



LEARN TO TRAIN

LEARN X TRAIN

LEARN TO TRAIN SEMINAR 10

Tour de Force 2003



Advancing Force Training into the 21st Century

www.learnto10.com

LEARN TO TRAIN SEMINAR 10

Tour de Force 2003



LEARN TO TRAIN

LEARN TO TRAIN SEMINAR 10



LEARN TO TRAIN SEMINAR 10

Tour de Force 2003



www.LearnToTrain.com

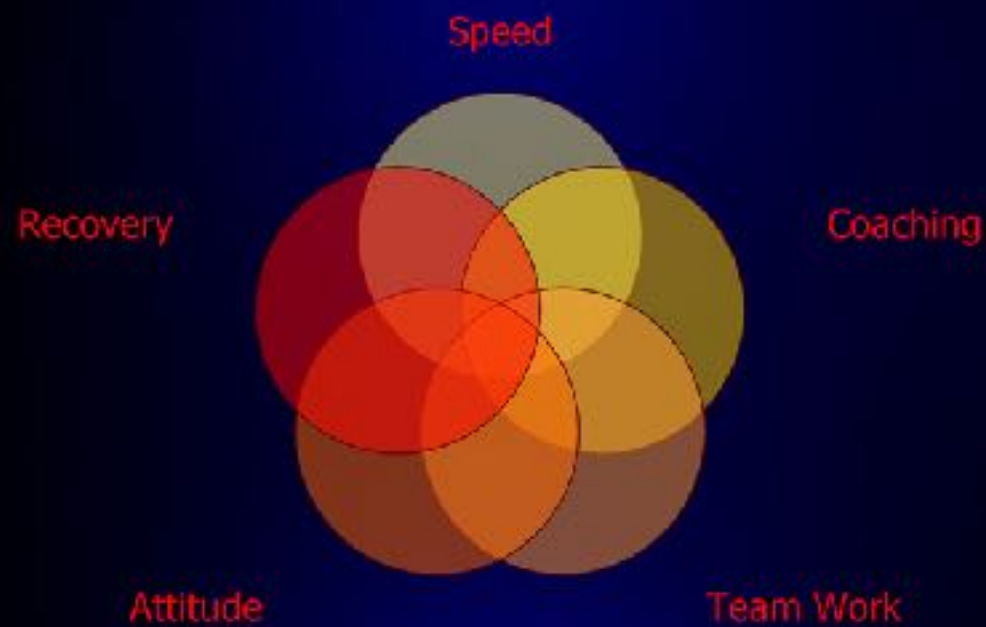
LEARN X TRAIN

LEARN TO TRAIN SEMINAR 10



KEY PROGRAM QUALITIES

Key Program Qualities



KEY PROGRAM QUALITIES



COACHING

Coaching

- Leader
- Motivator
- Educator



LEARN TO TRAIN

COACHING

LEADER

MOTIVATOR

EDUCATOR

TEAMWORK

Teamwork

● Represent

● Respect

● Rise



LEARN TO TRAIN

TEAMWORK

REPRESENT

RESPECT

RISE

STRENGTH

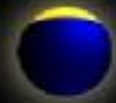
MAX EFFORT METHOD

Strength

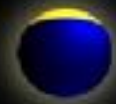
Max Effort Method



Why?



When?



How?



STRENGTH

WHY?

WHEN?

HOW?

STRENGTH

LOWER BODY MAX EFFORT

Strength

Lower Body Max Effort

● Dead Lift



● Good Morning

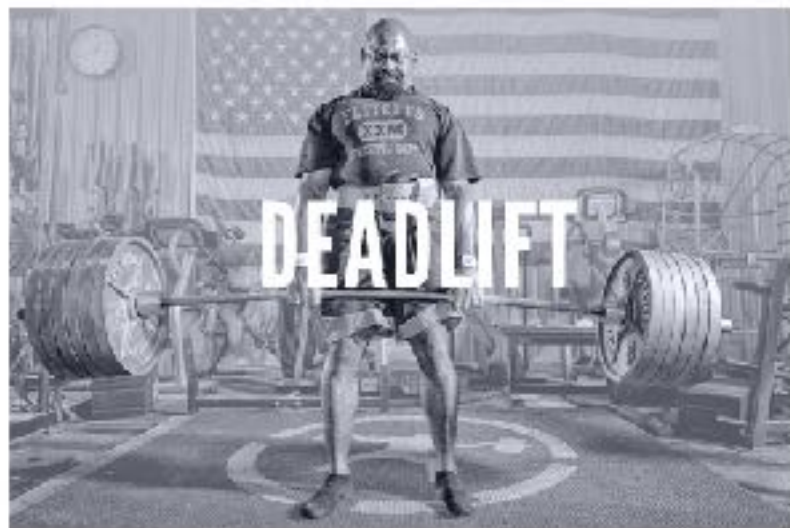


● Box Squat



STRENGTH

LOWER BODY MAX EFFORT



STRENGTH

UPPER BODY MAX EFFORT

Strength

Upper Body Max Effort



LEARN **X** TRAIN

STRENGTH

UPPER BODY MAX EFFORT



SPEED

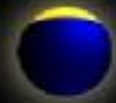
DYNAMIC EFFORT METHOD

Speed

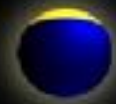
Dynamic Effort Method



Why?



When?



How?



SPEED

DYNAMIC EFFORT METHOD

WHY?

WHEN?

HOW?



SPEED

DYNAMIC EFFORT METHOD

Speed *Dynamic Effort Method*

Optimal Number of Lifts by Percent (Prilepin 1974)

Percent	Repetitions	Optimal	Range
70	3 - 6	18 Lifts	12 -24
80	2 - 4	15 lifts	10 -20
90	1 - 2	7 - 10 Lifts	4 -10

SPEED

DYNAMIC EFFORT METHOD

PRILEPIN'S CHART

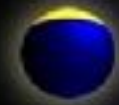
PERCENT	REPS/SETS	OPTIMAL	TOTAL RANGE
55-65	3-6	24	18-30
70-80	3-6	18	12-24
80-90	2-4	15	10-20
90+	1-2	4	10

SPEED

BENCH CYCLE-STRAIGHT WEIGHT

Speed

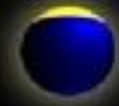
Bench Cycle - straight weight



Beginner 60%



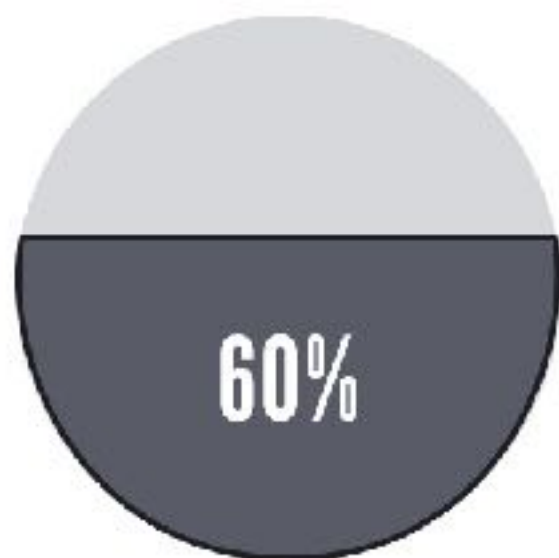
Intermediate 55%



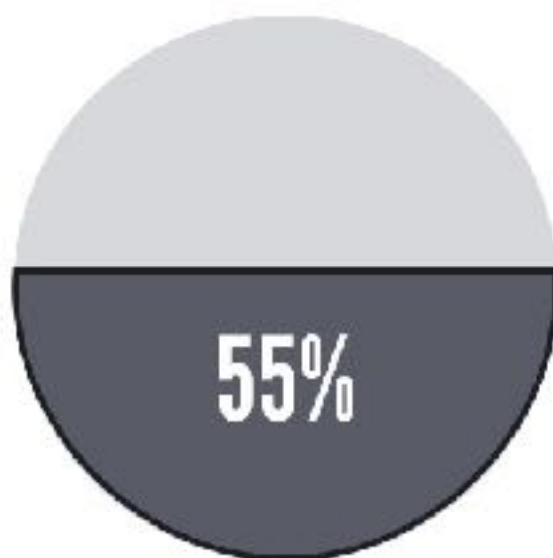
Advanced 50%

SPEED

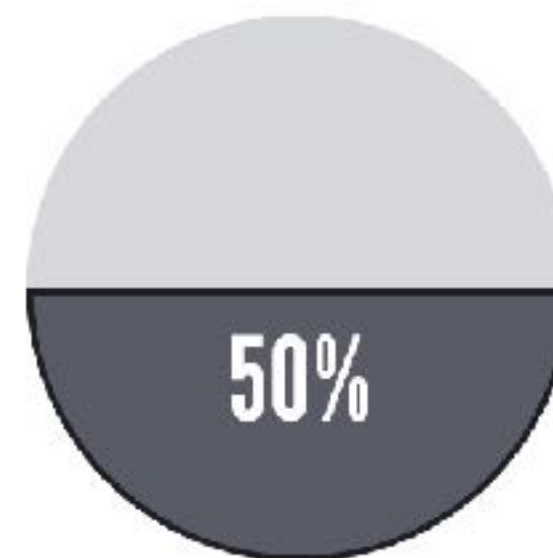
BENCH CYCLE-STRAIGHT WEIGHT



BEGINNER



INTERMEDIATE



ADVANCED

SPEED

BENCH TRAINING WITH BANDS

Speed

Bench Training - with Bands

- Set Up
- Cycles
- Circa-Max



SPEED

BENCH TRAINING WITH BANDS

SET UP

CYCLES

CIRCA-MAX

SPEED

BENCH TRAINING WITH CHAINS

Speed

Bench Training - with Chains

<i>Max Bench</i>	<i>Chains per side</i>	<i>Weight of chain (top)</i>
100-200	1 (1/2)	20
300-400	1 (5/8)	40
400-500	1 (5/8), 1 (1/2)	60
500-600	2 (5/8)	80
600-700	2 (5/8), 1 (1/2)	100

SPEED

BENCH TRAINING WITH CHAINS

MAX BENCH

CHAINS/SIDE

WEIGHT OF CHAIN (TOP)

100-200

(1) 1/2"

20

300-400

(1) 5/8"

40

400-500

(1) 5/8", (1) 1/2"

60

500-600

(2) 5/8"

80

600-700

(2) 5/8", (1) 1/2"

100

LEARN **X** TRAIN

SPEED

THE BOX SQUAT

Speed *The Box Squat*



www.gymnastics.com

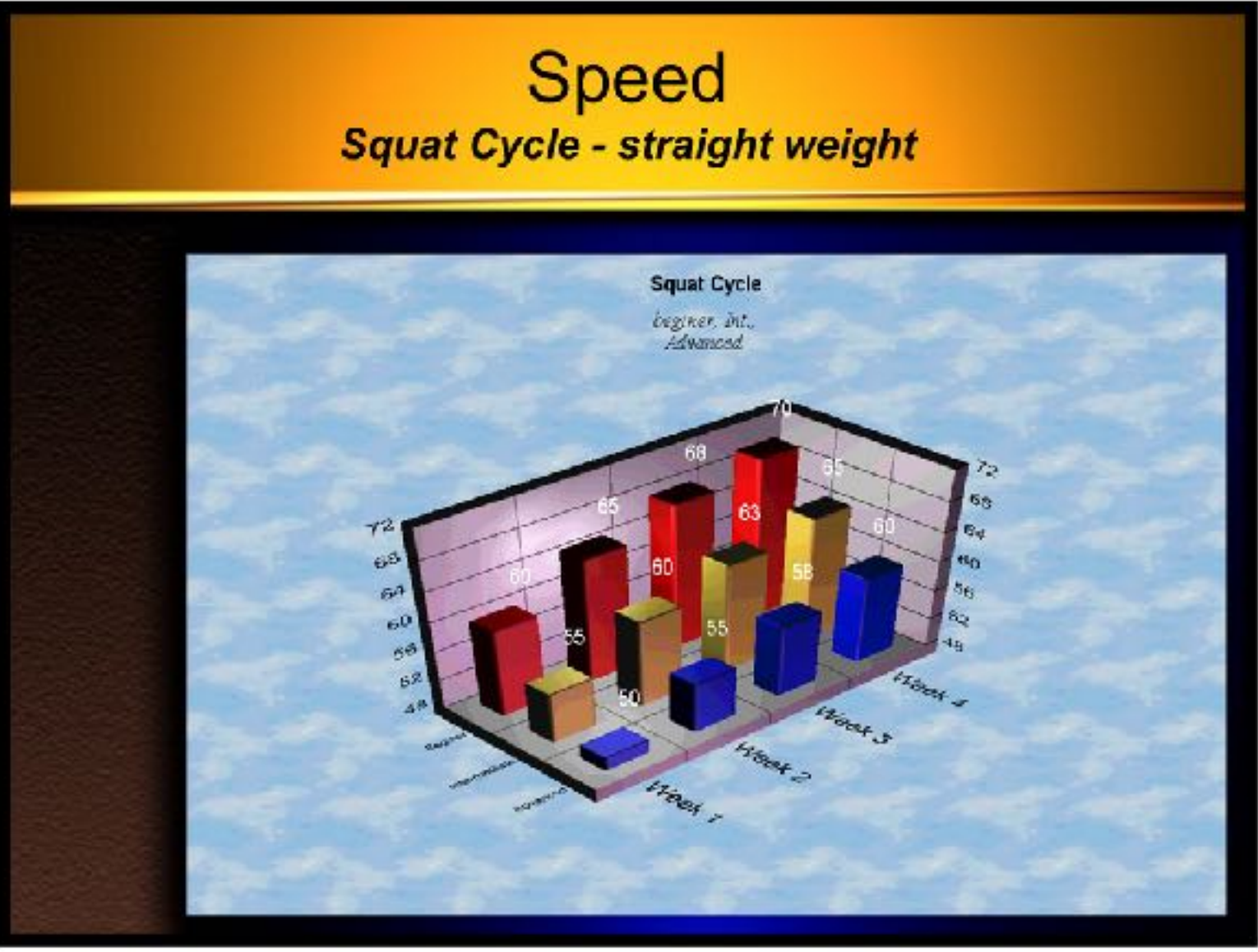
LEARN **X** TRAIN

SPEED

THE BOX SQUAT

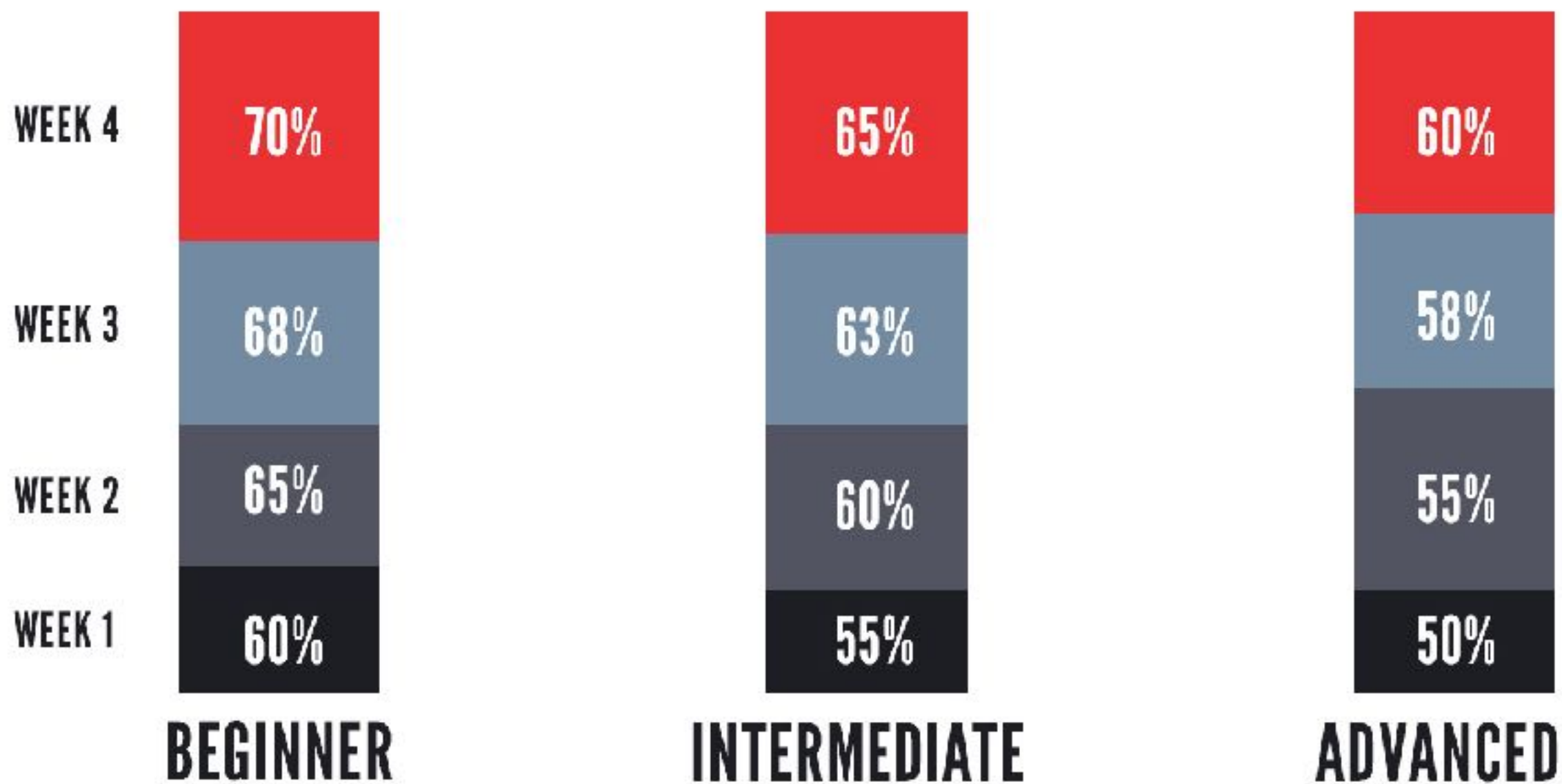


SPEED SQUAT CYCLE-STRAIGHT WEIGHT



SPEED

SQUAT CYCLE-STRAIGHT WEIGHT



SPEED

SQUAT CYCLE-WITH CHAINS

Speed

Squat Cycle - with chains

<i>Max Squat</i>	<i>Chains per side</i>	<i>Weight of chain (top)</i>
200-400	1 (5/8)	40
400-500	1 (5/8), 1(1/2)	60
500-600	2 (5/8)	80
700-800	2 (5/8), 1(1/2)	100
800-900	3 (5/8)	120

SPEED

SQUAT CYCLE-WITH CHAINS

MAX BENCH

CHAINS/SIDE

WEIGHT OF CHAIN (TOP)

200-400

(1) 5/8"

40

400-500

(1) 5/8", (1) 1/2"

60

500-600

(2) 5/8"

80

700-800

(2) 5/8", (1) 1/2"

100

800-900

(3) 5/8"

120

LEARN TO TRAIN

SPEED

SQUAT CYCLE-REGULAR BAND

Speed

Squat Cycle - Regular band



www.speed13.com

LEARN **X** TRAIN

SPEED

SQUAT CYCLE-REGULAR BAND



LEARN X TRAIN

SPEED

SQUAT CYCLE-HEAVY BAND

Speed

Squat Cycle - heavy band



www.speed123.com

LEARN **X** TRAIN

SPEED

SQUAT CYCLE-HEAVY BAND



LEARN X TRAIN

SPEED

SQUAT CYCLE-CIRCA-MAX BAND

Speed

Squat Cycle - circa-max band



www.ELITEFITNESS.com

LEARN **X** TRAIN

SPEED

SQUAT CYCLE-CIRCA-MAX BAND



LEARN TO TRAIN

SPEED

SQUAT CYCLE-CIRCA-DE-LOAD BAND

Speed

Squat Cycle - de-load band



www.monolift.com

SPEED

SQUAT CYCLE-CIRCA-DE-LOAD BAND



STRENGTH & SPEED

SUPPLEMENTAL AND ACCESSORY MOVEMENTS

Strength and Speed

Supplemental and Accessory Movements



Squat – Dead



Bench Press



STRENGTH & SPEED

SUPPLEMENTAL AND ACCESSORY MOVEMENTS



SQUAT-DEADLIFT



BENCH PRESS

ATTITUDE

Attitude

- LIVE
- LEARN
- Pass On



LEARN X TRAIN

ATTITUDE

LIVE

LEARN

PASS ON

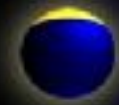


RECOVERY

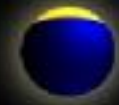
EXTRA TRAINING SESSIONS

Recovery

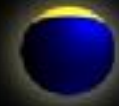
Extra Training Sessions



Recovery



Strength



Weak Point



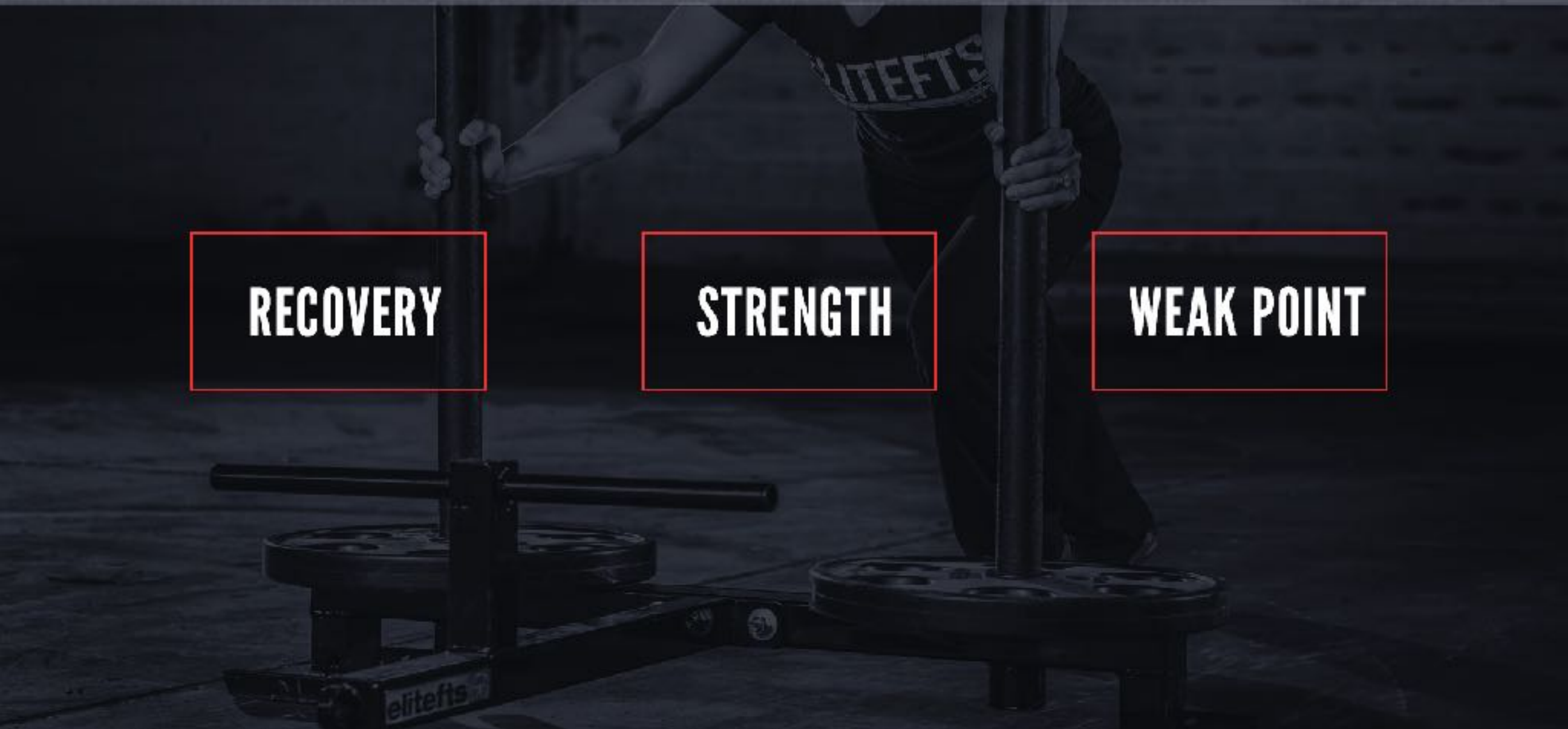
RECOVERY

EXTRA TRAINING SESSIONS

RECOVERY

STRENGTH

WEAK POINT



SAMPLE TRAINING PLAN

Sample Training Plan

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Session 1	GPP MXLB	REST GPP	GPP MEUB	REST GPP	GPP DELB	REST GPP	DEUB
Session 2	EXT Strength GPP	PRO REST	EXT Strength GPP	PRO REST	EXT Strength GPP		
Session 3	REST	REST	REST	REST	REST	REST	REST

WHAT WILL YOUR ANSWER BE?

What will YOUR answer be?



LEARN **X** TRAIN

WHAT WILL YOUR ANSWER BE?



LEARN TO TRAIN SEMINAR 10

SO, SO YOU THINK YOU CAN
SKIES FROM PAIN CAN YOU
COLD STEEL RAIL? A SMILE
YOU CAN TELL? DID THEY GET
FOR GHOSTS? HOT ASHES FOR
BREEZE? COLD COMFORT FOR
WALK ON PART IN THE WAR
HOW I WISH, HOW I WISH YOU
SOULS SWIMMING IN A FISH
OVER THE SAME OLD GROUND



TELL HEAVEN FROM HELL BLUE
TELL A GREEN FIELD FROM A
FROM A VEIL? DO YOU THINK
YOU TO TRADE YOUR HEROES
TREES? HOT AIR FOR A COOL
CHANGE? **DID YOU EXCHANGE A
FOR A LEAD ROLE IN A CAGE?**
WERE HERE WE'RE JUST TWO LOST
BOWL YEAR AFTER YEAR RUNNING
SAME OLD FEARS WISH YOU

elitefts



F O C U S

T R U S T

S T R E N G T H

ALL I NEED TO KNOW ABOUT LIFE,
I LEARNED IN THE GYM

MOTIVATION IS BS



WORK SMART, NOT HARD

ACT AS IF YOU ALREADY HAVE IT

**YOU BECOME LIKE THE 5 PEOPLE YOU
SPEND THE MOST OF YOUR TIME WITH**



GET COMFORTABLE BEING UNCOMFORTABLE

WHAT IS YOUR TIME WORTH?

elitefts



F O C U S

T R U S T

S T R E N G T H