

The AB Block Schedule Solution

How to modify the BFS program for today's school schedules

High School Academic Schedule

Bell Schedule

	Starts	Ends
Homeroom	7:45	8:10
Algebra II	8:13	8:58
Western Civilizations	9:01	9:46
Foreign Language: Mandarin	9:49	10:37
Physics	10:37	11:25
Advanced Placement Literature	11:25	12:13
Lunch	12:13	1:01
Physical Education	1:01	1:49
Elective: Concert Band		
Dismissal (last bell)		

When the BFS program was first implemented in high schools 32 years ago, classes were primarily set up in block scheduling. A typical class would last 45-55 minutes, three times a week, for

the duration of a quarter or semester schedule. The BFS program was set up to fit into such a schedule, and athletes have benefited from its design with improved performance and reduced injuries. But new scheduling formats

have required that the BFS program be tweaked...but only a little.

One of the most popular types of classroom planning is what is often referred to as AB block scheduling. In contrast to traditional scheduling,



The AB block schedule is characterized by longer, but fewer, class periods. Shown is veteran BFS clinician Jim Brown instructing a group of students in the BFS 1-2-3-4 flexibility program.



One advantage of AB block scheduling is that it enables coaches to spend more time with individual athletes. Shown is Ashley Gastil, a student at Hunter High School in Salt Lake City, Utah, being taught the finer points of power cleaning by two-time masters world weightlifting champion Debbie Millet.

AB scheduling is characterized by classes that are longer but less frequent. Rather than taking six classes a day that last about an hour, a student may take four 90-minute classes a day.

For an excellent discussion of the advantages and disadvantages of traditional versus alternative block scheduling, refer to the excellent 2003 paper “The Effects of Full and Alternative Day Block Scheduling on Language Arts and Science Achievement in a Junior High School.”¹ The authors noted that in certain subjects, especially foreign language, the longer classes seemed to have an advantage. Also, the scheduling seemed more beneficial for lower-performing students, and teachers often found they were able to

provide more individual attention to students.

Unfortunately, studies on the various types of block scheduling focus on academics, not physical education or athletic performance. With traditional scheduling, more total time must be devoted to changing clothes, showering and warming up. In a 45-minute class, total work time on core and auxiliary lifts may be reduced to 30 minutes. As a result, compromises are often made, such as performing fewer auxiliary exercises, performing 3x5 rather than 5x5 on the second week, and so on. Also, the time restrictions often force instructors to eliminate stretching exercises from the class completely and to hope that the students

will have the discipline to stretch on their own at home.

Making Changes: the BFS Way

One of the most popular types of AB scheduling is to alternate between weeks of three 90-minute classes and weeks of two 90-minute classes. One common way that coaches and physical education teachers adapt the BFS program to this type of scheduling is to simply perform all the workouts in the order presented, increasing the training cycle during the off-season from four weeks to five. Instead, we suggest alternating between the off-season workout and the in-season workout. Thus, the first week you would train three times a week, and the next, twice a week.

BFS PROGRAM

November 25, 2008 2:15PM

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East Side High School
Weekly Workout Schedule for the week of November 3, 2008
Bigger Faster Stronger

Visit BFS on the web: www.biggerfasterstronger.com

Athlete Information _____
 Smith, Ryan

ID Number _____
 Grade/Period 11 2
 Sport / Positions FOOTBALL
 Workout Schedule: BFS-A

Week # 1 of a 4 week workout.

Notes on the Workout _____
For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you

For Aux Lifts: Your last recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Beat the Computer!

Day Number — 1 — Did you BEAT THE COMPUTER on your last set? Write your Reps here!

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	New Weight
Box Squat	3x 360	3x 380	3x 400	Lat Pull Down	10x 130	10x 130	
Towel Bench	3x 170	3x 180	3x 190	Leg Curl	10x 70	10x 70	

Day Number — 2 — Did you BEAT THE COMPUTER on your last set? Write your Reps here!

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	New Weight
Power Clean	3x 155	3x 165	3x 170	Heavy Dips	10x 30	10x 30	
Hex Bar Deadlift	3x 235	3x 250	3x 265	Leg Extension	10x 100	10x 100	

Day Number — 3 — Did you BEAT THE COMPUTER on your last set? Write your Reps here!

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	New Weight
Parallel Squat	3x 190	3x 195	3x 210	Lunges	10x 80	10x 80	
Bench Press	3x 160	3x 165	3x 175	Glute Ham	10x 20	10x 20	

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Homeroom
 Algebra II
 Western Civilizations
 Foreign Language: Mandarin
 Foreign Literature

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1:01	1:49

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East Side High School
Weekly Workout Schedule for the week of November 10, 2008
Bigger Faster Stronger

Visit BFS on the web: www.biggerfasterstronger.com

Athlete Information _____
 Smith, Ryan

ID Number _____
 Grade/Period 11 2
 Sport / Positions FOOTBALL
 Workout Schedule: BFS-B

Week # 2 of a 4 week workout.

Notes on the Workout _____
For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you

For Aux Lifts: Your last recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Beat the Computer!

Day Number — 1 — Did you BEAT THE COMPUTER on your last set? Write your Reps here!

Core Lifts	Set 1	Set 2	Set 3	Set 4	Set 5	Auxiliary Lifts	Set 1	Set 2	New Weight
Box Squat	5x 135	5x 140	5x 150	5x 155	5x 165	Lat Pull Down	10x 130	10x 130	
Towel Bench	5x 140	5x 150	5x 155	5x 165	5x 170				
	5x 120	5x 125	5x 130	5x 140	5x 145				

Day Number — 2 — Did you BEAT THE COMPUTER on your last set? Write your Reps here!

Core Lifts	Set 1	Set 2	Set 3	Set 4	Set 5	Auxiliary Lifts	Set 1	Set 2	New Weight
Parallel Squat	5x 160	5x 170	5x 180	5x 190	5x 195	Leg Curl	10x 70	10x 70	
Bench Press	5x 135	5x 145	5x 150	5x 160	5x 165				
Hex Bar Deadlift	5x 205	5x 215	5x 225	5x 235	5x 250				

TABLE 1
BFS Off-Season Program
(Weeks 1, 3 of AB Block Scheduling)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Squat variation	Sprint work	Power clean	Sprint work	Parallel squat
Bench variation	Plyometrics	Hex bar	Plyometrics	Bench press
Auxiliary lifts	Flexibility	Auxiliary lifts	Flexibility	Auxiliary lifts
Flexibility	Agility	Flexibility	Agility	Flexibility
Agility	Technique	Agility	Technique	Agility

TABLE 2
BFS In-Season Program
(Weeks 2, 4 of AB Block Scheduling)

MONDAY	THURSDAY
Power clean	Squat variation
Squat variation	Bench press
Bench Variation	Hex Bar deadlift
Auxiliary lifts	Auxiliary lifts

The sets and reps would not change. Let's look at some examples.

Table 1 outlines the traditional BFS off-season program, along with a sample weight training program with specific exercises designed on the BFS Beat the Computer system. This three-times-per-week schedule would be performed on weeks 1 and 3 of an AB block schedule. Thus, you would perform the 3x3 workout first and then the 5-4-3-2-1 workout.

Table 2 outlines the BFS in-season program, which is the type of schedule that would be performed

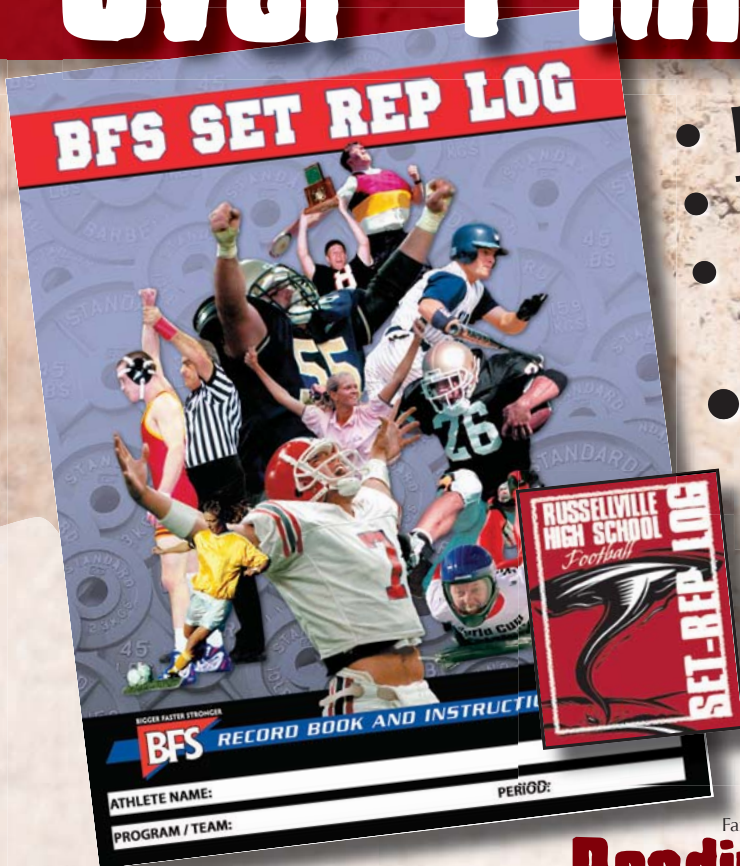
on weeks 2 and 4 of an AB block schedule, along with a sample weight training workout. Thus, you would perform the 5x5 workout and the 10-8-6 (4-4-2 for the power clean and Hex bar deadlift) workout. Note that there are three core exercises performed in this program, versus only two per workout in the off-season schedule. And due to the longer class sessions associated with AB schedules, agility and flexibility work can also be included in these workouts.

The basis of the BFS program has not changed in more than three

decades, and the reason is it's an ideal training system to implement with high school athletes and physical education classes. Whatever your schedule, take your program to the next level with BFS. **BFS**

¹Lewis, C. W., Cobb, R.B., Winokur, M., Leech, N., Viney, M. & White, W. (2003, November 11). The effects of full and alternative day block scheduling on language arts and science achievement in a junior high school. *Education Policy Analysis Archives*, 11(41). Retrieved November 25, 2008 from <http://epaa.asu.edu/epaa/v11n41/>.

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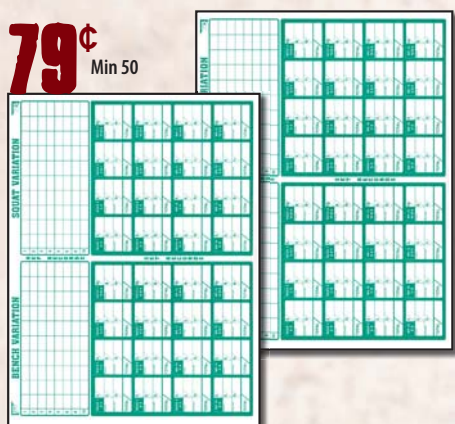
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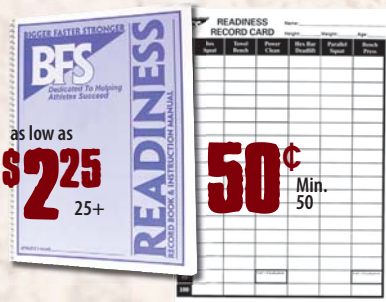
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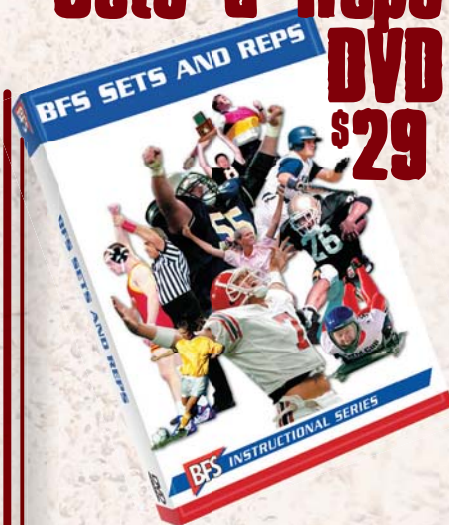
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