



GARKOFIT PROGRESSIVE TRAINING

Progressive Training & its benefits

This training refers to planned & organized training, manipulation of volume, intensity, sets, repetitions, resting time & a series of specific training phases and cycles. Based on specific goals, each cycle has different objectives. By structuring your long-term goals you will be able to make gains (definition, endurance, strength, power) all year round and avoid over training and injuries.

Adaptation, Corrective, Endurance	Muscular Endurance	Muscular Hypertrophy	Muscular Strength	Power	Plyometrics	Rest
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Phase	Description	Benefit	Duration weeks
<ul style="list-style-type: none"> * Muscular Adaptation * Corrective * Stabilization * Endurance 	<ul style="list-style-type: none"> * Low intensity & low volume * 1-2 sets, 5-12 reps, 30sec –45sec rest * Assessments are done to measure progress & identify persons' needs and goals * New program is designed & introduced with emphasis on training technique * New movement patterns are learned 	<ul style="list-style-type: none"> * Muscular Adaptation * Decreasing Body Fat * Increasing Lean Muscles * Learning New Movements 	2-4
Muscular Endurance	<ul style="list-style-type: none"> * Low intensity (resistance) 45-60% 1RepMax * Very high volume * 1-3 sets, 15 reps and more, 30 sec rest * Mastering new movement & preparation for hypertrophy 	<ul style="list-style-type: none"> * Increasing Muscular Endurance * Decreasing Body Fat * Increasing Lean Muscles * Mastering New Movements 	2-6
Muscular Hypertrophy	<ul style="list-style-type: none"> * Moderate intensity (resistance) 60-80% 1MaxRep * High volume * 3-5 sets, 8-12 reps, 30-90sec rest * Mastering movements & preparation for strength phase 	<ul style="list-style-type: none"> * Decreasing Body Fat * Increasing Lean Muscles * Increasing Strength 	2-6
Muscular Strength	<ul style="list-style-type: none"> * High intensity (heavy resistance) 80-90% of 1 MaxRep * Low volume * 2-6 sets, 1-6 reps, 2-5min * Improving maximal strength * Preparation for power phase 	<ul style="list-style-type: none"> * Decreasing Body Fat * Increasing Lean Muscles * Increasing Maximal Strength * Improving neural & muscular adaptations * Injury prevention 	2-6
Power	<ul style="list-style-type: none"> * Very high intensity (resistance) 90-100% of 1MaxRep * Low volume * 3-5 sets, 1-4 reps, 3-5min rest 	<ul style="list-style-type: none"> * Decreasing Body Fat * Increasing Lean Muscles * Increasing Explosive Power & Speed * Injury prevention 	2-4
Plyometrics	<ul style="list-style-type: none"> * Load (varies) low – moderate (ex. 30% 1MaxRep for Jump Squat) or 10-15% Body Weight for upper body * Moderate – high volume * 10-15reps 	<ul style="list-style-type: none"> * Decreasing Body Fat * Increasing Lean Muscles * Increasing Speed & Reaction 	2-4
Rest Cardio Training Flexibility	<ul style="list-style-type: none"> * Low – moderate intensity 	<ul style="list-style-type: none"> * Decreasing Body Fat * Increasing Flexibility * Muscular Recovery 	1-3

Total time of complete cycle 12-30 weeks

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