

MAY 5 - MAY 31, 2025

# Triple Threat

WE ARE SHAKING THINGS UP WITH THE TRIPLE THREAT STRENGTH CYCLE! INSTEAD OF THE USUAL PRIMARY POWERLIFTS, WE'RE FOCUSING ON THREE ALTERNATIVE COMPOUND LIFTS—THE PUSH PRESS, FRONT SQUAT, AND HANG POWER CLEAN—TO BUILD STRENGTH, STABILITY, AND POWER TO KEEP TRAINING FRESH AND ENGAGING.

Week 1 is a back-off/priming week to set up a 3 week block where athletes will gradually increase weights following a structured percentage range (78-83% in Week 1, 83-88% in Week 2, and 87-93%+ in Week 3) to maximize strength gains without overtraining. Each session is designed to hone in technique while pushing limits and lead athletes to be able to set a new 3-rep max in each of these lifts by the end of the cycle.

To maintain strength in the classic powerlifts, a fourth strength day will rotate weekly between bench press, deadlift, or back squat at a hypertrophy-focused scheme (3 sets of 6 reps at 75%) to keep those lifts sharp without taking focus away from the main cycle.

#### FOCUS

Absolute Strength

Explosive Power

#### COACHING EMPHASIS

Stay in the intended intensity zones to drive adaptation without unnecessary fatigue.



#### WHY THIS MATTERS?

By the end of Triple Threat, athletes will be ready to challenge their 3-rep max in each lift with an increase in strength and explosiveness. Let's go to work!



# Triple Threat Strength Cycle

Dates: May 5, 2025 - May 31, 2025

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## Purpose:

This cycle is designed to develop maximal strength, stability, and explosive power, keeping training fresh, dynamic, and effective. Rather than relying solely on slow, grinding lifts, this cycle challenges athletes to move weight with power and precision, reinforcing strength transfer to athletic performance.

## Weekly Approach:

- Week 1: Back-off/Primer week
- Week 2: 78-83% Intensity
- Week 3: 83-88% Intensity
- Week 4: 87-93%+ Intensity

Each session focuses on honing technique while pushing limits, with the goal of athletes hitting a new 3-rep max by the end of the cycle.

## Lifting Schedule:

- Monday: Push Press
- Wednesday: Front Squat
- Friday: Hang Power Clean
- Rotating Strength Day (Tuesday or Friday): Bench Press, Deadlift, or Back Squat

This fourth strength day ensures continued progression in classic powerlifts without detracting from the primary focus of the cycle.

## Why It Works:

- **Strength With a Power Emphasis** – These lifts require both strength and speed, reinforcing the ability to move heavy weight with intent and control.
- **Improves Athleticism & Stability** – Front-loaded and overhead lifts demand core engagement, midline stability, and balance—key components of functional strength.
- **Builds Confidence Under the Bar** – By progressively increasing weight, athletes develop trust in their ability to lift heavier, setting up long-term gains.

## How It Fits Into the Full-Year Plan:

Where *Triple Threat* Fits Into the Bigger Picture:

- Acts as a bridge between pure strength cycles and power-focused training, reinforcing force production across different movement patterns.
- Provides a break from back squat, deadlift, and bench press overload, while still improving total-body strength and coordination.

## How It Supports Athlete Progression:

- Develops Explosive Strength – Training Push Press, Front Squat, and Hang Power Clean reinforces bar speed and power output for better carryover to explosive movements.
- Balances Strength With Skill – These lifts demand technical refinement and coordination, ensuring athletes don't just get stronger but move better under load.

This cycle will have athletes feeling stronger, more explosive, and well-rounded, ready to take on any lift with confidence.