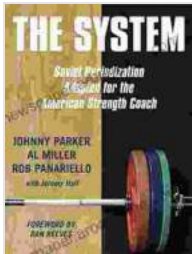


# Soviet Periodization Adapted for the American Strength Coach

## A Revolutionary Approach to Building Muscle and Strength

Are you a strength coach who is looking to take your athletes to the next level? Are you tired of the same old training methods that produce mediocre results? If so, then you need to learn about Soviet periodization.



### The System: Soviet Periodization Adapted for the American Strength Coach by Johnny Parker

★★★★☆ 4.7 out of 5

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Soviet periodization is a training system that was developed by the Soviet Union in the 1950s. It is based on the principle of progressive overload, which means that you gradually increase the intensity and volume of your training over time. This allows your body to adapt and become stronger.

Soviet periodization has been used by some of the most successful athletes in the world, including Olympic weightlifters, powerlifters, and

bodybuilders. It is a proven system that can help you build muscle, strength, and power.

In this article, we will discuss the basics of Soviet periodization and how you can adapt it for your own training. We will cover topics such as:

- The different phases of Soviet periodization
- How to determine your training intensity and volume
- How to progress your training over time
- The importance of rest and recovery

By the end of this article, you will have a solid understanding of Soviet periodization and how you can use it to achieve your fitness goals.

## **The Different Phases of Soviet Periodization**

Soviet periodization is divided into four phases:

1. **Preparatory phase:** This phase is designed to prepare your body for the upcoming training cycle. It typically lasts for 4-6 weeks and involves low-intensity training with a focus on developing general fitness.
2. **Competitive phase:** This phase is where you will perform your heaviest training and compete in your chosen sport. It typically lasts for 12-16 weeks and involves progressively increasing the intensity and volume of your training.
3. **Transition phase:** This phase is used to transition your body from the competitive phase to the preparatory phase. It typically lasts for 4-6

weeks and involves gradually decreasing the intensity and volume of your training.

4. **Active rest phase:** This phase is used to allow your body to fully recover from the competitive phase. It typically lasts for 4-6 weeks and involves light training or no training at all.

The length of each phase will vary depending on your individual needs and goals. For example, if you are a competitive athlete, you may need to spend more time in the competitive phase. Conversely, if you are a recreational lifter, you may need to spend more time in the preparatory and transition phases.

## **How to Determine Your Training Intensity and Volume**

The intensity and volume of your training should be based on your individual fitness level and goals. If you are a beginner, you should start with a lower intensity and volume and gradually increase it over time. Conversely, if you are an experienced lifter, you can start with a higher intensity and volume and gradually increase it as needed.

There are a few different ways to measure training intensity. One way is to use the Borg Rating of Perceived Exertion (RPE) scale. The RPE scale is a subjective measure of how hard you are working on a scale of 0 to 10, with 0 being no exertion and 10 being maximal exertion.

Another way to measure training intensity is to use the percentage of your one-repetition maximum (1RM). Your 1RM is the maximum weight you can lift for one repetition. Once you know your 1RM, you can use a percentage of it to determine your training intensity. For example, if your 1RM is 100 pounds, then training at 70% intensity would mean lifting 70 pounds.

Training volume is simply the number of sets and repetitions you perform in a workout. For example, if you perform 3 sets of 10 repetitions of a given exercise, then your training volume would be 30 repetitions.

The intensity and volume of your training should be progressive, meaning that you should gradually increase it over time. This will allow your body to adapt and become stronger. However, it is important to listen to your body and rest when needed. Overtraining can lead to injuries and burnout.

### **How to Progress Your Training Over Time**

To progress your training over time, you need to follow the principle of progressive overload. This means that you need to gradually increase the intensity and volume of your training over time.

There are a few different ways to progress your training. One way is to increase the weight you are lifting. Another way is to increase the number of sets and repetitions you perform. You can also progress your training by reducing the amount of rest you take between sets.

It is important to progress your training gradually. If you increase the intensity and volume of your training too quickly, you may experience injuries or burnout.

### **The Importance of Rest and Recovery**

Rest and recovery are an essential part of any training program. When you train, you are breaking down your muscle tissue. Rest and recovery allows your muscles to repair themselves and grow stronger.

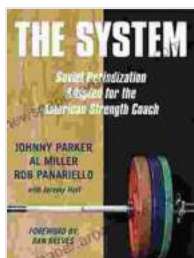
There are a few different ways to rest and recover. One way is to take rest days between your workouts. Another way is to reduce the intensity and volume of your training during the transition phase and active rest phase. You can also rest and recover by getting enough sleep and eating a healthy diet.

It is important to listen to your body and rest when needed. Overtraining can lead to injuries and burnout.

Soviet periodization is a proven training system that can help you build muscle, strength, and power. By following the principles of progressive overload and rest and recovery, you can achieve your fitness goals.

If you are looking to take your training to the next level, then I encourage you to give Soviet periodization a try. It is a challenging but rewarding training system that can help you reach your full potential.

**Free Download your copy of Soviet Periodization Adapted for the American Strength Coach today and start building the body you've always wanted!**



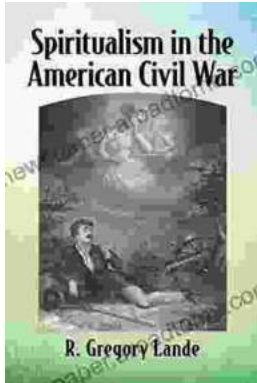
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