

## Heavy Metal Strength

### Types of programming methods utilized for training:

**Linear Progression/Progressive overload:** This is also known as the Western Periodization model. In a nutshell, this type of periodization is usually where the training cycle starts with low intensity and high volume; progressively the intensity increases, and subsequently the volume decreases. As the reps decrease, the weight used (intensity) increases in each successive cycle, which will generally last 3 to 4 weeks. This is one of the most commonly used training methods and can be great for anyone when implemented properly. What's great about this type of model is that there is more than one way to measure and make progress other than just adding more weight to the bar.

**Non-Linear or undulating periodization:** This is a type of periodization model that uses a non-linear progression for reaching an end goal. The key to this type of training is to manipulate training variable often by frequently adjusting the amount of load used in training. This can be done workout by workout, daily, or even weekly. Undulating periodization means training volume and overall intensity are increased or decreased constantly. An example of this would be having a high intensity day, followed by a medium day, which would then be followed by a lighter intensity day. Again, this can also be done on a weekly basis.

**The Conjugate Training Method:** The word conjugate literally means to couple, or to pair. What we are doing in this type of training method is taking multiple qualities of strength, otherwise known as special strengths and training them simultaneously at the same time. This is typically achieved through combining the Max effort method, the dynamic effort method, and the repetition effort method. The idea here is to train and maintain multiple qualities of strength within a week's time. In other words, you are training with a high intensity day at 90% or above, or you are training with a moderate load to improve strength speed, or speed strength, and lastly you are training in moderate to higher rep ranges to try to induce some kind of muscle hypertrophy. When doing this type of training the first thing to take into consideration is the training and experience level of the individual using the program. Typically adjustments are made to accommodate the level of experience the client has when designing the training cycle.

**Hypertrophy Style training:** This particular type of training is not geared solely toward increasing strength, though that is sometime an added benefit. In this type of training we are most concerned with achieving an increase in the size of a muscle. This is achieved multiple ways such as through mechanical tension, metabolic stress, and protein/muscle breakdown. In

this type of training there is no magical rep range to make the results happen. The best way to achieve the end goal is through consistency, an ability to isolate muscle well, and a well rounded nutritional program.

Other types of training offered include Triphasic training, 5-3-1 style training, concurrent training, block periodization, tier system training, and many more.

The thing to keep in mind when it comes to choosing a training model is that there will always be more than one way to achieve a goal, whether it be strength, aesthetics, just wanting to feel and move better, or strictly athletic performance. The idea is to figure out which model works best for you and your lifestyle, as well as what is going to keep you interested in your training.

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