

PHYSIQUE COACH AND DEFINING EDGE'S ***NEXT LEVEL** ELITE COACHING FOR WOMEN*



April 24, 2010

Advanced Training Parameters to take us to the NEXT LEVEL in both Physique & Performance *Training Notes – Frances Manias*

This program is once again a collaboration between me and Krista Schaus, and it uses some of the principles taught to us by a few of our mentors. Enjoy!

WEEKLY SCHEDULE / TRAINING SPLIT

Day 1 – (ie Saturday) – AM: UPPER STRENGTH; and PM: UPPER CIRCUIT/METABOLIC

Day 2 – (i.e. Sunday) – AM: LOWER STRENGTH; and PM: LOWER CIRCUIT/METABOLIC

Day 3 – (i.e. Monday) – REST, Non Exercise Physical Activity, Sauna etc...

Day 4 – (i.e. Tuesday) – UPPER UNILATERAL TRAINING FOCUS

Day 5 – (i.e. Wednesday) – LOWER UNILATERAL TRAINING FOCUS

Day 6 – (i.e. Thursday) – DELTS/ ARMS

Day 7 – (i.e. Friday) – REST, Non Exercise Physical Activity, Sauna etc...

Incorporate abdominal work into the program twice/week. No additional Metabolic Circuits are necessary. Rest and Recovery methods are encouraged on your non-training days.

DOUBLES TRAINING

By incorporating the doubles training parameters we are introducing both more volume and intensity into the program. Doubles training refers to training twice per day.

Training twice per day is a luxury that most folks can't afford given time constraints of work, family, social and civic life, however if possible this two a day training technique will impact your progress tremendously. Any time we train more than once/day we must keep in mind some key principles:

- The morning workout facilitates the evening workout. This training program is designed to encourage both strength (in the am session) and hypertrophy (in the pm session). A four to six hour rest between sessions is ideal.
- Keep your time in the gym to a minimum: 40-45 minutes/session
- Be mindful of your energy and recovery – training frequency is not always beneficial for everyone, and is one of the exercise parameters that is highly specific to each individual. Therefore, if you are not recovered, or if you are experiencing fatigue or muscle soreness, hit the recovery protocols and skip the workout!

UNI-LATERAL TRAINING

Any time we split exercises to hit one side of the body at a time we benefit not only improving any structural or strength imbalances that we may have, but we also simply tax the body, more! Check out the attached article by Christian Thibideau on a few more thoughts and the science behind why we should incorporate Unilateral Training.