

‘SIMPLICITY IS BEST’

“3 Day Per Week Strength Training Programme”

(Based On the Russian Conjugate Method of Periodisation)



3 Day Per Week Strength Training Programme Jonny Parr

Possible Weekly Template

3 x Strength
3 x Conditioning/Work Capacity
1 x Active Rest or Complete Rest

WEEK 1

DAY	
Sunday	Active Rest <u>or</u> Complete Rest
Monday	Dynamic Effort Upper Body
Tuesday	Conditioning/Work Capacity
Wednesday	Max Effort Lower Body
Thursday	Conditioning/Work Capacity
Friday	Repetition Effort Upper Body
Saturday	Conditioning/Work Capacity

WEEK 3

DAY	
Sunday	Active Rest <u>or</u> Complete Rest
Monday	Dynamic Effort Upper Body
Tuesday	Conditioning/Work Capacity
Wednesday	Max Effort Lower Body
Thursday	Conditioning/Work Capacity
Friday	Repetition Effort Upper Body
Saturday	Conditioning/Work Capacity

WEEK 2

DAY	
Sunday	Active Rest <u>or</u> Complete Rest
Monday	Dynamic Lower Body
Tuesday	Conditioning/Work Capacity
Wednesday	Max Effort Upper Body
Thursday	Conditioning/Work Capacity
Friday	Repetition Lower Body
Saturday	Conditioning/Work Capacity

WEEK 4

DAY	
Sunday	Active Rest <u>or</u> Complete Rest
Monday	Dynamic Lower Body
Tuesday	Conditioning/Work Capacity
Wednesday	Max Effort Upper Body
Thursday	Conditioning/Work Capacity
Friday	Repetition Lower Body
Saturday	Conditioning/Work Capacity

Week 1

Monday...Dynamic Effort Upper Body

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femoris and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Scaption Activation - Dumbbell ['YTWL' Raises](#) and [Band Dislocations](#)

B: Dynamic Exercise (8/10 Sets of 3 Reps at 50-60%): Choose one of the following...

- (i) Regular Dynamic Bench Press
- (ii) [Dynamic Bench Press with Bands](#)
- (iii) [Dynamic Bench Press with Chains](#)
- (iv) [Dynamic Bench Press with Weight Releasers](#)

C1: Supplemental Exercise (Work up to a 3 Rep Max): Choose one of the following...

- (i) [2-3-4 Board Press](#)
- (ii) Dumbbell Bench Press
- (iii) [Dumbbell Floor Press](#)
- (iv) [Barbell Floor Press \(With or Without Chains\)](#)
- (v) [Dumbbell Floor Press](#)
- (vi) [Rack Lockouts](#)

C2: External Rotation Exercise (2/3 Sets of 8-15 Reps): Following your Supplemental Exercise, Include an External Rotation Exercise (e.g. [Seated Single Arm External Rotations](#)).

D: Unilateral/Bilateral Horizontal Row (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Single Arm Dumbbell Rows](#)
- (ii) [Barbell Bent-Over Rows](#)
- (iii) Dumbbell Bent Over Rows
- (iv) [T- Bar Rows](#)

E: Core Strength (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Roll-Outs](#) (Various)
- (ii) [Flags](#)
- (iii) Plank (Variations)
- (iv) [Core Statics](#)
- (v) [Hanging Leg Raises](#)
- (vi) Russian Twists
- (vii) [45 Degree Back Extensions](#)
- (viii) [Hanging Wipers](#)
- (ix) [L-Sit Rotations](#)
- (x) [Tornados](#)

Tuesday...**Conditioning/Work Capacity**

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femorais and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Scaption Activation - Dumbbell ['YTWL' Raises](#) and [Band Dislocations](#)
- (iii) Lower Body Mobility Drills (E.g. [Roll-overs into V-Sits](#), [Fire Hydrant Circles](#), [Mountain Climbers](#), [Groiners](#))

B: Conditioning/Work Capacity: Choose one of the following...

- (i) Skill/Sports Related Training (i.e. Football, Basketball)
- (ii) [Prowler Pushes](#)
- (iii) [Sled Drags](#)
- (iv) [Tire Flips](#)
- (v) [Farmers Walk](#)
- (vi) Sprints (i.e. Interval Training/Fartlek Training)
- (vii) Tabata Training
- (viii) [GPP Circuit](#)

Wednesday...**Max Effort Lower Body**

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femorais and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Lower Body Mobility Drills (E.g. [Roll-overs into V-Sits](#), [Fire Hydrant Circles](#), [Mountain Climbers](#), [Groiners](#))

B: Max Effort Exercise (Work up to a 1 Rep Max): Choose one of the following...

- (i) [Full Squats](#) (Various Bars i.e. [Safety Squat Bar](#))
- (ii) [Anderson Squats](#) (Various Bars i.e. [Safety Squat Bar](#))
- (iii) [Regular Box Squats](#) (Various Bars i.e. [Safety Squat Bar](#))
- (iv) [Box Squats with Bands](#) (Various Bars i.e. [Safety Squat Bar](#))
- (v) [Box Squats with Chains](#) (Various Bars i.e. [Safety Squat Bar](#))
- (vi) [Regular Deadlifts](#)
- (vii) [Trap Bar Deadlifts](#)
- (viii) [Extended ROM Deadlifts](#)

C: Supplemental Exercise (Work up to a 1 Rep Max): Choose one of the following...

- (i) [Anderson Squats](#)
- (ii) [Rack Lockouts](#) (Various Heights)
- (iii) [Regular Box Squats](#) (Various Bars i.e. [Safety Squat Bar](#))
- (iv) [Box Squats with Bands](#) (Various Bars i.e. [Safety Squat Bar](#))
- (v) [Box Squats with Chains](#) (Various Bars i.e. [Safety Squat Bar](#))

D: Posterior Chain Movement (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Rack Lockouts](#) (Various Heights)
- (ii) [Glute Ham Raises](#)
- (iii) [Reverse Hypers](#)
- (iv) [Good Mornings](#)

E: Unilateral Movement (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Bulgarian Split Squats](#)
- (ii) [Bulgarian Split Squats with added ROM](#)
- (iii) Reverse Lunges
- (iv) [Reverse Lunges with added ROM](#)
- (v) [Step Ups](#)

F: Core Strength (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Roll-Outs](#) (Various)
- (ii) [Flags](#)
- (iii) Plank (Variations)
- (iv) [Core Statics](#)
- (v) [Hanging Leg Raises](#)
- (vi) Russian Twists
- (vii) [45 Degree Back Extensions](#)
- (viii) [Hanging Wipers](#)
- (ix) [L-Sit Rotations](#)
- (x) [Tornados](#)

Thursday...**Conditioning/Work Capacity**

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femorais and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Scaption Activation - Dumbbell ['YTWL' Raises](#) and [Band Dislocations](#)
- (iii) Lower Body Mobility Drills (E.g. [Roll-overs into V-Sits](#), [Fire Hydrant Circles](#), [Mountain Climbers](#), [Groiners](#))

B: Conditioning/Work Capacity: Choose one of the following...

- (i) Skill/Sports Related Training (i.e. Football, Basketball)
- (ii) [Prowler Pushes](#)
- (iii) [Sled Drags](#)
- (iv) [Tire Flips](#)
- (v) [Farmers Walk](#)
- (vi) Sprints (i.e. Interval Training/Fartlek Training)
- (vii) Tabata Training
- (viii) [GPP Circuit](#)

Friday...**Repetition Upper Body**

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femorais and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Scaption Activation - Dumbbell ['YTWL' Raises](#) and [Band Dislocations](#)

B1: Repetition Exercise, Horizontal Push (4-5 sets of 10-15 reps): Choose one of the following...

- (i) [Barbell Bench Press](#)
- (ii) Barbell Bench Press with Bands
- (iii) [Barbell Bench Press with Chains](#)
- (v) Dumbbell Bench Press
- (vi) Weighted Dips
- (vii) [Olympic Ring Dips](#)
- (viii) [Chain Push-Ups](#)

B2: External Rotation Exercise (2/3 Sets of 8-15 Reps): [Seated Single Arm External Rotations](#)

C: Bilateral Vertical Pulling (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) Pull-Ups
- (ii) [Weighted Pull-Ups](#)
- (iii) Chin-Ups
- (i) [Weighted Chin-Ups](#)

D: Core Strength (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Roll-Outs](#) (Various)
- (ii) [Flags](#)
- (iii) Plank (Variations)
- (iv) [Core Statics](#)
- (v) [Hanging Leg Raises](#)
- (vi) Russian Twists
- (vii) [45 Degree Back Extensions](#)
- (viii) [Hanging Wipers](#)
- (ix) [L-Sit Rotations](#)
- (x) [Tornados](#)

E: Bilateral/Unilateral Vertical Pushing (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Barbell Shoulder Press](#)
- (ii) Football Bar Shoulder Press
- (iii) Dumbbell Shoulder Press
- (iv) Single Arm Shoulder Press
- (v) Alternating Shoulder Press

Saturday...**Conditioning/Work Capacity**

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femorais and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Scaption Activation - Dumbbell ['YTWL' Raises](#) and [Band Dislocations](#)
- (iii) Lower Body Mobility Drills (E.g. [Roll-overs into V-Sits](#), [Fire Hydrant Circles](#), [Mountain Climbers](#), [Groiners](#))

B: Conditioning/Work Capacity: Choose one of the following...

- (i) Skill/Sports Related Training (i.e. Football, Basketball)
- (ii) [Prowler Pushes/Sled Drags](#)
- (iii) [Tire Flips](#)
- (iv) [Farmers Walk](#)
- (v) Sprints (i.e. Interval Training/Fartlek Training)
- (vi) Tabata Training
- (vii) [GPP Circuit](#)

Sunday...**Active Rest or Complete Rest**

A: Active Rest...Choose a light to moderate intensity activity. If you compete in a Sport, select a contrasting activity (i.e. basketball in place of football). Other examples may be...

- (i) Cycling
- (ii) Swimming
- (iii) Sauna/Steam Room

Week 2

Monday...Dynamic Effort Lower Body

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femoralis and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Lower Body Mobility Drills (E.g. [Roll-overs into V-Sits](#), [Fire Hydrant Circles](#), [Mountain Climbers](#), [Groiners](#))

B: Dynamic Exercise (8 Sets of 2 Reps at 50-60%): Choose one of the following...

- (i) [Full Squats](#) (Various Bars i.e. [Safety Squat Bar](#))
- (ii) [Anderson Squats](#) (Various Bars i.e. [Safety Squat Bar](#))
- (iii) [Regular Box Squats](#) (Various Bars i.e. [Safety Squat Bar](#))
- (iv) [Box Squats with Bands](#) (Various Bars i.e. [Safety Squat Bar](#))
- (v) [Box Squats with Chains](#) (Various Bars i.e. [Safety Squat Bar](#))
- (vi) [Regular Deadlifts](#)
- (vii) [Trap Bar Deadlifts](#)
- (viii) [Extended ROM Deadlifts](#)
- (ix) Box Jumps

C: Posterior Chain Movement (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Rack Lockouts](#) (Various Heights)
- (ii) [Glute Ham Raises](#)
- (iii) [Reverse Hypers](#)
- (iv) [Good Mornings](#)

E: Unilateral Movement (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Bulgarian Split Squats](#)
- (ii) [Bulgarian Split Squats with added ROM](#)
- (iii) Reverse Lunges
- (iv) [Reverse Lunges with added ROM](#)
- (v) [Step Ups](#)

F: Core Strength (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Roll-Outs](#) (Various)
- (ii) [Flags](#)
- (iii) Plank (Variations)
- (iv) [Core Statics](#)
- (v) [Hanging Leg Raises](#)
- (vi) Russian Twists
- (vii) [45 Degree Back Extensions](#)
- (viii) [Hanging Wipers](#)
- (ix) [L-Sit Rotations](#)
- (x) [Tornados](#)

Tuesday...**Conditioning/Work Capacity**

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femorais and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Scaption Activation - Dumbbell ['YTWL' Raises](#) and [Band Dislocations](#)
- (iii) Lower Body Mobility Drills (E.g. [Roll-overs into V-Sits](#), [Fire Hydrant Circles](#), [Mountain Climbers](#), [Groiners](#))

B: Conditioning/Work Capacity: Choose one of the following...

- (i) Skill/Sports Related Training (i.e. Football, Basketball)
- (ii) [Prowler Pushes](#)
- (iii) [Sled Drags](#)
- (iv) [Tire Flips](#)
- (v) [Farmers Walk](#)
- (vi) Sprints (i.e. Interval Training/Fartlek Training)
- (vii) Tabata Training
- (viii) [GPP Circuit](#)

Wednesday...**Max Effort Upper Body**

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femoris and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Scaption Activation - Dumbbell ['YTWL' Raises](#) and [Band Dislocations](#)

B: Max Effort Exercise (Work up to a 1 Rep Max): Choose one of the following...

- (i) [Barbell Bench Press](#)
- (ii) Barbell Bench Press with Bands
- (iii) [Barbell Bench Press with Chains](#)
- (iv) Dumbbell Bench Press
- (v) [Dumbbell Floor Press](#)
- (vi) [Barbell Floor Press \(With or Without Chains\)](#)
- (vii) [Olympic Ring Dips](#)
- (viii) [Dumbbell Floor Press](#)
- (ix) [Rack Lockouts](#)

C1: Supplemental Exercise (Work up to a 1-5 Rep Max): Choose one of the following...

- (i) [2-3-4 Board Press](#)
- (ii) Dumbbell Bench Press
- (iii) Barbell Floor Press
- (iv) [Dumbbell Floor Press](#)
- (v) [Rack Lockouts](#)

C2: External Rotation Exercise: Following your Supplemental Lift, Include an External Rotation Exercise (e.g. [Seated Single Arm External Rotations](#)).

D: Unilateral/Bilateral Horizontal Row: Choose one of the following...

- (i) [Single Arm Dumbbell Rows](#)
- (ii) [Barbell Bent-Over Rows](#)
- (iii) Dumbbell Bent Over Rows
- (iv) [T- Bar Rows](#)

E: F: Upper Back/Rear Deltoids: Choose one of the following...

- (i) [Dumbbell Reverse Flyes](#)
- (ii) [Inverted Rows](#)
- (iii) [Face Pulls](#)
- (iv) [Standing/Seated Dumbbell Cleans](#)

Thursday...**Conditioning/Work Capacity**

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femorais and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Scaption Activation - Dumbbell ['YTWL' Raises](#) and [Band Dislocations](#)
- (iii) Lower Body Mobility Drills (E.g. [Roll-overs into V-Sits](#), [Fire Hydrant Circles](#), [Mountain Climbers](#), [Groiners](#))

B: Conditioning/Work Capacity: Choose one of the following...

- (i) Skill/Sports Related Training (i.e. Football, Basketball)
- (ii) [Prowler Pushes](#)
- (iii) [Sled Drags](#)
- (iv) [Tire Flips](#)
- (v) [Farmers Walk](#)
- (vi) Sprints (i.e. Interval Training/Fartlek Training)
- (vii) Tabata Training
- (viii) [GPP Circuit](#)

Friday...**Repetition Effort Lower Body**

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femoris and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Lower Body Mobility Drills (E.g. [Roll-overs into V-Sits](#), [Fire Hydrant Circles](#), [Mountain Climbers](#), [Groiners](#))

B: Repetition Exercise (4 Sets of 6/8 Reps): Choose one of the following...

- (i) [Bulgarian Split Squats](#)
- (ii) [Bulgarian Split Squats with added ROM](#)
- (iii) Reverse Lunges
- (iv) [Reverse Lunges with added ROM](#)
- (v) [Step Ups](#)

C: Posterior Chain Movement (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Rack Lockouts](#) (Various Heights)
- (ii) [Glute Ham Raises](#)
- (iii) [Reverse Hypers](#)
- (iv) [Good Mornings](#)

D: Core Strength 1 (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Roll-Outs](#) (Various)
- (ii) [Flags](#)
- (iii) Plank (Variations)
- (iv) [Core Statics](#)
- (v) [Hanging Leg Raises](#)
- (vi) Russian Twists
- (vii) [45 Degree Back Extensions](#)
- (viii) [Hanging Wipers](#)
- (ix) [L-Sit Rotations](#)
- (x) [Tornados](#)

E: Core Strength 2 (3/4 Sets of 8-15 Reps): Choose one of the following...

- (i) [Roll-Outs](#) (Various)
- (ii) [Flags](#)
- (iii) Plank (Variations)
- (iv) [Core Statics](#)
- (v) [Hanging Leg Raises](#)
- (vi) Russian Twists
- (vii) [45 Degree Back Extensions](#)
- (viii) [Hanging Wipers](#)
- (ix) [L-Sit Rotations](#)
- (x) [Tornados](#)

Saturday...**Conditioning/Work Capacity**

A: Warm-Up

- (i) Stretch off any tight muscles and lengthen [hip flexors](#), adductors, rectus femoris and plantar flexors. Use 'Foam Roller' where necessary
- (ii) Scaption Activation - Dumbbell ['YTWL' Raises](#) and [Band Dislocations](#)
- (iii) Lower Body Mobility Drills (E.g. [Roll-overs into V-Sits](#), [Fire Hydrant Circles](#), [Mountain Climbers](#), [Groiners](#))

B: Conditioning/Work Capacity: Choose one of the following...

- (i) Skill/Sports Related Training (i.e. Football, Basketball)
- (ii) [Prowler Pushes/Sled Drags](#)
- (iii) [Tire Flips](#)
- (iv) [Farmers Walk](#)
- (v) Sprints (i.e. Interval Training/Fartlek Training)
- (vi) Tabata Training
- (vii) [GPP Circuit](#)

Sunday...**Active Rest or Complete Rest**

A: Active Rest...Choose a light to moderate intensity activity. If you compete in a Sport, select a contrasting activity (i.e. basketball in place of football). Other examples may be...

- (i) Cycling
- (ii) Swimming
- (iii) Sauna/Steam Room