

Fundamentals of Programming, Michael Jin, University of Houston

As a Powerlifting coach, I hope to share with you all the fundamental principles behind programming an individual for strength. Understanding the skill level of your clients, as well as being able to distinguish proper and individualized technique for that lifter is crucial in determining his or her progress. My assistant coach and I hope to bring you various programming concepts from the across the world, and our own anecdotal experiences as competitive athletes to shed light on how week to week training should be outlined for a client of any experience level.

Introduction of lecture

- Biography of speakers
 - Michael Jin, (ACE CPT/USAPL Certified Club Coach) & Head Coach of UH Powerlifting
 - Matthew Sananikone, Assistant Coach of UH Powerlifting
- Implementation of successful programming strategies for making progress
- Understanding how mobility, nutrition, psychology, philosophy, and recovery affect progress
- Introducing various schools of thought on programming

Description of session outcome

- Ability to categorize your client as a beginner, intermediate, or advanced lifter
- Learning about neural adaptations (CNS) and physical adaptations to training (hypertrophy)
- Better attempt selection and gauging bar velocity and difficulty (relative speed)
- Proper exercise prescription based on client's needs

Outline of session content

- How to warmup in relation to individualized needs and understanding mobility
- How the psychological approach to training develops and changes with experience
- Introduction to counting macros and understanding caloric intake
- Block periodization and differences in training protocols
 - Linear Periodization, Daily Undulating Periodization
 - % based programming vs RPE based programming