



Base Training Programs

Practical Program Design Mastery

BUILDING MUSCLE
WITH A PURPOSE

**STRENGTH
ZONE
TRAINING**
TM

What Do these Programs Consist Of?

3 Total Phases:

1. Muscle Base Phase
2. Strength Base Phase
3. Power Base Phase



When to Use These Programs

Muscle Base Phase:

- If you've finished the Beginner 123 programs.
- If you've been regularly using a moderate level of resistance training.

Strength Base Phase:

- If you've finished the muscle-base program.
- If you've been regularly using bodybuilding-style training methods.

Power Base Phase:

- If you've finished the strength-base program.
- If you've been regularly lifting heavy loads.



What Comes After Finishing the Programs?

- Once all workouts in all three phases have been completed, move on to using the SPE programs on an ongoing basis.



How to Use these Programs

Workout
Guidelines



What Does Each Phase Consist of?

- **Each phase involves alternating between:**
 - *Day A1*
 - *Day B1*
 - *Day A2*
 - *Day B2*
- You'll perform each day three times through.
- Each phase consists of twelve total workouts.



Wants and Needs

- In each phase, the first exercise in each Tri-set of each workout remains consistent to help you achieve competency in those exercises.
- The other two exercises in each Tri-set in each workout are alternated to provide you with some movement variety to keep things interesting and help expand your movement vocabulary.
- The Warm-Up sequences also provide regular variety.



Exercise Variety vs. Consistency: The Best of Both

- Muscle hypertrophy is similar regardless of the training intensity and exercise variation. (1)
- Hypertrophy gains are mainly a product of volume.
- Constant intensity and varied exercise is more efficient to produce strength gains for physically active individuals. (1)
- To gauge your strength and power, you do need to do some exercises consistently in order to compare your numbers from previous workouts.
- While both programs (fixed and randomized) elicited similar improvements in muscular adaptations, it was varying exercise selection that had a positive effect on enhancing motivation to train. (2)



Weekly Training Frequency

- Train either twice, three times, or four times within a week.
- How often you train throughout the week depends on your fitness level, schedule and other physical activities.
- Perform the workouts for no more than two consecutive days without a rest day.



Twice Per Week

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Day 1 MUSCLE Base Day A: Workout 1	Day 1 MUSCLE Base Day A: Workout 2	Day 1 MUSCLE Base Day A: Workout 3	Day 1 MUSCLE Base Day A: Workout 4	Day 1 MUSCLE Base Day A: Workout 5	Day 1 MUSCLE Base Day A: Workout 6
Day 2 MUSCLE Base Day B: Workout 1	Day 2 MUSCLE Base Day B: Workout 2	Day 2 MUSCLE Base Day B: Workout 3	Day 2 MUSCLE Base Day B: Workout 4	Day 2 MUSCLE Base Day B: Workout 5	Day 2 MUSCLE Base Day B: Workout 6

Three Times Per Week

Week 1

Day 1

MUSCLE Day A:
Workout 1

Day 2

MUSCLE Day B:
Workout 1

Day 3

MUSCLE Day A:
Workout 2

Week 2

Day 1

MUSCLE Day B:
Workout 2

Day 2

MUSCLE Day A:
Workout 3

Day 3

MUSCLE Day B:
Workout 3

Week 3

Day 1

MUSCLE Day A:
Workout 4

Day 2

MUSCLE Day B:
Workout 4

Day 3

MUSCLE Day A:
Workout 5

Week 4

Day 1

MUSCLE Day B:
Workout 5

Day 2

MUSCLE Day A:
Workout 6

Day 3

MUSCLE Day B:
Workout 6

Four Times Per Week

Week 1

Day 1
MUSCLE Day A:
Workout 1

Day 2
MUSCLE Day B:
Workout 1

Day 3
MUSCLE Day A:
Workout 2

Day 4
MUSCLE Day B:
Workout 2

Week 2

Day 1
MUSCLE Day A:
Workout 3

Day 2
MUSCLE Day B:
Workout 3

Day 3
MUSCLE Day A:
Workout 4

Day 4
MUSCLE Day B:
Workout 4

Week 3

Day 1
MUSCLE Day A:
Workout 5

Day 2
MUSCLE Day B:
Workout 5

Day 3
MUSCLE Day A:
Workout 6

Day 4
MUSCLE Day B:
Workout 6



Total Weeks Per Program

Training TWICE Per Week

- 6 weeks to complete *each phase*.
- 18 weeks to complete *all three phases*.

Training THREE Times Per Week

- 4 weeks to complete *each phase*.
- 12 weeks to complete *all three phases*.

Training FOUR Times Per Week

- 3 weeks to complete *each phase*.
- 9 weeks to complete *all three phases*.



(Active) Rest Days

- During your days off, you can do some low-impact activities, such as:
 - Going for long walks
 - Hikes
 - Bike rides
 - Swims
- Yoga can also be a great option for your active rest days.



Warm-Up

- Perform the entire Warm-Up sequence as written before each workout, regardless of the which Base Training phase you're currently on.



Finisher

- Perform the finisher provided as written on each Base Training phase program.
- Do not use the Finisher Sequences charts while using the Base Training programs.



Try to get 1% better each workout

- The principle of overload dictates that the training stress – based on frequency, intensity, and type of exercise as well as recovery processes – should exceed the training stress experienced during the previous workout. (3)
- Gradually keep improving your strength by trying to do 1% more than you did the previous week or workout.
- Prioritize doing this with the first exercise in each Tri-set.
- **During the duration of each workout program, accomplish this is by:**
 - Gradually using heavier loads, or
 - Performing more reps with the same load.



Rest Between Sets

- You can rest a bit longer than indicated between sets (if necessary) to complete the designated number of reps with good control.
- Always be conscious of total workout time.
- 55 mins max time for a workout session.



Adjusting the Amount of Sets

- You can increase the amount of sets on the upper-body only if needed to increase the workout challenge.
- Increases in sets on the lower-body tends to bring about soreness that seems to more negatively impact other life activities.
- You can also decrease the amount of sets on the lower-body for the first few workouts in each phase if soreness is an issue.



Train the Person, Not the Chart!

- After completing the first six total workouts in each Base phase, you can move directly to the Strength Base phase if:
 - 1) The workouts still feel fairly easy after you've increased the amount of sets on some exercises that are still completed in under 55 minutes.
 - 2) There is no post workout soreness.



Using the Muscle Base Phase

Workout
Guidelines



Muscle Base Program Goal

- The primary goal of this phase is to add a fatigue element to your training.
- Doing so familiarizes your body with reaching muscular failure and achieving a muscle “pump” in order to focus on adding muscle tissue and increasing connective-tissue strength.



Muscle Base Program Point of Emphasis (POE)

- A 2-3 seconds controlled eccentric (lowering) portion.
- Do the concentric (lifting) portion of each rep at a normal tempo.
- Mentally focus on the working muscles.
- Take each set near (within 2 reps of) or to technical failure.



Choosing the Weight on Each Exercise

- Use a weight load that allows you to achieve the indicated number of reps in each set—but no more.
- At the end of each set, you should not be able to perform any more reps than indicated while maintaining proper control and technique.



Using the Strength Base Phase

Workout
Guidelines



Strength Base Program Goal

- The primary goal of this phase is to familiarize your body with lifting heavier loads in order to increase motor unit recruitment and force output (i.e., strength).



Strength Base Program Point of Emphasis (POE)

For the first exercise in each Tri-Set:

- Perform the concentric portion (the lift) of the exercise with maximal force.
- Maintain control in the eccentric (lowering) portion of each rep.

For the rest of the exercises in each workout:

- Do the concentric portion of each rep at a normal tempo.
- 2-3 Second eccentric (lowering) portion of each rep.



Choosing the Weight on Each Exercise

For the first exercise in each Tri-Set:

- Use the heaviest weight load that allows you to achieve the indicated number of reps while keeping 1 to 2 reps in reserve.

For the rest of the exercises in each workout:

- Choose a weight that, at the end of each set, you should not be able to perform any more reps than indicated while maintaining proper control and technique.



Using the Power Base Phase

Workout
Guidelines



A Linear Programming Approach

Now that you've established muscular control in the break-in phase, added some new muscle and increased your connective-tissue strength in the muscle-base phase, and built on that foundation by increasing force production in the strength-base phase, you're ready to add the final component—improving the speed at which your muscles can produce force.



Power Base Program Goal

- The primary goal of this phase is to familiarize your body with performing fast, explosive movements by improving your rate of force production (i.e., power).
- Power = Strength x Speed



Power Base Program Point of Emphasis (POE)

For the first exercise in each Tri-Set:

- Perform the concentric portion (the lift) of the exercise as explosively as you can.
- Maintain control in the eccentric (lowering) portion of each rep.
- *Take-off like a cannon. Land like a butterfly.*

For the rest of the exercises in each workout:

- Do the concentric portion of each rep at a normal tempo.
- 2-3 Second eccentric (lowering) portion of each rep.



Choosing the Weight on Each Exercise

For the first exercise in each Tri-Set:

- Use a fairly light weight (or bodyweight) that allows you to achieve the indicated number of reps while remaining explosive throughout.
- The weight is too heavy if it:
 - Drastically decreases your jumping height from bodyweight.
 - You can perform at least 1-2 reps per second on band speed exercises.

For the rest of the exercises in each workout:

- Choose a weight that, at the end of each set, you should not be able to perform any more reps than indicated while maintaining proper control and technique.



References:

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