The Juggernaut Method: Strength, Power and Conditioning for the Lifter and Athlete

By Chad Wesley Smith
Before you embark on any physical fitness program, please consult a doctor.
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About the Author

Chad Wesley Smith, 24, is the owner and head performance coach at Juggernaut Training Systems in Laguna Hills, CA. Juggernaut strives to provide serious athletes, from junior high to the professional ranks in any sport, with the most comprehensive training and nutritional counseling possible to help them reach their goals.

Chad burst onto the national track and field scene in 2009 by throwing a PR of 63 feet 10 ¼ inches in the shot put, which ranked him 17th among all American athletes that year. Smith won two NAIA national championships in 2009 and was ranked 3rd among all US born collegians. His track exploits allowed him to join the Q&A/Training Log staff at EliteFTS.com, which in turn led him to begin competing in powerlifting. In October 2010, Smith competed in his first powerlifting meet where he totaled 1962 pounds, using only a belt and knee wraps. Smith’s 1962 pound total included a squat of 800 pounds. Chad has now turned his attentions from track and field to powerlifting in an effort to break the great Jon Cole’s longstanding unequipped 2364 pound total record in the 308 pound weight class.
About Juggernaut Training Systems

Juggernaut Training Systems opened its doors for business in September 2009. The facility is home to 6000 square feet of dedicated training space, split between turf for sprinting, agility and plyometric work, and a weightroom outfitted with the world’s best equipment from Elite Fitness Systems.

Juggernaut specializes in personal, small group and team training, and has worked extensively with athletes competing in football, jiu-jitsu/MMA, water polo, swimming, soccer, basketball, volleyball, track and field, and triathlon.

Learn more about Juggernaut Training System’s training philosophy, products and services at JTSstrength.com.

Origin of the Juggernaut Method

The Juggernaut Method grew out of some simple training cycles I had my athletes doing. They were doing something to the effect of: Week 1-5x5 at 70-75%, Week 2-3x5 at 80%, Week 3-Work to a 5rm. Now, I normally intend for a 5rm to be done around 85% and my athletes would complete their set of five with 85% and then often another with 5-15 pounds more. They would then either perform another wave of 5’s with a new exercise or move onto a similar program of 3’s in the same lift. This program worked very well.

During a break from my track competitions I decided to give this plan a try myself. In the squat the first week, I did 455 for 5x5, the next week I built up to 495 for 3x5 and in the third week, I did 545 for 5 reps. Immediately upon racking the last rep, I had a realization: I should have kept going.
Five reps wasn’t hard, I could have done eight, and should have. That began the process of me critically thinking about this simple program, fine tuning it and making it grow into what you see here.

The Juggernaut Method has grown out of three main influences: Jim Wendler’s 5/3/1, the training of the great Doug Young and Block Periodization. From 5/3/1 it takes the idea of a progressive overload system of percentages, making small incremental gains, setting rep maxes and simplicity.

Doug Young, a tremendous physical specimen and top bench presser from the 1970’s, utilized rep records to influence his training weights on a weekly basis. Young’s training would focus on a final limit set each session. For example, he would perform 4x6 for a few weeks, but instead of performing only six reps on the last set, he would perform as many as possible and for every rep beyond six completed, he would adjust the next weeks weights accordingly. The Juggernaut Method borrows this idea of adjusting the athlete’s training weights based on their performance, instead of just a standardized number.
When I say that the Juggernaut Method has been influenced by Block Periodization, it is more in spirit than in practice. Block Periodization is broken into three phases: Accumulation—a high volume general phase; intensification—intensity now increases along with specificity, while volume decreases; and realization—in which intensity reaches a peak during the competitive season. I have borrowed this language in the form of an Accumulation, Intensification and Realization week within each training wave. I will discuss the idea behind each week a bit later.

**Juggernaut Method Philosophy**

These are guidelines that are applied to this program and probably should be to almost every successful program out there today.

*Big Movements*

I probably sound like a broken record by saying that big, compound, multi-joint lifts will yield the greatest strength and mass gains while also doing the best job of building inter- and intra-muscular coordination. Besides, no one cares how much you can leg extension, and if they do, you shouldn’t care what that person thinks anyway.
Jim Wendler always emphasizes starting out light and progressing slowly, and because I, like any other red blooded American male, want to be like Jim and have him think I’m cool, will also emphasize this. Starting out light affords you the ability to progress for a longer time. It also ensures that you will make more lifts, which is a key that many young and/or inexperienced lifters miss. Making lifts makes you stronger. Missing lifts doesn't. I'm not a big fan of forced reps. I want my athletes to make their reps on their own. Missing reps is a bad habit that you don't want to get in, so keep your starting weights conservative and stay out of this habit.

Moving up your weights from week to week is very necessary to make progress, and is the most basic form of progressive overload. How much to move them from week to week, though, is a more complicated issue. I want my athletes to be motivated to push their rep maxes as hard as possible and to motivate them toward this, I want their weekly incremental improvements to be driven by their rep maxes. I will explain later how this will work.

Setting Rep Records

Rep records are an integral part of this program. Too many athletes are absorbed in their 1-rep max. This program has been very frustrating in that sense to some of my athletes because I won’t allow them to take a 1-rep max for such a long time. They will say something to the effect of, “I really wanna see if I can bench 250 today.” I’ll tell them, “No, but when you get 250 on the bar, you are gonna do it for more than 1 rep.” Setting rep records in the 3-10+ rep range not only will indicate your strength gains, it is also less stressful on the joints and CNS. Rep records can also be easily compared using the following equation:

\[(\text{Weight} \times \text{Reps} \times 0.033) + \text{Weight} = \text{Projected Max}\]

Be mindful that rep records in the 8+ rep range aren’t as accurate as projections from the lower range. Take this into account when comparing rep records from vastly different rep ranges.
Simplicity

The more I learn about training, the seemingly more simple my training becomes. If you look at most top lifters, their programs are very different, though they all will have a few key things in common. They bench, they squat, they deadlift and they break PR’s. Focusing on big lifts, good technique and making small improvements each session will yield you great results in the long run. Strength is a long term investment. Many top lifters have added a few pounds of muscle per year and a few pounds to their lifts per year, but those years add up. Consistency is king, so be patient, stay consistent and you will make great progress.

The Program

The Juggernaut Method is a simple program, divided into 4 waves (10’s, 8’s, 5’s and 3’s). Each wave consists of three phases. These phases consist of four training sessions each. It is designed to be used on the four big lifts: Bench Press, Squat, Military Press and Deadlift.

Accumulation Phase

The accumulation phase is the beginning of each training wave. They are high volume sessions designed to allow you to develop the skill of the lift, increase work capacity and become masterful within the given rep range.
**Intensification Phase**

The intensification phase will increase the intensity from the accumulation phase while reducing the volume by approximately 60%.

**Realization Phase**

The realization phase is when the gains of the past wave come to fruition in one set of maximal reps.

**Choosing Your Working Max**

It is important to start out light with your working max. Your working max is the number that all your percentages will be based off of. Being conservative in choosing your initial working max is key to making progress over the long term. I suggest taking your 1-rm (an actual 1-rm or 3r-m that you have done within the past six weeks, not a theoretical max or something you did back in the day) and then take 90% of that. So if you recently benched 315x1, you will use 285 as your working max.

**The Percentages**

These are the sets, reps and percentages that you will use for each phase and each wave.
<table>
<thead>
<tr>
<th></th>
<th>10s Wave</th>
<th>8s Wave</th>
<th>5s Wave</th>
<th>3s Wave</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Accumulation</strong></td>
<td>60%×5×10</td>
<td>65%×5×8</td>
<td>70%×6×5</td>
<td>75%×7×3</td>
</tr>
<tr>
<td><strong>Intensification</strong></td>
<td>55%×5, 62.5%×5, 67.5%×3×10</td>
<td>60%×3, 67.5%×3, 72.5%×3×8</td>
<td>65%×2, 72.5%×2, 77.5%×4×5</td>
<td>70%×1, 77.5%×1, 82.5%×5×3</td>
</tr>
<tr>
<td><strong>Realization</strong></td>
<td>50%×5, 60%×3, 70%×1, 75%×AMAP</td>
<td>50%×5, 60%×3, 70%×2, 75%×1, 80%×AMAP</td>
<td>50%×5, 60%×3, 70%×2, 75%×1, 80%×1, 85%×AMAP</td>
<td>50%×5, 60%×3, 70%×2, 75%×1, 80%×1, 85%×1, 90%×AMAP</td>
</tr>
</tbody>
</table>

**The Last Set**

The last set each week is not necessarily done for the written reps, but will be done for maximal or near maximal reps.

For example, during the Intensification Phase of the 8’s Wave, an athlete with a working max of 500 pounds in the squat could have a training session that looks like this...

300 (60%) x3
340 (67.5%) x3
365 (72.%) x8, 8, 11

The last set, however, is not necessarily an all out effort, nor should it be. Training to failure week after week is taxing to the body and a difficult task to recover from, so it is important that you pick your battles and have a goal each week.

During the **Accumulation Phase** I suggest that an athlete leave 2-3 reps in the tank on their final work set. So once the minimum, prescribed reps have been completed, an athlete can continue performing reps but should be mindful to stay **2-3 reps shy of failure**.
During the **Intensification Phase** an athlete should end their final set 1-2 **reps shy of failure**.

During the **Realization Phase**, **no reps should be left in the tank**. Maximal effort is required on the AMAP (as many as possible) set.

It is also important for you to have a goal in mind for your final set each week. Do not step under the bar for the final set with the mindset that you are just going to see how you feel. You should know at the beginning of each wave what your goal is for the final set of each phase. Having set goals will be of immeasurable benefit in your training. Write them down, tell them to your training partners, and own those numbers.

*Moving Up Your Working Max*

**This is the most important part of this program.** Your working max will be adjusted at the end of each wave depending on your performance during the Realization Phase. For every rep you perform over the standard (The standard is 10 in the 10’s Wave, 8 in the 8’s Wave, etc) you will move your working max up a set amount.

\[
[(\text{Reps Performed} - \text{Standard}) \times \text{Increment per rep}] + \text{Working Max} = \text{New Working Max}
\]

For example, an athlete with a working max of 405 pounds in the squat who performs 12 reps during the realization phase of their 8’s wave on the squat using a 5 pound increment per rep would do the following:

\[
[(12-8) \times 5] + 405 = 425
\]

The amount that is used for the increment per rep varies. You can choose to either move your max up 2.5 pounds for upper body lifts and 5 pounds for lower body lifts per rep or 1.25 pounds for upper body lifts and 2.5 pounds for lower body lifts per rep. I also advise setting a cap on the amount which you can move your working max up. This cap should be set at 10 reps above the standard. So if an athlete performed 22 reps during their 10’s wave, which is 12 reps beyond the standard, only 10 of those reps would be considered when adjusting the working max. These very high reps are common in young or inexperienced athletes who are performing their first waves. Which of these increment per rep options you choose to use is very important and dependent on a few things.
1) **Strength**-If you are strong and have a high working max (400+ pounds in a given lift) it is less significant for you to move your working max up by 2.5 and 5 pounds per rep than an athlete with maxes in the 150-300 pound range.

For example, an athlete with a 450 pound working max in the deadlift who moves their working max up 20 pounds from one wave to the next is only making a jump of 4.4%, while an athlete with a 205 pound working max in the bench press who also tries to make a 20 pound jump from one wave to the next is making 9.8% jump. It will be much more difficult for the athlete with the lower working max to make their reps and continue progressing after making such a significant jump, so the athlete with the 205 bench max should decide to only make 1.25 pound per rep jumps in their upper body lifts.

It is possible that you possess much better numbers in either your upper body or lower body lifts respectively. For example, an athlete with a 300 pound bench and 350 pound deadlift could be well served in making 2.5 pound per rep jumps for both lifts.

2) **Training Age**-If you have been lifting for 20 years, you just aren’t going to make progress as rapidly as someone who has been lifting for nine months. You will be better served choosing to make smaller jumps.

3) **Relationship between working max and projected max**-It is critical that your working max stay 5-10% below your projected maxes to continue making steady progress. You need to choose the increment which allows this to happen.

I will lay out a few scenarios for you to get a better idea of what I mean by this.

*Athlete 1*-500 pound working deadlift max, completed the 8’s wave by performing 11 repetitions (3 reps over the standard) of 400 pounds (80%) during their realization phase. 400 pounds for 11 reps is a projected max of 545 pounds. If they move their working max up by increments of 5 pounds, their new working max will be 515 pounds (5.8% less than their projected max). This athlete is fine to use 5 pound increments in this situation.
Athlete 2-225 pounds working bench max, completed 5’s wave by performing 9 reps (4 over the standard) with 190 pounds (80%). 190 for 9 reps is a projected max of 245 pounds. If they move their working max up by increments of 2.5 pounds, their new working max will be 235 pounds (4.1% less than their projected max). This athlete should instead use 1.25 pound increments and move their working max to 230 pounds (6.5% less than their projected max).

If you are willing to do a little bit of math, this problem can be greatly simplified. I discussed earlier the need to keep at least a 5% difference between your projected max and working max. To find that relationship, use the following equation:

\[
\frac{(Weight \times Reps \times .033) + Weight}{[(Reps Performed – Standard) \times Big Increment per rep] + Working Max} = Difference
\]

or

\[
Projected Max / Big Working Max = Difference
\]

Big Working Max refers to your new working max using the larger option of the increments per rep (2.5 pounds for upper body lifts and 5 pounds for lower body lifts). If the difference here is 1.05 or greater, then you are fine using this option. If it is less than 1.05 then use the smaller options (1.25 and 2.5 pounds respectively for upper and lower lifts).

While in the example of Athlete 2 the distinction between moving up the working max 1.25 or 2.5 pounds per rep seems like a small difference, it will greatly affect their progress over the course of many waves.
Choosing which increments per rep to use when adjusting your working max is an important decision and one that can have great impact on your future progress. When in doubt, compare your projected max to your possible new working maxes. If you aren’t staying >5% above your working max in your projected max you should use the smaller increments. If you are still unsure about which is the right decision for you, err on the side of caution and use the smaller increment.

Now that I have you thoroughly confused, let’s take a look at an example training Wave so we can straighten some things out. Here is my 8’s Wave:

<table>
<thead>
<tr>
<th></th>
<th>Bench-425</th>
<th>Squat-685</th>
<th>Military-245</th>
<th>Deadlift-620</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accumulation</td>
<td>275x8, 8, 8, 8, 15</td>
<td>445x8, 8, 8, 8, 10</td>
<td>160x8, 8, 8, 8, 15</td>
<td>405x8, 8, 8, 8, 16</td>
</tr>
<tr>
<td>Intensification</td>
<td>255x3, 285x3, 315x8, 8, 11</td>
<td>405x3, 465x3, 500x8, 8, 12</td>
<td>145x3, 165x3, 180x8, 8, 10</td>
<td>375x3, 425x3, 455x8, 8, 8</td>
</tr>
<tr>
<td>Realization</td>
<td>215x5, 255x3, 295x2, 315x1, 340x11</td>
<td>345x5, 410x3, 480x2, 515x1, 550x11</td>
<td>125x5, 145x3, 170x2, 185x1, 195x11</td>
<td>315x5, 375x3, 435x2, 465x1, 495x11</td>
</tr>
<tr>
<td>Deload</td>
<td>170x5, 215x5, 255x5</td>
<td>275x5, 345x5, 410x5</td>
<td>95x5, 125x5, 145x5</td>
<td>245x5, 315x5, 375x5</td>
</tr>
</tbody>
</table>

The number in parentheses next to each lift at the top of the column is my working max for this wave. Notice that I am taking the last set to at least the prescribed reps every week. With only one exception did I stop at the minimum (8 in this case) reps and that is only because I was feeling poorly that day. The fact that I did 11 reps on my final set during the realization week for every lift is purely coincidence.

I use 2.5 and 5 pounds per reps respectively for my upper and lower body lifts to move my maxes up. With that being said, I moved my working maxes to 432.5 for Bench, 700 for Squat, 252.5 for Military and 635 for Deadlift.
**The Deload**

At the completion of each wave of training, you should perform a deload week. There are many ways to deload, but the most important thing to consider during a deload is recovery, not work. During the deload I suggest performing your main lift for 40%x5, 50%x5, 60%x5 and then performing each of your accessory lifts for 50% of their normal volume (so if you normally do 50 total reps of chin-ups during your training waves, during your deload you will do 25). These percentages should be based on your working max from the wave you have just completed, NOT your new adjusted max for the upcoming wave.

**Quick Training Tips for the Squat and Deadlift**

I encourage athletes to avoid the use of belts and wraps as much as possible during their training. I forgo the use of belt during the accumulation and intensification phases for the squat and deadlift. The only time I will break this rule is for the final set during the intensification phase. Squatting and deadlifting without a belt is some of the most effective training for your midsection possible and when you do put a belt on for your realization week, you will be that much stronger.

All-time great squatter Kirk Karwoski had very strong abs, to say the least.
In addition to not using a belt during the squat and deadlift, I advocate using a double overhand grip for as long as possible during your deadlift training. During the 10’s Wave’s accumulation and intensification phases your weights will be fairly light and you should be able to hold onto them using a double overhand grip. Using a double overhand grip will allow you to build up your grip strength faster. Do not use a double overhand grip during your realization week, unless this is your regular grip during your training.

**Setting Up Your Training Plan**

The Juggernaut Method is a program designed to be used with the Bench Press, Squat, Military Press and Deadlift. There are many options you can use to organize your training phases and waves.

*Training 4 Days a week*

- Monday/Wednesday/Friday/Saturday
- Monday/Tuesday/Thursday/Saturday
- Monday/Tuesday/Thursday/Friday

In these scenarios you will dedicate one day of each week to one of the four main lifts and its corresponding assistance work. All of these are viable options, and if you like could be adjusted to begin on Sunday, instead of Monday. In that case, the first split would be Sunday/Tuesday, Thursday/Friday.

*Training 3 Days a week*

This is my preferred method of training, as it allows for more recovery and more options with conditioning work. When training 3 days a week you can spread out the training phase over 2 weeks or combine two lifts (Military/Deadlift) into one training day. So a possible training split could be:
Monday (Bench)/Wednesday (Squat)/Friday (Military/Deadlift)

Or

Monday (Bench)/Wednesday (Squat)/Friday (Military)/ Monday (Deadlift)

I prefer to train on the second option, and while this will cause a wave of training to last 4 weeks instead of 3, it allows for more recovery which is especially needed during accumulation phases.

Another option, possibly the best one, is to train every other day. This is a difficult option for many because your training days are rarely the same, but it allows for ample recovery and gets each wave done a little faster than just a 3 day a week plan. Training every other day looks like this:

Monday (Bench)/Wednesday (Squat)/Friday (Military)/Sunday (Deadlift)/Tuesday (Bench)/Thursday (Squat)/...

*Training 2 Days a week*

Training 2 Days a week is another good option and one that I have had athletes experience great gains with. When training 2 days per week you should put 2 full days between training sessions. So, possible splits would be:

-Sunday/Wednesday
-Monday/Thursday
-Tuesday/Friday
-Wednesday/Saturday

When setting up the 2 day a week training plan the athlete will perform 2 major lifts each day, but will only adhere to the Juggernaut Method set/rep/percentage scheme for the day’s first lift. They will also take 2 weeks to perform each phase of the training wave. An athlete training on a Monday/Thursday training schedule would use the following split:
**Week 1**

**Monday**
- Bench Press - Juggernaut Method
- Deadlift - 5/3/1, performing only the minimum reps

**Thursday**
- Squat - Juggernaut Method
- Military - 5/3/1, minimum reps

**Assistance Work**

**Week 2**

**Monday**
- Deadlift - Juggernaut Method
- Bench Press - 5/3/1 minimum reps

**Thursday**
- Military - Juggernaut Method
- Squat - 5/3/1, minimum reps

**Assistance Work**

This 2 day a week plan utilizes the Juggernaut Method for your main lift of the day and Jim Wendler's 5/3/1 for the secondary lift. Notice that 5/3/1 will be performed for only the minimum prescribed reps each day, the last set is not taken to near failure as he discusses in his book. Athletes training two days a week should not need to deload at the end of each wave.

**The Warm-up**

**All Days**

**General Warm-up**

-Jump Rope x200 contacts. These can be broken up any way you like. If you are good at jumping rope feel free to mix in some different combinations like one foot, alternating feet, running in place, etc. If you suck at jumping rope, practice. It will make you more coordinated, get you in shape and depending on your preparedness can improve your jumping.
- Jumping Jacks x50
- Seal Jacks x50
- Bodyweight Squats x25
- Lunges x20 (10 each leg)

Upper Body
- Arm Swings x15-20 of low (swing hands in front of crotch), medium (clap in front, try to clap back of hands behind you) and high (above head)
- Shoulder dislocations x15-20, moving hands slightly closer every few reps as possible

- Lat Stretch x15-20 seconds each side

- YTWLs x10 of each letter
Lower Body

- Foam Roll x20-50 passes of IT Bands, Hamstrings, Quads

- Lacrosse Ball to Piriformis

- Hip Mobility x10 each
  - Fire Hydrants

- Hip Circles, both directions
  - Cobras
  - Mountain Climbers

- Walking Series
**Assistance Work**

So now that you know what the plan is for the big lifts, you probably want to do some assistance work. Assistance work needs to be just that: assistance. Don’t let your assistance work interfere with your big lifts. Here is what Jim Wendler lists as the four main tasks of assistance work in 5/3/1:

- Strengthen weak areas of the body
- Compliment and help increase the four basic lifts
- Provide balance and symmetry to your body and training
- Build muscle mass

The idea of big compound movements should still apply to your assistance work. Dips, chin-ups, GHR’s or goodmornings and lunges will do a lot more for your lifts and body than dozens of isolation exercises, and it will do it in a more efficient manner.

**Assistance Work #1: What I Actually Do**

**Monday**

Bench Press - Whatever Phase and Wave I am on
Horizontal Pulling (DB Rows or Chest Supported Rows)-5x10-15
Dips-3xAMAP
Ab Wheel-3-5x15-20
Upper Body Conditioning, I’ll get into this in a few sections

**Wednesday**

Jumping, This will be covered later
Squat - Whatever Phase and Wave I am on
GHR-3x10-20
Back Extensions-3x10-20
Decline Situps-3-5x10-20
Friday
Military Press-Whatever Phase and Wave I am on
Chin-ups-5-10 sets of 5-10 reps
Dips-I use several different options here, but they usually end up being something to the effect of 5x10-20 with some weighted sets
Upper Body Conditioning

Saturday
Jumping
Deadlift-Whatever Phase and Wave I am on
Hamstring/Low Back Movement-This is either GHR’s or sometimes SSB Squats for 3-5 sets of 5-10 reps
Walking Lunges-3 to 5 sets of 12-20 steps
Side Bends-3 to 5 sets of 15-20 reps

Assistance Work #2: Westside for Skinny Bastards
Westside for Skinny Bastards is a tremendously popular program designed by Joe DeFranco. Using the assistance template from this program, which utilizes lots of supersets, would be an excellent option for athletes who need to gain muscle mass and improve their work capacity. The inclusion of unilateral work into this assistance template also makes it a solid option for athletes.
For this template you will perform whatever sets and reps you have for the current wave/phase on your main exercise and then perform the following accessory work.

Bench Day
1a) Vertical Pulling for 3-4 sets of 8-12 reps
1b) Upper Back for 3-4 sets of 12-15 reps
2) Medial Delts for 4 sets of 8-12 reps
3a) Arms (Bicep or Tricep) for 3 sets of 8-10 reps
3b) Traps for 3 sets of 12-20 reps
Squat Day
1) Unilateral Exercise for 2-3 sets of 8-10 reps
2) Hip Extension Exercise for 3 sets of 8-15 reps
3) Weighted Abdominals for 4 sets of 10-15 reps

Military Day
1) Supplemental Pressing for 2 sets of maximum reps, using a weight you can perform
   15-20 reps with on the first set
2a) Horizontal Pulling for 3-4 sets of 8-12 reps
2b) Rear Delts for 3-4 sets of 10-20 reps
3) Traps for 3-4 sets of 8-15 reps
4) Elbow Flexor exercise for 3-4 sets of 8-15 reps

Deadlift Day
1) Unilateral Movement for 3 sets of 6-12 reps
2) Hamstring Posterior Chain Movement for 3 sets of 8-12 reps
3) Bodyweight Abdominal Circuit

Accessory Work #3: Periodization Bible
This comes from a great article by Dave Tate.

Bench Day
1) Shoulders or Chest-5 sets of 10-20 reps (DB Bench, DB Incline, DB Military, Incline press, Dips, Pushups)
2) Lats or Upper Back-5 sets of 10-20 reps (DB Rows, Bent Over Rows, T-bar Rows, Lat Pulldowns, Face Pulls, Shrugs)
3) Triceps-5 Sets of 10-20 reps (Triceps Pushdowns or Triceps Extensions)
Squat Day
1) Low Back - 5 Sets of 10-20 reps (Reverse Hyper, Back Raise, Good Morning)
2) Quads - 5 Sets of 10-20 reps (Leg Press, Lunges, Hack Squats)
3) Abs - 5 Sets of 10-20 reps (Sit Ups, Hanging Leg Raises, Ab Wheel, DB Side Bend)

Military Day
1) Shoulders or Chest - 5 sets of 10-20 reps (DB Bench, DB Incline, DB Military, Incline press, Dips, Pushups)
2) Lats or Upper Back - 5 sets of 10-20 reps (DB Rows, Bent Over Rows, T-bar Rows, Lat Pulldowns, Face Pulls, Shrugs)
3) Triceps - 5 Sets of 10-20 reps (Triceps Pushdowns or Triceps Extensions)

Deadlift Day
1) Hamstrings - 5 sets of 10-20 reps (Leg Curls, GHRs)
2) Quads - 5 Sets of 10-20 reps (Leg Press, Lunges, Hack Squats)
3) Abs - 5 Sets of 10-20 reps (Sit Ups, Hanging Leg Raises, Ab Wheel, DB Side Bend)

Accessory Work #4: The Triumvirate
This is a very simple yet effective option that will limit you to three exercises each day, including your main lift. When you only have three exercises to get your work done, you need to choose them wisely, so big compound assistance exercises are your best bet. Always consider training economy and pick exercises that you know produce results for YOU.

Bench Day
1) Bench Press - Juggernaut Method
2) Dumbbell Bench Variation for 5 sets of 10-15 reps
3) Horizontal Row Variation for 5 sets of 10-15

Squat Day
1) Squat - Juggernaut Method
2) GHR for 5 sets of 10-20
3) Weighted Decline Sit-ups for 5 sets of 10-20
Military Day
1) Military-Juggernaut Method
2) Dips for 5 sets of 5-20
3) Chin-ups for 5 sets of 5-20

Deadlift Day
1) Deadlift-Juggernaut Method
2) Walking Lunges for 5 sets of 8-20 steps
3) Ab Wheel for 5 sets of 10-20

Accessory Work #5: 5/3/1 as assistance
Jim Wendler's 5/3/1 program has yielded tremendous results for many lifters and athletes. 5/3/1 can also be utilized for assistance work with great effectiveness. Here is how I would implement 5/3/1 into the assistance work with the Juggernaut Method.

Bench Day
1) Bench Press-Juggernaut Method
2) Chin-ups-5/3/1 reps, when utilizing 5/3/1 for upper body accessory lifts you can/should take your final set to near failure. Chin-ups can also be replaced by bent rows here. This would be a wise decision if you are not good at chin-ups.
3) Dips for 3-5 sets of 5-20 reps

Squat Day
1) Squat-Juggernaut Method
2) Deadlifts standing on blocks-5/3/1 reps, when using 5/3/1 for lower body assistance lifts, I advocate that only the prescribed reps are done.
3) Unilateral Lower Body work for 3 sets of 6-15 reps
4) Weighted Ab Work

Military Day
1) Military-Juggernaut Method
2) Dips-5/3/1, with last set taken to near failure
3) Chin-ups for 5 sets of 5-20
Deadlift Day
1) Deadlift-Juggernaut Method
2) Safety Bar Squat or Front Squat-5/3/1 for minimum prescribed reps
3) Weighted Ab Work

Incorporating Speed and Power Work

As a former elite level shot putter and the current owner of Juggernaut Training Systems, where I train hundreds of athletes each year, development of speed and jumping ability is a priority of mine. Jumping, sprinting, medicine ball throws and the Olympic lifts along with their variations are the best ways to develop speed and a high rate of force development and all four of these can easily be integrated into the Juggernaut Method.

Jumping

Jumping exercises can be done 1-2x per week and should be performed prior to your squat or deadlift training. When training your jumping 2x per week I prefer to select two different types of jumps. My preferred combination is weighted and unweighted. You may also introduce other variables into this such as seated jumps, jumps out of foam, and the manner in which the jumps are weighted (vest, holding dumbbells, ankle weights). Only more qualified athletes need to concern themselves with these other variations, so if you can only jump on a 30” box, don’t worry about seated box jumps out of foam while holding dumbbells and wearing ankle weights, got it? Refer to the Juggernaut YouTube channel to see more jumping variations.
As far as jumping is concerned, adhere to Prilepin’s chart to manage your training volume.

<table>
<thead>
<tr>
<th>Percent</th>
<th>Reps Per Set</th>
<th>Optimal Reps</th>
<th>Total Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>70-80</td>
<td>3-6</td>
<td>18</td>
<td>12-24</td>
</tr>
<tr>
<td>80-90</td>
<td>2-4</td>
<td>15</td>
<td>10-20</td>
</tr>
<tr>
<td>90+</td>
<td>1-2</td>
<td>4</td>
<td>10</td>
</tr>
</tbody>
</table>

Once you have found your max in a given jumping exercise you can now figure out how many jumps to perform each training session and what heights to perform them at. So if an athlete has a standing box jump max of 40 inches, a 75% jump would be 30 inches, 80% would be 32 inches and 85% would be 34 inches. I do not advise performing jumps under the 70% range for an athlete with any appreciable qualification (except during a deload week) as it is difficult to exert maximal force when performing such low jumps.

Let’s take a look at an example phase and wave of jumping for an athlete with a 40” standing box jump and 30” weighted box jump.

<table>
<thead>
<tr>
<th>Phase</th>
<th>Day 1-Standing Box Jump</th>
<th>Day 2-Weighted Box Jump</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accumulation</td>
<td>30” (75%) x6 sets of 3 jumps (18 total)</td>
<td>22.5” (75%) x 4 sets of 3 jumps (12 total)</td>
</tr>
<tr>
<td>Intensification</td>
<td>34” (85%) x 5 sets of 3 jumps (15 total)</td>
<td>25.5” (85%) x 5 sets of 2 jumps (10 total)</td>
</tr>
<tr>
<td>Realization</td>
<td>38” (95%) x 4 sets of 2 jumps (8 total)</td>
<td>28.5 (95%) x 5 sets of 1 jump (5 total)</td>
</tr>
</tbody>
</table>
I try to keep the volume of jumping on the first day right in the optimal range as described by Prilepin, while the volume of the 2nd day will be about 60% of the first day. Sets and reps can vary to make up this volume, but I do not advise having more than 5 jumps per set. Make sure that complete recovery is achieved between sets.

Athletes with greater jumping capabilities should err on the lower side of the volume range as they do not need as much work to improve their abilities. I have had the opportunity to train alongside Dwain Chambers, 2010 World Indoor Champion in the 60m dash, and can personally attest that Dwain would not perform more than 5 jumps total in a workout, though these jumps would go up 68” in height.

**Sprinting**

The inclusion of sprinting into your program is a must for any athlete or person trying to raise their rate of force development or improve their body composition. If you wish to include sprints in your program, I suggest that they replace one day of jumping per week. It is possible to jump and sprint 2x per week each, but will require you to reduce the volume of your assistance work and monitor your recovery closely.
The focus of your sprint training needs to be QUALITY not quantity. Sprint training for the non-track athlete should consist of sprints between 10-30m and should not exceed 200m of total volume per session. Complete recovery is necessary between all repetitions. A good rule of thumb to follow when looking at recovery times between sprints is to rest for 30 seconds for every 10m of sprinting performed. An athlete with higher qualifications (a faster athlete) will need to lengthen their rest periods, as their sprinting is a more CNS taxing endeavor and conversely an athlete with lower GPP (an out of shape athlete) will need to lengthen their rest periods, as their sprinting is a more aerobically taxing endeavor.

Resisted sprints (sprinting while pulling a sled - none of this parachute BS) is a hotly debated topic in the speed development community. I had long adhered to the idea that adding too much weight to the sled (>15% of athlete’s bodyweight) would hinder their speed development, but I have recently changed my perspective here. In the spring of 2010, I witnessed a top European sprinter (PR of 20.38 in the 200m) performing sprints with up to 105 pounds (70 pounds of weight + 35 pound sled) resisting him. Mind you, this athlete weighed no more than 190 pounds. After speaking with his coach, he explained to me that he has found these heavily weighted sprints would teach his athletes to have a longer and greater force application during the start phase of their races. He and I agreed that these heavily weighted sprints could definitely have their place early in an athlete’s annual plan.

Here is a look at how I would set up the speed development plan for a big skill player (linebacker or tight end) over the course of the entire Juggernaut Method:

Chad’s 800 pound squat
<table>
<thead>
<tr>
<th>Wave</th>
<th>Accumulation Phase</th>
<th>Intensification Phase</th>
<th>Realization Phase</th>
</tr>
</thead>
<tbody>
<tr>
<td>10s Wave</td>
<td>Sled Sprints w/ 70 extra pounds for 6 reps of 15 yards (90 total yards)</td>
<td>Sled Sprints w/ 55 extra pounds for 8 reps of 15 yards (120 total yards)</td>
<td>Sled Sprints w/ 40 extra pounds for 10 reps of 15 yards (150 total yards)</td>
</tr>
<tr>
<td>8s Wave</td>
<td>Unweighted Sprints for 10 reps of 10 yards (100 total yards)</td>
<td>Unweighted sprints for 8 reps of 10 yards and 4 reps of 20 yards (160 total yards)</td>
<td>Unweighted sprints for 6 reps of 10 yards and 6 reps of 20 yards (180 total yards)</td>
</tr>
<tr>
<td>5s Wave</td>
<td>Sled Sprints w/ 50 extra pounds for 6 reps of 15 yards (90 total yards)</td>
<td>Sled Sprints w/ 35 extra pounds for 8 reps of 15 yards (120 total yards)</td>
<td>Sled Sprints w/ 25 extra pounds for 10 reps of 15 yards (150 total yards)</td>
</tr>
<tr>
<td>3s Wave</td>
<td>Unweighted sprints for 8 reps of 10 yards and 2 reps of 20 yards (120 total yards)</td>
<td>Unweighted sprints for 5 reps of 10 yards, 4 reps of 20 yards and 1 rep of 30 yards (160 total yards)</td>
<td>Unweighted sprints for 4 reps of 10 yards, 5 reps of 20 yards and 2 reps of 30 yards (200 total yards)</td>
</tr>
</tbody>
</table>

This progression will allow an athlete to develop excellent acceleration technique and learn how to apply maximal force with each step through the use of the sled sprints, while also teaching them to move with maximal velocity through the free sprinting work.
Medicine Ball Throws

Medicine ball throws are a great exercise for athletes and lifters who need to increase their RFD, build starting strength and improve coordination. For the purpose of this program, med ball throws need to be classified as either upper body throws (these will be performed prior to bench/military press training) or total body throws (which will be performed prior to squats/deadlifts).

Throws are such a great tool for power development because they have no deceleration phase to them. With barbell lifts, including Olympic lifts and lifts with accommodating resistance, there is a deceleration/controlling of the bar. This happens regardless of how much you try to accelerate the bar or not, if you don’t decelerate, the bar would fly out of your hands. This 'flying out of your hands' phenomenon though is precisely what you are trying to achieve though with med ball throws and the better it flies out of your hands, the more effective you are making the throw.

The size of med ball used will vary on the throw being performed and the strength of the athlete, so I suggest having a range of weights from 6 pounds (3kg) to 20 pounds (9kg).

Upper Body Throws

Kneeling Throw—Begin on both knees in an upright posture and the ball held evenly in both hands. Sit your butt back onto your heels, while maintaining a slight forward body lean. As soon as your butt hits your heels, quickly reverse your momentum by firing your hips and glutes forward. Press the ball away from you at a 45 degree angle as forcefully as possible. This throw should finish with you in a push-up position.

Half Squat Throw—Start in a half squat position with the ball held evenly in both hands at chest height. Drive your feet into the ground, firing your hips through as in a broad jump, while pressing the ball away from you at a 45 degree angle as quickly as possible.

Push Pass for Height—Starting with your feet at hip width, the ball held evenly at your chest, and your elbows pointed down, as if you were about to perform a military press. Quickly dip at the knees, pushing your hips back into a shallow squat, forcefully reverse this motion, as you drive the ball overhead as high as possible. Your feet should leave the ground, when properly performing this throw.
Box Squat Throw-This throw is the same as the half squat throw, but will begin from a seated position on a parallel or slightly above box. Make sure your momentum pitches you forward upon release of the ball.

Broad Jump Throw-This throw begins from the same position as the half squat throw. Perform a broad jump and immediately upon landing, jump again and chest pass the med ball. It is important that the least amount of time possible is spent on the ground after the initial broad jump. Athlete must demonstrate mastery of the half squat throw before moving onto this variation.

Total Body Throws

Overhead Backwards Throw-Beginning with your feet at hip width, the ball stretched straight above your head and your back to the landing area, quickly swing the ball down between your legs while keeping your arms as straight as possible, as you rapidly descend into a half squat. Once the ball is between your legs, aggressively reverse your momentum by extending at the ankle, knee, hip and low back to throw the behind you at a 45 degree angle. When performed properly you should travel up and backwards upon the ball's release. Your body's action in this throw should be similar to that of a catapult.

For athletes looking to develop more starting strength, a modified version of this throw can be performed from a static start. Start the throw with the ball on the ground between your legs and slightly behind your body, causing you to stretch back to reach it. Now the throwing motion begins from bringing the ball straight from this resting position to release.

Underhand Forwards Throw-Beginning in the same position as the Overhead Backwards throw, but now facing the landing area. Quickly swing the ball down between your legs, while keeping your arms straight and chest upright. When the ball is between your legs, quickly reverse your motion with a triple extension and throw the ball underhand (like a “granny style” basketball shot). You should perform a broad jump as you release the ball.

Refer to Juggernaut Training Systems YouTube channel (youtube.com/CWSmith52) for video demonstrations of the throws. Throwing volume is more difficult to monitor then jumping or sprinting. With that being said, pick a conservative number of throws to perform and as your ability increases so will your volume. Also keep in mind that you want to do the least amount of work possible to achieve the desired effect.
Olympic Lifting

Olympic lifting is a hotly debated topic in the training community, but its benefits are obvious. The Olympic lifts, WHEN BEING PERFORMED BY SOMEONE WITH COMPETENT TECHNIQUE, are a great developer of power and teach an athlete to absorb force well. While I do not include them in my own training, there are athletes who I work with that are required to perform them during their competitive season by their coaches, and for such athletes I believe I have an excellent way of incorporating the Olympic lifts into their training without being too hard on their joints, or having them place too much time on technical development, while still reaping their benefits.

The Olympic lifts can be incorporated into your training twice per week. The first day (Pull Day) will be done as your main accessory lift on your squat day, and the second day (Speed Day) will be done prior to your deadlift training. The Pull day will focus on the development of pulling strength/speed by utilizing Olympic pull variations (Snatch and Clean Pull) from various heights (standing on blocks, pulls from below the knee, pulls from the thigh, pulls from the floor, etc). Once the athlete has competed their squatting for the day, they will perform one of these pulling variations up to a 2-5rm. I suggest rotating the pulling variation that is used on a weekly basis, though I do not advocate changing between snatch and clean pull variations within one training wave. Rather, change the heights you are pulling from.
An example training wave for the pull day would be as follows...

<table>
<thead>
<tr>
<th>8s Wave</th>
<th>Accumulation Phase</th>
<th>Intensification Phase</th>
<th>Realization Phase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squat</td>
<td>Squat 65%x5x8+</td>
<td>Squat 60%x3, 67.5%x3, 72.5%x3x8+</td>
<td>Squat 50%x5, 60%x3, 70%x2, 75%x1, 80%xAMAP</td>
</tr>
<tr>
<td>Pull Variation</td>
<td>Clean Pull with bar on 6” Blocks to 3rm</td>
<td>Clean Pull standing on 3” Blocks to 5rm</td>
<td>Clean Pull from floor to 2rm</td>
</tr>
<tr>
<td>Accessory</td>
<td>GHR-3xAMAP-2</td>
<td>GHR-3xAMAP-2</td>
<td>GHR-3xAMAP-2</td>
</tr>
</tbody>
</table>

The speed day will focus on moving submaximal weights at maximal velocity and perfecting technique. The speed day will be done prior to your deadlift training and will also serve to prime your CNS for explosive pulls.

The speed day is essentially the dynamic method, but applied to Olympic lifts. Because of the fast nature of the Olympic lifts, a higher percentage (60-80%) can be used when compared to the powerlifts (40-60%). It is crucial that short rest periods are used (45-60 seconds). Here is what a training wave would look like for the speed day:

<table>
<thead>
<tr>
<th>5s Wave</th>
<th>Accumulation Phase</th>
<th>Intensification Phase</th>
<th>Realization Phase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olympic Lift</td>
<td>Snatch 12x2 at 60%</td>
<td>Snatch 9x2 at 70%</td>
<td>Snatch 6x2 at 80%</td>
</tr>
<tr>
<td>Deadlift</td>
<td>Deadlift 70%x6x5+</td>
<td>Deadlift 65%x2, 72.5%x2, 77.5%x4x5+</td>
<td>Deadlift 50%x5, 60%x3, 70%x2, 75%x1, 80%x1, 85%xAMAP</td>
</tr>
<tr>
<td>Accessory</td>
<td>Walking Lunges 3x12 steps</td>
<td>Walking Lunges 3x12 steps</td>
<td>Walking Lunges 3x12 steps</td>
</tr>
</tbody>
</table>
There are many great options to develop speed and explosive power in athletes and lifters. Jumping, sprinting, throwing and Olympic lifts can all have their place in your training. With that being said, do not try to utilize all of these means within the same training wave, or for the length of the program for that matter. I would choose two options and perform them for four consecutive waves.

**Conditioning**

Whether you are an athlete, a powerlifter, or just someone who is trying to be more awesome, being in shape will be a great benefit to you. What good is it to be strong and explosive, if you are gassed after the first quarter? The nuances of conditioning for specific sports and positions is enough information to fill its own manual, so I will not address it too much here.

The most important issue to address when creating a conditioning plan is just that: having a plan. You need to create a progression that will allow you to incrementally improve your conditioning level. Two of the most effective conditioning modalities you can use are the Prowler and hill sprints.

Olympic 400m Gold Medalist Christine Ohuruogu, pushing the Prowler at Juggernaut.
When creating a conditioning progression using the Prowler, I suggest you push the Prowler two times per week, one short day and one long. The short day will be more heavily weighted sprints up to 30 yards in distance, and the long day will consist of lighter sprints up to 60 yards. Here is a template to use for creating a conditioning plan over a 6 week period.

<table>
<thead>
<tr>
<th>Week</th>
<th>Short Day</th>
<th>Long Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>6x30 yards with 180 pounds and 45 seconds rest</td>
<td>6x60 yards with 90 pounds and 1 minute rest</td>
</tr>
<tr>
<td>2</td>
<td>8x30 yards with 180 pounds and 45 seconds rest</td>
<td>8x60 yards with 90 pounds and 1 minute rest</td>
</tr>
<tr>
<td>3</td>
<td>10x30 yards with 180 pounds and 45 seconds rest</td>
<td>10x60 yards with 90 pounds and 1 minute rest</td>
</tr>
<tr>
<td>4</td>
<td>6x30 yards with 180 pounds and 30 seconds rest</td>
<td>6x60 yards with 90 pounds and 45 seconds rest</td>
</tr>
<tr>
<td>5</td>
<td>8x30 yards with 180 pounds and 30 seconds rest</td>
<td>8x60 yards with 90 pounds and 45 seconds rest</td>
</tr>
<tr>
<td>6</td>
<td>10x30 yards with 180 pounds and 30 seconds rest</td>
<td>10x60 yards with 90 pounds and 45 seconds rest</td>
</tr>
</tbody>
</table>

If you don’t have access to a Prowler and choose to make hill runs your conditioning method of choice, I once again advocate utilizing a short and long day. This will necessitate you having access to hills of different lengths (i.e., a 30m and 80m hill or having a large hill that you can start from different points on). If this is not a possibility then you can have a fast and moderate day. A moderate day would entail running the hill, jogging back down, and running up again, as one rep, while a rep on the short day would entail one all out sprint up the hill and a walk back down to the start. Here is a sample look at 6 weeks worth of hill running. Now the length and incline of the hill will have a great effect on number of reps, rest periods, etc, so you will need to evaluate your own situation.
<table>
<thead>
<tr>
<th>Week</th>
<th>Short Day</th>
<th>Long Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Short Hill x6 reps with 1 min rest</td>
<td>Long Hill x4 reps with 2 min rest</td>
</tr>
<tr>
<td>2</td>
<td>Short Hill x8 reps with 1 min rest</td>
<td>Long Hill x5 reps with 2 min rest</td>
</tr>
<tr>
<td>3</td>
<td>Short Hill x10 reps with 1 min rest</td>
<td>Long Hill x6 reps with 2 min rest</td>
</tr>
<tr>
<td>4</td>
<td>Short Hill x6 reps with 45 sec rest</td>
<td>Short Hill x5 reps with 2 min rest</td>
</tr>
<tr>
<td>5</td>
<td>Short Hill x8 reps with 45 sec rest</td>
<td>Short Hill x6 reps with 2 min rest</td>
</tr>
<tr>
<td>6</td>
<td>Short Hill x10 reps with 45 sec rest</td>
<td>Short Hill x7 reps with 2 min rest</td>
</tr>
</tbody>
</table>

The most important thing to remember when conditioning is that you need to create a plan and work that plan. Also, be realistic in your goal setting. If your goal is to squat 800 pounds raw, then it isn’t likely you will also be the best hill runner or Prowler pusher around. You can’t serve two masters, or ride two horses with one ass. Pick a goal and a realistic time frame to reach it in (think months/years, not days/weeks) and work toward that goal.

You can also perform upper body dominant conditioning. Upper body dominant conditioning will raise your heart rate and create oxygen deficit without taxing your lower body. These are good options for athletes using higher poundages in the squat and deadlift, or have sport practices that already require intensive running work. My two favorite upper body dominant conditioning tools are the sledgehammer and battle ropes. Battle ropes offer a lot of variety and can be done with both hands, alternating hands, jumping jacks, side to side and really any other spastic arm movement you can come up with. A few different protocols can be utilized with these, most notably max reps in a given time, a set number of reps as fast as possible, or Tabata (20 seconds on, 10 seconds off).

**Putting It All Together**

*Sample Templates*

There are lots of factors to consider when putting together your training template, particularly when you have speed/jumping work, lifting and conditioning to balance. Here I will show you options to incorporate all three phases of your training into templates where you lift 4, 3, or 2 days per week.
**Lifting 4 Days per Week**

This is the most straightforward option:

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bench</td>
<td>Off</td>
<td>Squat</td>
<td>Off</td>
<td>Military</td>
<td>Deadlift</td>
<td>Off</td>
</tr>
</tbody>
</table>

Now let’s add some speed and power work to this split:

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper Body</td>
<td>Off</td>
<td>Jump Training Squats</td>
<td>Off</td>
<td>Upper Body</td>
<td>Sprint Training</td>
<td>Deadlifts</td>
</tr>
<tr>
<td>MB Throws</td>
<td>Bench</td>
<td></td>
<td></td>
<td>MB Throws</td>
<td></td>
<td>Military</td>
</tr>
</tbody>
</table>

How about conditioning:

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bench</td>
<td>Off</td>
<td>Squat</td>
<td>Off</td>
<td>Military</td>
<td>Deadlift</td>
<td>Hill</td>
</tr>
<tr>
<td>Upper Body</td>
<td></td>
<td>Prowler</td>
<td></td>
<td>Upper Body</td>
<td></td>
<td>Sprints</td>
</tr>
<tr>
<td>Dominant Conditioning</td>
<td></td>
<td></td>
<td></td>
<td>Dominant Conditioning</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

When looking to put all three elements of your training together into the same week, I do not advise a 4 day/week template as recovery will become too difficult.

**Lifting 3 Days per Week**

Lifting 3 Days per week is a great option for athletes who need to incorporate skill training (i.e., practice), speed/power work and conditioning into their training. When lifting 3 days per week, each training phase will be spread out over 9 days. If you are just lifting 3 days/week, you should do that on either Mon/Wed/Fri/Mon or Tues/Thurs/Sat/Tues. Another option is every other day, so Monday/Wednesday/Friday/Sunday/Tuesday/Thursday/Saturday.
Adding speed/power work to a 3 day lifting split:

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper Body</td>
<td>Off</td>
<td>Jump Training</td>
<td>Off</td>
<td>Upper Body</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>MB Throws Bench</td>
<td></td>
<td>Squat</td>
<td></td>
<td>MB Throws Military</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
<th>Day 11</th>
<th>Day 12</th>
<th>Day 13</th>
<th>Day 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprint Training Deadlift</td>
<td>Off</td>
<td>Upper Body MB Throws Bench</td>
<td>Off</td>
<td>Jump Training Squat</td>
<td>Off</td>
<td>Off</td>
</tr>
</tbody>
</table>

When lifting 3 days/week, you can also combine two core lifts into one training day. When doing this, I advocate that you only choose one assistance exercise for each upper body and lower body to perform on that day:

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper Body</td>
<td>Off</td>
<td>Jump Training</td>
<td>Off</td>
<td>Upper Body</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>MB Throws Bench</td>
<td></td>
<td>Squat</td>
<td></td>
<td>MB Throws Sprint Training Military Deadlift</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Adding a conditioning element:

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bench Upper Body Conditioning</td>
<td>Off</td>
<td>Squat Prowler</td>
<td>Off</td>
<td>Military Upper Body Conditioning</td>
<td>Deadlift</td>
<td>Hill Sprints</td>
</tr>
</tbody>
</table>
Putting it all together:

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper Body</td>
<td>Off</td>
<td>Jump Training</td>
<td>Prowler</td>
<td>Upper Body MB</td>
<td>Hill Sprints</td>
<td>Off</td>
</tr>
<tr>
<td>MB Throws</td>
<td></td>
<td>Squat</td>
<td></td>
<td>Throws</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bench</td>
<td></td>
<td></td>
<td></td>
<td>Military</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Upper Body</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conditioning</td>
<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
<th>Day 11</th>
<th>Day 12</th>
<th>Day 13</th>
<th>Day 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprint</td>
<td>Prowler</td>
<td>Upper Body MB</td>
<td>Off</td>
<td>Jump Training</td>
<td>Off</td>
<td>Hill Sprints</td>
</tr>
<tr>
<td>Training</td>
<td></td>
<td>Throws</td>
<td></td>
<td>Squat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deadlift</td>
<td></td>
<td>Bench</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Upper Body</td>
<td></td>
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<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Conditioning</td>
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</tr>
</tbody>
</table>

**Lifting 2 Days per Week**

Lifting 2 days/week is a great option for athletes with higher GPP who need to focus more of their energy on skill development in their sport. If you have reached a point of diminishing returns with your physical gains, it is definitely time for you to put less energy toward the weight room and more toward practicing the skill of your sport. I reached this point in my track and field career. I had gained enough strength to where adding 10 pounds to my bench wasn’t going to make the shot go any further. Only technical improvements would yield those positive results.

When training only 2 days per week I advocate using 5/3/1 for the minimum prescribed reps on your main accessory lift of the day. For this main accessory movement I like to use a variation of one of your other foundation movements. This movement should be for the opposite body part that your main lift was and should be for the foundation movement that you will do the following week. So if you are benching and squatting in week 1, you will perform deadlift and military variations as your main accessory movements. When lifting only 2 days/week I suggest you take two full days between training sessions, Monday/Thursday is a great option, and do not deload unless you are feeling run down. Since that was pretty cryptic to understand, hopefully this table will help:
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bench Press - Juggernaut Method</td>
<td>Off</td>
<td>Off</td>
<td>Squat - Juggernaut Method Incline Bench - 5/3/1 minimum reps</td>
<td>Off</td>
<td>Off</td>
<td>Off</td>
</tr>
<tr>
<td>Deadlift Standing on Blocks - 5/3/1 minimum reps</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 8</td>
<td>Day 9</td>
<td>Day 10</td>
<td>Day 11</td>
<td>Day 12</td>
<td>Day 13</td>
<td>Day 14</td>
</tr>
</tbody>
</table>

There are numerous options when adding speed/power work and conditioning to your 2 day lifting template; too many to discuss here. Just remember that when including speed/power work into your training, that it must be performed with a fresh CNS, so put it prior to your lifting or 48 hours after your last CNS intensive lifting session.
Wrapping It Up

If you take anything away from this book, I hope it is that when training, you need a plan. Creating a plan and progression from your goals, working backward from them, is the best way to reach them. The plan doesn’t need to be fancy or complex, but in fact a simple plan that relies on making small, incremental gains. This is what will be the most beneficial for people. Another helpful strategy in achieving your goals is to create accountability. Create accountability between you and your training partners by telling each other your goals and making each other stick to them. If you train by yourself, write your goals down, put them somewhere you can see them every day, and own those numbers.

Achieving greatness in training and life isn’t an overnight process or something that a quick fix will help. You need to create a plan, commit to it, be passionate about what you are doing and be relentless in the pursuit of your goals. The attitude and mindset you bring toward your training will go just as far in determining your success as your program and nutrition.

Thanks to my business partner, Nate Winkler, for making Juggernaut possible. Thanks to my friends and clients who have made this program possible. Thank you to the Juggernaut staff for doing a great job everyday. Thanks to my parents for always supporting me. Thank you to my editor Bob for dealing with my mistakes and I apologize that this isn’t an audio book where everyone could enjoy my melodious voice. Thanks to Dave Tate for allowing me to use EliteFTS as a platform for my training and ideas. You all are great and I couldn’t have done this without you.