

Integrated Weight Training

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1. Concept of Transfer
2. Training Triad
 - a. Intensity – training effect
 - b. Volume – magnitude of training
 - c. Density – frequency of stimulus
3. Olympic Lift Movements
 - a. Basic Power Development (BPD)
 - b. Rate of Force Development Prep (RFDP)
 - c. Rate of Force Development (RFD)
4. Powerlift Exercises
 - a. Absolute Strength Development Prep (ASDP)
 - b. Absolute Strength Development (ASD)
 - c. Reactive Strength (RS)
5. Auxiliary and Ancillary Lifts
 - a. Hypertrophy (Hyp)
 - b. Strength Endurance (SE)
 - c. Special Strength (SS)
6. Reps, Sets and Recovery Correlation
7. Concept of Compatibility
8. Power First Periodization
9. Program Design
10. Sample Workout

