

Figure 2. Yearly training plan for strength and power development for athletes with different strength training backgrounds.

		Phase 1	Phase 2	Phase 3 & 4	In-season
Athlete Group	Training Focus	GPP1	GPP 2	SPP1 & SPP2	14-28 weeks
High RM / High Power	Combined focus for increase in Max strength and Max Power	Hypertrophy & muscle balance	General strength at 6-8RM. Power at 30% 1RM for 4 sets of 8 reps/wk.	Max strength at 3-6RM. Max power 40-60% 1RM for 6-8 sets 4-8 reps/wk increasing intensity to 60% as season starts.	Max strength at 3-6RM. Max power (40-60% 1RM) 4-6 sts of 4-8 reps/wk. Cycled volume & intensity throughout period.
High RM / Low Power	Focus on Max Power development. Less emphasis on Max strength	Hypertrophy & muscle balance	General strength at 6-8RM. Power at 20-30% 1RM (4-6 sets x 8 reps/wk).	Max power at 30-50% of 1RM for 6-8 sets of 4-8 reps/wk, increasing as season starts. Max strength (3-6RM) with low volume	Max power (30-50% 1RM) 4-8 sets of 4-8 reps/wk. Cycled volume & intensity throughout period with strength at 3-6RM.
Med RM / Low Power	High emphasis on Max strength less focus on power	Hypertrophy & muscle balance	Higher volume of General strength at 6-8RM. Power at 20% of 1RM for 2 sets of 8 reps/wk.	Cycled Max strength at 3-6RM with general strength at 6-8RM. Max power at 30-40% of 1RM for 2-4 sets of 6-8 resp/wk.	Cycled Max strength at 3-6RM with general strength at 6-8RM. Max power at 30-40% of 1RM for 2-4 sets of 6-8 resp/wk.
Low RM / Low Power	Focus on Max Strength development	Hypertrophy, muscle balance, increase work capacity	High volume of muscle hypertrophy 8-15RM) combined with general strength (6-8RM).	General strength 6-8RM progressing to 3-6RM, combined with low intensity power training at 10-20% of 1RM with 2-4 sets of 8 reps/wk.	Cycles of Max strength 3-6 RM and general strength at 6-8RM and low intensity power at 10-30% of 1RM.