

# The Simple Organization and Structure of High Performance Sports Training

Summer Strong 12

Cal Dietz

Facebook Coaches Group

TRIPHASIC

A large, stylized logo consisting of the letters 'T' and 'F' in a metallic, 3D font with a red outline, set against a dark background. The 'T' and 'F' are positioned behind the main text.

Process for Creating New or  
Modified Methods/Formulas

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# Triphasic Problem Solving Method

## Step 1

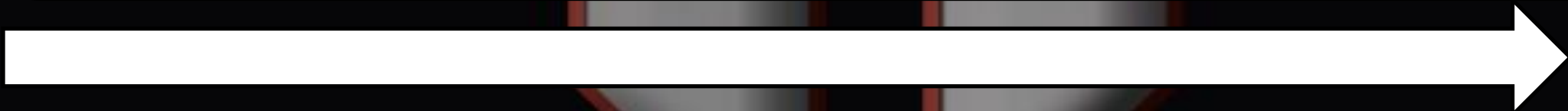
Question methods

## Step 2

Creates a new problem(s)

## Step 3

Find solution



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**QUESTION**

**My athletes move differently on court than in weightroom? (2008)**

**PROBLEM**

**I'm not training them correctly**

**SOLUTION**

**Do jumping on toes!!!**

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Since 2008, my athletes jump and  
Squat(2012) on their toes

*Lifts that are completed on toes:*

Most Squats

Lunges

Step Ups

Pit sharks

All Plyometric jumps are on toes!

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# Which Position is More Athletic?





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A large, stylized logo for 'TRIP' is centered in the background. The letters are white with a 3D effect and a red outline. The 'T' and 'P' are solid, while the 'R' has a triangular cutout. The 'I' is a simple vertical bar.

Sean Donnelly Completing Reps 800  
Pound Single Leg SB SQ

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# Body Functions That by Improve Squatting on Toes

If arch colapes in foot

Brain down regulates to protect.

Glutes down regulates force – Bosu work for power

Hips lock down for stability

Lower back tightens for stability

Lateral Sling for balance ,Change of Direction and Hip levels in sports is high

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# Safety Bar Split Squat – Most Effective Athlete Lift

[Video Part 1](#) & [video Part 2](#)



Hormonal Response

Vascular Response

Structural Adaption –  
Bone – Joints Hips

CLASSIC

**QUESTION**

**Are the periodization models complete and optimal?**

**PROBLEM**

**Gaps and inefficiencies exist in the program**

**SOLUTION**

**A series of tests are created to predict and control the training process**

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# Performance Made Simple .com

A series of formulas that help predict your  
periodized model progress

## Metrics:

20-Yard Dash

10-yard Split

Body Weight

Height

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### Athlete 1 – Wide Receiver

<b>20 Yard Dash</b>	2.7 seconds
<b>10-Yard Split</b>	1.67 seconds
<b>Bodyweight</b>	185 lbs
<b>Height</b>	5'11"

### Athlete 2 – Linebacker

<b>20 Yard Dash</b>	2.7 seconds
<b>10-Yard Split</b>	1.57 seconds
<b>Bodyweight</b>	210 lbs
<b>Height</b>	6'1"

Enter the athletes results and get their current strengths and weaknesses

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# Coaching Made Simple.

Spend more time with your athletes and less time crunching numbers.  
(small text) Each athlete is unique and their training needs to reflect their individual variation. This app uses research on high level athletes to provide: training programs; athlete tracking, and much more. Gain access to some of the ways Cal and Henk train their athletes.

Try It Now

42 MIN



# 5 Options/Zone of Focus

1) **Strength**

2) **Strength/ Power**

3) **Power**

4) **Power / Speed**

5) **Speed**

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# Training Progression Example

Athlete 1 – Wide Receiver – Progression  
**Strength** - **Power** – **Speed** - **Power** –

Athlete 2 – Linebacker – Progression  
**Speed** – **Power** - **Strength** – **Speed**

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# Training Progression Example

Athlete 3 – Lineman Year 1- Progression  
**Strength - Strength - Strength - Power**

Athlete 4 – Wide Receive Year 4 – Progression  
**Speed – Power - Speed – Speed**

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The background features a large, stylized 'TTT' logo. The letters are rendered in a metallic, 3D style with a silver-grey color and a dark red outline. The 'T's are wide and blocky, while the middle 'T' is narrower and more vertical. The overall aesthetic is industrial and bold.

# Triphasic Training:

*13 Loading Zones for Specificity*

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# Triphasic Loading Zones

The Following **13 Loading Zones** are developed From the Triphasic Undulated Loading Models for Weekly Planning of Various Qualities

such as:

**Strength**

**Power**

**Speed**

Loading zones are important in order to provide specific adaptations for qualities you want to develop in athletes

Velocities are taken from Dr. Bryan Mann's book:

***Developing Explosive Based Athletes***

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*Click on Hyperlinked titles to  
watch video about each load zone*

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## Zone 13: Supra Maximal - Video

- Day 1 (Days 1 & 2) Loading Model:

- Load: 110% to 120%

- Day 2 (Day 3 & 4) Loading Model:

- Load: 85% to 93%
- Bar Speed Velocity of .45 to .375 m/s

- Day 3 (Day 5 or 5 & 6) Loading Model:

- Load: 105% - 110%

### Special Considerations:

- Upper Body – Strength Loading Zone 10
- Not for in Season Loading

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# ZONE 13: Weekly 4-Day Plan - Loading Split Model

Day 1 (*Days 1 & 2*) Loading Model:

- Load: 110% to 120%

- Not for in Season Loading

Day 2 (*Day 3 & 4*) Loading Model:

- Load: 105% to 110%

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## Zone 12: Supra Max/Strength Mix -Video

- Day 1 (*Days 1 & 2*) Loading Model:
  - Load: 110% to 120%
- Day 2 (*Day 3 & 4*) Loading Model:
  - Load: 80% to 82.5%
  - Bar Speed Velocity of .5 to .475 m/s
- Day 3 (*Day 5 or 5 & 6*) Loading Model:
  - Load: 105% - 110%

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# ZONE 12: Weekly 4-Day Plan - Loading Split Model

## Day 1 (Days 1 & 2) Loading Model:

- Load: 110% to 120%

- Not for in-Season Loading

## Day 2 (Day 3 & 4) Loading Model:

- Load: 93% to 100%
- Bar Speed Velocity of .3 to .375 m/s

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# Zone 11: Strength/Supra Max - Video

- Day 1 (*Days 1 & 2*) Loading Model:
  - Load: 110% to 120%
- Day 2 (*Day 3 & 4*) Loading Model:
  - Load: 85% to 93%
  - Bar Speed Velocity of .45 to .375 m/s
- Day 3 (*Day 5 or 5 & 6*) Loading Model:
  - Load: 80 - 82.5%
  - Bar Speed Velocity of .5 to .45 m/s

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# ZONE 11: Weekly 4-Day Plan - Loading Split Model

## Day 1 (*Days 1 & 2*) Loading Model:

- Load: 105% to 110%

## Day 2 (*Day 3 & 4*) Loading Model

- Load: 80% to 82.5%
- Bar Speed Velocity of .5 to .475 m/s

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## Zone 10: Strength Video

- Day 1 (*Days 1 & 2*) Loading Model:
  - Load: 85% to 93%
  - Bar Speed Velocity of .45 to .375 m/s
- Day 2 (*Day 3 & 4*) Loading Model:
  - Load: 93% to 100%
  - Bar Speed Velocity of .3 to .375 m/s
- Day 3 (*Day 5 or 5 & 6*) Loading Model:
  - Load: 80 - 82.5%
  - Bar Speed Velocity of .5 to .6 m/s

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# ZONE 10: Weekly 4-Day Plan - Loading Split Model

## OPTION 1

### Day 1 (Days 1 & 2) Loading Model:

- Load: 85% to 93%
- Bar Speed Velocity of .45 to .375 m/s

### Day 2 (Day 3 & 4) Loading Model:

- Load: 93% to 100%
- Bar Speed Velocity of .3 to .375 m/s

## OPTION 2

### Day 1 (Days 1 & 2) Loading Model:

- Load: 85% to 93%
- Bar Speed Velocity of .45 to .375 m/s

**OR**

- Load: 93% to 100%
- Bar Speed Velocity of .3 to .375 m/s

### Day 2 (Day 3 & 4) Loading Model:

- Load: 80 - 82.5%
- Bar Speed Velocity of .5 to .45 m/s

## Zone 9: Strength Power Mix - Video

- Day 1 (Days 1 & 2) Loading Model:
  - Load: 80% to 82.5%
  - Bar Speed Velocity of .5 to .475 m/s
- Day 2 (Day 3 & 4) Loading Model:
  - Load: 85% to 93%
  - Bar Speed Velocity of .45 to .375 m/s
- Day 3 (Day 5 or 5 & 6) Loading Model:
  - Load: 60 -70%
  - Bar Speed Velocity of 1.0 to .8 m/s

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# ZONE 9: Weekly 4-Day Plan - Loading Split Model

Day 1 *(Days 1 & 2)* Loading Model

(OPTION 1):

- Load: 80% to 82.5%
- Bar Speed Velocity of .5 to .475 m/s

**OR**

Day 1 *(Days 1 & 2)* Loading Model

(OPTION 2):

- Load: 85% to 93%
- Bar Speed Velocity of .45 to .375 m/s

Day 2 *(Day 3 & 4)* Loading Model:

- Load: 60 -70%
- Bar Speed Velocity of 1.0 to .8 m/s

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## Zone 8: Power Strength - Video

- Day 1 (Days 1 & 2) Loading Model:
  - Load: 70% - 75%
  - Bar Speed Velocity of .55 to .675 m/s
- Day 2 (Day 3 & 4) Loading Model:
  - Load: 80% to 82.5%
  - Bar Speed Velocity of .5 to .475 m/s
- Day 3 (Day 5 or 5 & 6) Loading Model:
  - Load: 60% - 65%
  - Bar Speed Velocity of .75 - .8 m/s

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# ZONE 8: Weekly 4-Day Plan - Loading Split Model

Day 1 (Days 1 & 2) Loading Model

(OPTION 1):

- Load: 70% - 75%
- Bar Speed Velocity of .55 to .675 m/s

OR

Day 1 (Days 1 & 2) Loading model

(OPTION 2):

- Load: 60% - 65%
- Bar Speed Velocity of .75 - .8 m/s

Day 2 (Day 3 & 4) Loading Model:

- Load: 80% to 82.5%
- Bar Speed Velocity of .5 to .475 m/s

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## Zone 7: Power - Video

- Day 1 (Days 1 & 2) Loading Model:
  - Load: 65% - 70%
  - Bar Speed Velocity of .675 to .75 m/s
- Day 2 (Day 3 & 4) Loading Model:
  - Load: 72.5% - 77.5%
  - Bar Speed Velocity of .525 to .625 m/s
- Day 3 (Day 5 or 5 & 6) Loading Model:
  - Load: 55% - 65%
  - Bar Speed Velocity of .75 to .83 m/s

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# ZONE 7: Weekly 4-Day Plan - Loading Split Model

Day 1 *(Days 1 & 2)* Loading Model

(OPTION 1):

- Load: 65% - 70%
- Bar Speed Velocity of .675 to .75 m/s

OR

Day 1 *(Days 1 & 2)* Loading Model

(OPTION 2):

- Load: 72.5% - 77.5%
- Bar Speed Velocity of .525 to .625 m/s

Day 2 *(Day 3 & 4)* Loading Model:

- Load: 55% - 65%
- Bar Speed Velocity of .75 to .83 m/s

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## Zone 6: Power Speed Mix Video

- Day 1 (Days 1 & 2) Loading Model:
  - Load: 32.5% - 37.5%
  - Bar Speed Velocity of 1.15 to 1.2 m/s
- Day 2 (Day 3 & 4) Loading Model:
  - Load: 72.5% - 77.5%
  - Bar Speed Velocity of .525 to .625 m/s
- Day 3 (Day 5 or 5 & 6) Loading Model:
  - Load: 55% - 65%
  - Bar Speed Velocity of .75 to .83 m/s

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# ZONE 6: Weekly 4-Day Plan - Loading Split Model

## Day 1 (*Days 1 & 2*) Loading Model:

- Load: 32.5% - 37.5%
- Bar Speed Velocity of 1.15 to 1.2 m/s

**OR**

## Day 2 (*Day 3 & 4*) Loading Model (OPTION 2):

## Day 2 (*Day 3 & 4*) Loading Model (OPTION 1):

- Load: 72.5% - 77.5%
- Bar Speed Velocity of .525 to .625 m/s

- Load: 55% - 65%
- Bar Speed Velocity of .75 to .83 m/s

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## Zone 5: Speed Power Mix Video

- Day 1 (Days 1 & 2) Loading Model:
  - Load: 25% - 30%
  - Bar Speed Velocity of 1.2 to 1.3 m/s
- Day 2 (Day 3 & 4) Loading Model:
  - Load: 32.5% - 37.5%
  - Bar Speed Velocity of 1.15 to 1.2 m/s
- Day 3 (Day 5 or 5 & 6) Loading Model:
  - Load: 55% - 65%
  - Bar Speed Velocity of .75 to .83 m/s

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# ZONE 5: Weekly 4-Day Plan - Loading Split Model

## Day 1 (*Days 1 & 2*) Loading Model:

- Load: 25% - 35%
- Bar Speed Velocity of 1.2 to 1.4 m/s

## Day 2 (*Day 3 & 4*) Loading Model

### (OPTION 2):

- Load: 55% - 65%
- Bar Speed Velocity of .75 to .83 m/s

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## Zone 4: Peaking Speed – Video

- Day 1 (*Days 1 & 2*) Loading Model:
  - Load: 32.5% - 37.5%
  - Bar Speed Velocity of 1.15 to 1.2 m/s
- Day 2 (*Day 3 & 4*) Loading Model:
  - Load: 45% to 50%
  - Bar Speed Velocity of .925 to 1.0 m/s
- Day 3 (*Day 5 or 5 & 6*) Loading Model:
  - Load: 25% - 30%
  - Bar Speed Velocity of 1.2 to 1.3 m/s

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# ZONE 4: Weekly 4-Day Plan - Loading Split Model

## Day 1 (*Days 1 & 2*) Loading Model:

- Load: 32.5% - 37.5%
- Bar Speed Velocity of 1.15 to 1.2 m/s

## Day 2 (*Day 3 & 4*) Loading Model

### (OPTION 1):

- Load: 45% to 50%
- Bar Speed Velocity of .925 to 1.0 m/s

**OR**

## Day 2 (*Day 3 & 4*) Loading Model

### (OPTION 2):

- Load: 25% - 35%
- Bar Speed Velocity of 1.2 to 1.4 m/s

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## Zone 3: Peaking Speed-Hyper Speed Mix Video

- Day 1 (Days 1 & 2) Loading Model:
  - Load: 25% - 30%
  - Bar Speed Velocity of 1.2 to 1.3 m/s
- Day 2 (Day 3 & 4) Loading Model:
  - Load: 32.5% - 37.5%
  - Bar Speed Velocity of 1.15 to 1.2 m/s
- Day 3 (Day 5 or 5 & 6) Loading Model:
  - Triphasic Peaking Method 1,2,3

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# ZONE 3: Weekly 4-Day Plan - Loading Split Model

Day 1 (Days 1 & 2) Loading Model

(OPTION 1):

- Load: 25% - 30%
- Bar Speed Velocity of 1.2 to 1.3 m/s

Day 2 (Day 3 & 4) Loading Model:

- Triphasic Peaking Method 1,2,3

OR

Day 1 (Days 1 & 2) Loading Model

(OPTION 2):

- Load: 32.5% - 37.5%
- Bar Speed Velocity of 1.15 to 1.2 m/s

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## Zone 2: Hyper Speed-Peaking Speed Mix Video

- Day 1 (Days 1 & 2) Loading Model:
  - Triphasic Peaking Method 1- Cocontraction
    - Example of Cocontraction
- Day 2 (Day 3 & 4) Loading Model:
  - Triphasic Peaking Method 2 - Rebound Method
    - Example of Rebound Method
- Day 3 (Day 5 or 5 & 6) Loading Model:
  - Load: 25% - 35%
  - Bar Speed Velocity of 1.2 to 1.4 m/s

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# ZONE 2: Weekly 4-Day Plan - Loading Split Model

Day 1 (Days 1 & 2) Loading Model

(OPTION 1):

- Triphasic Peaking Method 1 - Cocontraction
- Example of Cocontraction

Day 2 (Day 3 & 4) Loading Model:

- Load: 25% - 35%
- Bar Speed Velocity of 1.2 to 1.4 m/s

OR

Day 1 (Days 1 & 2) Loading Model

(OPTION 2):

- Triphasic Peaking Method 2 - Rebound Method
- Example of Rebound Method

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# Zone 1: Hyperspeed - Peaking Method Video

- Day 1 *(Days 1 & 2)* Loading Model:
  - Triphasic Peaking Method 1- Cocontraction
    - Example of Cocontraction
- Day 2 *(Day 3 & 4)* Loading Model:
  - Triphasic Peaking Method 2 - Rebound Method
    - Example of Rebound Method
- Day 3 *(Day 5 or 5 & 6)* Loading Model:
  - Triphasic Peaking Method 3 - Oscillatory Isometric - IOC
    - Example Of Oscillatory Isometric - IOC

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# ZONE 1: Weekly 4-Day Plan - Loading Split Model

Day 1 (Days 1 & 2) Loading Model

(OPTION 1):

- Triphasic Peaking Method 1 - Cocontraction

**OR**

Day 1 (Days 1 & 2) Loading Model

(OPTION 2):

- Triphasic Peaking Method 2 - Rebound Method

Day 2 (Day 3 & 4) Loading Model:

- Triphasic Peaking Method 3 - Oscillatory Isometric - IOC

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# Results from Training Organizational Control

1. Faster progression to get results
2. Truly individual
3. Highly efficient use of training time
4. Better decisions on athlete

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# Performance made simple .com

Force Plates – Limited Movement Assessment

Return To Play – Get Out of Strength

First Responder or Tactical – Test with Gear

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**QUESTION**

**Why are People Adapting Differently  
– Biomechanics and Tissue  
Response**


**PROBLEM**

**Foot Functions aren't  
optimal**

**SOLUTION**

**Find best exercises to fix foot issues  
as Fast as possible**

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A large, stylized logo consisting of two overlapping 'T' characters. The left 'T' is a solid grey color, while the right 'T' is a dark grey color with a red outline. The letters are set against a black background.

Spring Ankle Exercises  
From

Triphasic Training Speed Manual

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# Three Functions of the Foot

1. A Lever - Propels the body forward
  - a. Big toe and Posterior Chain
1. A link in a major chain in body - the Lateral Sling
  - a. Proper stabilization of the hips
1. The catalyst for transference of training
  - a. A highly functioning arch in the foot is imperative for withstanding force during high velocity movements

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# Summary of Spring Ankle Positions

10 Total Exercises

5 Isometric Position - With Toe/Foot

3 Position for Thigh- With 2 Foot

2 Foot Position

2 Toe Position

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# 3 Thigh Positions

Deep/2 Ankle



Mid/2 Ankle



High/1 Ankle



# Foot Positions for the 3 Range Thigh Positions

Ankle Position for Spring Ankle 1 & 3



Ankle Position for Spring Ankle 2, 4 & 5



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# Toe Positions

Toe Position 1 - Straight Toe



Toe Position 2 - Training Aid, ½ Wood Dowel



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**Spring  
Ankle  
Position 1 -  
with Level 1  
Bwt Loading**

**Build up to  
60 Seconds  
ASAP**



# Spring Ankle 2 - Deep thigh Position, Heel Up

**Spring  
Ankle  
Position 2 -  
with Level 1  
Bwt Loading**

**Build up to  
60 Seconds  
ASAP**



# Spring Ankle 3 - Mid thigh Position, Heel Down

Spring  
Ankle  
Position 3 -  
with Level 1  
Bwt Loading

Build up to  
60 Seconds  
ASAP



# Spring Ankle 4 - Mid thigh Position, Heel Up

**Ankle  
Position 4 -  
with Level 1  
Bwt Loading**

**Build up to  
60 Seconds  
ASAP**





# Spring Ankle 5 - High thigh Position, Heel Up

**Ankle  
Position 5 -  
with Level 1  
Bwt Loading**

**Build up to  
60 Seconds  
ASAP**





# Advanced Spring Ankle Exercises

- It is very important that the athlete is able to maintain all 5 spring ankle positions with level 1 loading for 60 seconds before moving onto level 2 loading.
- Level 1 = Bodyweight only
- Level 2 = External Resistance - DB (Demo next slide)
- Level 3 = External Resistance - Pitshark , Partner Pushdown

## More Spring Ankle Resources:

[Spring Ankle Concepts for Elite Performance Part 1 Injury and Forces](#)

[Spring Ankle Concepts for Elite Performance Part 2 Injury and Forces](#)

[Spring Ankle Concepts for Elite Performance Part 1 Warm up and Rehab Flaws](#)

[Spring Ankle Concepts for Elite Performance Part 2 Warm up and Rehab Flaws](#)

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# Importance of Cocontractions

- A simultaneous activation of antagonist muscles around a joint
- The ability to create explosive movements and reduce injury
- Plyo-siodal training - raising the ground - foot contact with ground occurs sooner than the body is used to - forces body to adapt

[Co contraction Co activation and Injury Part 1](#)

[Co contraction Co activation and Injury Part 2](#)

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**QUESTION**

**Can I make Plyometric Individualized**

**PROBLEM**

**We currently use General plyo's to train people**

**SOLUTION**

**Make test and Plyometric that are specific to the needs of the athlete.**

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# Triphasic Ranged Plyometrics

- 3 Ranged Method: Thrust Method – Accelerated



ASFM-Pause – Banded – Metabolic - Potentiation

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# 5 Options/Zone of Focused Plyo

1) **Strength**

2) **Strength/ Power**

3) **Power**

4) **Power / Speed**

5) **Speed**

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**QUESTION**

**Are any movements in the Weight room that sport specific?**

**PROBLEM**

**We aren't transferring the results in the weight room to field or sport specific movements**

**SOLUTION**

**High speed exercises that simulate speed of which we compete.**

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The background features a large, stylized logo consisting of the letters 'T' and 'F' in a metallic, 3D font with a red outline. The 'T' is on the left and the 'F' is on the right, both rendered in a light gray color with a dark red border. The text is centered over this logo.

Hyper Speed Method

Peaking Manual

**120 plus exercises in peaking manual**

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Two Exercises for Neural Adaptation

Hamstring Bent Knee AFSM Co-contraction Speed

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A large, stylized logo consisting of the letters 'T' and 'F' in a metallic, 3D font with a red outline. The 'T' is on the left and the 'F' is on the right, both pointing downwards.

Two Exercises for Neural Adaptation

Rear Delt Prone Incline Lateral AFSM Cocontraction

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# Athletes of Highest Level Can Relax Faster

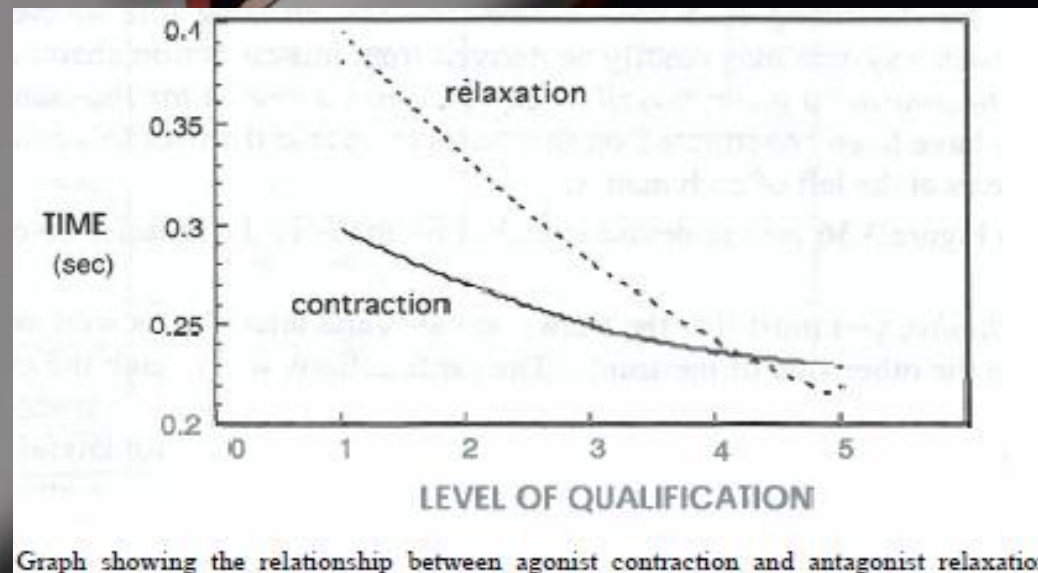
**Based on Sherrington's Law**

Matveyev → 200% faster!

**How do we train this?**

High velocity strength & shock & plyo methods

- Enhance Transfer



**Mel Siff Camp**

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# Triphasic Training Peaking Method Manual

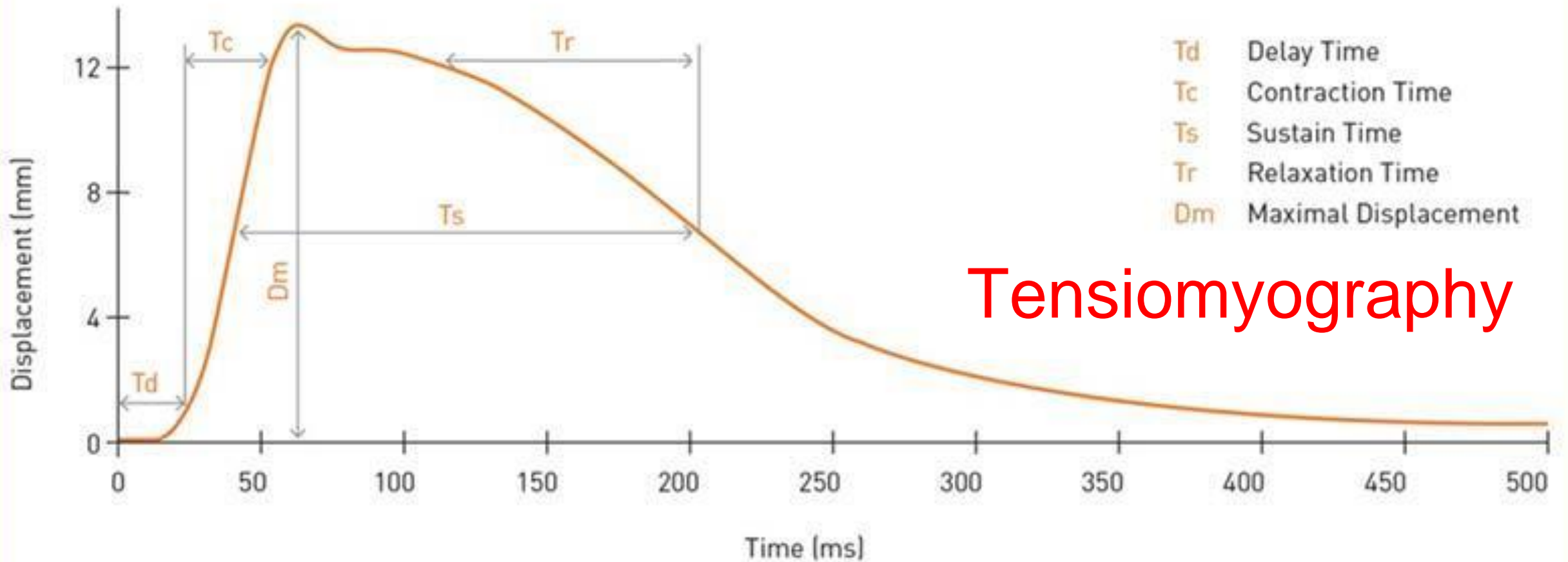
The 3 most specific methods to train muscle for high performance:

## **Method 1** - Co Contraction - Neural Adaptation for Sport

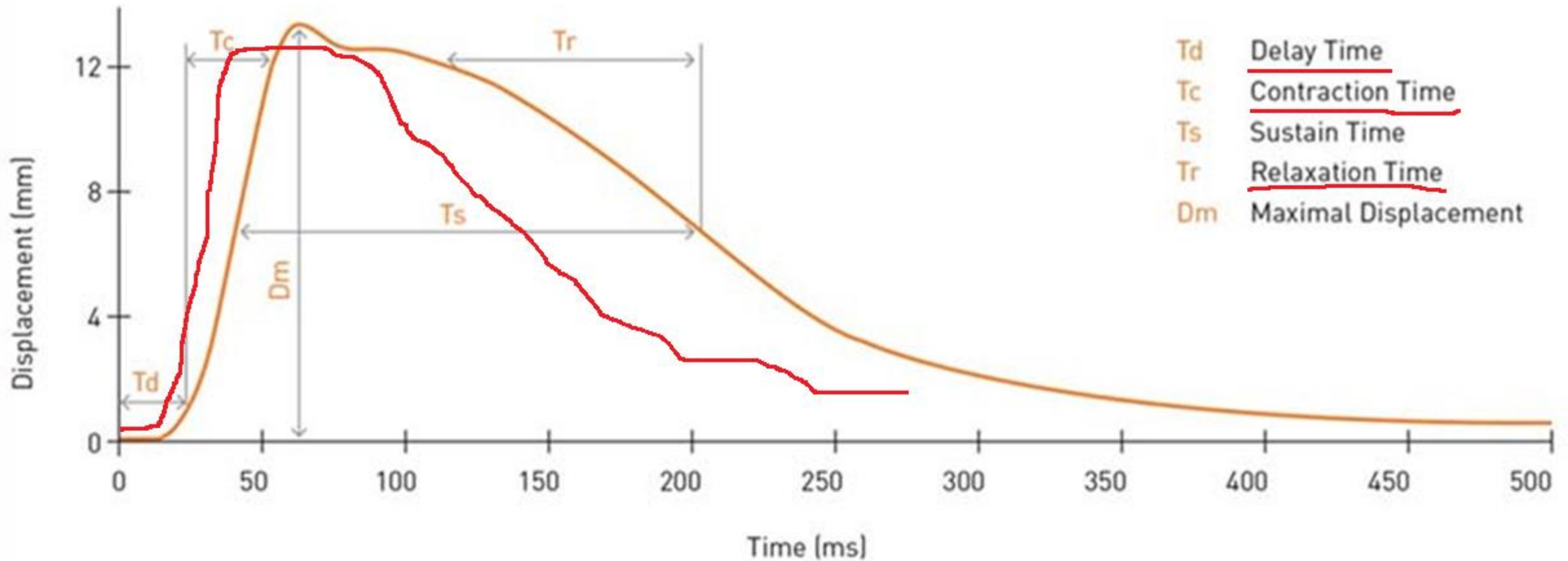
- Limb is in between bands for max speed and velocity
- High neural adaption for speed of muscle contraction and relaxation

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# Tensiomyography Qualities of Muscle



# Qualities That Improve In Muscle – TMG



# Triphasic Training Peaking Method Manual

The 3 most specific methods to train muscle for high performance:

**Method 2** - [Rebound Shock Method - Tissue Adaptation for Sport](#)

- Limb is on Top of Bands with light weight
- Great Tissue Response 2 Spring System

youtube - [Triphasic Training Spring Model Tissue Concepts](#)

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A large, stylized logo consisting of the letters 'T' and 'F' in a metallic, 3D font with a red outline, set against a black background. The 'T' is on the left and the 'F' is on the right, both pointing downwards.

Two Exercises for Tissue Adaptation

Bent over OH supra Rebound Shock

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Two Exercises for Tissue Adaptation

Psoas Prone Banded Rebound Shock

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# Triphasic Training Peaking Method Manual

The 3 most specific methods to train muscle for high performance:

## **Method 3** - [Oscillatory Isometrics \(OCI\) – Metabolic Adaptation for Sport](#)

- Limb is under constant tension
- High Velocity Contraction under Fatigue

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A large, stylized logo consisting of the letters 'T' and 'F' in a metallic, 3D font with a red outline, set against a black background. The 'T' is on the left and the 'F' is on the right, both pointing downwards.

Two Exercises for Metabolic Adaptation

Bent Over Rear Delt OCl

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Two Exercises for Metabolic Adaptation

Shoulder Abduction Bent Arm OCl

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# Peaking Method -Weekly Model

Monday – Co-contraction – Method 1

- Nervous system

Wednesday – Rebound – Method 2

Tissue Remodeling

Friday – IOC Oscillatory Isometrics – Method 3

Metabolic Effect

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# Peaking Method - Weekly Model

1 & 2 Week Block – IOC Oscillatory Isometrics –  
Method 3 Metabolic Effect

3 & 4 Week Block – Rebound – Method 2

- Tissue Remodeling

5 & 6 Block Model – Co-contraction – Method 1

Nervous system

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Thank You

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