**Understanding and Applying Dr. Bondarchuk’s System**

1. Objective of the system
   1. How it differs from traditional periodization
2. Exercises Classification
   1. CE
   2. SDE
   3. SPE
   4. GPE
3. Intensities Used for Training
   1. Weight Training Versus Strength Training
4. Cycles
   1. Developmental
   2. Maintenance
      1. Traditional
      2. Terraced
   3. Rest/Cleanse
5. Implements
   1. Developmental/Maintenance
   2. Rest/Cleanse
6. Programs
   1. 1-Part
   2. 2-Part
7. Training Days
   1. 3 to 1 – 2 to 1
   2. 2-1
   3. 6-1
8. Injuries or Sickness
   1. 10-Day Period
9. Data
   1. Determines when to change cycles
      1. Throwing Results
      2. Best Throw w/Each Implement in That Session
   2. Lifting Data
      1. Velocity
10. When to Change
    1. Cleanse/Rest
       1. Length of Cycle
    2. Maintenance
       1. Length of Cycle
11. Manipulating The Cycle
    1. Training Sessions
    2. Multiple Peaks