

Step 1. Understand the Big Picture	1A. Check the Annual Plan	1A. Identify current macrocycle goal (competitive or non-competitive, focal points, significance) 1B. Beware of current mesocycle goal (preparatory, development, competition, transition) 1C. Plan deload/tapering windows (every 3-7 loading weeks) 1D. Schedule the next performance evaluation to assess training effectiveness.
Step 2. Progress Review & Screening	2A. Goal Status & Annual Plan Adjustments	<ul style="list-style-type: none">• Check to ensure the athlete is still on schedule for macrocycle goals, timing of peaking, navigating schedule irregularities, etc.
	2B. Needs Analysis	<ul style="list-style-type: none">• Review whether the intended adaptations were achieved in the previous block.• Review if training is aligning with the athlete's needs and wants, and what they're prepared to do to achieve them.• Review what went well and what didn't. Retain the positives and form a hypothesis to solve the negatives at the appropriate time.• Trend Analysis: Red-flag trends (same issue ≥ 3 consecutive occurrences → beware; ≥ 6 consecutive occurrences → fix)
	2C. Previous-Phase Training-Load Analysis	<ul style="list-style-type: none">• How much training did the athlete do? (weekly sets, number of lifts, tonnage, relative volume)• How heavy did the athlete train? (average & peak weekly load lifted & %1RM)• How challenging was the training? (actual vs intended RPE/RIR or session RPE ratings, and feedback)• How prepared is the athlete to perform, recover from, and adapt to training? (readiness, athlete feedback, HRV)
	2D. Screening Performance-Facilitating/Limiting Factors & Movement Competency (entering next phase)	<ul style="list-style-type: none">• Health & injury status.• External stressors & logistics (work, travel, equipment, gym hours, spotters).• Psychology & motivation (confidence, mental load, life events).• Recovery resources (sleep, nutrition, hydration, active recovery, downtime, sauna, manual therapy).• Ongoing biomechanical analysis for strength, mobility and movement pattern changes.
Step 3. Plan the Weekly Strategy	3A. Verify Phase Goal	<ul style="list-style-type: none">• Define the desired adaptations of this phase.• Define what needs to happen this week to achieve them.
	3B. Check Phase Timeline	<ul style="list-style-type: none">• Check how many weeks in the phase remain, and whether a deload/taper is pre-planned or reactive.
	3C. Select a Progression Model	<ul style="list-style-type: none">• Consider which variables to manipulate vs. hold constant (volume, intensity, frequency, effort, exercise variation).• Define the pathway to the endpoint. Map increments from the athlete's current preparedness to the desired phase-end load/volume within the available weeks.• Logic check: Iterate through the progression model to be sure the progression sequence will realistically produce the target adaptations.
	3D. Select Week-Type	<ul style="list-style-type: none">• Tag each week as Intro · Build · Attack · Recover to set the objectives and global effort ceiling.
	3E. Readiness & Constraint Review	<ul style="list-style-type: none">• Do current readiness metrics and life logistics support the planned difficulty of each week?
	3F. Define the Expected Performance Response	<ul style="list-style-type: none">• For each lift, do you expect a short performance dip (planned over-reach), gradual improvement, or maintenance?
Step 4. Plan Training Sessions	3G. Contingency Planning	<ul style="list-style-type: none">• Pre-define events that override the written week and require immediate adjustments. Examples include:<ul style="list-style-type: none">▪ New or escalating pain/injury▪ Illness or ≥ 2 missed sessions▪ Significant, unplanned performance drop▪ Major life or logistics disruption (travel, exams, gym closure).
	4A. Define Target Adaptations for Each Session	<ul style="list-style-type: none">• Specify the physiological, psychological or technical changes this week must drive.
	4B. Determine Session Count & Split	<ul style="list-style-type: none">• Decide how many training sessions and how many exposures per competition lift/muscle group are needed to deliver the required weekly dose while respecting the microcycle type.
	4C. Organize Sessions by Planned Stress	<ul style="list-style-type: none">• Sequence high-stress sessions (heavy or high-skill) earliest in the week or after rest days; carefully plan moderate and light sessions around them to manage cumulative fatigue.
	4D. Select Exercises & In-Session Order	<ul style="list-style-type: none">• Choose competition lifts, variants, assistance, and accessories for each session, placing high-skill/high-load-demand movements first.
	4E. Prescribe Volume & Intensity per Lift/ Muscle Group/Movement Pattern	<ul style="list-style-type: none">• Assign sets, reps, load or RPE, tempo, and rest for each lift/muscle group to meet the target weekly dosage.
	4F. Feasibility Check	<ul style="list-style-type: none">• Confirm the plan fits the athlete's time constraints, equipment availability, recovery capacity, and external obligations.
Step 5. Plan the Weekly Calendar	4G. Define Success Metrics	<ul style="list-style-type: none">• What measurable indicators will confirm the week as successful?
	5A. Calendar Mapping	<ul style="list-style-type: none">• Assign each pre-defined session to concrete days/times that fit work, school, travel, and gym hours.
	5B. Prioritize Key Sessions	<ul style="list-style-type: none">• Place heaviest or highest-skill sessions after rest days or when the athlete is most primed for performance; alternate with moderate and lighter sessions to manage cumulative fatigue and make up the intended training frequency for each lift and its muscle groups/movement patterns.
	5C. Load-Response of Tissues & Systems	<ul style="list-style-type: none">• Heavier loads require more recovery than low-intensity skill work; recovery time depends on the lifter's strength level, technique, and the specific lift.
	5D. Warm-Up/Preparation Blocks	<ul style="list-style-type: none">• Plan mobility, activation, or rehab work before lifts.
	5E. Auto-Regulation Guard-Rails	<ul style="list-style-type: none">• Set RPE or velocity caps (and/or readiness flags) that automatically trigger in-session load or volume reduction if fatigue exceeds plan.
	5F. Program Review	<ul style="list-style-type: none">• Review the plan from logic, ensuring that the plan takes the most logical decisions given the athlete and situational context and knowledge of training principles. Revisit previous steps if changes are necessary.
Step 6. Train, Monitor & Adjust When Necessary	6A. Daily Log (the athlete's responsibilities)	<ul style="list-style-type: none">• Readiness survey → Complete training session → Record loads, actual RPE, velocity if available, and record key lift videos.
	6B. Monitor for Guard-Rail Breaches	<ul style="list-style-type: none">• If any contingency trigger from Step 3 fires (pain spike, multiple missed sessions, severe velocity drop, prolonged readiness collapse), the coach should provide timely adjustments to the plan.
	6C. Weekly Coach Review	<ul style="list-style-type: none">• Provide a written summary addressing key areas of the athlete's performance (approach to navigating situations, technique feedback, advice when situationally appropriate, etc)• Revisit Step 1 of this framework to plan the next training week(s).