

## Designing a goal specific strength and conditioning program? Know the basics!

Depending on their final fitness goals, the appropriate sequencing of phases should be followed. The corresponding training templates follow the linear

periodization method. (Systematic process of planned variation in a training program)

*\*\*It is generally accepted that all athletes or individuals should begin a resistance training plan based on either muscular endurance or hypertrophy to establish a training base for the development of other specific goals. The below sequencing examples are done for an intermediate level athlete/individual.*



### 4 Phases of Training:

**1) Muscular Endurance:** High repetition ranges with short rest periods. Muscular endurance training is most commonly performed with either standard exercise order (completing all sets of an exercise before moving on to another exercise) or through circuit training.

#### **SEQUENCING EXAMPLE FOR ENDURANCE GOAL**

Muscular endurance (standard) → Hypertrophy → Muscular endurance (circuit training)  
→ Hypertrophy (supersets)

**2) Hypertrophy:** Moderate loads, repetitions, and rest intervals. Hypertrophy training is often performed in body part “splits” or upper/lower body alternating routines. Typical splits include chest, shoulders, and triceps; back and biceps; and legs.

#### **SEQUENCING EXAMPLE FOR HYPERTROPHY GOAL**

Muscular endurance (circuit training) → Hypertrophy (supersets) → Muscular strength (single set)  
→ Hypertrophy (drop sets)

**3) Muscular Strength:** Heavy loads (1 – 6RM) and longer rest periods to increase the maximal level of force a muscle (or group of muscles) can generate, regardless of time. An example strength workout might include 1 – 3 strength exercises, such as the back squat and bench press (3 – 6 sets of 3 – 6 reps with 3 min of rest) followed by a complementary movements using hypertrophy variables, such as walking lunges, leg extensions, dumbbell flies, and triceps extensions (3 sets of 8 – 12 reps with 1 min of rest).

#### **SEQUENCING EXAMPLE FOR Muscular Strength**

Hypertrophy (supersets) → Muscular strength → Hypertrophy (drop sets)  
→ Muscular strength (accommodating resistance)

**4) Muscular Power:** Emphasis of this phase is on explosive movements, developing force as quickly as possible, and is accomplished by moving loads as quickly as possible. Exercises traditionally utilized in the power phase include traditional barbell Olympic style lifts (the snatch and the clean and jerk) and plyometrics. Training for power is typically performed with standard exercise order with low reps (3-6 reps) and longer rest.

**SEQUENCING EXAMPLE FOR MUSCULAR POWER GOAL**

Hypertrophy (negatives) → Muscular strength → Muscular power  
→ Muscular strength (accommodating resistance)

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McLeod Sports Medicine  
2439 Willwood Dr.  
Florence SC, 29501  
(843) 777-5139

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