

THE JUGGERNAUT METHOD 2.0

by CHAD WESLEY SMITH

STRENGTH, SPEED & POWER FOR EVERY ATHLETE.

THE JUGGERNAUT METHOD 2.0

STRENGTH, SPEED AND POWER FOR EVERY ATHLETE

by CHAD WESLEY SMITH

TABLE OF CONTENTS

ABOUT THE AUTHOR	5
WHAT IS THE JUGGERNAUT METHOD	5
JUGGERNAUT TRAINING PHILOSOPHY	7
THE PROGRAM	15
WARMUPS	23
INVERTED JUGGERNAUT METHOD	27
CONSOLIDATION OF STRESSORS	30
UNDULATING PERIODIZATION MODEL	41
TJM AND 9 DAY WORK WEEK	42
SETTING UP YOUR TRAINING PLAN	45
ASSISTANCE WORK	52
WEIGHTED DIPS AND CHINUPS	58
INCORPORATING SPEED AND POWER WORK	60
INCORPORATING OLYMPIC LIFTING	66
CONDITIONING	69
CONDITIONING FOR FOOTBALL	77
PEAKING FOR A POWERLIFTING MEET	85
TJM AND STRONGMAN	89
ALTERNATIVE EXERCISES TO THE BIG 4	99
JUGGERNAUT NUTRITION	100
JUGGERNAUT COOKBOOK	103
INTERVIEW WITH NFL LINEMAN ALEX PARSONS	107

With an accessible approach, rooted in proven performance enhancement strategies, Chad's Juggernaut Method 2.0 is a truly complete training program. Not often will you find a product that covers all the training demands an athlete needs to excel at his or her given sport, and organizes them in a logical and productive fashion. Best of all, Chad has made the program adaptable to athletes of any sport, at any level. If you want to take your training, or your team's training to the next level I highly recommend you check this out!

GREG ROBINS

STRENGTH AND CONDITIONING COACH
CRESSEY PERFORMANCE | WWW.GREGTRAINER.COM

I wanted to say thank you and to share with you my success under your Juggernaut program. By utilizing your program I have hit a lifetime PR in my overhead axle press at 245 lbs. I also hit new lifetime PR's in my deadlift and my squat. Having competed in Strongwoman competitions for many years using a strength program I thought was the best, I was skeptical at first. However I am now a believer! Go Juggernaut or go home!

KRISTIN RHODES

4 TIME AMERICA'S STRONGEST WOMAN STRONGWOMAN NATIONAL CHAMPION

When the original Juggernaut Method book came out I picked it up right away because I am always looking to explore and experiment with new methods in training. As the owner of a sports performance facility for high school and college athletes I get paid to produce results and improvements in strength and power. We have used the Juggernaut Method for the past couple years since the book came out. To say the results have been impressive would be an understatement. 75 – 100 pound increases on squats, 30 – 50 pound increases on bench press were common, and in many cases, this is with athletes who were already fairly strong relative to their bodyweight. I also like it because it works well across the board for younger and weaker athletes as well as stronger and more experienced ones. It is our “go to” methodology for programming our main lifts. With The Juggernaut Method 2.0 Chad has stepped it up a level again. Don't think this is just the old Juggernaut book with a couple of bells and whistles added. The new version is packed with new information and would, in my opinion, benefit anyone from the average joe training in his garage to the professional strength and conditioning coach like myself.

ANDY HEPLER

HEPLER STRENGTH AND CONDITIONING | WWW.HEPLERSTRENGTH.COM

ABOUT THE AUTHOR

Chad Wesley Smith is the owner and head performance coach at Juggernaut Training Systems. In addition to his duties at Juggernaut, Chad is the American Record Holder in the squat at the 308 pound weight class with a 905 pound effort in just a belt and knee wraps.

Smith's total of 2165 was among the top 10 in the World during 2011 when it was achieved. Smith is also a two-time national champion in the shot put with a PR of 19.46m. Smith is now a competitive Strongman with his eyes on competing in the World's Strongest Man contest in the coming years. At Juggernaut, Smith has produced countless high level athletes, including 7 players who were drafted in the 2012 NFL Draft, including Shea McClellin, the

1st round selection of the Chicago Bears. Smith has also helped over 50 athletes in the last 2 years continue their careers on athletic scholarship. There are multiple Juggernaut athletes competing for USC, UCLA, University of Washington, Harvard and other prestigious universities.



WHAT IS THE JUGGERNAUT METHOD

The Juggernaut Method grew out some simple training cycles I had my athletes doing. They were doing something to the affect of...Week 1-5x5 at 70-75%, Week 2-3x5 at 80%, Week 3-Work to a 5rm. I normally intend for a 5rm to be done around 85% and my athletes would complete their set of 5 with 85% and



Juggernaut's 2012 College Football Prep Class was filled with tremendous workers and athletes

then often another with 5-15 pounds more. They would then either perform another wave of 5s with a new exercise or move onto a similar program of 3s in the same lift. The program was working pretty well.

During a break from my track competitions I decided to give this plan a try myself. In the squat the first week I did 455 for 5x5, the next week I built up to 495 for 3x5, and in the third week 545x5. Immediately upon racking the last rep, I had a realization—I should have kept going. Five reps wasn't hard, I could have done 8, I should have done 8. That began the process of me critically thinking about this simple program, fine tuning it and making it grow into what you see before you now.

The Juggernaut Method has grown out of 3 main influences: Jim Wendler's 5/3/1, the training of the great Doug Young and Block Periodization. From 5/3/1 it takes the idea of a progressive overload system of percentages, making small incremental gains, setting rep maxes and simplicity.

Doug Young, a tremendous physical specimen and top bench presser from the 1970s, utilized rep records to influence his training weights on a weekly basis. Young's training would focus on a final limit set each session. For example, he would perform 4x6 for a few weeks but instead of performing only 6 reps on the last set, he would perform as many as possible and for every rep beyond 6 completed, he would adjust the next weeks weights accordingly. The Juggernaut Method borrows this idea of adjusting the athlete's training weights based on their performance, instead of just a standardized number.

When I say that the Juggernaut Method has been influenced by Block Periodization, it is more in spirit than practice. Block Periodization is broken into 3 phases: Accumulation—a high volume general phase, Intensification—

where intensity increases along with specificity, while volume decreases, and Realization-in which intensity reaches a peak during the competitive season. I have borrowed this language in the form of an Accumulation, Intensification and Realization week within each training wave. I will discuss the idea behind each week a bit later.

The Juggernaut Method is an effective training plan for a wide variety of disciplines, from any sport that would benefit from increased strength, speed and power, to competitive powerlifters or strongmen.

JUGGERNAUT TRAINING PHILOSOPHY

All of the World's strongest and fastest athletes train differently, some front squat, some back squat, some power clean some don't and while these differences in training exist everywhere, there are a few things they all have in common, they all Sprint, Jump, Throw and Lift. These movements are the foundation of all athleticism and therefore should be the foundation of your training. Focusing your training on these basics will get you stronger, leaner, faster and more powerful in every way. Let's examine each element a bit more in depth.

SPRINT

Sprinting is the highest velocity that the human body can move and because of this, it provides a tremendous stimulus to the body. If you have ever seen a high level sprinter, you know that they are thickly muscled through the lower body, shoulders and back, while being absolutely shredded. The high velocity and whole body nature of sprinting is great to recruit fast twitch muscle fibers and provide a powerful fat burning effect.

There are three main areas of focus when training sprints, acceleration, maximum speed and speed endurance. Acceleration training will cover distances up to 30m, maximum speed work is done from 30-60m and speed endurance work can be from 60-300m or repeated efforts at shorter distances

with incomplete rest periods (which is known as alactic capacity)

JUMPS

Jumps are the best way to develop explosive strength in the lifter, because they come at a lower neurological and physical cost than sprinting. Jumps will help the athlete to develop the high rate of force development needed to be explosive in the squat, bench and deadlift. Note that I said the bench, because my definition of jumping encompasses both lower and upper body jumps. Lower body jumps are more traditionally understood and include jumps up (box jumps from the standing or seated position, jumps up hill), jumps down (altitude landing from a box), jumps up and down (depth jumps, hurdle/barrier jumps, reactive jumps for distance, reactive jumps up and down to a box).

It is important that when training jumps, the first thing that must be taught is how to land properly. Landing softly and demonstrating proper body control is paramount to training jumps properly and safely and are both qualities that will be evident in any good power/speed athlete. These same principles hold true for upper body jumps, consisting of pushups onto boxes, drop pushups (jumping off boxes and landing on the floor), rebound pushups (dropping off of one box and jumping onto another) and various other variations (clapping pushups, pushups while alternating hand positions, etc).

THROWS

Medicine ball throws are a great tool to develop explosive power through the entire body. Medicine ball throws are superior developers of explosive power to Olympic lifts because of their uninhibited triple extension, multi directional/planar movement, high velocities and ease of learning. Olympic lifts are limited





Oakland Raiders' 2012 4th Round Pick and Juggernaut athlete, Myles Burris, is a prime example of the impact sprinting will have on your physique.

by the fact that you hold onto the bar at the completion of the lift, meaning that whether consciously or unconsciously you will decelerate at the completion of the lift. This though is not the case with medicine ball throws, as you will release the ball at the finish and accelerate throughout the movement. Medicine ball throws are not relegated to purely linear triple extension on the vertical plane, like Olympic lifts are. They can be done vertically, horizontally or rotational, they will make you able to generate force in every direction, which is critical to success in speed/power sports. The velocities achieved during explosive medicine ball throws are also much closer to those occurring on the field of play. Medicine ball throws are very simple to learn, so you don't have to waste much time learning the technical skills of a sport you don't compete in, you can simply begin building the explosive power needed to succeed in your endeavor of choice. If you need any convincing on the tremendous benefits of throwing on your athleticism, take a few moments to look up Olympic shot put,



Chad coaching a group of athletes through medicine ball throws at a seminar in Boston at Total Performance Sports.

javelin, hammer or javelin competitors; you will surely find that they are among the most powerful and coordinated athletes on earth.

SUBMAXIMAL TRAINING

Submaximal training is a great option for both the lifter and the athlete because it is less taxing to the central nervous system and joints, allows you to build confidence, gives you the ability to make small incremental gains over a long period of time and for the athlete who also must develop sporting skill, it does not rob you of your energy needed to devote towards your sport practice, which is the most critical component of your success. Training with near maximal weights is certainly a proven method to improve your limit strength, but is also a recipe for overtraining and injury. Using submaximal loads, 60-90% of your 1rm, and moving them with maximal force, allows you to still fully recruit

THE PROGRAM

The Juggernaut Method is a simple program, divided into 4 waves (10s, 8s, 5s and 3s), each wave consists of 3 phases. These phases consist of 4 training sessions each. It is designed to be used on the 4 big lifts: Bench Press, Squat, Military Press and Deadlift.



Greg Robins, of Cressey Performance in Massachusetts, pulling big in his Juggernaut Jacked tank

ACCUMULATION PHASE

The accumulation phase is the beginning of each training wave. They are high volume sessions designed to allow you to develop the skill of the lift, increase work capacity and become masterful within the given rep range.

INTENSIFICATION PHASE

The intensification phase will increase the intensity from the accumulation phase while reducing the volume to approximately 60%.

REALIZATION PHASE

The realization phase is when the gains of the past wave come to fruition in one set of maximal reps.

CHOOSING YOUR WORKING MAX

It is important to start out light with your working max. Your working max is the number that all your percentages will be based off of. Being conservative in choosing your initial working max is key to making progress over the long term. I suggest taking your 1rm (an actual 1rm or 3rm that you have done within the past 6 weeks, **not a theoretical max or something you did back in the day,**

WARMUPS

Warmups have the ability to greatly enhance or greatly diminish an athlete's ability to perform to the maximum capabilities. Warmups are also a great time to build General Physical Preparation in the lifter. It is important to understand the difference between general work capacity and special work capacity. While general work capacity is the basis of all work capacity, it will only get you so far, as it is special work capacity (i.e.. the ability to practice your sport with both high quality and quantity) that will set you apart. Your general warmup will be aimed at developing your GPP while your special work capacity will be developed through the type of high volume, high frequency, controlled rest period training, The Juggernaut Method will put you through.

Let's examine the several different warmups that you will utilize while training on The Juggernaut Method.

GENERAL WARMUP

Each training session should begin with this General Warmup which is aimed to raise your core temperature, increase your mobility and improve joint fluidity.

1. Abs 3x10 each
 - In and Outs
 - Moving Front Plank
 - Moving Side Planks
 - McGill Situps
2. Joint Mobility x10 each direction
 - Neck
 - Shoulders
 - Small Arms
 - Big Arms
 - Chest PNF Pattern
 - Hip Circles

CONSOLIDATION OF STRESSORS

Over the course of a training plan, as an athlete gets stronger/faster/more explosive (generally more capable of higher outputs), recovery becomes of paramount importance. Over the course of the training cycle, you must begin to remove (or reduce focus on) the less necessary from the training plan. Also you must begin to consolidate the most intensive training stressors to the same sessions/days, to allow for improved recovery on the other days.

The idea of consolidating your intensive training stressors is critical because you cannot continue adding to a training plan and you can only intensify so many things at once. The legendary sprints coach, Charlie Francis, likened your Central Nervous System to a cup, all the training you do fills up that cup to a varying degree and once the cup overflows, you have become overtrained. Consolidating intensive training stressors over the course of a training plan is critical to provide recovery time and keep your cup from overflowing.

The first step in being able to consolidate intensive training stressors over the course of a training plan, is to identify what is an intensive stressor and what is not. Intensive training stressors for the athlete consist of the following:

Practice

Practice drills or scrimmages done at competition intensity. This particularly needs to be considered in sports that present a large muscular effort like combat sports, football, rugby, hockey or high sprinting/jumping volumes like soccer, lacrosse, basketball and volleyball. Due to the fact that practice schedules vary so widely and are often without a planned intensity structure, they will not be included within this discussion.

Sprints

Maximum speed work done at over 90-95% intensity

Jumps

Maximum intensity jumps done in any fashion (onto a box, off a box, for distance, etc). This also includes upper body jumps, i.e. plyometric pushup variations.

Throws

Maximum intensity explosive throws. These could be medicine ball throws, PUD throws, keg throws, throwing rocks/dumbbells/plates/etc, shot/disc/hammer/javelin throws or even something that is very high velocity/low force like a baseball throw. Obviously for a throwing athlete, some of these drills may fall under 'Practice', while other general drills would fall under this category.

SPP Drills

These are special drills that mimic the velocity, duration and direction of sporting activities. These will vary too greatly from sport to sport to list all the options here.

SPP Drills like this can both be done in an alactic and lactic manner depending on the work/rest intervals utilized. Alactic and Lactic capacity work, particularly highly lactic work like that what is often popular among combat athletes, is very stressful to the body and requires ample recovery.

Primary Lifts

These will vary from athlete to athlete but consist of variations of the squat, bench press, deadlift, overhead press/jerk, clean, snatch and rows/pullups. Loading these drills in either a ME manner (over 85%) or a DE manner (45-70% for maximal speed) are both considered hi intensity CNS stressors. Assistance exercises could also turn into high intensity stressors if they are loaded in such

SETTING UP YOUR TRAINING PLAN

The Juggernaut Method is a program designed to be used with the Bench Press, Squat, Military Press and Deadlift. There are many options you can use to organize your training phases and waves.

TRAINING 4 DAYS A WEEK

- Monday/Wednesday/Friday/Saturday
- Monday/Tuesday/Thursday/Saturday
- Monday/Tuesday/Thursday/Friday

In these scenarios you will dedicate one day of each week to one of the four main lifts and its corresponding assistance work. All of these are viable options and if you like could be adjusted to begin on Sunday, instead of Monday. In that case, the first split would be Sunday/Tuesday, Thursday/Friday.

TRAINING 3 DAYS A WEEK

This is my preferred method of training, as it allows for more recovery and more options with conditioning work. When training 3 days a week you can spread out the training phase over 2 weeks or combine two lifts (Military/Deadlift) into one training day. So a possible training split could be...

Monday (Bench)/Wednesday (Squat)/Friday (Military/Deadlift)

Or

Monday (Bench)/Wednesday (Squat)/Friday (Military)/ Monday (Deadlift)



Romulo Barral, 7x World Jiu Jitsu Champion, knows that there is more to conditioning than simply going until you puke.

CONDITIONING

Conditioning is a big word that encompasses numerous ideas. It is impossible to say that someone is well conditioned, without prefacing what the purpose of their conditioning is. It is easy to assume that a marathon runner is better conditioned than a powerlifter, but while the powerlifter isn't conditioned to do what the marathon runner, neither is the marathon runner conditioned to endure the training of the powerlifter. Runners, fighters, football players and lifters can all be well

conditioned and being well conditioned means something different to each one of those athletes; it is imperative to understand the demands of your activities and prepare yourself accordingly for them.

Few team sports impose a significant lactic load on their participants, yet there are numerous teams and athletes who put themselves under tremendous lactic workloads to prepare for competition. Football, basketball, lacrosse, rugby, soccer, volleyball and water polo are all primarily alactic-aerobic activities, meaning that they have short burst of intense activities interspersed by periods of lower intensity activity, active rest or passive rest. Despite this fact, athletes in these sports are always doing gassers, suicides or misusing great tools like the sled/prowler by doing long duration high intensity pushes or taking insufficient rest periods.

Coaches and athletes alike, must understand that the greater an athlete becomes at lactic activities, the worse they will become at alactic activities. There is a reason that Usain Bolt isn't also the world's best 800m runner and that is the same reason that David Rudisha (800m World Record holder) isn't the best 100m runner— because one cannot develop competing energy systems to maximal levels.

**THE QUESTION BEING
ASKED THOUGH IS
INCOMPLETE, IT
MUST BE PREDICATED
ON: BETTER
CONDITIONED TO DO
WHAT?**

Every time you or your athletes runs a gasser, does countless burpees or pushes the Prowler until your legs are wobbly and you are vomiting, you aren't developing mental toughness or getting in shape, you are ruining your short and long term abilities to develop speed, maximal strength and explosive power.

So, if you aren't going to smash your CNS and body with highly challenging lactic threshold training, how will you condition? Alactic capacity