Powerlifting Programs Repository

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Repository URL: https://github.com/JoshRedVillage/powerlifting-programs

# Introduction

Digital curation and preservation involve the active management of digital content over time to ensure its accessibility, usability, and authenticity. In an era where knowledge and resources increasingly exist in digital form, curation helps prevent loss, disorganization, and obsolescence.  
  
For this project, I created a GitHub repository focused on preserving powerlifting programs. This information setting was chosen because structured training programs are highly valuable to athletes and coaches, yet they are often scattered across forums, PDFs, and videos. By curating a collection in a public repository, I aimed to organize, describe, and present these programs in a way that makes them easy to access, use, and adapt.

# Items or Data Preserved/Curated

The repository preserves structured training programs for powerlifting, each stored in markdown format for readability and flexibility. The content includes beginner, intermediate, and advanced-level programs, formatted as weekly splits with notes on progression, rest, and key lifts.  
  
Markdown was chosen for its simplicity and compatibility with GitHub’s preview interface. This format ensures users can view programs directly in the browser without downloading files. Long-term preservation of this information is supported by GitHub’s version control, public accessibility, and downloadable formats. Should GitHub’s availability change, these files can easily be exported and backed up elsewhere.

# Potential Users

This repository is intended for powerlifters, strength athletes, and fitness enthusiasts looking for structured, easy-to-follow training programs. It may also benefit coaches, personal trainers, and beginners who want a place to start.  
  
Users can access the information freely through the public GitHub link. The programs are available to read online or download for offline use, and because they’re stored in markdown, they’re easy to customize or adapt.

# Software/Tool Used

I used GitHub to build and host this repository. GitHub is a widely used version control platform that allows easy file organization, public sharing, and collaborative editing.  
  
I selected GitHub because of its user-friendly interface, built-in support for markdown, and long-term stability as a platform. It also enables metadata to be included directly in documentation, such as README files or CSVs, and makes it simple to track changes over time.

# Metadata Fields

Each item in the repository includes the following metadata fields:  
  
• Title – The name of the program.  
• Author – The creator of the program.  
• Date Created – When the item was added to the repository.  
• Description – A brief summary of the program's structure and focus.  
• File Type – The format of the file (e.g., .md for markdown).  
• Tags – Keywords that describe the training goal or audience (e.g., beginner, peaking, full-body).

# Copyright

All content in the repository was created by me and is original. No copyrighted materials were used.  
  
Users are encouraged to cite the repository when referencing or adapting a program. Since the materials are open access, they may be reused or modified with attribution.

# Workflow and Maintenance

I started by planning the types of programs I wanted to include and drafted them in markdown files. These were organized into folders based on training phase or user level (e.g., beginner, peaking). Each file was described using metadata in the README.  
  
Ongoing maintenance would involve checking for broken links, adding new programs periodically, or refining metadata fields if user feedback suggested improvements. Since this is a lightweight project hosted on GitHub, there are no direct costs or budget needs at this time.

# Conclusion

Since the original proposal, I’ve expanded the scope and added more structure to the repository than initially planned. I actively applied digital curation practices by thinking through metadata, long-term usability, and public access. The process helped me understand the value of organizing even small personal projects in a way that benefits both myself and others. I now have a useful resource that I can continue to grow.

# References

GitHub. (n.d.). About repositories. Retrieved from https://docs.github.com/en/repositories  
Lazorchak, B. (2011). Digital Preservation, Digital Curation, Digital Stewardship. Library of Congress. https://blogs.loc.gov/thesignal/2011/08/digital-preservation-digital-curation-digital-stewardship-what%E2%80%99s-in-some-names/

# Appendix

Below is the metadata for each item in the repository:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Title | Author | Date Created | Description | File Type | Tags |
| Beginner 5x5 Program | Josh Villarojo | 2025-05-04 | Linear full-body program for beginners | .md | beginner, strength |
| Peaking 6-Week Cycle | Josh Villarojo | 2025-05-04 | Short-term peaking block for meet prep | .md | peaking, advanced |
| Full-Body 3-Day Split | Josh Villarojo | 2025-05-04 | Hybrid strength and hypertrophy plan | .md | general, full-body |
| Intermediate Block Periodization | Josh Villarojo | 2025-05-04 | 12-week cycle: hypertrophy, strength, power | .md | intermediate, periodized |
| Conjugate Method Outline | Josh Villarojo | 2025-05-04 | Advanced max/dynamic effort template | .md | conjugate, rotation |