



STRATFIT

How to create a program using the

**Program Design Center™**

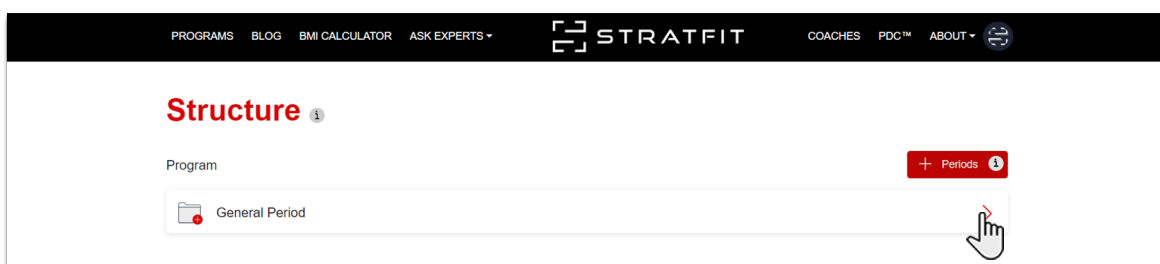
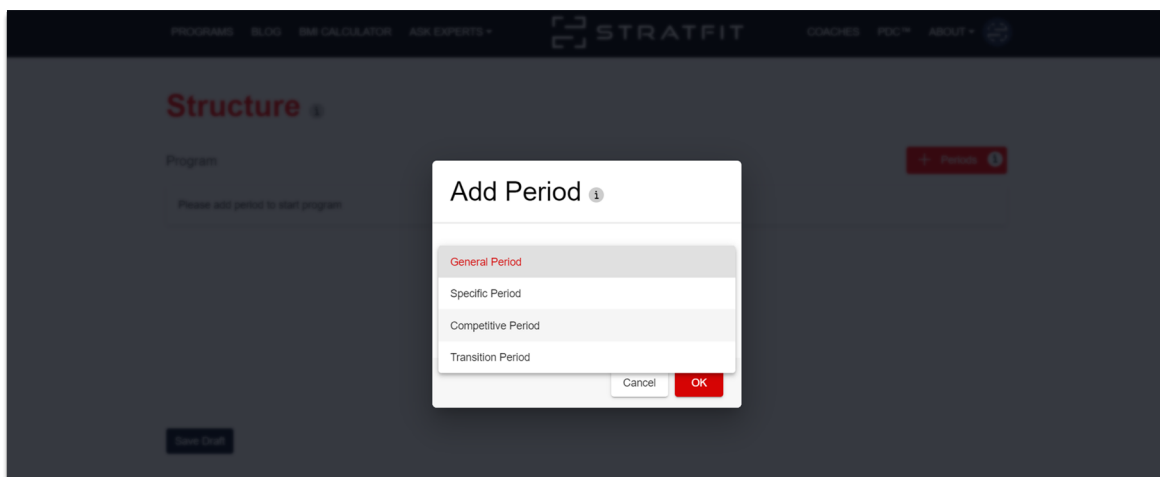
This document will provide you with a basic understanding for using the StratFit Program Design Center. In the PDC you can design and publish training programs which users can subscribe to in the StratFit Training App. The PDC is the ultimate technological tool for coaches and trainers. All that is required is your imagination and creativity.

**Step#1:** First, decide how many periods will be in your program.



Programs which are designed around serious athletic competition should include all period types in the standard order:

- General Preparation
- Specific Preparation
- Competitive (In-Season)
- Transition



## NOTE

1. If your program will simply have 1 or a few mesocycles which will simply loop continuously then you only need to have one (General) period.
2. Normally periods end with a recovery mesocycle.

**Step#2:** Next, decide what abilities you want to develop in each period. There should be one or two main abilities developed (or maintained in the competitive period) in any period with 1 to 3 sub abilities which are also trained. The main abilities will make up a higher percentage of the load than the sub abilities. Here are a few guidelines which normally apply:

- The Main ability(s) should be trained with a higher average potency than the sub abilities.
- As the period progresses the potency for all the abilities should increase, especially for the main ability(s).
- The potency of the main ability(s) for the period should peak at the end of the period setting the stage for success in the following one.

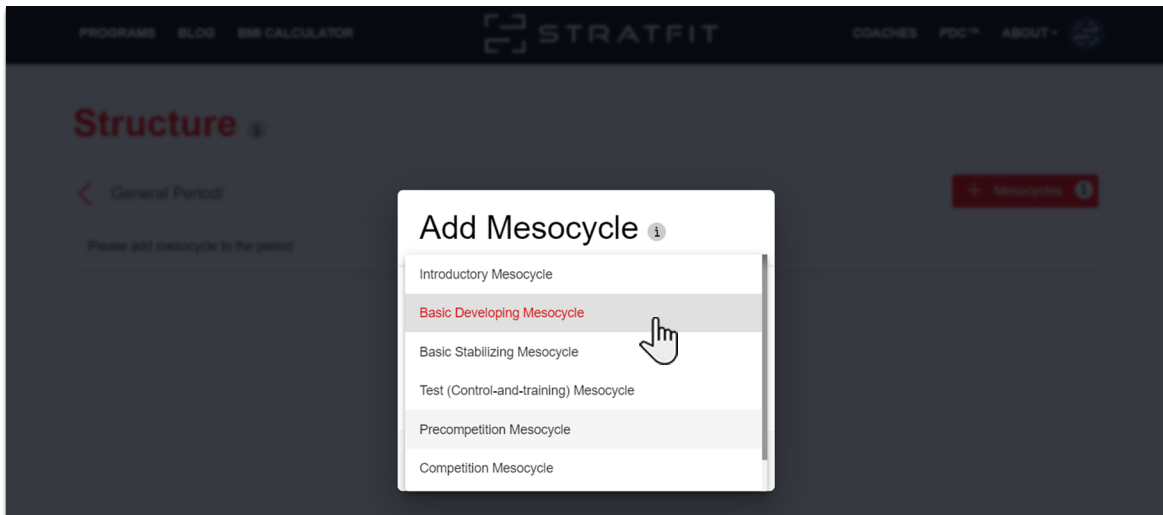
**Step#3:** Then, decide how many mesocycles are to be in each period.



- All Mesocycles should end with a Recovery Microcycle.
- Decide what the main ability(s) and sub abilities will be for each mesocycle.

## Note:

Each mesocycle in a period should set the stage for the next. For Example, if a high level of Strength-Speed is to be developed in Mesocycle 2, then a good foundation of Strength should be built in Mesocycle 1. In this case Strength would be the main ability of Meso 1 setting the stage to successfully transition into Strength-Speed being the main ability in Meso 2.

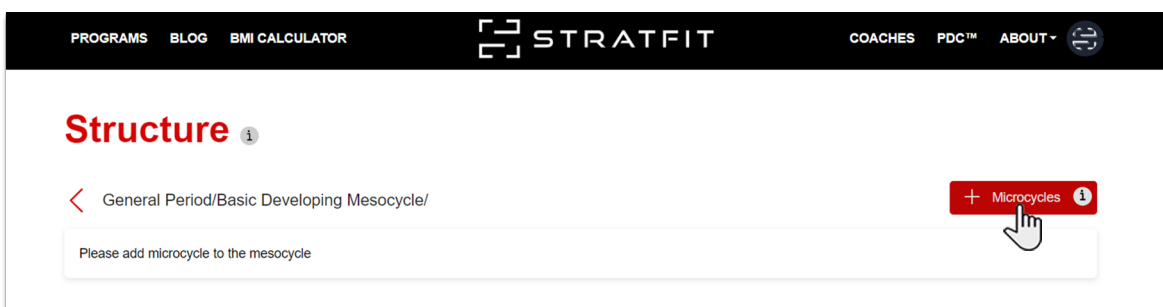


2. Often the same abilities are trained across all the mesocycles in a given period, with only the spatial forms being changed from mesocycle to mesocycle. For instance a three mesocycle strength progression could go:

- a) Meso 1: Illegally Wide Bench Press
- b) Meso 2: Floor Press
- c) Meso 3: Bench Press.

1. The purpose is to organize the spatial forms in a sequence so they progressively become more specific/potent for the overall purpose of the period, this helps to secure a performance peak.

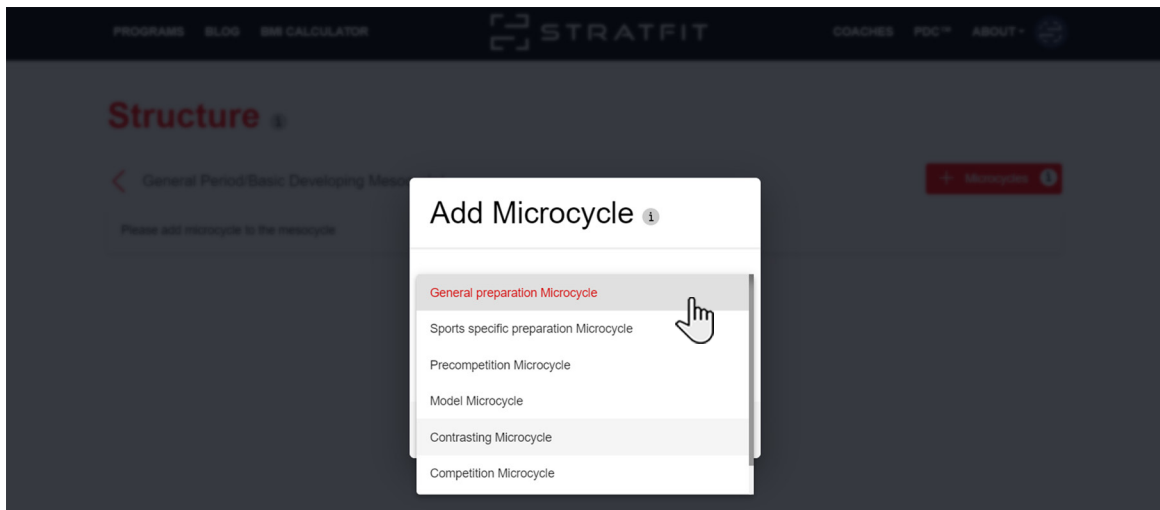
**Step#4:** Now, decide How many microcycles are to be in each mesocycle.



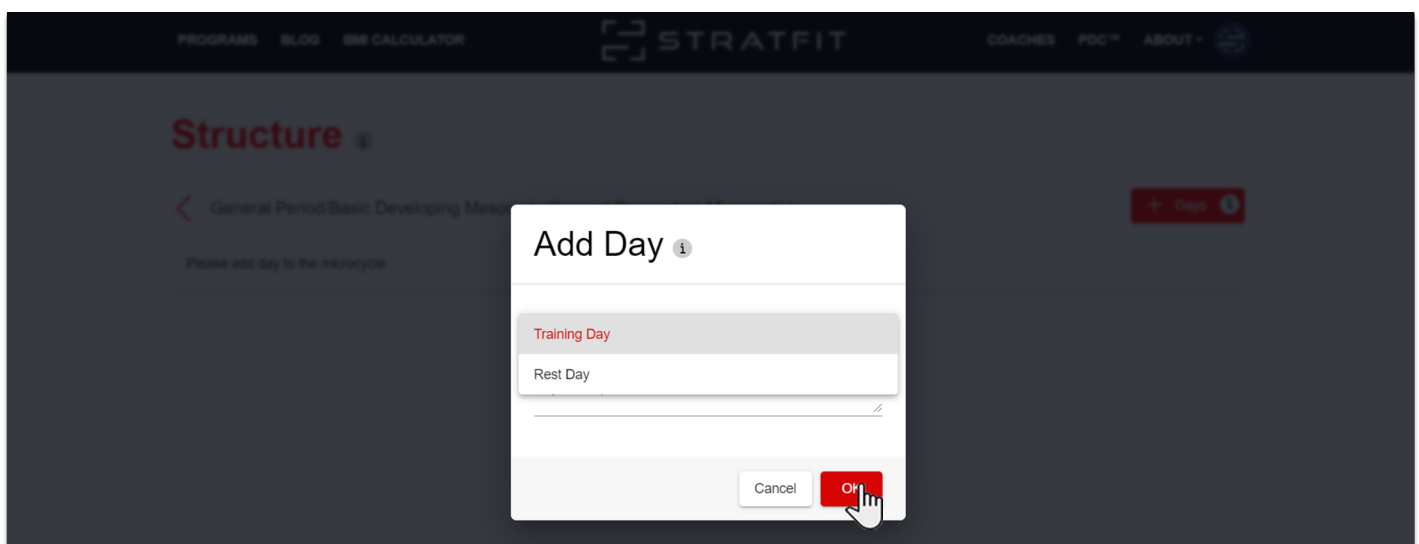
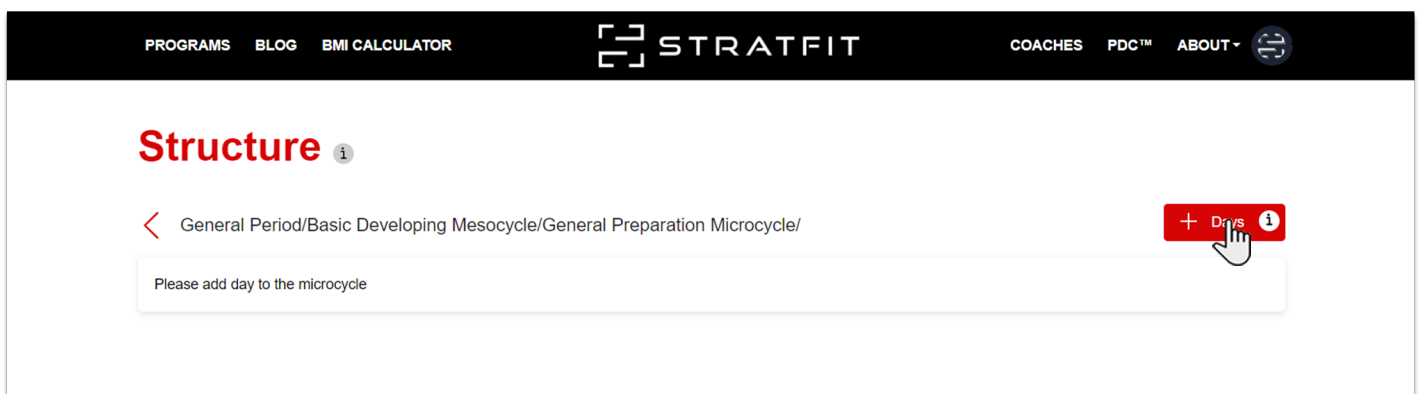
In the StratFit system a microcycle is 1 week, with the final day always being off.

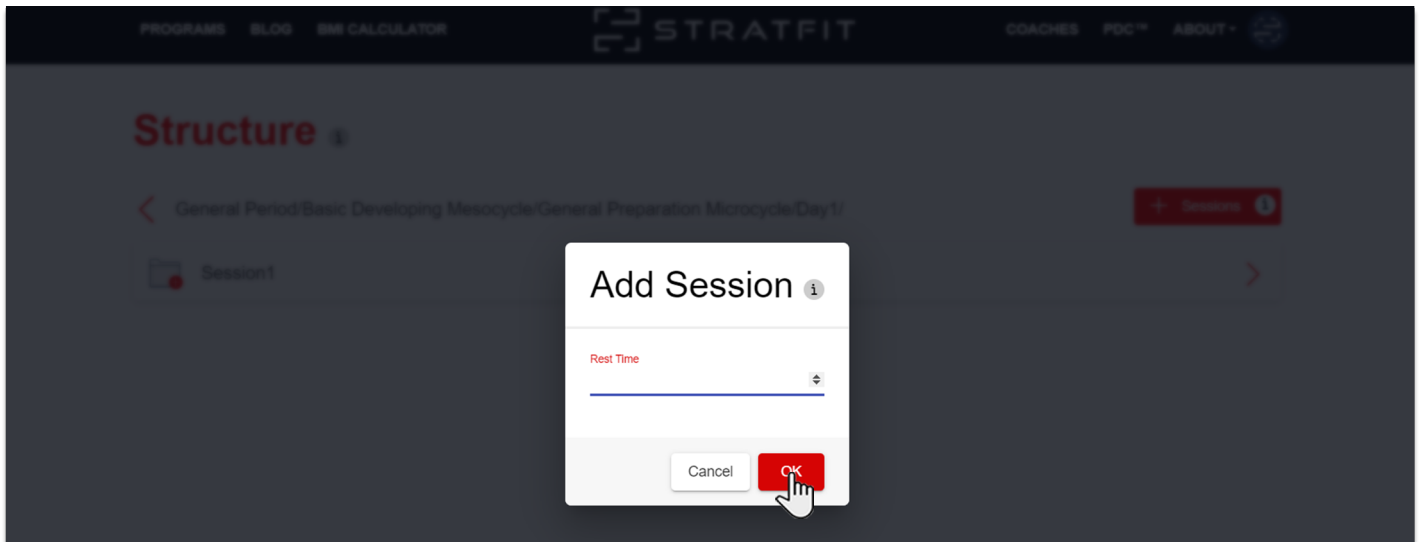
- Decide the main ability(s) and sub abilities for each microcycle. Normally, within a single mesocycle, the abilities are stable across the microcycle, but not always.

- Normally Microcycles should be organized so that the potencies of the abilities trained reach their peak(s) for that mesocycle at the end (not including the final recovery microcycle). Generally, the trajectory of the potencies across time within a mesocycle should be upward (though in some instances a stabilization microcycle(s) can be placed anywhere in a mesocycle) from the first microcycle to the last.



**Step#5:** Finally, decide How many sessions will be in each day of each microcycle.





- Decide what abilities should be trained each day and in each session.
- The normal order for abilities to be trained in microcycle, day or session is:
  - a) Skill
  - b) Speed
  - c) Speed-Strength
  - d) Strength-Speed
  - e) Strength
  - f) Mass (Hypertrophy / high-moderate intensity Muscular Endurance)
  - g) Burn (or very-low to low intensity muscular Endurance)
  - h) Anaerobic Endurance
  - i) Aerobic Endurance
- 1) The order is exactly reversed at the macrocycle level.
- Often Speed-Strength, Strength-Speed, Strength and/or Mass sessions are alternated with small to medium aerobic sessions to promote recovery.
- Build your activities and sessions so that the objective(s) of the microcycle are met.

i) Activities are composed of the following Variables:

1. A Spatial Form/Exercise: ex.: Power Snatch, Bench Press, Etc.

2. A number of "Actions"/"Sets"

The screenshot shows the 'Add Actions' form in the STRATFIT application. The form is titled 'Add Actions' and has a dark header with navigation links: PROGRAMS, BLOG, BMI CALCULATOR, STRATFIT, COACHES, PDC™, and ABOUT. The form is divided into several sections. At the top, there are two dropdown menus: 'Activity Format' (with a red underline) and 'Exercise Loading Level'. Below these, there are four main input fields: 'Spatial Form' (with a dropdown arrow and an information icon), 'Ability Trained' (with a dropdown arrow and an information icon), 'Intensity' (with a dropdown arrow and an information icon), and 'Reps per Set' (with a dropdown arrow). Below 'Spatial Form' is a 'Rest time after this set (min)' field. Below 'Ability Trained' is a 'Rep range' field with the value '1'. Below 'Intensity' is a 'Number of Sets' field with the value '1'. Below 'Reps per Set' is a 'Volitional Momentum During Rep Execution' field (with a dropdown arrow and an information icon). Below 'Rest time after this set (min)' is an 'Actions instructions' field (with a dropdown arrow and an information icon). Below 'Volitional Momentum During Rep Execution' is a 'Warmup' field (with a dropdown arrow and an information icon). At the bottom left, there is a 'chart target' label. At the bottom right, there are two buttons: 'Cancel' and 'OK' (which is red and has a hand cursor over it).

a) Each Action is done with a Certain Intensity; a certain percentage of the training maximum for the spatial form.

b) Each Action consists of a certain number of repetitions (or a distance/amount of time).

i) The combination of the spatial form, intensity and number of reps used in an action determines what ability was primarily trained in that action.