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Reactive Training Systems Manual Tkecki Notes on Reactive Training Manual Nathan Beckmann August 26, 2009 1 The Basic Template 1.1 Template Monday Equipped squat variation / raw squat - cyclic: Squat variation (box squat, squat, pin squat) with bands, chains, or reverse bands. Focus on competition squat.

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At Reactive Training Systems (RTS), we are on a mission to provide practical and methodical powerlifting knowledge to athletes who are serious about reaching the next level in powerlifting. Taught by World Champion Mike Tuchscherer, and other top coaches and athletes from around the sporting world, RTS teaches proven strategies and systems based on years of experience, trial and

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error, and top level competitions.

RTS Home - Reactive Training Systems

This is Mike Tuchscherer's instruction manual for the Reactive Training System. This manual provides the user a framework to customize their training like never before. Trial and Error is reduced dramatically as the reader is taught new methods that allow him to listen to his body while making dramatic progress.

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RTS is a system of tools designed specifically to help you learn how to listen to your body and make the best training choices as a result. Although the manual itself contains the tools to make a complete program, the tools aren't limited to that. RTS tools are designed to be like the scope on a rifle.

A Reactive Training Manual Overview / Elite FTS

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Intensities for the contest lifts were kept fairly high. In the beginning of a training cycle, they would start about 80% and then gradually increase in waves up to 92-95%. The overall pattern of intensity was linear, but it came and went in waves. All of Laddie's training was done using an RPE system to auto-regulate the weight on the bar.

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