

# THE PROTOCOLS

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

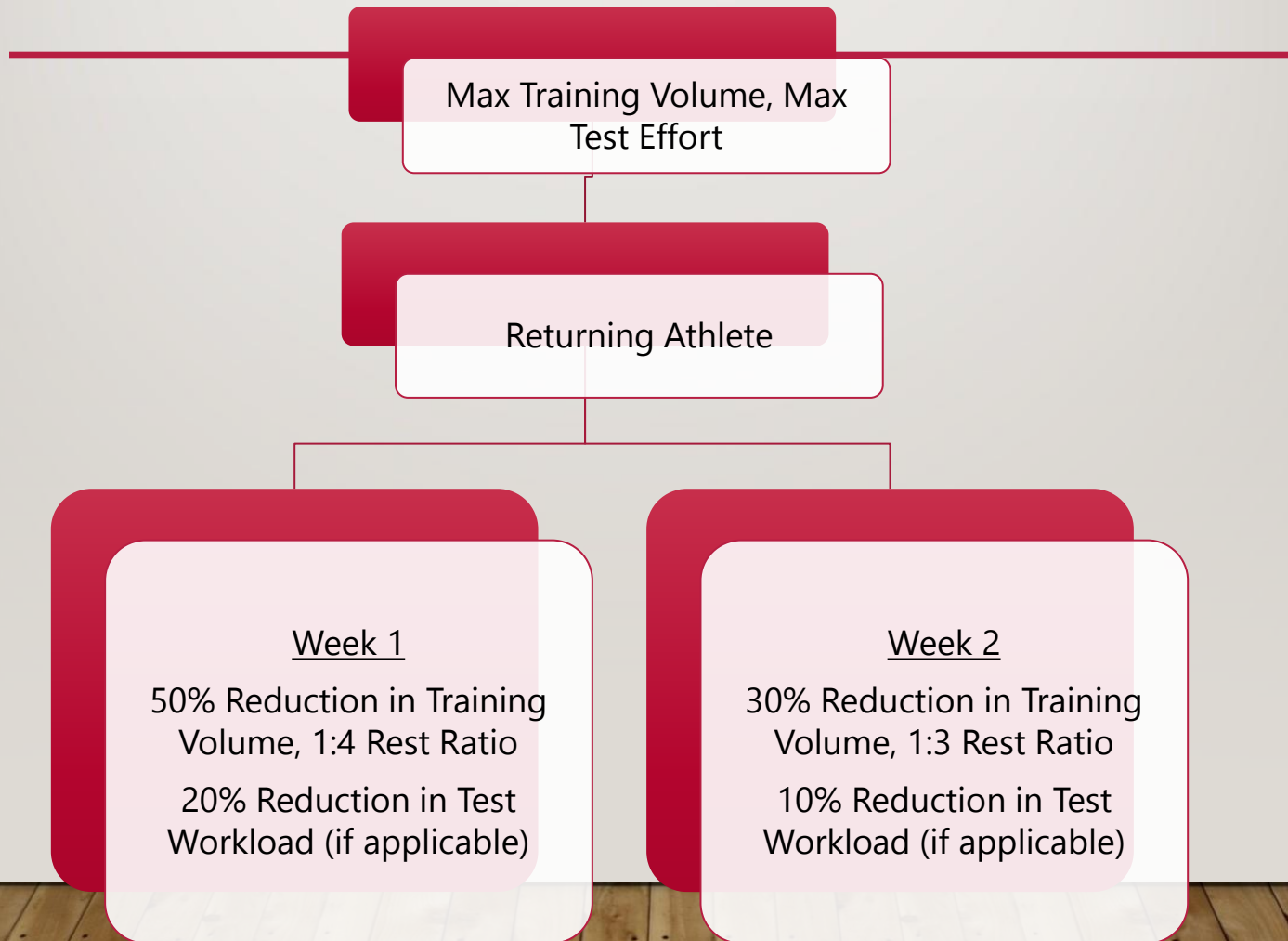
# PROTOCOL ACCOUNTABILITY

## 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

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



# 110 TEST EXAMPLE FOR RETURNING ATHLETE

Week	Options for Reduction (%)	Repetitions	Intensity	Rest Time
<b>STANDARD</b>	--	<b>16</b>	<b>15 seconds</b>	<b>45 seconds</b>
<b>Week 1</b>	Volume (20%)	13	15 seconds	45 seconds
	Intensity (20%)	16	18 seconds	45 seconds
	Rest Time (20%)	16	15 seconds	54 seconds
	Intensity (10%) and Rest Time (10%)	16	17 seconds	50 seconds
<b>Week 2</b>	Volume (10%)	14	15 seconds	45 seconds
	Intensity (10%)	16	17 seconds	45 seconds
	Rest Time (10%)	16	15 seconds	50 seconds
	Intensity (5%) and Rest Time (5%)	16	16 seconds	47 seconds

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

Max Training Volume, Max Test Effort

Newcomer  
Athlete

## Week 1

50% Reduction  
in Training  
Volume, 1:4  
Work Rest

50% Reduction  
in Test Volume,  
1:4 Rest Ratio

## Week 2

30% Reduction  
in Training  
Volume, 1:3  
Work Rest

30% Reduction  
in Test Volume,  
1:4 Rest Ratio  
(if applicable)

## Week 3

20% Reduction  
in Training  
Volume

20% Reduction  
in Test Volume  
(if applicable)

## Week 4

10% Reduction  
in Training  
Volume

10% Reduction  
in Test Volume  
(if applicable)

# THE F.I.T. RULE FOR WEIGHT TRAINING

Category	Week 1 Parameter	Week 2 Parameter
Frequency	3 sessions/wk maximum	4 sessions/wk maximum
IRV (Intensity Relative Volume)	11 – 30 Units	11 – 30 Units
Time Rest Interval	1:4 work to rest minimum	1:3 work to rest minimum

# FREQUENCY

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- Body Part
- Movement
- Triple Extension

# IRV

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



# IRV EXAMPLES

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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

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