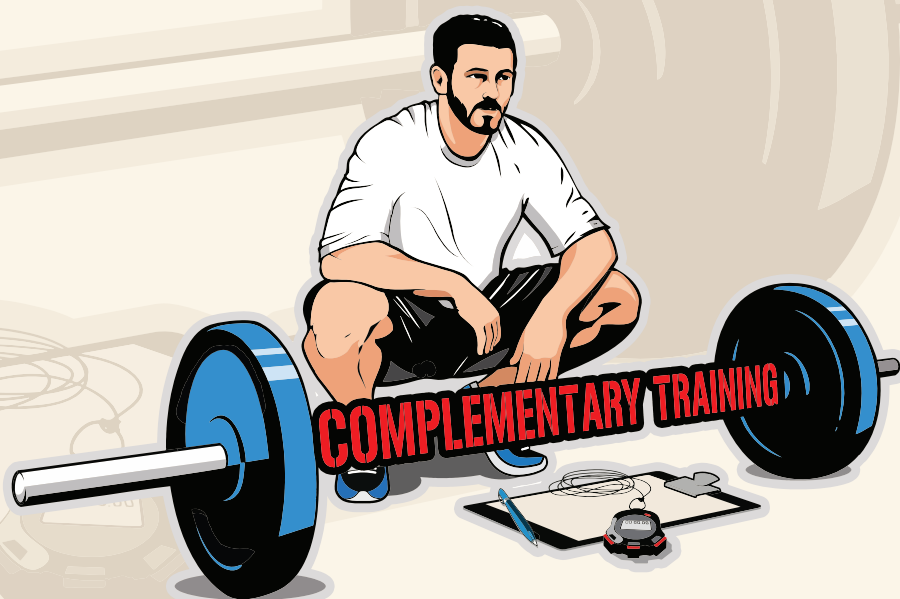


FREE PREVIEW

THE COMPLEMENTARY TRAINING ARCHIVES

Volume 1: 2010–2011
Ideas, Experiments & Mistakes



MLADEN JOVANOVIĆ

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PREVIEW READING GUIDE

A few pages from the archive.

The opening posts and selected excerpts follow. The full-book contents and original page numbers are retained. Select a title below to jump to its sample.

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The periodization article and Dan Baker interview are excerpts. These are archival writings from 2010–2011, not a revised textbook.

READ THE COMPLETE VOLUME

ComplementaryTraining.com

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Preface

This book exists for a slightly unscientific reason: I wanted these years on my bookshelf.

Complementary Training started in 2010, toward the end of a summer I spent in Massachusetts doing an internship at Mike Boyle Strength and Conditioning. Afterward, while I was staying in Cambridge with my friend Cem Kantarci, Cem helped me put together the first version of the blog on Blogger. On September 27, 2010, I published *Blog opening... and The name*. I wrote that I needed a place for my thoughts and articles, and that the destination was still unknown. That sentence aged pretty well.

There was no grand strategy. I wanted somewhere to write ideas, review research, interview people I respected, share programs, argue with myself, and occasionally rant. Later we moved to WordPress. In 2014, my colleague and now business partner Mihailo Tomic joined the project and helped us improve it. A personal blog eventually became *ComplementaryTraining.com*: a large collection of articles, courses, tools, discussions, and collaborations.

This volume goes back to the beginning and collects the writing from 2010 and 2011. It is not a textbook and definitely not a collection of final answers. The subtitle, *Ideas, Experiments & Mistakes*, is there for a reason. These pages show what I was thinking at the time - the ideas I was excited about, the problems I was trying to solve, and the positions I later changed or refined.

And that is why I do not want to clean the past too much. I could fix awkward sentences, update references, remove dead links, soften opinions, and rewrite old arguments until the younger version of me sounds suspiciously like the current one. But then this would stop being an archive. The point is not to make 2010 look like 2026. The point is to preserve the track.

Websites are also more fragile than they look. Platforms change, images disappear, links die, and sites can vanish. I wanted a physical record - something I can keep, return to, and one day show to my family. Long-time readers may want the same thing: not another manual or course, but a bound record of the journey.

So the plan is simple. Every once in a while I will collect another period of writing and publish it as another volume of *The Complementary Training Archives*. Not necessarily a “best of,” because the strange, unfinished, and occasionally wrong pieces are part of the

story too. More like an almanac, a compendium, and a time capsule. As my work now develops through H-Spec and Agile Periodization, this also gives the older Complementary Training material a more permanent home.

The same themes keep showing up: context matters, either/or thinking is usually suspicious, and coaching gets interesting where clean theory meets messy reality. Thanks to Cem for helping me start the thing, to Mihailo for helping it grow, and to the readers who kept arguing, sharing, and correcting me.

The destination was unknown in 2010. It still is, to some degree. This volume is simply one way of keeping the map.

Blog opening...

Published: 9/27/2010.

It took me a while to decide to open a blog. It seems that I needed a place for my thoughts and articles. I guess I made a good decision. Time will tell.

Since this is my first blog experience, expect some design changes over time as my blogging skills improve.

What could you expect from this blog? Well, I guess the first thing I will do is to put some of my articles and then continue with random thoughts, research reviews, case studies, etc. Hopefully, both I and the followers will enjoy the journey. the destination is still unknown. Let the new concepts/ideas “emerge under constraints” (although there is nothing new under the Sun).

The name

Published: 9/27/2010.

Where did the name, Complementary Training came from? Well, it took me awhile to really ‘conceptualize’ what I truly believe into, and complementarity is one of the things. First time I came across this concept was while reading the **Dynamics of Skill Acquisition: A Constraints-Led Approach** by Keith Davids *et al.*

In this book there were references to papers and books by **Scott Kelso**, a neuroscientist, of whom I have already heard before, but never actually spent time to research. Some of his books include **Dynamic Patterns: The Self-Organization of Brain and Behavior** and **The Complementary Nature**.

Thus, the Complementary Training is taken from the title of latter book. For more info about complementary nature, *squiggle sense*, coordination dynamic and **complex systems** I highly suggest checking the **The Complementary Nature** website.

What all this have to do with training and nutrition you ask? Well, keep on reading the blog.

What the Heck Is Periodization Anyway?

Published: 10/07/2010.

So, I was watching this extremely good lecture on *Biology and Human Behavior* by Robert Sapolsky (author of the famous book **Why Zebras don't get ulcer?**) and the author goes into the problem of *categorical thinking*. He showed that categorical thinking (Sapolsky mentioned light continuum as an example, and how we humans mark certain parts of the continuum as separate colors, although the borders are fuzzy) improves memory (classifying and categorizing things is what I usually do the best and helps me put the things at their own place), but at the same time it reduces the ability to recognize similarities between different categories and differences within categories. In other words, it reduces your ability to see the forest from the trees.

I am not saying categorical thinking is bad ("Sorry officer, but the light was greenish, not reddish!"), but it has some flaws during some specific situations (everything is about the context). I guess we should be more pragmatic and not dogmatic, and use categorical thinking when appropriate and/or fuzzy thinking (the truth is a matter of a degree) when that is more appropriate.

People usually ask me whether I use linear periodization, linear progression, or conjugate periodization with my athletes. I don't know. In real life it is hard to put things into categories, and the truth is very context dependent and usually in the shades of gray. What I do is pick up a pragmatic solution to a particular problem (athletes characteristics, performance/outcome goals, context) based on the knowledge and previous experience. I am trying to use my brain instead of being dogmatic and/or use certain dogmatic categorical solution. I guess, it is similar to learning how to fish compared to getting a fish.

So, instead of just getting/buying the fish, I get a decent lure, so to speak. That means being pragmatic – finding a solution to a problem by analyzing what you have, what you want to reach and within what context, taking into account knowledge of management, theory of training, biomechanics, physiology, motor learning, psychology, training effects and previous experience and other 100 dangerous words.

Even if I said that people need to be more pragmatic I will again return to categorical thinking and try to explain my thoughts on periodization. So, what the heck is that word that my Word spell checker keeps marking as typo? Yes, I am talking about periodization.

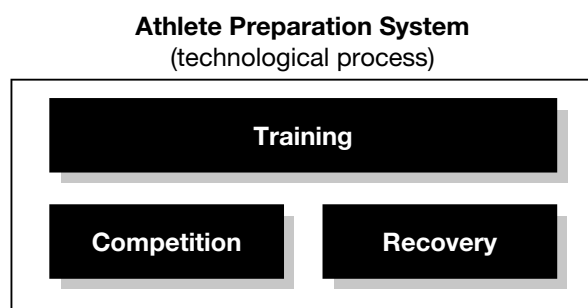
I know some coaches who love to coach about coaching and they are 21. If you really want to know about coaching go to someone who has coached for 30+ years under the following criteria that make him good coach:

1. ***Consistently produced champions over years with the same athlete pool and within same environment as his fellow coaches***
2. ***Consistently improved average performance of all of his athletes with the same athlete pool and within same environment as his fellow coaches***
3. ***Consistently doesn't screw up the athletes, their mental health and health in general (it is easy to succeed as athlete/meat grinder when you have huge pool of talents – somebody just have to succeed no matter how much of them you destroy; some athletes continue to dominate in spite of their training)***

I am not that kind of coach. Hopefully, I may become that kind of coach one day if God is righteous. So, honestly, what do I have to offer? Yes, I read a bunch of books, finished Faculty, worked with some Olympians (which were Olympians before I realized that strength training doesn't make you slow and bulky), but I am at least honest here. There was a time during my faculty years where I thought I knew something and I wanted to write about it. Now, the more I know, the more I know I don't know. Sounds confusing? Try reading Socrates. What I want to say, it that now, compared to before, instead of trying to hunt fame by writing on internet message board and forums about what I have read, I now seek experience and fulfillment working with real athletes and seeing them improve. I guess I am getting older and wiser.

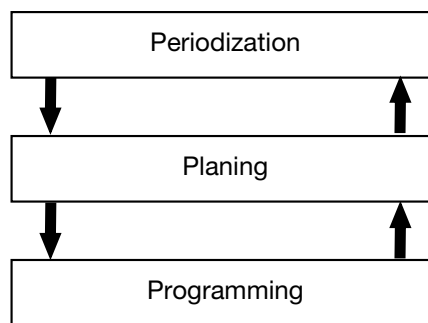
Basically, what I want to cover in this article is categories I use in my pragmatic solutions. Yes, complementarities between pragmatism and dogmatism, categorical thinking and fuzzy logic. This is called ***squiggle sense*** and there is a book about it called ***Complementary Nature***.

The goal of the coach is to manage the Athlete Preparation System, a technological process so to speak that brings the athlete from point A to point B under certain amount of time and under a given context. This Preparation System can further divided to (1) **Training**, (2) **Competition** and (3) **Recovery**.



Coach needs to juggle with much more components (like budget planning, recruitment, assessment and evaluation, talent identification, legislative issues, etc), yet these three are the most crucial for the discussion on periodization.

In my opinion, there are three separate, yet connected phases in organizing of the Athlete Preparation System (APS): (1) **periodization**, (2) **planning** and (3) **programming**.



You can look at this as Zoom Levels to the problem, like a Google Earth: Globe, USA, New York. This way we can see the forest from the trees.

Periodization level

Periodization level compromises of defining what you have, where you want to be and when (goals) and context. Basically, periodization level of organization is seeing the big picture. Defining competition dates and competition calendar, number of peaks and their durations, basic evaluation of athletes, amount of performance increases (performance goals), outcome goals, analysis of previous seasons, tests, meets and everything else that precedes more concrete planning. It is also important to take into account weather, available facilities, training camps, available budget, etc.

To keep this achievable, it is necessary to have training theory knowledge and experience (well, duh!). Knowing the athletes, discipline and analysis of previous season, along with the knowledge of theory of sport form and having realistic goals in term of performance increase will guide you to devising optimal number of peaks and their durations and/or optimal competition calendar.

Planning level

When we set up the big picture with previous level, now we have to further analyze what we have and how to get the things done. That means planning the journey to your realistic goals that were set up in previous phase. Knowledge of the factors that are ‘underneath’ of the performance and thus outcome goals (technical skill, tactical skill and decision making, physical preparation, psychological or mental preparation, character and team culture, strategy and game plan) is of crucial importance here. Planning of the development of mentioned factors should be based on scientific principles and theory of

training. You can basically set up goals for each of these factors of success and preparation components.

When deciding what to do and when, you can basically utilize two different planning strategies. Suppose you have the three jars you need to fill with certain amount of sugar, salt and water.

In the first case you can fill the jars with equal amount of sugar, water and salt, or for nerds 33,3% of each.

Sugar	Sugar	Sugar
Water	Water	Water
Salt	Salt	Salt

You can decide to put more of each at one jar, and /or less in another, like in the following picture.

		Sugar
	Sugar	
	Water	Water
Sugar	Salt	Salt
Water		
Salt		

Please note that you have certain amount of sugar, water and salt that you can/ should use. Another option is to organize the content of the jars in different way – basically putting all the water, salt and sugar in certain jar, like depicted.

Sugar	Water	Salt

What you can change with this strategy is the order of the jars or fillings. Certainly there is a continuum between these two cases, where you can mix and match different amounts of the sugar, water and salt. There is infinite number of possibilities.

Now imagine the following – the jar size can be different or change over time, some of the fillings that goes inside the jar mix better in a given amount, there are different amount of fillings available or certain cap and/or threshold that need to be in a given jar. Yes, I know – this complicate things.

Why did I mentioned the jar example? Because jars can be considered periods of time defined by Periodization Level, while the salt, water and sugar can be considered amount of training load aimed at achieving certain goal also defined by Periodization Level. **See, Periodization level defines number of jars and the fillings along with their characteristics, but Planning Level goes into finding the best possible organization of the fillings and the jars.**

In real life example, let's say you want to improve speed, strength and endurance for a given amount under given time. How would you approach this problem? How would you mix and match the 'fillings' in the jars?

To do this 'correctly' or better say optimally coach need to know certain interconnections of the 'fillings' (training components that develop certain performance factor needed to reach performance and outcome goals) and the effects of the 'filling' in one jar to the another. He also needs to define the best number and size of individual jars and the best fillings. Here comes the theory of training, theory of training effects (especially cumulative, delayed and residual effects), physiology, etc.

I am getting sick of jars, yet I still need to continue to use this hypothetical example. If you are still here, we call these two mentioned strategies **Mixed-Parallel** and **Block approach** with a huge *continuum* in between.

Historically, mixed-parallel approach originated first, although some of the internet gurus still try to push that sequential approach (Block) originates first, which creates a huge confusion which I will try to solve in couple of pages.

So, mixed-parallel approach, sometimes also called concurrent or traditional, originated first. Athletes were utilizing all of the training components and aiming at improving all the factors of success at once (in given time frame, which can be defined differently from system to system, like same training session, same training day, one week, etc). Basically, putting salt, water and sugar in same percent amount in all the jars. The problem with this approach, is that with advanced level athletes, certain amount of sugar, water or salt was not enough to bring up or increase a given performance factor. So, the coaches tried to push more and more of each into a single jar. In reality, jars can become bigger and bigger over time (the size of the jar is actually a work capacity of the athlete) but there is a final size that can be reached. The characteristic of those programs was huge amount of training load, which could be sustained only by drugs.

Some of the coaches and sport scientists saw this limitation and started thinking in different ways of filling the jars, without breaking them by overfilling. That's when they 'invented' block approach, or filling the jars with different percentages. Again, some of internet gurus think that block approach is overfilling of the certain jar with certain filling, but it is not (or at least not always). Total amount of fillings (training load) is lower compared to mixed-parallel approach, but level of certain filling in a given jar is bigger.

— SELECTED EXCERPT

Interview with Dan Baker

Published: 5/17/2011.

I am more than happy to present you email interview with Dan Baker, strength and conditioning coach for the Brisbane Broncos and also a published researcher with practical and in “the trenches” insights.



For all of you guys who are working in team sports this is one of the best and most insightful interviews I have seen in recent years, if not the best. It certainly cleared up a lot of confusion in my head regarding some things that bothered me recently. Dan is officially my role model of physical preparation coach in team sports.

I want to thank coach Dan for taking his time and energy to answer my questions with such clarity and extensiveness along with providing tremendous training insights you cannot find in any book, especially not in pro team sports. Hopefully, there would be more opportunities for Dan to share his insights and knowledge.

Well, here it is. No pictures and very dense with info. Enjoy!

Mladen: *Dan, I am more than glad you decided to do an interview for my blog. I have been following your work and I must admit that you have done excellent work complementing theory and practice, coaching and publishing research. You are kind of a role model for team sport strength and conditioning coach. Can you please introduce yourself to the readers, your background and what you do currently?*

Dan: Thank you for the asking me. I am a strength & conditioning coach for the Brisbane Broncos Rugby League team that compete in the National Rugby League (NRL) professional competition in Australia and New Zealand. I have been in that job since October 1995 and it is a great job. Before that I worked with many other sports including rugby union (a different game), soccer, track & field, diving, field hockey and powerlifting to name a few, all part-time work, doing a few hours a day with different sports. I used to compete in powerlifting, I got 3rd in Australia twice in my division but stopped competing in 1997 and in reality I was fairly average as a lifter. I have a PhD in Sport Science from Edith Cowan University. I am President of the Australian Strength & Conditioning Association (ASCA), which is a not-for-profit organization that is recognized by our Federal government with educating and qualifying S & C coaches. I did my Bachelor degree in the early 1980's, my masters degree in the early 1990's and Phd in the early 2000's. You always have to improve, aggressively, or you get left behind. I love my job and I love where I live, opposite the beach, where I surf.

Mladen: *How do you manage to do both coaching and research? How is that possible and is that kind of a scientific approach mandatory for the strength and conditioning coach?*

Dan: Coaching and research, they are easy to do together. But that approach is not mandatory, but I would highly recommend it. Pressure is on from governments to do "health research", so I was not going to get government funding anyway for research. I only want to study what interests me, not do research just to get a PhD. Rob Newton, who was my PhD supervisor, I have known him since I was an Under-graduate in 1983. He feels the same that most US-based research is on college kids and cannot be safely extrapolated to other populations. So what was of interest was what are the adaptations in elite professional or semi-professional athletes related to various strength training manipulations. And what is research? Analyzing data that you have collected and doing interventions to determine what works. That is what I do anyway. So the only hard part is the writing of the journal articles that must pass peer-review. That is the only hard part, as most reviewers are university based, they have no idea of applied sports situations. Actually they are so bad that the ASCA started its own journal to help facilitate actual sports research, not studies done on obesity or heart disease or college athletes or physical education students etc.

I want my team to win, I want to know what works best. We have a strictly enforced salary cap in the NRL, so we cannot use the soccer model of buying better players, we must make better players to gain an advantage. So to do research and find out what works, it is what I felt must be done to gain some small advantage. And I keep doing

it as other teams copy our methods or buy our players or other strength & conditioning coaches etc. Hell they even changed the rules of the game to stop the Broncos power game (true)! So researching how to make my team better is what I do all the time, I just don't publish it as much anymore. But everything I do is applied. Because sport is so important in Australia, many teams have someone with a PhD or Masters working in S & C. So I am not unique, I was just the first to do it.

But first and foremost I am a S & C coach, not a researcher or lecturer.

Mladen: One of my major problems is finding a planning solution for team sports and sport games, whose season is drastically different from individual sports in one major aspect: preparatory period is 2-4 times shorter compared to in-season in sport games and there are regular prolonged competitions over the in-season period (1-2 games per week). Given the fact that you don't have enough time to address all the aspects of physical preparedness in-season (due recovery needs and need to be fresh for the games), what is important during the in-season from physical preparation standpoint?

Dan: Yes Mladen, you are exactly right, that is the biggest problem, trying to maintain it all during the in-season, yet be "fresh" for the games. Our competition is 26 weeks plus finals (4-wks) and then our best players finish the season with international games for 6-8 weeks and in rugby league these games are not "friendlies".

My approach is to have athletes in peak shape once the in-season starts. So a good prep. Period sets up the success for in-season. From there I believe in aggressive maintenance, I am still trying to improve or force adaptations, but with less volume, not intensity. I try to maintain our strength and power and our running endurance at all times. I program every set, rep and weight the player lifts, so they do not choose what they lift. I tell them exactly what they have to do, so they cannot go backwards in strength or power. We use GPS to monitor their running loads during team training and we use each individuals MAS (max aerobic speed) or V-Vo2 max. for our conditioning. So we tell them what to do and we strictly monitor everything. I give them no choices. Injured players do even more conditioning, we see it as an opportunity to improve and train them harder, if they can't run, then it is rowing, boxing, cycling wrestling as well as their lifting.

Maintaining strength, power, body mass and energy system endurance (anaerobic and aerobic) are what we focus on. We realize that some speed can be lost in some players due to the volume of running occurring in training and games, but we will get that back when games revert back to 1/wk and we taper training as we move into the finals.

Mladen: Currently, there is a huge interest in the Block Training System (Conjugate-sequence system) where training load aimed at improving a certain aspect of performance (aerobic capacity, aerobic power, speed, power, strength, glycolytic capacity, power) is concentrated and sequenced in form of blocks. This is in contrast to more traditional complex-parallel solution where all aspects of performance are addressed concurrently. Given the fact that most Block Training Solutions comes from either endurance sports or strength-power sports with clearly defined season and peaking dates, how can (or should) one utilize such an approach in sports

games with clearly differently organized competition season and needs? What is your approach?

Dan: First off, we don't believe that physical capacities cannot be trained at the same time. Where does this come from, the idea for example that you cannot train for strength/power and aerobic power or capacity at the same time? From studies on US college kids, who have never done it in their lives? The USA has no pro sport where these things need to be addressed, they are all power sports with time-outs etc, so there has not been the impetus to really try to train these things together or to study how it can be done. MMA is going to change that mindset in the USA because strength/power and aerobic conditioning are vital, so they need to be trained all the time, not just in blocks for 2-3 weeks. But in Australia, we train everything, all the time, we just manage the overall training volumes and are careful in the daily and weekly sequencing of training. That is the important thing, the daily and weekly sequencing, that way you can train all capacities, **almost** all the time.

But in saying that, our approach is mixed, same as the sport. We use the first three weeks of Prep. Period to get athletes into shape (ie. No power training, just sets of 10's on the basic strength exercises etc. no sports skills, no speed work, just 100% MAS and >120% MAS running). This gives us the base so that they can train hard and specifically and after that first three weeks, training is always fairly hard. So we don't exactly call it Block or Conjugate etc. but it probably could be described as a cross between parallel and block (I call it Wave). We put things into a block of 2-3 weeks, and these things need to be done before we progress into another block. So blocks with certain emphasis precede other blocks, but we work everything almost all the time. For example, we do 100% MAS and 120-130% MAS running in a straight line before we start performing more sport specific patterns (with changes of direction). So develop aerobic fitness in a basic straight line running drills precedes drills of the same speed with changes of direction and after that, more sport-specific drills. So there is sequencing and building up, but it is still all aerobic and anaerobic training, all the time. Same for our strength power work, we have sequencing, but aside from the first three weeks of general preparation (and a 3-week block mid-year during in-season where we do no power exercises to rest the neural and adrenal system), it is still max strength and power being trained, all year round.

So for us, It is the sequencing of daily, within-week variation , weekly and blocks that is important, rather than the theory of it. I love all those theoretical graphs with lines illustrating volume and intensity – but what do they mean, how is that line graph calculated etc. Theoretical stuff only, what do I do in real life? And yes the peaking sports are different to season & game sports.

Mladen: *Regarding endurance development for team sports – it is shown that the athletes from endurance sports spent around 80% of their training volume performing low-intensity training and around 20% performing high intensity training (polarized training). Currently, there is a huge emphasis on HIT (high-intensity training) like tabatas, shuttles, glycolytic power/capacity intervals over the low-intensity training. What is your take on this? Do you utilize HIT or a combination and why? Is*

the fear of doing certain volume of low-intensity training of destroying ones speed and power sound?

We only emphasize high-intensity in conditioning. The only players who perform continuous training of low-intensity are those who have just had surgery, they do 1-2 sessions of this training 7-10 days after surgery, but after that it is always high intensity intervals. The team tactical training will take care of the volume of training. Because we have GPS monitors measuring players movements, we see that the coaches tactical sessions are not of high intensity, so it is our job to train the high intensity aspects of conditioning. That may be why we do not get interference between conditioning and strength/power, we do not perform “garbage” volume based training. Our conditioning for energy system fitness (aerobic and anaerobic) is very important to us. Rugby league is such a great team sport for strength & conditioning, it requires strength, power speed and endurance, it is always this great challenge to ensure the running and grappling fitness. For example, American football does not really require running endurance, but RL does, players run about 6-8 km a game, less than the 11-13 km of soccer and Australian Rules footballers, but it is very hard with lots of collisions. Just google **NRL, big hits** and you will see. But these big hits and collisions are performed under a background of fatigue. So we try to “attrition” our opponents, wear them down with better strength, power, fitness, speed etc.

We monitor the player’s power each week (during jump squats), we have seen over many years of data, that power is suppressed by a few % when running volume is high, but we just use this as part of the periodization process. We do not determine the game schedule, so if our power is down a few %, it may be beyond our control, due to game scheduling and travel. But we know to unload and get that power back we need reduced training volume (not intensity) for 9 days. We have plenty of data, so we know exactly what we have to do for each situation RE; how much power levels are reduced according to game schedule/travel and running volumes. It is about the processes we must put into place, for example, if my power is down a few %, but I am playing a weak opponent this week, why would I bother to unload, when I may prefer to do that the following week if I was to play a much tougher opponent?

So we try to emphasize high-intensity training as much as possible, but accept that the game will induce fatigue that suppresses power and speed. How and when we unload the running volume (which may be the tactical training of the sports coach) to restore power and freshness is based upon the game schedule and who our opponents are.

END OF INTERVIEW EXCERPT

The complete interview continues with small-sided games and individualizing training load.

Continue with the complete volume

ComplementaryTraining.com

About



Mladen Jovanović, PhD, is a strength and conditioning coach, sport scientist, performance manager, author, and developer based in Belgrade, Serbia, and raised in Pula, Croatia. He completed his PhD at the Faculty of Sport and Physical Education, University of Belgrade, in 2024, with research focused on short-sprint profiling and the effects of flying starts when using timing gates.

He has worked across professional and elite sport in several countries. His roles have included Head of Performance with the Serbia Women's National Football Team and S&C Coordinator for the Serbian Women's Super League, Strength Coach and Data Scientist at Port Adelaide Football Club in Australia, Football Physiologist at Aspire Academy in Qatar, and Sport Scientist and Head Strength and Conditioning Coach at Hammarby IF in Sweden. Earlier in

his career he worked with FC Rad and completed an internship at Mike Boyle Strength and Conditioning in Massachusetts in 2010.

Mladen founded Complementary Training in 2010 and has since written extensively on physical preparation, training theory, periodization, monitoring, statistics, skill acquisition, and coaching. He is also the director of Athlete Software Solutions and the developer or co-developer of AthleteSR and numerous practical tools for coaches and sport scientists. His books include *HIIT Manual*, *Strength Training Manual: The Agile Periodization Approach*, and *bmbstats: Bootstrap Magnitude-Based Statistics for Sports Scientists*.

Outside professional work, he occasionally trains MMA, Brazilian jiu-jitsu, kickboxing, and Muay Thai, and enjoys riding enduro motorcycles in Tara Mountain with Sektor Enduro and Nebojša Marić.

Websites and projects:

- [ComplementaryTraining.com](https://complementarytraining.com)
- <https://trainhspec.com/>
- [AgilePeriodization.online](https://agileperiodization.online)
- agileperiodization.substack.com
- skool.com/agileperiodization
- [AthleteSR.com](https://athleteSR.com)

Social and research:

- [Instagram.com/physical_prep](https://www.instagram.com/physical_prep)
- [X.com/Physical_Prep](https://twitter.com/Physical_Prep)
- [linkedin.com/in/mladenjovanovic](https://www.linkedin.com/in/mladenjovanovic)
- [researchgate.net/profile/Mladen-Jovanovic-4](https://www.researchgate.net/profile/Mladen-Jovanovic-4)
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Before the frameworks were polished, there were notes.
Before the models were formalized, there were experiments.
Before the lessons became clear, there were mistakes.

The Complementary Training Archives, Volume 1 gathers writings from 2010–2011 — the formative years of Complementary Training — and preserves the energy of a period marked by curiosity, practical problem-solving, and the constant testing of ideas in the real world of coaching.

Across essays, reflections, and working models, Mladen Jovanović explores training, planning, testing, sport science, and the craft of coaching as they were being shaped in real time. Rather than a polished retrospective, this volume reads like a working archive: part notebook, part laboratory, and part record of an evolving philosophy.

For coaches, sport scientists, and thoughtful practitioners, this book offers both a historical snapshot and a useful companion — a collection of early ideas, experiments, and mistakes that still speak to the ongoing challenge of helping athletes improve.

About the Author

Mladen Jovanović is a strength and conditioning coach, sports scientist, and the author of *Complementary Training*, where coaching practice, sport science, and applied philosophy meet.

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