

## Message to SWOD Community (Grab a Seat, It's Informative Reading)

We are very appreciative of the dedication that has grown within the SWOD community. We have grown the program from its humble beginnings to a focused strength building platform to be used by some members just trying to compliment their CrossFit training to individuals focusing solely on strength building blocks. The difficulty in programming for both is a person feels differently on any given day and this affects their strength performance.

### Reactive Training by Michael Tuchscherer

Reactive Training, or RPE, its more popular nickname, allows each person in class to progress at their own stage of strength development. It only requires you to do two things: try hard and be honest with yourselves. So what is **Rate of Perceived Exertion**? In a nutshell, it's how hard something feels. It is a little subjective but that's where the coach's eye comes in to guide you. The honesty you have grading the lift difficulty and effort is in line with what the coaches see. Rather than deal with percentages, there is a simple scale of 1-10 to rate exertion, low to high. We will think of it in terms of how many reps you have left in the tank. This scale applies to all lifts.

#### RPE Scale

- 5 – Most Warm-ups
- 6 – Speed Weight, Moderate Effort
- 7 – Still Speed, Max Effort
- 8 – Slow, Not Hard, 2-4 Reps Left
- 9 – Challenging, Small Grind, 1 Rep Left
- 10 – Max Grind, 0 Reps Left

There will still be different block periods: Volume, Transition, Intensity and De-load.

- Volume = 5 Reps
- Transition = 3 Reps
- Intensity = 1 Rep
- De-load = Dependent on competition meet, etc.

Each session will involve working up to a Top Set. Then backing off to a percentage of that top set weight. As soon as the adjusted weight is placed on the barbell, a specified time will start for back off sets, lets say 15 minutes for example. You will complete as many sets as possible in that time frame with rest periods. This is an AMRAP per se, but there's a caveat. **This is about quality and intensity.** The quality of reps and intensity of each set must not exceed the intensity of the top set. If you struggle or fail a set, it usually means you didn't rest enough. Also, if you complete a set with time left but not enough to rest and complete another set, then you are finished.

How to warm up to the Top Set will begin seeing how you "feel" according to the RPE scale. A few warm up sets at the rep range will be taken. Then you will start adding weight at 2 less reps than the rep range to gauge when you have reached the weight you can take at the RPE intensity for the day.

Whether on an electronic device or old-fashioned notebook, keep a journal. Reflecting back on intensity levels, reps left, etc. will help your strength journey and understanding your body better. Sample of what programming will look like for each block cycle (2-3 weeks per block):

### Sample Program Blocks

#### **Volume**

Top/Back Off Set Reps	Intensity	Reps Left (RL)/Actual	Back Off %	Back Off Set Time	Total Sets Completed
5	8-9		94%	20 Minutes	
5	8-9		94%	25 Minutes	
5	8-9		94%	25 Minutes	

#### **Transition**

Top/Back Off Set Reps	Intensity	Reps Left (RL)/Actual	Back Off %	Back Off Set Time	Total Sets Completed
3	8-9		94%	20 Minutes	
3	8-9		94%	20 Minutes	
3	8-9		94%	15 Minutes	

#### **Intensity**

Top/Back Off Set Reps	Intensity	Reps Left (RL)/Actual	Back Off %	Back Off Set Time	Total Sets Completed
1	8-10		94%	15 Minutes	
1	8-10		94%	10 Minutes	

#### **De-load**

Top/Back Off Set Reps	Intensity	Reps Left (RL)/Actual	Back Off %	Back Off Set Time	Total Sets Completed
3	7-8		94%	10 Minutes	
3	7-8		94%	15 Minutes	

The back off percentage will vary for each lift.

RPE allows you to maximize your own volume and intensity for strength growth rather than a set percentage that may only work for a few and not others. This method also allows for variances, specifically, recovery. Given the volume involved in CrossFit, recovery for each member will vary during the week. Some days will see greater volume and intensity due to better recovery. Some days will be less for the under recovered. As

your progress, your performance is directly tied into the body's biological nature of Stress-Recovery-Adaptation.