



SPE Training Programs

Practical Program Design Mastery

BUILDING MUSCLE
WITH A PURPOSE

**STRENGTH
ZONE
TRAINING**TM

What Do these Programs Consist Of?

Each SPE Program Consists of:

1. A **S**trength focused day
2. A **P**ower focused day
3. An **E**ndurance focused day



When to Use These Programs

- If you've finished the Base Training programs.
- If you've been regularly lifting heavy loads and using power-based exercises.



What Comes After Finishing an SPE Program?

- Perform another, different SPE program.
- Use the SPE programming system on an ongoing basis.



How to Use these Programs

Workout
Guidelines



What Does Each Phase Consist of?

- You'll alternate between the following:
 - *Strength day*
 - *Power day*
 - *Endurance day*
- Each SPE program consists of 18 total workouts.
- 21 total workouts if you count the *Reload* workouts.



How Long Does Each Program Last?

- You'll perform each day in a given SPE program for 4 to 6 times through.
- You'll perform each SPE program for a total of 12 to 18 workouts.
- **These above numbers do not include *Reload* workouts.**
- The only reason to change to a new SPE program after 12 total workouts, instead of 18 total workouts, is simply based on individual preference.
- Change the program after four times through each workout instead of six times through if you need more variety to stay interested and motivated.



Reload Workouts

- The first time you do each workout in a program, it's considered a *reload* workout.
- **A reload workout is simply a lower-intensity version of the workout, which helps you stay active and acclimate yourself to the movements and sequencing of the new program you're starting.**
- Reloading allows you to use workouts in a way that doesn't fatigue you so you can actively recover between programs.
- Use the reload workouts to make any exercise substitutions needed based on how you respond to the exercises prescribed or to better fit your training environment.



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

RELOAD

Day 1

RELOAD Workout:
Combo of Strength Day and ½ Power Day

Day 2

RELOAD Workout:
Combo of ½ Power Day and Endurance Day

Week 2

Day 1

STRENGTH Day:
Workout 1

Day 2

POWER Day:
Workout 1

Week 3

Day 1

ENDURANCE Day:
Workout 1

Day 2

STRENGTH Day:
Workout 2

Week 4

Day 1

POWER Day:
Workout 2

Day 2

ENDURANCE Day:
Workout 2

Week 5

Day 1

STRENGTH Day:
Workout 3

Day 2

POWER Day:
Workout 3

Week 6

Day 1

ENDURANCE Day:
Workout 3

Day 2

STRENGTH Day:
Workout 4

Week 7

Day 1

POWER Day:
Workout 4

Day 2

ENDURANCE Day:
Workout 4

Week 8

Day 1

STRENGTH Day:
Workout 5

Day 2

POWER Day:
Workout 5

Week 9

Day 1

ENDURANCE Day:
Workout 5

Day 2

STRENGTH Day:
Workout 6

Week 10

Day 1

POWER Day:
Workout 6

Day 2

ENDURANCE Day:
Workout 6



Three Times Per Week

Week 1

RELOAD

Day 1

RELOAD Workout:
Strength Day

Day 2

RELOAD Workout:
Power Day

Day 3

RELOAD Workout:
Endurance Day

Week 2

Day 1

STRENGTH Day:
Workout 1

Day 2

POWER Day:
Workout 1

Day 3

ENDURANCE
Day: Workout 1

Week 3

Day 1

STRENGTH Day:
Workout 2

Day 2

POWER Day:
Workout 2

Day 3

ENDURANCE
Day: Workout 2

Week 4

Day 1

STRENGTH Day:
Workout 3

Day 2

POWER Day:
Workout 3

Day 3

ENDURANCE
Day: Workout 3

Week 5

Day 1

STRENGTH Day:
Workout 4

Day 2

POWER Day:
Workout 4

Day 3

ENDURANCE
Day: Workout 4

Week 6

Day 1

STRENGTH Day:
Workout 5

Day 2

POWER Day:
Workout 5

Day 3

ENDURANCE
Day: Workout 5

Week 7

Day 1

STRENGTH Day:
Workout 6

Day 2

POWER Day:
Workout 6

Day 3

ENDURANCE
Day: Workout 6

Four Times Per Week

Week 1

Day 1
RELOAD Workout:
Combo of Strength Day and ½ Power Day

Day 2
RELOAD Workout:
Combo of ½ Power Day and Endurance Day

Day 3
STRENGTH Day:
Workout 1

Day 4
POWER Day:
Workout 1

Week 2

Day 1
ENDURANCE Day:
Workout 1

Day 2
STRENGTH Day:
Workout 2

Day 3
POWER Day:
Workout 2

Day 4
ENDURANCE Day:
Workout 2

Week 3

Day 1
STRENGTH Day:
Workout 3

Day 2
POWER Day:
Workout 3

Day 3
ENDURANCE Day:
Workout 3

Day 4
STRENGTH Day:
Workout 4

Week 4

Day 1
POWER Day:
Workout 4

Day 2
ENDURANCE Day:
Workout 4

Day 3
STRENGTH Day:
Workout 5

Day 4
POWER Day:
Workout 5

Week 5

Day 1
ENDURANCE Day:
Workout 5

Day 2
STRENGTH Day:
Workout 6

Day 3
POWER Day:
Workout 6

Day 4
ENDURANCE Day:
Workout 6

Total Weeks Per Program (with Reload)

Training TWICE Per Week

- 7 Weeks to complete *four* times through each workout.
- 10 Weeks to complete *six* times through each workout.

Training THREE Times Per Week

- 5 Weeks to complete *four* times through each workout.
- 7 Weeks to complete *six* times through each workout.

Training FOUR Times Per Week

- 5 Weeks to complete *six* times through each workout.
- *Here, always perform all six times through each workout.*



(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.



SPE Program Overview

Strength Day	Power Day	Endurance Day
Warm-Up (10 mins max)	Warm-Up (10 mins max)	Warm-Up (10 mins max)
Get Warm - Get Loose - Get Athletic	Get Warm - Get Loose - Get Athletic	Get Warm - Get Loose - Get Athletic
Strength Tri-Set #1 (12 mins max)	Power Tri-Set #1 (15 mins max)	Endurance Tri-Set #1 (10 mins max)
Hip Hinge or Knee Bend 3x 10-15 Compound or Isolation 2 x 10-15 Compound or Isolation 2 x 10-15	Hip Hinge or Knee Bend 4x 4-8 Compound or Isolation 3 x 8-15 Compound or Isolation 3 x 8-15	Hip Hinge or Knee Bend 2x 20-30+ Compound or Isolation 3 x 8-20 Compound or Isolation 3 x 8-20
Strength Tri-Set #2 (12 mins max)	Power Tri-Set #2 (15 mins max)	Endurance Tri-Set #2 (10 mins max)
Pull 3x 10-15 Compound or Isolation 2 x 10-15 Compound or Isolation 2 x 10-15	Pull 4x 4-8 Compound or Isolation 3 x 8-15 Compound or Isolation 3 x 8-15	Pull 2x 20-30+ Compound or Isolation 2 x 12-20 Compound or Isolation 2 x 12-20
Strength Tri-Set #3 (12 mins max)	Power Tri-Set #3 (15 mins max)	Endurance Tri-Set #3 (10 mins max)
Push 3x 10-15 Compound or Isolation 2 x 10-15 Compound or Isolation 2 x 10-15	Push 4x 4-8 Compound or Isolation 3 x 8-15 Compound or Isolation 3 x 8-15	Push 2x 20-30+ Compound or Isolation 2 x 12-20 Compound or Isolation 2 x 12-20
Finisher (10 mins max)	Finisher (5 mins max)	Finisher (15 mins max)
Supramaximal Interval Training (SMIT)	Muscle Burnout Protocol (MBP)	Metabolic Conditioning Protocol (MCP)

SPE: Resistance Training

- Each workout consists of three Tri-Sets.
- Each Tri-set consists of one *Main* exercise, which is in **bold** font.
- There are three main exercises in each workout, which are performed first in each Tri-Set.
- The remaining six exercises in each workout are considered secondary exercises.



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 cardio conditioning you do corresponds to the set-and-rep scheme used in the preceding strength-training portion of the workout.



Total Resistance Training Time

Strength Day

- 3 sets of the three main exercises and 2 sets of the secondary exercises.
- 36 minutes total time

Power Day

- 4 sets of the three main exercise and 4 sets of the secondary exercises.
- 45 minutes total time.

Endurance Day

- 2 sets of the three main exercise and 3 sets of the secondary exercises.
- 30 minutes total time.



Finisher

Perform the entire Finisher sequence as written that corresponds with the particular day you're currently on:

- On **Power** days when you spend the most time on the strength-training portion—the workouts with the most sets (e.g., four per main exercise)—you use a Finisher that takes the least time to complete.
- On **Endurance** days when you do the fewest sets (e.g., two per exercise)—which is where you spend the least time on resistance training—you perform a finisher that takes the longest to complete.
- On **Strength** days when you do three sets per main exercise, you use a Finisher that requires a moderate amount of time to complete.
- On **Power** days, you can omit the finisher if needed to finish the workout session in the 55 minute time-frame.



Wants and Needs

- The resistance training exercises remain the same throughout each program to help you achieve competency and improve performance in those exercises.
- The Warm-Up sequence is varied on a weekly basis to provide regular variety.
- The Finisher sequence is also varied on a weekly basis to provide even more training variety.



Try to get 1% better each workout

- On the Main (bold) exercises; gradually keep improving your performance by trying to do 1% more than you did the previous week or workout.
- **During the duration of each workout program, accomplish this is by:**
 - Gradually using heavier loads, or
 - Performing more reps with the same load or within the same amount of time.



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!**



Using the Strength Day

Workout
Guidelines



Strength Day Goal

- The primary goal of this day is to improve your overall strength and hypertrophy.



Strength Day Point of Emphasis (POE)

For the first exercise in each Tri-Set:

- 3 second eccentric lowering on each rep.
- Mentally focus on the working muscles and flex at the end of the concentric portion of each rep.
- Take at least one set to technical failure.

For the rest of the exercises in each workout:

- Come within 1 to 2 reps of technical failure.
- Avoid full technical failure.



Rep Tempo

For the first, Main (**bold**) exercise in each Tri-Set:

- A 2-3 seconds controlled eccentric (lowering) portion.
- Do the concentric (lifting) portion of each rep at a normal tempo.

For the rest of the exercises in each workout:

- Do the concentric portion of each rep at a normal tempo.
- Do the eccentric (lowering) portion of each rep with control.

Choosing the Weight on Each Exercise

- Use a weight load that allows you to follow the POE and rep tempo guidelines for the primary and secondary exercises while maintaining proper control and technique.



Using the Power Day



Workout
Guidelines



Power Base Program Goal

- The primary goal of this phase is to improve your rate of force production (i.e., power).
- Also to improve overall hypertrophy.



Power Day Point of Emphasis (POE)

For the first, Main (**bold**) exercise in each Tri-Set:

- Jumps and Throws:
 - Perform the concentric portion (the lift) of the exercise as explosively as you can.
 - *Take-off like a cannon. Land like a butterfly.*
- Speed Exercises:
 - Perform the entire rep as fast as you can while avoiding the lockout.

For the rest of the exercises in each workout:

- Avoid technical failure within 1-3 reps at the end of each set.



Tempo

For the first exercise in each Tri-Set:

- Perform the concentric portion (the lift) of the exercise as explosively/fast as you can with control.
- 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

- Use a weight load that allows you to follow the POE and rep tempo guidelines while maintaining proper control and technique.

For the first, Main (**bold**) 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.



Using the Endurance Day

Workout
Guidelines



Endurance Day Goal

- The primary goal of this day is to improve your muscular endurance and resistance to fatigue.
- Also to improve overall hypertrophy.



Endurance Day Point of Emphasis (POE)

For the first exercise in each Tri-Set:

- Perform several reps in each set while under some fatigue.
- Go beyond failure.

For the rest of the exercises in each workout:

- Reach technical failure at the end of each set.



Rep Tempo

For all exercises in each Tri-Set:

- Do the concentric portion of each rep at a normal tempo.
- Do the eccentric (lowering) portion of each rep with control.



Choosing the Weight on Each Exercise

- Use a weight load that allows you to follow the POE and rep tempo guidelines while maintaining proper control and technique.

