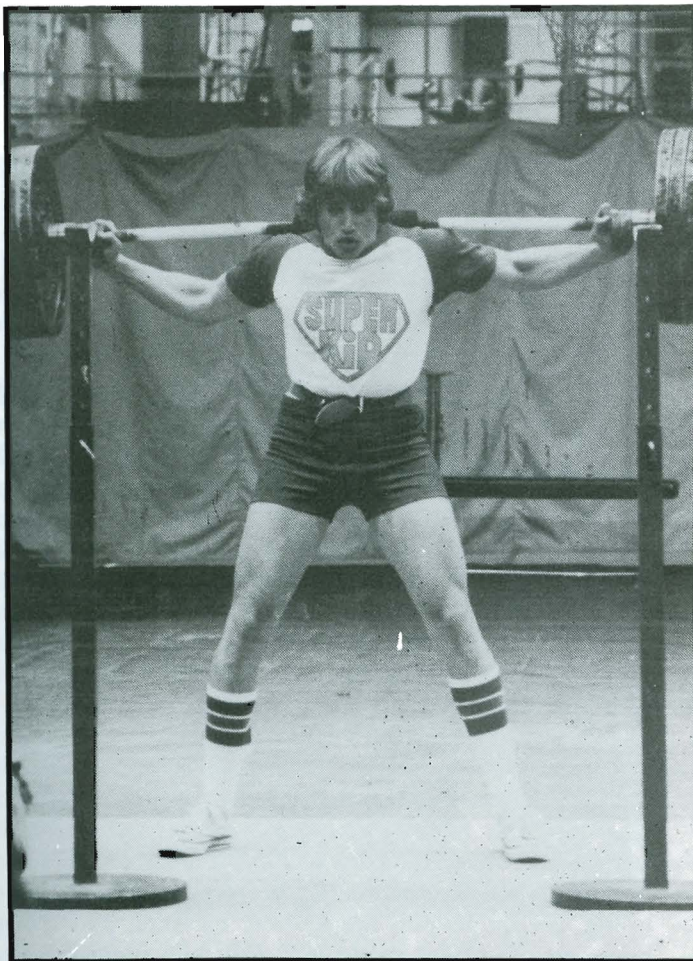


PHASES IN ATHLETIC STRENGTH TRAINING

By Dr. Greg Shepard



Thirteen year old Beginning Readiness Phase.



High School Athlete in Development Phase.

Phases in Athletic Strength training is a new creative concept by Bigger Faster Stronger. As athletes train and condition themselves throughout their careers they will pass through various phases of development. It is important for both coach and athlete to understand these different phases. A college strength coach, for example, should not prescribe the same training program for athletes who are in different phases. A high school coach should be extremely careful on copying the exact program from a pro athlete as he is likely to be in a very different phase. There are four phases which will be discussed: The Readiness Phase, The Development Phase, The Analysis Phase and the Maintenance Phase.

THE READINESS PHASE

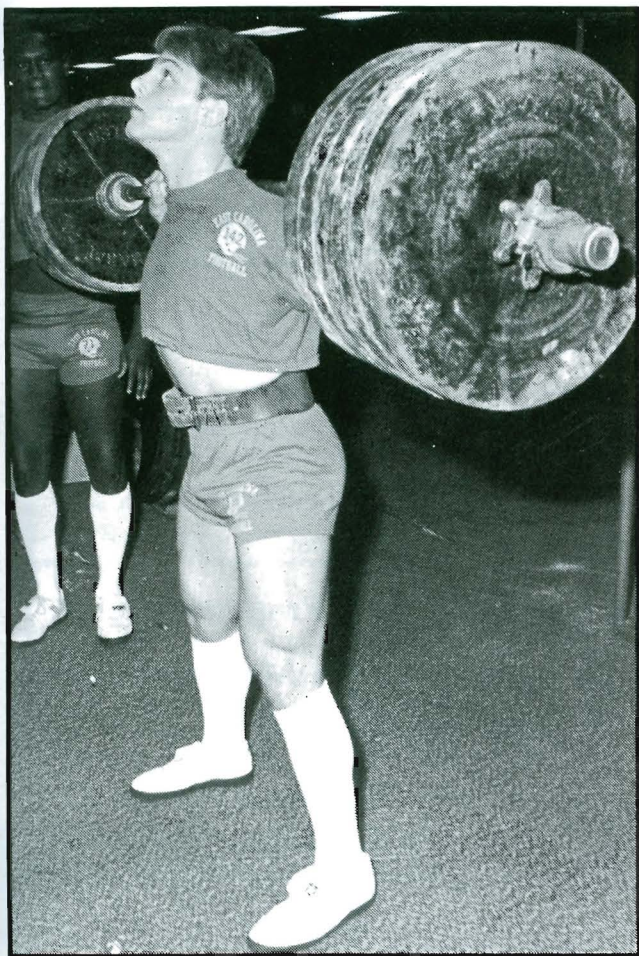
The Readiness Phase is for junior high age athletes just beginning a weight program. It is also for male athletes who do not yet have the strength to parallel squat 145 pounds 10 times with great form or female athletes who cannot parallel squat 125 pounds 10 times with great form. The Readiness Phase can be completed by going through the BFS Readiness Program. During this phase, the athlete should concentrate on perfect form and technique. Upon graduation from the BFS Readiness Program, the athlete would be ready to begin the Development Phase.

THE DEVELOPMENT PHASE

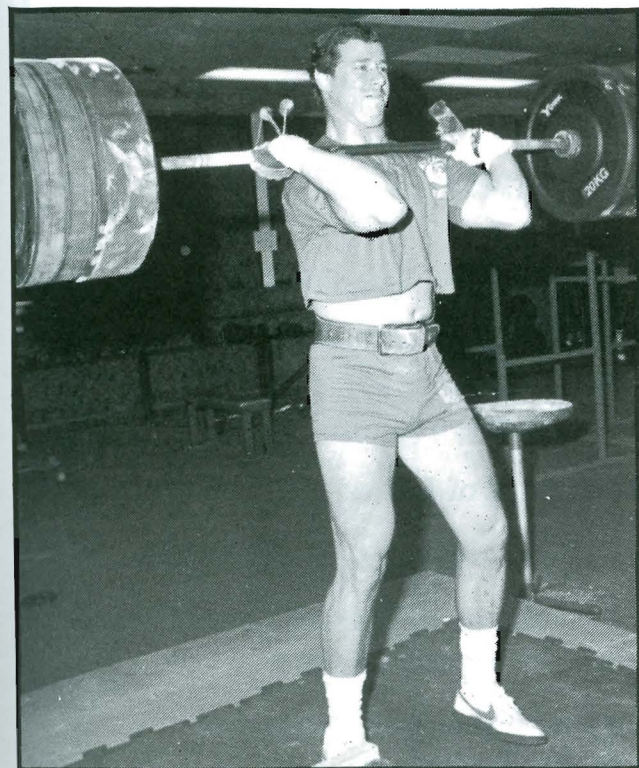
The Development Phase refers to the physical growth of the athlete in height, weight and strength. Charts have been created by Bigger Faster Stronger to help the athlete and coach determine how development is progressing. (Refer to page 41.)

These charts and standards have been developed as various athletes have proved them reachable. One can only be aware of the athletes featured in past BFS journals. Terry Long, while at East Carolina University, reached all the World Standards, stood 6 feet even, weighed 280 and ran a 4.8 forty. Bill Fralic stands 6-5, weighs 275 and runs 4.8, while lifting at or near the world standards. The Shot Put, Discus and Hammer throwers have been attaining these standards for years. Running backs like Hershel Walker and Marcus Dupree have set standards in their height-weight category.

Many basketball coaches may scoff at these charts. There is no basketball player that is 7-0 who weighs 312, for example. Only one example really exists and that is Wilt Chamberlin. He has more scoring and rebounding records than anyone in N.B.A. history. He was close to those height-weight and even some of the strength standards. Mark Eaton, who at 7-4, 285 pounds is the biggest man in the N.B.A. today. He only started lifting at age 25. If the chart was extended out to 7-4, Eaton should weigh 348 pounds. It will probably take 20 years for basketball to catch-up to these standards. However, what if Mark Eaton had started on the Readiness Program in the 7th grade and knew of these standards and their great possibil-



All athletes should be continually in the Analysis Phase.



The Maintenance Phase is the final phase, which is maintaining the top BFS Standards.

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ities. He would weigh 348 pounds today, while jumping higher and running faster. Instead of benching 275, squatting 300, and cleaning 215, he would most certainly be lifting at the College-Pro level. If we assume all the other big men remained at their present levels, the result for Mark Eaton would be total devastation of the N.B.A. However, more and more basketball coaches are catching the vision.

The skill athlete and DB-WR chart will also cause some controversy. Does a college wide receiver who is 6-2 have to weigh 205 and squat 500 pounds and attain the other strength standards? What about Doug Flutie? First of all, there will always be exceptions in the skill athlete area; even 20 years from now. Doug Flutie has a Bigger Faster Stronger heart, mind and soul of giant proportions. However, as other positions increase their standards it will be necessary for all skill athletes to work very hard at attaining these standards just to survive. It may become more important just for injury prevention than physical development.

**Skill Athletes May Have To Attain
The BFS Standards Just To Survive.**

ANAYLSIS PHASE

This Analysis Phase is an ongoing phase which takes place through all other phases. The greatest emphasis on analysis should take place during the development phase. Decisions need to be made continually by both coach and athlete. As athletes gain in size, strength and speed, correct analysis will determine future areas of emphasis. Do I need to gain weight, lose weight, work on speed more, or work on one particular lift more? Analysis should even help the athlete decide if he should continue in athletics.

Correct analysis will help the coach and athlete determine when the readiness program should be started and ended. It will also determine when the maintenance phase should begin.

THE MAINTENANCE PHASE

The Maintenance Phase begins when all standards have been achieved at an athlete's level of competition. For example, if a college or pro lineman was 6-4, 260 pounds and could run a 4.7 forty and squat 600, bench 500, dead lift 700 and clean 350, he should enter into the maintenance phase. After these standards have been achieved, an athlete would be better off perfecting his technique, increasing his flexibility and saving his joints from the great stress required in trying to lift more than the world standards. There is a point of no return! Only in certain cases where an athlete is shorter and heavier should even the squat be increased to over 600 pounds. For example, a lineman who is 6-2, 270 pounds would need to squat more to adjust for the extra body weight in order to run a 4.7 forty. Catch the vision now and we at BFS will do everything we can to help you on your Quest for Greatness.