

# ORGANIZATION

## **A. NUMBER OF ATHLETES $\div$ 3**

Take the number of athletes or students and divide by three. You want 3 groups. One for core lift #1, one for core lift #2 and the other group for auxiliaries. In our example below, you can see we now have 16 people per group.

## **B. NUMBER PER GROUP $\div$ 4**

Now take that number and divide by four. We divide by four to give us the number of people per station. We want the lifter plus 3 spotters. This method also helps us determine what equipment is needed for our situation. In our example, we need four squat stations, four bench stations plus auxiliaries. On Wednesday, you would replace the squats and benches with dead lifts and cleans, if you were following the BFS program.

## **C. TOTAL TIME $\div$ 3**

Take the total lifting time available and divide by three. Many high school programs are done during school time and dressing – shower time takes away from actual available time. In our example below, we have only 45 total minutes which gives us 15 minutes per area. Each group would then rotate from area to area every 15 minutes. The Coach can blow a whistle or yell “switch” to begin this rotation process.

## **D. TIME $\div$ AUXILIARIES**

Finally take the number of auxiliary exercises and divide into fifteen. This gives us an average of 3 minutes per auxiliary exercise. In our example, 16 people should be rotating freely between the five auxiliary exercises. There should be no standing around. The Coach or teacher's aid may want to inform the auxiliary group at each 3 minute interval.

**EXAMPLE: 48 Athletes  $\div$  3 = 16 Per Group**

**16  $\div$  4 = 4 Stations**

**45 Minutes  $\div$  3 = 15 Minutes**

**15 Minutes  $\div$  5 Auxiliaries = 3 Minutes**

