

Loading Parameters

- Strength
 - 70-100% 1rm
 - 2-4 sets
 - 1-4 reps
- Generally stay between 85 and 95%
- Use <85% on light/high volume days with special methods (eccentric/isometric)
- Special methods include accentuated eccentrics and pause reps
- Autoregulate volume

Loading Parameters

- Strength Weekly Set Up
 - Two variants
 - Cal Deitz
 - Texas Method

Loading Parameters

Cal Deitz	Intensity	Volume
Monday	Moderate	Moderate
Wednesday	Hi	Lo
Friday	Lo	Hi

Texas Method	Intensity	Volume
Monday	Moderate	Moderate
Wednesday	Lo	Lo
Friday	Hi	Lo

Loading Parameters

- Power
 - 55-80%
 - 4-6 sets x 2-5 reps or
 - 6-10 sets x 2-3 reps
- Use CAT
- Eye can determine special methods for upcoming cycle
- Special methods include drop-catch-hold (DCH) and Drop-Catch-Explode (DCE)

Loading Parameters

- Velocity/Peaking
 - 25-55%
 - 3-5 sets
 - Reps based on time to target specific energy system
 - One day use shorter times than required in sport
 - One day use times = to sport demand
 - One day use longer times than sport demand
 - Use CAT or DCE

Loading Parameters

- For Power and Velocity/Peaking
 - Use Deitz layout

Cal Deitz	Intensity	Volume
Monday	Moderate	Moderate
Wednesday	Hi	Lo
Friday	Lo	Hi