



Emerging Strategies Advanced

By: Ross Leppala



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Stress

- Provides a clearer tracking metric than volume
- Development blocks are set to right around MRV
- Pivot blocks are about half the stress of Development blocks
- Stress ratio for each set is tied to the RPE of that set
- Theoretical stress may not always match the actual stress

REP of Set	Stress Coefficient
5.0	0.50
5.5	0.50
6.0	0.50
6.5	0.67
7	0.67
7.5	0.80
8	0.80
8.5	1.00
9	1.00
9.5	1.33
10	1.33



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Stress Continued

Stress Rating for Single Movement	
2.5	Easy Session
3.5	Moderate Session
4.5	Hard Session

Stress Rating for a training week (per pattern)	
15	Easy Week
20	Moderate Week
25	Hard Week

Stress Level Calculator			
RPE Rating	# of sets	Stress Coefficient	Stress Index
5 to 6		0.5	0
6 to 7	3	0.67	2.01
7 to 8	1	0.8	0.8
8 to 9	1	1	1
9 to 10		1.33	0
Total Stress:			3.81

- Upper body can typically handle more stress than lower body
- Some movements have higher recovery costs (overload)
- Lifters response and recoverability varies



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Basic Template for Development Block

- 12 total exercise slots
- 6 upper, 6 lower
- Depending on the strategy being used, will drive the make up of Comp, Accessory and supplemental work.
- This is an example of a base template
- There are a LARGE amount of variations that can be created
- Investigate and follow what provides results

	Slot	Exercise Strategy
Day 1	Sq Main	Comp Sq
	BP Main	Comp Bp
	BP Supplement	Target weak muscle group
Day 2	DL Main	Comp DL
	BP Bottom	Target weak ROM
	Sq Supplement	Target weak muscle group
Day 3	Sq Accessory	Target weak ROM
	BP Secondary Main	Volume with high specificity
	BP Sec Supp	Target weak muscle group
Day 4	DL Accessory	Target weak ROM
	BP Overload	Target weak ROM
	DL Supplement	Target weak muscle group



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Strategy Derived!

Roses EC

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

Roses MC

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



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Strategy Derived!

Roses LC

Monday

- Squat w/belt x1 @8 90%x2x3 (-3%)
- Bench Press x1 @8, x3 @9 plus 3 down sets (load drop)
- Row of Choice x8 @6, x8 @7, x8 @8 plus 2 down sets (repeat)

Tuesday

- Deadlift (conv) with Belt x1 @8 90%x2x3 (-3%)
- 2ct Pause Bench x1 @8, x3 @9 plus 2 down sets (load drop)
- Leg Press x8 @7, x8 @8, x8 @9 plus 1 down set (load drop)

Thursday

- Low Pin Squat x1 @8, x3 @9 plus 2 down sets (load drop)
- Touch & Go Bench Press x1 @8, x6 @9 plus 3 down sets (load drop)
- Wide Grip Bench Press x8 @6, x8 @7, x8 @8 plus 2 down sets (repeat)

Friday

- 2ct Pause Deadlift (conv) x1 @8, x3 @9 plus 2 down sets (load drop)
- Pin Press (chest level) x1 @8, x3 @9 plus 2 down sets (load drop)
- Snatch Grip SLDL x10 @7, x10 @8, x10 @9 no down sets

Thorn EC

Monday

- Squat w/belt x1 @8 75%x5x6 (-18%)
- Bench Press x1 @8 80%x4x6 (-13%)
- Standing Military x10 @6, x10 @7, x10 @8 plus 2 down sets (repeat)

Tuesday

- Deadlift (conv) with Belt x1 @8 75%x5x6 (-18%)
- 2ct Pause Bench x1 @8, x4 @9 plus 3 down sets (load drop)
- Bulgarian Split Squat x10 @7, x10 @8, x10 @9 plus 1 down set (load drop)

Thursday

- High Bar Squat x1 @8, x4 @9 plus 2 down sets (load drop)
- Close Grip Bench Press x1 @8, x10 @9 plus 3 down sets (load drop)
- Wide Grip Bench Press x10 @6, x10 @7, x10 @8 plus 2 down sets (repeat)

Friday

- 2ct Pause Deadlift (conv) x1 @8, x4 @9 plus 2 down sets (load drop)
- Bench Press with Slingshot x1 @8, x4 @9 plus 2 down sets (load drop)
- Snatch Grip SLDL x12 @7, x12 @8, x12 @9 no down sets



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Strategy Derived!

Thorns MC

Monday

- Squat w/belt x1 @8, x5 @9 plus 2 down sets (load drop)
- Bench Press x1 @8, x5 @9 plus 3 down sets (load drop)
- Standing Military x6 @7, x6 @8, x6 @9 plus 1 down set (load drop)

Tuesday

- Deadlift (conv) with Belt x1 @8, x5 @9 plus 2 down sets (load drop)
- 3ct Pause Bench x1 @8, x3 @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)
- Touch & Go Bench Press x1 @8, x8 @9 plus 3 down sets (load drop)
- Dumbbell Bench Press x10 @6, x10 @7, x10 @8 plus 2 down sets (repeat)

Friday

- Middle Pin Deadlift (conv) x1 @8, x3 @9 plus 2 down sets (load drop)
- Incline Bench x1 @8, x3 @9 plus 2 down sets (load drop)
- Romanian Deadlift x12 @7, x12 @8, x12 @9 no down sets

Thorn LC

Monday

- Squat w/belt x1 @8, x3 @9 plus 2 down sets (load drop)
- Bench Press x1 @8, x3 @9 plus 3 down sets (load drop)
- Standing Military x5 @7, x5 @8, x5 @9 plus 1 down set (load drop)

Tuesday

- Deadlift (conv) with Belt x1 @8, x3 @9 plus 2 down sets (load drop)
- 2ct Pause Bench x1 @8, x3 @9 plus 3 down sets (load drop)
- Trap Bar Deadlift x8 @7, x8 @8, x8 @9 plus 1 down set (load drop)

Thursday

- 2ct Pause Squat x1 @8, x3 @9 plus 2 down sets (load drop)
- Close Grip Bench Press x1 @8, x10 @9 plus 3 down sets (load drop)
- Wide Grip Bench Press x8 @6, x8 @7, x8 @8 plus 2 down sets (repeat)

Friday

- 2" Deficit Deadlift (conv) x1 @8, x3 @9 plus 2 down sets (load drop)
- Pin Press (mid range) x1 @8, x3 @9 plus 2 down sets (load drop)
- SLDL x10 @7, x10 @8, x10 @9 no down sets



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Strategy Derived!

Mini Ramps EC

Monday

- Squat w/belt x5 @6, x5 @7, x5 @8 plus 1 down set (load drop)
- Bench Press x5 @6, x5 @7, x5 @8 plus 2 down sets (load drop)
- Close Grip Floor Press x12 @6, x12 @7, x12 @8 plus 2 down sets (repeat)

Tuesday

- Deadlift (sumo) with Belt x5 @6, x5 @7, x5 @8 plus 1 down set (load drop)
- 3ct Pause Bench x1 @6, x1 @7, x1 @8 plus 2 down set (load drop)
- Safety Bar Reverse Lunges x12 @6, x12 @7, x12 @8 plus 1 down set (repeat)

Thursday

- Low Pin Squat x1 @6, x1 @7, x1 @8 plus 2 down set (load drop)
- Touch & Go Bench Press x5 @6, x5 @7, x5 @8 plus 2 down sets (load drop)
- Lever Row x12 @6, x12 @7, x12 @8 plus 2 down sets (repeat)

Friday

- Deadlift (sumo) with Chains x1 @6, x1 @7, x1 @8 plus 1 down set (load drop)
- Bench Press with Slingshot x1 @6, x1 @7, x1 @8 plus 1 down set (load drop)
- Good Morning x12 @6, x12 @7, x12 @8 plus 1 down set (repeat)

Crazy Gopher

Monday

- Squat w/belt x3 @7, x3 @8, x3 @9 plus 1 down set (load drop)
- Bench Press x3 @7, x3 @8, x3 @9 plus 2 down sets (load drop)
- 600 Tempo Bench with Feet Up x4 @7, x4 @8, x4 @9 plus 1 down set (load drop)

Tuesday

- Deadlift (conv) with Belt x3 @7, x3 @8, x3 @9 plus 1 down set (load drop)
- 600 Tempo Bench Press x2 @7, x2 @8, x2 @9 plus 2 down sets (load drop)
- 600 Tempo High Bar Squat x4 @7, x4 @8, x4 @9 plus 1 down set (load drop)

Thursday

- 600 Tempo Squat x2 @7, x2 @8, x2 @9 plus 1 down set (load drop)
- Touch & Go Bench Press x10 @7, x10 @8, x10 @9 plus 2 down sets (load drop)
- 600 Tempo Bench with Feet Up x4 @7, x4 @8, x4 @9 plus 1 down set (load drop)

Friday

- 600 Tempo Deadlift (conv) x2 @7, x2 @8, x2 @9 plus 1 down set (load drop)
- Bench Press with Slingshot 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)



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Block design is only limited by your imagination!

- Template changes
- Polarized training
- Easier loading schemes
- Hypertrophy schemes
- Supplemental focused
- % Based pyramid loading
- Density training
- Myo reps
- Rest Pause



Collect the data and EMERGE the STRATEGY to the lifter's response patterns!



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Finding the response lies in data analysis

Development Block 1			
Exercise	Starting E1RM	Endign E1RM	Change
Squat	225	235	10
Bench	170	175	5
Deadlift	250	265	15
Total	645	675	30

Development Block 2			
Exercise	Starting E1RM	Endign E1RM	Change
Squat	230	245	15
Bench	172.5	177.5	5
Deadlift	255	272.5	17.5
Total	657.5	695	37.5

Development Block 3			
Exercise	Starting E1RM	Endign E1RM	Change
Squat	232.5	240	7.5
Bench	175	185	10
Deadlift	260	265	5
Total	667.5	690	22.5



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RTS Block Review Tool

Competition Lift Stats				
	Start	Peak	End	Change
Total	743.6 kgs	766.4 kgs	746.2 kgs	2.6 kgs
Wilks	484.8	497.5	484	-0.7
Comp Squat	266.2 kgs	273.9 kgs	269.6 kgs	3.4 kgs
Comp Bench	195.2 kgs	199.7 kgs	199.7 kgs	4.5 kgs
Comp Deadlift	282.2 kgs	292.8 kgs	276.9 kgs	-5.3 kgs
Short Term Fatigue	3.5	5.5	4.8	1.2
Bodyweight	86.5 kgs	87.3 kgs	87.3 kgs	0.8 kgs

All Lift Density Data ?															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Bench Press with Chains	●														
Bench Press	●	●													
Close Grip Bench Press							●	●							
Wide Grip Bench Press										●		●			
3ct Pause Bench Press	●														
Middle Pin Deadlift ...	●				●										
Deadlift (conv) with ...	●	●													
Snatch Grip Romanian ...												●			
High Bar Squat	●														
Close Stance Squat												●			

<https://www.reactivetrainingsystems.com/AppHome/Index>



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RTS META Block Review Tool

Meta Block Review Report

User: Ross Leppala
Start Date: 10/28/2016
End Date: 9/14/2019
Blocks: 20

Report Sections

- Competition Lift Selection
- Competition Lift Heat Map
- Assist / Support

Competition Lift Select Associate Support Exercises

Squat

Bench

Deadlift

Competition Lift Heat Map ?

Comp Lifts: Low Bar Squat with Belt Squat with Belt Avg Gain: 4 kgs

End E1RM
 Peak E1RM
 Gain
 # of Blocks

	10	9.5	9	8.5	8	7.5	7	6.5	6	5.5	5
1	●	●	●	●	●	●	●	●	●	●	●
2	●	●	●	●	●	●	●	●	●	●	●
3	●	●	●	●	●	●	●	●	●	●	●
4	●	●	●	●	●	●	●	●	●	●	●
5	●	●	●	●	●	●	●	●	●	●	●
6	●	●	●	●	●	●	●	●	●	●	●
7	●	●	●	●	●	●	●	●	●	●	●
8	●	●	●	●	●	●	●	●	●	●	●
9	●	●	●	●	●	●	●	●	●	●	●
10	●	●	●	●	●	●	●	●	●	●	●

Assist / Support Exercises

ABC
 End E1RM
 Peak E1RM
 Gain
 # of Sets

Safety Bar Squat (EndE1RM 275.1kgs PeakE1RM 139.6kgs Gain 8.8kgs)					
End Date	End E1RM	Peak E1RM	Gain	# Sets	
12/16/2016	270.8kgs	0.0kgs	5.7kgs	28	
07/27/2019	279.3kgs	279.3kgs	11.9kgs	16	
Bulgarian Split Squat (EndE1RM 275.2kgs PeakE1RM 275.2kgs Gain 8.0kgs)					
End Date	End E1RM	Peak E1RM	Gain	# Sets	
06/09/2019	271.0kgs	271.0kgs	4.0kgs	6	
07/27/2019	279.3kgs	279.3kgs	11.9kgs	16	



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Meet Prep Development Block

- Exploring Blocks
- Collect the data
- Analyze the data
- Emerge the strategy to fit the lifters response pattern
- Meet blocks are the greatest hits album
- Block prior to the meet prep block is the tribute band

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



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Emerge to the response pattern

Monday

- Squat w/belt x1 @8 80%x4x4 (-13%)
- Bench Press x1 @8 90%x1x5
- Standing Military x5 @6, x5 @7, x5 @8 plus 2 down sets (repeat)

Tuesday

- Deadlift (conv) with Belt x1 @8 80%x4x4 (-13%)
- 2ct Pause Bench x3 @7, x3 @8, x3 @9 plus 2 down sets (load drop)
- Front Squat x8 @7, x8 @8, x8 @9 plus 1 down set (load drop)

Thursday

- Safety Bar Squat x3 @7, x3 @8, x3 @9 plus 1 down set (load drop)
- Close Grip Bench Press x1 @8, x6 @9 plus 3 down sets (load drop)
- Dumbbell Bench Press x7 @7, x7 @8, x7 @9 plus 1 down set (load drop)

Friday

- Middle Pin Deadlift (conv) x3 @7, x3 @8, x3 @9 plus 1 down set (load drop)
- 2 Board Press x3 @7, x3 @8, x3 @9 plus 1 down set (load drop)
- Low Pin Good Morning x7 @7, x7 @8, x7 @9 no down sets

Monday

- Squat w/belt x1 @8, x2 @8 plus 2 down sets (repeat)
- Bench Press x1 @8, x3 @9 plus 3 down sets (load drop)
- Close Grip Floor Press x7 @6, x7 @7, x7 @8 plus 2 down sets (repeat)

Wednesday

- Deadlift (sumo) with Belt x1 @8, x3 @8 plus 2 down sets (repeat)
- 3ct Pause Bench x1 @7, x1 @8, x1 @9 plus 1 down set (load drop)
- Leg Press x8 @7, x8 @8, x8 @9 plus 1 down set (load drop)

Friday

- 2ct Pause Squat x1 @8, x3 @9 plus 2 down sets (load drop)
- Touch & Go Bench Press x1 @8, x10 @9 plus 3 down sets (load drop)
- Dumbbell Bench Press x8 @6, x8 @7, x8 @8 plus 2 down sets (repeat)

Saturday

- 2ct Pause Deadlift (sumo) x1 @8, x3 @9 plus 2 down sets (load drop)
- Bench Press with Slingshot x1 @8, x3 @9 plus 2 down sets (load drop)
- SLDL x10 @7, x10 @8, x10 @9 no down sets



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Solutions to common unresponsive lifters

- Lifter is unable to string together development blocks or complete development blocks to establish TTP or response patterns.
- Reduce the stress load
 - Reduce the per exercise volume (remove down sets)
 - Reduce training frequency
 - Half frequency micro-cycle
- Passive/active recovery
- Consider 'easier' to recovery from exercise selection
- RPE and intensity
- Life Stress? Stress is stress



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Solutions to common unresponsive lifters

- Lifter is shows positive response during development blocks but is unable to keep the momentum going into successful blocks. Start and end points repeat without much total upward trends.
- Consider a stress increase
- Second order effects
 - Length of pivot
 - Intensity of pivot
- Increase micro cycle frequency (2x)
- Pivot blocks are NOT a break



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Solutions to common unresponsive lifters

- What happens if a lifter has more weeks to prepare for a meet than what is needed. Say they need 13 weeks to peak for a meet with 2 development Cycles but have 14 weeks to train? 15 Weeks? 16 Weeks?
- Prolong a pivot block
 - Increase intensity
 - Increase stress
 - Higher Specificity
 - Aim to reduce strength lose over a longer period while dissipating the fatigue.
- Build in a maintenance block
 - Maintains peak
 - ~5% difference from main block
 - 1-2 weeks and most
- Short high frequency block



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Solutions to common unresponsive lifters

- Historically it is stated that lifters benching responds best to high specificity and higher intensity. Which is more common than not, however, its also not uncommon to find lifters who don't respond whatsoever to that work. They work very hard for little to not progress.
- Get creative
- Reduce specificity
- Reduce intensity
- Half frequency seems to work well due to the increase in variation
- Rowing seems to help
- More incline variations seem to help



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Solutions to uncommon unresponsive lifters

- Lifter is having poor training response to loading schemes that is historically very prevalent in the powerlifting world.
- Get creative
- We're only limited by our imagination
- Would you peak into a doing x6 @6,7,8 plus 2 load drops?
- Really easy work? 80% (1r x 5s)