



Strength Academy

Day 1

9:00- 9:30	Introduction, House rules, official business
9:30- 10:15	The Basics <ul style="list-style-type: none">- Terminology- Parameters to pay attention to when looking at strength gains.- Understanding and mastering the basics first
10:30 - 11:45	Defining: Strength, Power, Speed <ul style="list-style-type: none">- Absolute and Maximal strength: what does it really mean to you as personal trainer or strength coach.- Where does "Relative Strength" fit in all of this.- Common denominator to all 3 strength qualities- Interrelation between maximal strength and lean mass- Interrelation between maximal strength and speed- Interrelation between maximal strength and power- Interrelation between maximal strength and flexibility
11:45 - 12:00	Break (get ready to train)
12:00 - 12:45	Training1 (Practical overview of key Strength training systems, Arms)
12:45 - 14:00	Lunch
14:00 - 14:30	Proven strength training system to use with general population <ul style="list-style-type: none">- what works, what does not work- what to be aware when training beginners- most common mistakes
14:40 - 15:45	Workout sequencing (Part 1) <ul style="list-style-type: none">- How to write your short term periodization training programs. Planning the results you need and are look for.
16:00 - 17:00	Training 2 (Practical overview of key Strength training system, Lower)
17:00 - 17:30	Quick Review / Feedback, homework



Strength Academy

Day 2

- 9:00- 9:15 Review of previous day, question period.
- 9:15 - 9:45 Homework review and feedback
- applying what we have learned from day 1 to the next level of writing training programs.
- Overview of how I write workouts for strength gains general population
- 10:30 - 11:15 Writing your workouts sequencing (Part 2) for advance trainee/ athletes.
- how to write your short term periodization for clients with older training age or your high performance athletes.
- what are the training parameters to look for?
- using “advance” training system influencing more significant; strength/speed/power gains
- 11: 30 - 12:30 Training (Practical overview of key Functional Hypertrophy to help develop strength - Lower Body)
- 12:45 - 14:00 Lunch
- 14:00 - 16:00 Making sense of the multitude training system out there.
How to write your workouts for advance trainee (Part 3)
-Training for Speed <<>>Training for Power
- what are the parameters to look for
- are there training systems specific for training each strength quality?
- what is the true difference between training Speed and Power
Plyometric how important are they
- what is it exactly, why and how do you need to train them
- how to incorporate them in your training
Factors to pay attention to
- Rest / Recovery
- Food / Supplements
- “Green flags” and “Red flags”
- 16:15 - 17:15 Training - Practical overview of key exercise and training parameters of training speed or power and everything in between.



Strength Academy

Day 3

- 9:00- 9:30 Homework review and feedback
- applying what we have learned from day 1 to the next level of writing training programs.
- 9:30 - 11:20 How to best prevent injuries:
Introduction to structural balance evaluation I use most.
- Movement screening assessment and what they tell you
- how I design my programs from the movement screening assessment.
Post injury/operation training
- How to train someone after their rehabilitation (physio) is done.
- important steps from rehab to full strength and R.O.M. recovery.
- what are the signs to look for to create proper progress
- what are the signs telling you the program is not conducive to improvement.
- 11: 30 - 12:45 The “post rehab” training system I use the most for my client coming back from an injury or post operation training.
- 12:45 - 14:00 Lunch
- 14:00 - 14:50 Energy system for fat loss or athletic performance
- terminology, definition, types of energy systems.
- parameters and principals and how to manipulate them when writing your energy system training programs.
- 15:00 - 15:45 How to develop and periodize great energy system training for optimal results using,
- typical cardio equipment
- outside activity (running, cycling....
- resistance training equipment (everyday resistance training equipment)
- modified strongman training (your most common one in commercial gym)
- 16:00 - 17:00 Training - Practical overview of Applied modified strongman
- training for energy system development
- training for strength
- 17:00 - 17:30 Review/ Feedback and Rap up.