## **Step 1: Assess and Set Goals**

### **Goal Setting**

Define the primary goal:

* **Strength development and muscle growth**
* **Fat loss**
* **General fitness and health improvement**

**→**either ways the same periodization model but adding Cardio if the primary goal is fat loss

## **Step 2: Determine the Training Frequency and Split**

The training split will depend on the individual’s time availability and goals.

### **Choose Training Frequency**

* **2 days per week:** 2Full Body OR specific to what part of the body they want to focus on.
* **3 days per week:** either 1 upper body, 1 lower Body and 1 Full-body day OR 3 Full Body days
* **4 days per week:** Upper/Lower split
* **5–6 days per week:** Upper/Lower split and Full Body OR muscle group-focused split

### **Recovery Days (are not included in the training days)**

Ensure at least 1–2 rest days for recovery for a muscle group, especially if training intensity is high.

**Step 3: Define Training Phases**

Linear periodization progresses from **high volume, low intensity** to **low volume, high intensity** across phases.

### **3.1. Typical Phases of Linear Periodization**

1. **Phase 1: Hypertrophy/Endurance (Weeks 1–4)**
   * Reps: 10–15
   * Intensity: 60–70% of 1RM
   * Goal: Build a foundation of muscle and endurance.
2. **Phase 2: Strength/Hypertrophy (Weeks 5–8)**
   * Reps: 8–10
   * Intensity: 70–80% of 1RM
   * Goal: Transition towards building strength while maintaining hypertrophy focus.
3. **Phase 3: Strength (Weeks 9–12)**
   * Reps: 4–6 or 6-8
   * Intensity: 80–90% of 1RM
   * Goal: Maximize strength gains in compound movements.
4. **Phase 4: Peaking/Max Strength (Weeks 13–16)**
   * Reps: 1–3 or 4-6
   * Intensity: 90–100% of 1RM
   * Goal: Test max strength and peak performance.

### **3.2. Duration of Each Phase**

* Each phase typically lasts **4–6 weeks**. Adjust based on progress and feedback from the trainee.
* Allow for a **deload week** between phases to reduce fatigue but only for a**dvanced lifters!**

## **Step 4: Calculate Volume and Intensity**

To design a personalized plan, calculate approximate **total volume** and **intensity** for each phase.

### **4.1. Volume Calculation Formula**

Volume=Sets×Reps×Weight

* **Hypertrophy Phase:** High volume (12–20 sets per muscle group per week)
* **Strength Phase:** Moderate volume (10–15 sets per muscle group per week)
* **Peaking Phase:** Low volume (6–10 sets per muscle group per week)

### **4.2. Intensity Progression**

* **Hypertrophy Phase:** 65–75% of 1RM
* **Strength Phase:** 75–85% of 1RM
* **Power:** 85-95% of 1 RM
* **Peaking Phase:** 90%+ of 1RM

## **Step 5: Select Exercises (see exercise library for more detail)**

Choose exercises that align with the trainee’s goals and experience level. Prioritize compound lifts, supplemented with isolation exercises.

* each day should consist between 4 to 7 exercises max depending on their split
* Full Body days: 5-6 exercises
* Split days: 4-5 exercises
* **additionally each training day** should have:
* at least 1-2 compound exercise **(A series)** for their specific focus
* 1 single joint exercise **(B series)**

- 1-2 Isolation exercises (B-C series)

- 1-2 Core exercises (D series) or depending on their weaknesses.

→ more exercises if they have more time (60 min)

### **5.1. Compound Exercises (A Series)**

* Squat, Deadlift, Bench Press, Overhead Press, Pull-Ups, Rows
* Prioritize these exercises in the **A-series** (first in the session) with higher intensity
* so in any program you always want them to be first before going over to the B or C series

### **5.2. Accessory Work (B and C Series)**

* Focus on hypertrophy and injury prevention (e.g., lunges, lateral raises, Bicep curl...).
* Use higher rep ranges (8–15 reps) for accessory movements.

### **5.3. Functional and Recovery Work (D Series)**

* Include mobility work, conditioning, and core exercises for balanced development.
* Adjust based on the trainee’s weaknesses or recovery needs.

Every time a phase is completed, the compound movement will stay the same or similar movements and accessory movements will be switched by another that targets the same muscle group, either the exercise itself, or give another variation. For example, machine Lat pulldown wide grip, for machine Lat pulldown neutral grip.

## **Step 6: Plan Progression and Overload**

Progressive overload ensures continual progress by increasing the training stimulus over time.

### **Deload Guidelines**

Reduce volume by 50% while maintaining intensity at 60–70% of 1RM.

### **6.1. Method of Progressive Overload**

* **Increase Load:** Add weight (e.g., 2.5–5% every 1–2 weeks).

**When to increase weight? performance indicator**

* **reps completed**: Did they hit the top of the given rep range?
  + Example: In a range of **8–10 reps**. 10 reps completed→ increase weight by 5-10%
  + completing 8 reps only→ stick to the same weight
  + Feeling like they could do much more than 10, increase by 10%
  + completing 6 or reps only, decrease weight by 5%
* Increase by 5–10% for compound lifts, 2.5–5% for isolation.
* metrics:

**RIR scale: Number of reps you could do beyond what you completed:**

* **0 RIR**: All-out effort. No reps left in the tank (max effort)= keep same weight
* **1 RIR**: You could do 1 more rep before failing= 5% increase next time
* **2 RIR**: You could do 2 more reps before failure= 10%
* **3+ RIR**: Still far from failure; not pushing maximum effort= 10-15%.

**Example Linear Periodization Program Summary**

| **Phase** | **Reps** | **Intensity (% of 1RM)** | **Sets per Muscle Group** | **Focus** |
| --- | --- | --- | --- | --- |
| **Phase 1: Hypertrophy** | 10–15 | 60–70% | 12–20 | Build muscle and endurance |
| **Phase 2: Strength/Hypertrophy** | 8–10 | 70–80% | 10–15 | Transition to strength focus |
| **Phase 3: Strength** | 4–6 | 80–90% | 8–12 | Maximize strength |
| **Phase 4: Peaking** | 1–3 | 90–100% | 6–10 | Test max strength |