

Program Architecture



- ▶ Structure of the program that can include
 - ▶ Overall Layout, exercise order
 - ▶ Exercise and body part pairings, and order
 - ▶ Set and rep schemes
 - ▶ Specialty set methods

Effort and Volume Distribution

- ▶ **Front Loading**
 - ▶ Placing greater volume/effort per exercise, body part or systemic stimulus at the beginning of the workout
- ▶ **Back Loading**
 - ▶ Placing it at the end of the workout
- ▶ **Balanced Loading**
 - ▶ Evenly distributing volume/effort per exercise, body part or systemic stimulus

Front Loading

- ▶ Prioritizes by both order and effort/volume
- ▶ Highest effort/volume when fresh
- ▶ Fatigue from front loading can increase the impact on what is trained later in the session.
 - ▶ Can be overwhelming for some and they coast through the remainder of the session
 - ▶ Can be motivating for others because the hardest part of the session is complete.
 - ▶ Some may be more likely to skip the end of the session if that is where lower priority things are. (This could be good/bad).
- ▶ More efficient for people that need little preparation to be dialed in for higher efforts/intensity, or those who like to focus on their priorities first.

Back Loading

- ▶ Can minimize the impact of overall fatigue with less prioritization.
 - ▶ Lower effort/volume things are trained early which should have less fatigue impact on the later part of the session.
 - ▶ The early part of the session can serve as a warm/ramp up for the rest of the session.
 - ▶ This can be better for people that want/need more time to get dialed in for the session.
- ▶ Can be overwhelming for people that are focused on how much they have left and are dreading still having to do the hard part.
- ▶ Can be motivating for people when they get to the harder part of the session because they know they can empty the tank/full send and then there is nothing left to do after.
- ▶ If a person has a time constraint that sometimes causes them to cut a session short, they may miss out on some of the more important training.
- ▶ Can be motivating for those that struggle to put in effort on lower priority training at the end of a session if you put some of the priority things at the end.

Balanced Loading

- ▶ Pacing of the session becomes more important here to maintain a balance. (Effort/time)
 - ▶ Can be harder to keep balance if you have logistical or exercise selection limitations
- ▶ No part of the day is significantly easier or harder, but fatigue still is a factor as you get later into the session.
 - ▶ Can still prioritize with order.

Stimulus > Distribution

- ▶ When putting a program together it's more important that your exercise order works for your stimulus goals and the synergy of the program than front/back loading effort.
- ▶ There can be an inherent pre/post exhaust style to a session depending on the split and exercise selection.
 - ▶ For example a upper push day, presses vs isolated shoulder and elbow motions.

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Program Architectures

What is an architecture?

- Framework, Format and/or Structure for Training Systems
- Basically a template that has a specific function
- NOT a program “goal”, an architecture may be applied to several stimuli depending on the archetype & training variables chosen within it
 - Hypertrophy, strength, fat loss are not architectures
 - Stimuli are also not architectures either, because there are many ways to go about achieving a stimuli with
 - The exception is systemic because it is a way of arranging exercises and training variables. Don't get lost in names though because there is a lot over overlap and blending that can occur. The categories are just a way to organize our thoughts.

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Relevance of Training Architecture

- Creates an Organized template to work individual progressions & regressions
- Determines the Training Systems you will use to achieve the stimuli
- Allows for greater assessment of program attributes and progress

Architectures Examples

○ Systemic

○ Systemic + Local AMPK Hybrids

○ Incomplete Rest Methods

○ Extended Sets Methods

○ Supersets/Pairing 2 exercises

○ Tri-Sets

○ Giant Sets 4+

○ Ascending Load

○ Descending rep

○ German Volume Training

○ Cluster Sets

○ Wave Loading

○ Eccentric Overload Methods

○ Hepburn Method

○ Contrast Training

○ Tension AMPK Hybrids

○ Volume/Frequency Hybrids

○ Full De-load

○ Neuro/tension Focused Metabolic
De-load

○ Local Metabolic focused Neruo De-load

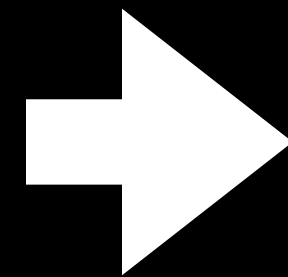
○ Metabolic Focused Volume De-load

What is an Archetype?

- ▶ Archetypes are variations or sub groups within an archetype.
- ▶ For examples how many methods are there to vary supersets?
 - ▶ Rest: zero, incomplete, complete
 - ▶ Rep Ranges (heavy light)
 - ▶ Pre, Post Exhaust
 - ▶ Same mg, synergist, antagonist, non competing
- ▶ Again, don't get lost thinking the categorization system in physiological, it just organizational.

Architecture

Full Body Systemic



Archetypes

1. Compound Only
2. Compound Dominant
3. High Variation
4. Big Small
5. Front Loading
6. Back Loading
7. Timed Sets
8. Full body Giant Sets

An architecture will have several archetypes.

There may be a certain degree of crossover between archetypes

Archetypes

- You may progress from one archetype to another within the same program.
- Changing Architecture likely qualifies as a new program, not a progression*
 - There are exceptions (full body to half body), Ascending load to descending rep
- Archetypes serve both as a tool to accomplish the physiological goal, but also a way to add more mental variety, progressions & regressions, for the same stimulus.
- You want to choose the archetype the fits all the individuals criteria and accomplishes the stimulus in the most efficient way possible for that individual