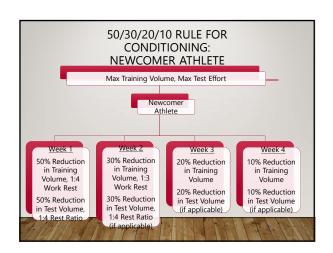
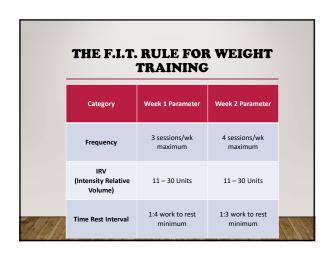
### • The 50/30/20/10 • Rule for Conditioning • The F.I.T. Rule for Weight Training

## PROTOCOL ACCOUNTABILITY WHAT IS ON FILE? • 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



110 TEST EXAMPLE FOR RETURNING ATHLETE						
Week	Options for Reduction (%)	Repetitions	Intensity	Rest Time		
STANDARD	-	16	15 seconds	45 seconds		
	Volume (20%)	13	15 seconds	45 seconds		
	Intensity (20%)	16	18 seconds	45 seconds		
Week 1	Rest Time (20%)	16	15 seconds	54 seconds		
	Intensity (10%) and Rest Time (10%)	16	17 seconds	50 seconds		
	Volume (10%)	14	15 seconds	45 seconds		
	Intensity (10%)	16	17 seconds	45 seconds		
Week 2	Rest Time (10%)	16	15 seconds	50 seconds		
4	Intensity (5%) and Rest Time (5%)	16	16 seconds	47 seconds		
10/3/11				1-1-1-1-1-		





### **FREQUENCY**

- Body Part
- Movement
- Triple Extension

### **IRV**

• Sets x Reps x %1RM as a decimal = IRV

# 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

SPECIAL THANKS
Ken Mannie – Co-Chair
Riley Allen
Scott Bennett
• Rob Glass
Jennifer Jones
Scott Sinclair
Zach Witherspoon