10-Step Approach to Designing a Training Program

1. **Assess & Choose Your Training Goal**
   - We have to know where we are going
   - One goal is best—though 2-3 are possible
     - The more goals you bring in, the more distraction you are creating from the primary goal
   - The best goals are S.M.A.R.T.—specific, measurable, actionable, realistic (subtract 10% from goal!), timely/has a clear time horizon

2. **Identify Your Defender**
   - What is going to stop you from achieving your goal?
     - Know your potential point of failure (e.g., time constraints, recurring injury, travel schedule)
   - Write down the "non-negotiables" in your life (e.g., office by 9 a.m., time with kids, dinner with spouse) and work with these as opposed to against them

Quadrant System

- 10 total points to distribute across the 4 categories below
- Where are you currently giving your points?
- Where would you like to give your points?

Business	Relationships
Fitness	**Recovery**
	• Must be at least half of fitness • Ideally at least 20% of total (2 points)

Employ the "Drop everything and ____" rule

3. **Goal Timeline**
   - Realistic timeframe for how long the goal will take to achieve taking into account life events on the calendar
     - Look ahead at calendar and work backwards

4. Weekly Training Frequency
- What do you know you can do on a weekly basis—is 7x/week or is 3x/week more realistic?
  - Stick to what you <u>know</u> you can achieve. You can always add in another session or two when time permits.

5. Exercise Selection Program
- Exercises you're comfortable doing and you're able to access easily
- Balancing the movement patterns/muscle groups across the week
  - A mix of upper and lower body, pushing and pulling, etc.
- Targeting the muscle group/movement of your goal at least 1x/week
- Strategy for how to progress/progressively overload
  - E.g., increase weight, increase repetitions, increase distance

6. Exercise Order
- Do what's most important first in the workout, and the most important workout first in the week (or at least on the day of the week when it's most likely to get done/you are the most fresh)

7. Intensity/Load
- Selection of weight, speed or heart rate zone (to match goal)
- Increasing 3% per week is usually best

8. Volume
- Appropriate range, number of sets based on desired adaptation (strength, speed/power, hypertrophy, endurance)
- Increasing 5-7% per week is usually best
  - Incorporate a "deload" week (back down to 70% of what you have been doing) once every 4 to 8 weeks

9. Rest Intervals
- Again, matching these to your goal
- High (2-5 min for speed, power, strength)
- Moderate (1-3 min for hypertrophy)
- Low (15-90 sec for endurance)

10. Chaos Management
- Look at the program as a whole and try to find potential points of failure—try to come up with solutions before beginning the program