

# Streamline Your Programming

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# What does your programming look like right now?

- ▶ Are you spending hours at home writing client programs?
- ▶ Do you start from scratch each time?
- ▶ Do you feel lost, staring at a blank paper?
- ▶ Are you assessing your clients?
- ▶ Do you have a system in place to help direct your program choices?

# Models of Periodization

- ▶ Linear periodization - a stair-step approach, gradually increasing volume, load, intensity, etc. towards a “peak” at the end of the training cycle
- ▶ Non-linear periodization
  - ▶ Conjugate/Westside model - incorporates multiple abilities (endurance/hypertrophy/strength/power) within each microcycle, employing both “max out” and “dynamic effort” days
  - ▶ Undulating periodization - varying volume and intensity by mesocycles or even on a per-session basis (daily undulating periodization); can be used in tangent with mixed periodization (end/hyp/str/power all included in each mesocycle)

“

When you chase two rabbits,  
you go home hungry.

”

- Dan John

What's the overarching goal of the program? How is that broken up in the short term?



# But wait...

How does the “one goal at a time” issue play into mixed periodization?



# Building a System

How can we make programming easier?

More efficient?

More effective?



# Step 1: Creating Menus

# POWER

- ▶ The product of strength and speed
- ▶ 1-6 sets, 1-8 reps, 6-9 RPE or 75-90% 1RM

What do you think of when you hear the word “power”?

The biggest determining factor when programming for power is INTENT.

# Creating a menu for programming power

Breaking down your common progressions through the rep schemes

- ▶ Linear approach to periodization:
  - ▶ 8 reps → 6 reps → 4 reps → 2 reps
  - ▶ 6 reps → 4 reps → 2 reps → 1 rep
- ▶ Non-linear approach to periodization:
  - ▶ 8 reps → 4 reps → 6 reps → 2 reps
  - ▶ 6 reps → 2 reps → 4 reps → 1 rep

“Unpredictable” jumps in reps in the non-linear approach can aid in avoiding plateaus, creating a different stress response than linear progression.

More menus = less thinking/more options as you start new clients or progress current clients.

# STRENGTH

- ▶ The ability to exert force against a given load
- ▶ 1-6 sets, 1-8 reps, 7-10 RPE or 80-100% 1RM

## Linear menu options:

- ▶ 8 reps → 6 reps → 4 reps → 2 reps
- ▶ 6 reps → 5 reps → 3 reps → 2 reps

## Non-linear menu options:

- ▶ 8 reps → 4 reps → 6 reps → 2 reps
- ▶ 6 reps → 3 reps → 5 reps → 2 reps

# ACCESSORY

- ▶ Includes
- ▶ Think about the goal:
  - ▶ could be 1-4 sets, 8-12 reps
  - ▶ could be 1-3 sets, 12-15+ reps
  - ▶ SO your accessories could fall into a wide range, depending on program focus that block

## Linear menu options:

- ▶ 10 reps → 12 reps → 15 reps → 18 reps
- ▶ 8-10 reps → 10-12 reps → 12-15 reps → 15-20 reps

## Non-linear menu options:

- ▶ 10 reps → 15 reps → 12 reps → 18 reps
- ▶ 8-10 reps → 12-15 reps → 10-12 reps → 15-20 reps

\*\*Keep in mind total of a training block - really heavy, high set, low rep strength and power work will be taxing on your client and may not be the best time to do 4 sets of 20 reps for their accessory work.

# Step 2: Creating an Exercise Database

# Having a master list of your most-used exercises and their application can save time when writing new programs.

- ▶ No more wracking your brain for what would be the “best exercise” to plug into your program
- ▶ Easy to see regressions, progressions, and lateralizations
- ▶ A lot of times we get in ruts, programming the same exercise in waves for our clients, and then forgetting about it
- ▶ Again, think **intensity** when considering exercises for power, strength, or accessory
- ▶ Take **intensity** into consideration
- ▶ Include mobility exercises
- ▶ Get it all out on paper instead of clogging up brain power!

# Step 3: Set Performance Options

# Different Approaches to Set Performance

Set Performance Type	Definition	Training Outcome
Supersets/Giant Sets	Two or more sets combined with little or no rest between	Maximized efficiency and intensity of workout
Drop Sets	Load is reduced when exhaustion is reached to permit continued exercise	Increased volume while keeping intensity high
Circuit Training	Combining exercises in a larger grouping, similar to supersets, with little to no rest between	Maximizing time to allow more volume of training in a short duration
Slow Tempo	Increased time under tension; targeting either concentric, eccentric, or both	Forces more deliberate and controlled technique, increases intensity of movement

# Different Approaches to Set Performance

Set Performance Type	Definition	Training Outcome
Cluster Sets	Mini-sets within a set; for example, a cluster of (2, 2, 1) would mean 2 reps, followed by a short rest of 10-30 sec, 2 reps, rest, and the last rep	Breaking up the set allows for more volume at heavier loads
Complexes	Multiple exercises performed for multiple reps, with a single implement, consecutively	Adds volume over a short time; no one exercise is exhausting, but the accumulation effect taxes work capacity
Ladders	Exercises are performed in escalating reps each round (ex: 1 → 5)	Adding volume in a short duration by breaking reps into smaller chunks

# Step 4: Creating Templates

# Basic Outlines for Common Goals

- ▶ Every client will be different in terms of experience and abilities - but many will follow a similar path to reach common goals
- ▶ Templates allow us to have a bare-bones outline of these programs ready when we see commonalities between clients
- ▶ Plug in the movements that you feel are most appropriate (based on assessments)
- ▶ Individualizing a program doesn't mean that every single client needs a different set-up; it means that the program must address

# Example: Foundational Strength Template

DAY 1	DAY 2	DAY 3
A1 Upper Body Power	A1 Lower Body Power	A1 Lateral Power
A2 Anti-Rotation Core	A2 Anti-Extension Core	A2 Anti-Rotation Core
A3 Mobility	A3 Mobility	A3 Mobility
B1 Hinge	B1 Squat	B1 SL Knee-Dominant
B2 Horizontal Push	B2 Horizontal/Vertical** Pull	B2 SA Horizontal Pull
B3 Mobility	B3 Mobility	B3 Core
C1 SL Knee-Dominant	C1 Hip Dominant	C1 SL Hip Dominant
C2 Horizontal Pull	C2 Horizontal/Vertical** Push	C2 Horizontal Pull
C3 Core/Mobility	C3 Horizontal Pull	C3 Core/Corrective
D1 Core/Corrective	D1 Core/Corrective	D1 Corrective/Accessory
D2 Core/Corrective		D2 Corrective/Accessory

# Example: High Frequency Training

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
A1 Deadlift (40-50%)	A - same as Day 1	Neural Charge:	A - same as Day 1	A1 Push	Active Recovery
A2 Bench Press (40-50%)	B1 Bench Press	A1 L/B Power	B1 Squat	A2 Pull	
A3 Mobility	B2 Hor. Pull	A2 U/B Power	B2 Mobility	A3 Mobility	
B1 Deadlift	B3 Mobility	A3 Pull Iso.	C1 Squat Clusters	B1 Push	
B2 Mobility	C1 Bench Press Clusters	A4 L/B Power	D1 SL Knee-Dominant	B2 Pull	
C1 Deadlift Clusters	C2 Hor. Pull	A5 Core Iso.	D2 Core	B3 Mobility	
D1 Hinge Accessory	C3 Mobility		E1 Mob/Breath	C1 Biceps	
D2 Core	D1 Hor. Push Accessory			C2 Triceps	
E1 Mobility or Breathing Drill	D2 Hor. Pull				
	E1 Mob/Breath				



# Recap: Building Your Own Systems

1. Build your rep menus
2. Write out your exercise database
3. Think of different set performances you use (and for what goal)
4. Create templates for the client types/goals you see most often
5. Plug and play
6. Enjoy more free time with your loved ones!