



Finishers

Practical Program Design Mastery

BUILDING MUSCLE
WITH A PURPOSE

**STRENGTH
ZONE
TRAINING**TM

What is a Finisher?

A (metabolic) finisher is an intense exercise or series of exercises performed at the end of the workout that's designed to ensure that you've burnt every last drop of gas from the tank.



How to Use the Finishers

- Use a different finisher sequence each week. (12-week cycle)
- ...Or, each month. (1 year cycle)
- Use the finisher that corresponds with the client's program (day).
- Use only with SPE programs.



3 Types of Finishers

Supramaximal Interval
Training
(SMIT)

Use on **Strength Day** for
no more than *10*
minutes.

Muscle Burn
Protocols
(MBPs)

Use on **Power Day** for no
more than *5 minutes.*

Metabolic Conditioning
Protocols
(MCPs)

Use on **Endurance Day**
for no more than *15*
minutes.

Undulated Strength & Conditioning

- The resistance-training portion of your SPE workouts uses primarily undulating periodization.
- This approach means that some resistance-training sessions take longer than others.
- The type of finisher (i.e., conditioning) you do corresponds to the set-and-rep scheme used in the preceding strength-training portion of the workout.



Benefits of this Finisher System

- Adds the training variety clients crave.
- Allows you to give a different workout experience while also providing consistency on the main portion of the workouts.
- Gives clients the challenging workout experience to feel like they had a great workout.
- Helps you leave knowing that you left it all on the gym floor and did what you could to ensure as effective a workout as possible.
- Challenges different energy systems for a more well-rounded fitness foundation.



Rest Intervals

- Rest as little as possible between sets of SMIT and MCPs.
- **The *Talk Test*:** If you can speak a full sentence as you normally would in a conversation, then you're in an aerobic state. But if you have to take a breath (or a few breaths) during a single sentence, then you're in an anaerobic state.
- Start the the round/set when you can speak a full sentence as you normally would.



Metabolic Conditioning Protocols (MCPs)

- A mix of conditioning and strength work.
- They require you to give strong effort for extended periods of time—which is exactly what power endurance is.



Muscle Burn Protocols (MBPs)

- A high volume (lighter-load) sequence of a group of exercises performed back-to-back.
- Adds more work-volume to areas that clients are often most interested in working on.



Supramaximal Interval Training (SMIT)

- HIIT involves interspersing high-intensity work (exercise) intervals performed at 100 percent of your V. O max with either active-recovery (i.e., low-intensity) phases or passive-recovery phases (e.g., standing or sitting fairly still).
- SMIT involves interspersing maximal-intensity (all-out) bursts of work (exercise) intervals performed at *more* than 100 percent of your V. O max with passive-recovery phases.
- VO2 max is just the maximum volume of oxygen you can consume and use. It is the level at which you cannot increase your intake of oxygen.
- SMIT worked better in improving shorter and longer distance performance than doing both HIIT and continuous running (1).



Reference:

1. Cicioni-Kolsky, D., C. Lorenzen, M.D. Williams, and J.G. Kemp. 2013. Endurance and sprint benefits of high-intensity and supra-maximal interval training. Eur J Sport Sci 13(3):304-11.

