



Yearly Programming Guide

	April-May-June	July-Aug-Sept	Oct-Nov-Dec	Jan-Feb-March
Strength	Slow Lifts; High- Rep Strength Work - Low-Rep Strength Work	Slow Lifts; Speed Work/Olympic Lifts; Low Skill Strength Work	Slow Lifts; Maintenance/Olympic Lifts; High-Skill Strength Work	Slow Lifts; Maintenance/Olympic Lifts; Low-Skill to High-Skill Competition Work
Conditioning	Aerobic Endurance; Low-Skill to High-Skill/Volume Increase	Aerobic Power 3:1-2:1-1:1/Intervals Low-Skill to High-Skill/Intensities Increase/Triplets to couplets to Single Movements	Anaerobic Endurance 1:2-1:3 Low-Skill to High-Skill/Intensities Increase/Triplets to couplets to Single Movements	Competition Style/CrossFit Style Workouts

-Progression-Based System: the process of developing and moving gradually towards a more advanced state.

-Population-Driven Design: Volume, intensity, frequency etc. that is based on the needs and abilities of the individual members of our community.

- Life Considerations: Structure that is fluid and accounts for varying exposure to the program (i.e. how often you get to the gym) and a scope challenges/interests outside the gym.

Empirical evidence has shown that it is difficult to improve in all areas of fitness simultaneously. There is also data that shows that certain pieces of fitness pair well together, while others do not. It is for this reason that we choose a progression-based fitness program with a specific focus at any given time, dependent upon which meso, macro, and micro cycle we are in. For example, high-volume strength work, which tends to be very hard on the nervous system, pairs well with low-effort aerobic activity. These two components work best when placed at the beginning of the year to serve as the foundation upon which we can build an intelligent progression in all areas.

Building an efficient program that aligns itself with the goals and aspirations of our population requires constant feedback--feedback in the form of observation, testing, and client commentary is the driving force behind how much, how hard, and how often we do things. It must be stated that our programming is based on casting the widest net to implement what is best for the majority of our people, which means that some might feel the program is too much at times, while others may think it's too little. Some might like one cycle, while others prefer another. Given this wide net, it continues to be our commitment to

provide you ALL with the highest level of coaching to help determine any adjustments that need to be made to better suit you as an individual. We aim to be both challenging and inclusive, to accommodate each individual, and to offer something for everyone in our embrace of the variety of fitness levels and wide range of goals and desires within our community. Our ancillary "Allison's Program" (now written by Coach Chris E, by the way!), and our "Wrench" option allow us to further our desire to reach you all.

While fitness is irrefutably important, for many it may be a means and not an end. The cultivation of fitness in the gym allows for greater possibilities outside it. We embrace this and our programming reflects that goal. This also means that our programming must serve both those who attend sporadically and those who attend routinely. We also take into consideration events throughout the year that affect our population's attendance and lifestyle choices. Holidays and school breaks are just a few of the deviations guiding our programming decisions. And, finally, while we know that our program needs to provide our population what it needs, we also recognize that there needs to be an element of entertainment and novelty in order to encourage adherence and excitement. Thus, we try to be creative and try new things from time to time. Overall, our goal is to make you all fitter, more functional, and happier people. What you do with your fitness and functionality is up to you!