

## THE PROTOCOLS

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- **The 50/30/20/10 Rule** for Conditioning
- **The F.I.T. Rule** for Weight Training

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## PROTOCOL ACCOUNTABILITY

### WHAT IS ON FILE?

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- **Max yardage done in one week for every sport**
  - **There is an inference** made by this mandate that the strength coach has a point of reference on a safe amount of volume.
- **Every test done for each sport**
  - **It is mandated** for new athletes to be tested day one of their training
  - **It is mandated** for athletes to be tested day one of their training with a new **head strength and conditioning coach**

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## 50/30/20/10 RULE FOR CONDITIONING: RETURNING ATHLETE

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graph TD; A[Max Training Volume, Max Test Effort] --> B[Returning Athlete]; B --> C[Week 1]; B --> D[Week 2]; C --- C1[50% Reduction in Training Volume, 1:4 Rest Ratio]; C --- C2[20% Reduction in Test Workload (if applicable)]; D --- D1[30% Reduction in Training Volume, 1:3 Rest Ratio]; D --- D2[10% Reduction in Test Workload (if applicable)];
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## FREQUENCY

- Body Part
- Movement
- Triple Extension

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## IRV

- $\text{Sets} \times \text{Reps} \times \%1\text{RM as a decimal} = \text{IRV}$

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## IRV EXAMPLES

Example	Sets	Repetitions	% 1RM	IRV units	Range Level
1	3	12	.65	23.4	ACCEPTABLE
2	5	10	.60	30.0	ACCEPTABLE
3	5	8	.70	28	ACCEPTABLE
4	10	10	.50	50	MUCH TOO HIGH

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## SPECIAL THANKS

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