

# PERIODIZATION OR BFS?

## FOR HIGH SCHOOLS, IT'S NO CONTEST!

### The Total Program: Sets & Reps

The BFS Set-Rep System is perfect for the high school situation. It is superior to the most sophisticated Periodization System. It is superior to the so-called Russian or Bulgarian System. The BFS Set-Rep System flows perfectly from one sport season to the next. It is perfect for a team concept approach. High school athletes will make more progress with greater winning intensity and be more motivated than any other system worldwide. To be sure, these are bold statements, so let's analyze why they are true.

**What is Periodization:** Phases of training periods divided throughout an annual plan. Some people say: preparatory, competition and transition phases. These phases are normally broken down into sub-phases and macro or micro cycles. In simple terms; sets, reps, exercises, percentages and training intensities are varied to help an athlete peak at just the right time.

**What is the Russian or Bulgarian System:** You tell me. Does anybody really have it? Our Swedish BFS Staff member Stefan Fernholm laughs when he remembers hearing Russians snicker at the foolish Americans that think they really have something. We have mountains of research from Russian and East European compendiums. My advice; Let your competition take a Bulgarian weightlifter's routine and use it for a high school football team.

**Why is the BFS System Superior?** On the surface, periodization which is used by the East Europeans and Russians seems to have great merit. Many top universities espouse periodization. So why shouldn't high schools do it?

#### THERE ARE FIVE REASONS:

- 1. Periodization was originally intended for the individual:** Many universities have their athletes train in small groups. Individual workouts are put on a computer printout. High schools have an advantage. They can workout as a team. The football coach can organize the workout like he would a practice. With the BFS system, team and individual intensity levels can reach incredible heights. Periodization systems are much more sporadic when it comes to intensity.
- 2. Peaking is a Major problem:** When do you peak? Do you peak for homecoming, the conference championship or the playoffs? In Bulgaria, you would peak for one major contest once a year. In American football, we'd better have some kind of peak every week or we won't have to worry about a playoff peak.
- 3. The 2-3 sport athlete:** Universities and Russian / Europeans normally deal with only one sport athletes. A periodization program done halfway properly in a high school could drive a coach nuts with its complexities. For example, after football, 15 players go into basketball, 20 go out for wrestling and the remaining 30 kids are in an off-season program. Then, in March, 12 of those football players who are out for basketball go out for a spring sport. Seven go out for baseball while five go out for track. The other three basketball-football players join the off-season program. However, the other 30 kids who were in the off-season program have a split. Twenty have decided to enter a spring sport. In the summer, 17 football players also play baseball, while others attend basketball, wrestling and football camps etc. Wow! Did you get all that? Athletes would be running in and out of phases and cycles all at different times, requiring many different schedules and programs. It would be a nightmare.  
Wouldn't it be nice to have a periodization/cycle type program that beautifully adapted itself to all those situations where the transitions from sport season to sport season required no extra work by the coach. Wouldn't it be nice to see your athletes continually progress throughout every in-season and reach their fullest potential with superior team intensity. That describes our BFS Set-Rep System!
- 4. Accurate Maxes?** An athlete has a 175 pound Clean and he's supposed to train with 60% - 110 lbs, 70% - 130 lbs., 80% - 150 lbs. etc. Yet, I'll go to a clinic and teach that same athlete about intensity and technique and very typically he will then Clean 225 pounds. So now what? In all probability, much of his training with 110 and 130 pounds for a 8-week periodization cycle was unproductive.
- 5. Progress Is Too Slow:** The BFS Set-Rep System provides intensity filled, challenging and motivating training sessions. Computers don't allow for daily variances in strength. The BFS System corrects itself on a set by set basis during the actual workout. You don't have to wait for long periods of time to break a record. On the BFS System you break records every workout. Periodization can hold high school teams back, while our BFS System propels teams forward week after week at break-neck speed. *Continued on page 69*

#### THREE WAYS TO GET THE BFS SET-REP PROGRAM

- 1. The New Book: Info on page 5**
- 2. Sets & Reps Video: Info on page 8**
- 3. Set-Rep Log: Info on page 7**