

Pavel Revisited

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A few years ago now, Pavel Tsatsouline authored a program for a strong powerful core using the following 3 – 5 formula:

3 – 5 exercises

3 – 5 sets

3 – 5 reps

3 – 5 days per week

Simple, easy to follow and of course brutally hard, all the elements of a great program, so let's revisit his formula and apply it to a general strength/power program and reap the rewards of heavy and basic.

I very much favour a program that is easy to follow and that can be expanded and contracted to meet the needs and varying life routines of all people who want to train hard. I have used a similar philosophy in power training for rugby players where I use a 3 week loading cycle as follows:

Week 1: 3 x 5 @ 40 – 60%

Week 2: 4 x 4 @ 50 – 70%

Week 3: 5 x 3 @ 60 – 80%

Load intensity will very depending on training age, if possible use a Tendo unit or similar device to check the bar speed. The progression is based around Schmidtbliecher's work on inter and intra muscular co-ordination training. If you have limited experience in power training I would suggest you use the bottom percentage each week and if you are experienced use the higher percentages. Always attempting to move the bar as fast as possible.

This program can be used as a stand alone or you can add a contrast plyometric exercise immediately post the weight training exercise, using the following sets and reps:

Week 1: 3 x 10

Week 2: 4 x 8

Week 3: 5 x 6

With this you increase the intensity of the plyometric exercise since the volume basically remains the same, either by increasing height or adding weight or increasing the plyometric complexity of movement.

I have always been an advocate of abbreviated intense training, especially with rugby athletes. Utilising a pull, push and squat movement in each session or splitting them into stand alone training days you will be working the entire movement aspects of the body.

Depending on time constraints you can develop an excellent program using either of the splits mentioned above, such as the following:

3 day a week split

Monday	Wednesday	Friday
Power Clean	Power Snatch	Deadlift
Front Squat	Back Squat	Sprinters Squat

Push Press	Military Press	Incline Bench Press
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4 day a week Movement & Full Body variation

Monday	Tuesday	Wednesday	Thursday	Friday
Hang Clean	Push Press	Over Head Squat	O	Power Snatch
One Arm DB Snatch	Incline Bench Press	Front Squat	F	Rack Jerks
Romanian DL	DB Shoulder Press	Step Ups	F	Back Squat

The possible permutations are limited only by your imagination; you can use the sets and rep set ups that I outlined previously although now that you are strength based I would increase the loading percentages to:

5's – 80+%

4's – 85+%

3's – 90+%

Or just stick with Pavels inspired simplicity and go heavy and basic and get the results.