

Notes on Reactive Training Manual

Nathan Beckmann

August 26, 2009

1 The Basic Template

1.1 Template

Monday

- Equipped squat variation / raw squat - cyclic: Squat variation (box squat, squat, pin squat) with bands, chains, or reverse bands. Focus on competition squat. For raw (me), this should be a "raw-focused movement". Not sure what this means.
- Deadlift assistance - cyclic: With barbell. Deadlift specific, focus on weaknesses. Ideas are reverse band, chains, deficit deads, alternate style (conventional), etc.
- Squat supplement - 5-8 reps x 4-5 sets: Emphasize bottom. Ie, oly squats, ssb squats, pause squats, possibly including chain.
- Abs:

Tuesday

- Main raw press - cyclic: Work bottom of bench with full grip. Ie, bench, pause bench, 3-sec pause bench, ply press.
- Raw assistance - cyclic: Full ROM focused on bottom. Incline, close-grip, modest amts of chain. Add pauses, ply press, pins.
- Shoulders - 5-8 reps x 4-5 sets: Overhead/incline pressing with barbells or dumbbells. Can sometimes be a close-grip press.
- Lats:

Thursday

- Main deadlift - cyclic: Ie deadlift, pull off block, bands, chains. Barbell in hands with full ROM.
- Raw squat / equipped squat - cyclic: Emphasize bottom end. Box squat, squat, pause squat, 3-sec pause squat, low box squat, oly squat, and possibly moderate chain. For raw lifters, this should be a top-focused movement to get used to heavy weight (ie, raw lifters switch squat slots).
- Deadlift supplement - 5-8 reps x 4-5 sets:
- Abs:

Friday

- Main lockout - cyclic: Full ROM press with bands, chains, or reverse bands. Shirt work included here. Boards are an option here as well, but not preferred. Raw lifters should use less bands/chains.
- Lockout assistance - cyclic: 2, 3, or 4 board press, high rack lockouts, floor press; bands or chains used with any of the above.
- Lockout supplement - 5-8 reps x 4-5 sets: Close-grip 3 boards with bands or chains, JM press, elbows-out extensions, close-grip floor press.
- Lats:

1.2 Cycles

Volume and intensity blocks follow each other to form a mesocycle. Each block takes three weeks.

RPE	Meaning
10	Maximal.
9	1 rep left.
8	Not fast, but not a struggle. 2-4 reps left.
7	Fast with <i>maximal force</i> . "Speed weight."
6	Light speed work.
5	Warm-up weight.
4	Recovery weight.

Table 1: RPE Values

The cyclic exercises stay the same for an entire mesocycle. Outside of 16 weeks from a meet, experiment. Inside 16 weeks, do what works. The last mesocycle should focus on competition lifts.

Program week-by-week. Pick set/rep protocols fairly randomly.

Volume protocols

- 6x3 with weight that can be done for 4-5 reps.
- 6x2 with weight that can be done for 3-4 reps.
- Speed work ups:
 - 8x2 using "speed" weight (75-80% 1RM).
 - Followed by 1x2 with weight that can be done for 3 reps.
- 5x5 with weight that can be done for 5-6 reps.
- 6x4 with weight that can be done for 4-5 reps.

Intensity protocols

- 1-3 RM.
- 3x3 with weight that can be done for 3-4 reps.
- 4x2 with weight that can be done for 2-3 reps.
- 4-5x1 with weight that can be done for 1-2 reps.

RPE	Reps									
	12	10	8	7	6	5	4	3	2	1
10	62	66	71	74	77	80	85	90	95	100
9	60	64	68	71	74	77	80	85	90	95
8	58	62	66	68	71	74	77	80	85	90
7	56	60	64	66	68	71	74	77	80	85

Table 2: RPE vs Percentages of 1RM

2 RPEs

Table 1 and Table 2 means that the protocols become as follows. The percentages are only a rough guide.¹

Volume protocols

- 6x3 @ 8-9 (80-85%).
- 6x2 @ 8-9 (85-90%).
- Speed work ups:
 - 8x2 @ 6-7 (75-80%).
 - Followed by 1x2 @ 9 (90%).²
- 5x5 @ 9-10 (77-80%).
- 6x4 @ 9-10 (80-85%).³

Intensity protocols

- 1-3 @ 10 (100-90%).
- 3x3 @ 9-10 (85-90%).
- 4x2 @ 9-10 (90-95%).
- 4-5x1 @ 9-10 (95-100%).

3 Fatigue stops

¹Compared to Sheiko, the percentages are quite high. Especially for 5x5 and 6x4.

²Book: 8-9 (85-90%). Possibly because of speed volume beforehand?

³Book: 8-9 (77-80%).