pin Wide Stance Good Morning x8 @7, x8 @8, x8 @9 no down sets

Tuesday

- 2ct Pause Squat x1 @8, x3 @9 plus 1 down set (load drop)
- 600 Tempo Bench Press x2 @7, x2 @8, x2 @9 no down sets
- 2ct Pause Deadlift (sumo) x2 @7, x2 @8, x2 @9 no down sets
- 2 Board Press x1 @8, x3 @9 plus 1 down set (load drop)
- Row of Choice x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Thursday

- Squat with Belt and Knee Wraps x1 @8 90%x2 (-3%)
- Bench Press x1 @8, x2 @9 plus 2 down sets (load drop)
- 303 Tempo Bench Press x6 @7, x6 @8, x6 @9 no down sets
- Deadlift (sumo) with Belt x1 @8 90%x2 (-3%)
- Low Pin Wide Stance Good Morning x8 @7, x8 @8, x8 @9 no down sets

Friday

- 2ct Pause Squat x1 @8, x3 @9 plus 1 down set (load drop)
- 600 Tempo Bench Press x2 @7, x2 @8, x2 @9 no down sets
- 2ct Pause Deadlift (sumo) x2 @7, x2 @8, x2 @9 no down sets
- 2 Board Press x1 @8, x3 @9 plus 1 down set (load drop)
- Row of Choice x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)



Emerging Strategies Basics

Comp exposure week

Week of 10/27/2019

Monday

- Squat with Belt and Knee Wraps x1 @8, x3 @9 plus 2 down sets (load drop)
- Bench Press x1 @8, x3 @9 plus 3 down sets (load drop)
- Touch & Go Bench Press x6 @7, x6 @8, x6 @9 no down sets

Tuesday

- Deadlift (sumo) with Belt x1 @8, x3 @9 plus 2 down sets (load drop)
- Bench Press with Slingshot x1 @8, x3 @9 plus 2 down sets (load drop)
- Wide Grip Bench Press x8 @6, x8 @7, x8 @8 plus 2 down sets (repeat)

Thursday

- Safety Bar Squat x8 @6, x8 @7, x8 @8 plus 1 down set (repeat)
- 2ct Pause Bench x1 @8, x3 @9 plus 3 down sets (load drop)
- SLDL x10 @7, x10 @8, x10 @9 no down sets

Accessory week

Week of 11/3/2019

Monday

- 600 Tempo Squat x3 @7, x3 @8, x3 @9 no down sets
- 600 Tempo Bench Press x3 @7, x3 @8, x3 @9 plus 1 down set (load drop)
- Incline Bench x10 @7, x10 @8, x10 @9 plus 2 down sets (load drop)

Tuesday

- 2ct Pause Deadlift (sumo) x3 @7, x3 @8, x3 @9 no down sets
- Bench Press with Slingshot x3 @7, x3 @8, x3 @9 plus 1 down set (load drop)
- 600 Tempo Dumbbell Bench x4 @7, x4 @8, x4 @9 plus 1 down set (load drop)

Thursday

- Safety Bar Reverse Lunges x8 @6, x8 @7, x8 @8 plus 1 down set (repeat)
- Low Pin Incline Bench x3 @7, x3 @8, x3 @9 plus 1 down set (load drop)
- 600 Tempo Romanian Deadlift x4 @7, x4 @8, x4 @9 plus 1 down set (load drop)



Emerging Strategies Basics

2x Frequency

- Increased competition exposure
- Reduced TTP
- Increased volume
- Skill acquisition
- Steep peak pattern

Half Frequency

- Lengthens TTP
- Increase exercise variation
- Reduced volume loads
- Larger emphasis on durability

Put the PEAK exposure ON the meet day



Emerging Strategies Basics

End Goal?

- Explore various intensity and rep schemes
- Explore various protocols
- Explore various exercises
- Collect the data
- Observe the response
- Create a greatest hits

Result - Highly customized and individualized training programs

Monday

- Squat w/belt x1 @8, x3 @9 plus 1 down set (load drop)
- Bench Press x1 @8, x2 @9 plus 2 down sets (load drop)
- Deadlift (sumo) with Belt x1 @8, x2 @8 plus 1 down set (repeat)

Tuesday

- High Bar Close Stance Squat x8 @6, x8 @7, x8 @8 plus 2 down sets (repeat)
- Close Grip Bench Press x1 @8, x6 @8 plus 2 down sets (repeat)
- Close Grip Floor Press x7 @6, x7 @7, x7 @8 plus 2 down sets (repeat)

Thursday

- 600 Tempo Squat x2 @6, x2 @7, x2 @8 plus 1 down set (repeat)
- Pin Press (chest level) x1 @8, x3 @8 plus 2 down sets (repeat)
- Bench Press with Feet Up x8 @6, x8 @7, x8 @8 plus 2 down sets (repeat)

Friday

- 2ct Pause Deadlift (sumo) x3 @6, x3 @7, x3 @8 plus 1 down set (repeat)
- Bench Press with Chains x1 @8, x3 @8 plus 1 down set (repeat)
- Pendlay Row x10 @7, x10 @8, x10 @9 no down sets