



TEAMGOLDUSA USA1 | DRYLAND TRAINING | GPP

Foundational GPP 1x20 Framework

Coach training guide and session record

PURPOSE

A coached full-body framework using one quality set of up to 20 repetitions across selected movement patterns. It supports movement skill and general work tolerance; it is not a test, medical program, or promise of injury prevention.

OPERATING BOUNDARY

The number 20 never outranks technique. Stop the set at 20 clean repetitions or earlier when position, range, breathing, control or pain status no longer meets the exercise standard.



WHAT THIS IS

The 1x20 method is widely associated with Dr. Michael Yessis and later coaching applications. TEAMGOLDUSA uses it as a practical general-preparation framework. Direct peer-reviewed evidence isolating this branded method in youth swimmers is limited, so broader youth resistance-training evidence sets the safety and progression rules.

FREQUENCY	Two to three nonconsecutive sessions per week. Three sessions are used only when the athlete tolerates the work and the swim schedule allows recovery.
STRUCTURE	Usually 8-12 selected exercises. Use fewer when age, learning needs, session time or available supervision make that the better choice.
SET TARGET	One coached work set of up to 20 repetitions. Athletes may begin below 20 while learning. Stop before technical failure.
EFFORT	Begin light, commonly around RPE 5-6, with several clean repetitions still available. RPE is one coaching input, not a medical measure.
TEMPO	Use a controlled lowering phase, stable transition and smooth lifting phase. Do not cue speed that changes position or control.
REST	Move efficiently, but allow enough rest and instruction to restore technique. Thirty to sixty seconds or more may be appropriate.

SELECT PATTERNS - NOT A MANDATORY EXERCISE LIST

Choose the safest teachable exercise for the athlete, setting and available equipment. The same exercise is not required for every athlete.

SQUAT

SQUAT

Box squat, goblet squat, supported squat

Knee and trunk control

HORIZONTAL

HORIZONTAL PULL

Band, cable or supported dumbbell row

Stable torso and shoulder control

HINGE

HINGE

Dowel hinge, bridge, light Romanian deadlift

Hip movement and posterior-chain skill

VERTICAL

VERTICAL PATTERN

Pulldown, assisted pull-up, suitable press

Use pain-free range and qualified coaching

SINGLE L

SINGLE LEG

Split squat, supported lunge, step-up

Control before load or depth

TRUNK CO

TRUNK CONTROL

Dead bug, Pallof press, carry, anti-extension

Breathing and position remain visible

HORIZONTAL

HORIZONTAL PUSH

Wall, incline or floor push-up

Select leverage the athlete can own

LOWER LE

LOWER LEG

Calf raise or controlled tibialis work

Foot position and full controlled range

SESSION ORDER

Alternate lower-body, upper-body and trunk patterns when practical. Place technically demanding exercises earlier, keep transitions organized, and preserve enough time for instruction. The session is not a race.

COACHING NOTE

One set does not mean one chance to teach. Demonstrations, unloaded rehearsals and technique practice may occur before the recorded work set.

PROGRESS ONLY WHAT THE ATHLETE HAS EARNED

A successful set does not require an automatic load increase. Review two repeatable clean sessions, athlete response, swim workload, growth and the size of the smallest available progression.

REPEAT**Same exercise and load**

Use when the set was clean but still appropriately challenging, or when another exposure improves confidence and consistency.

PROGRESS**One small variable**

After two clean sessions, change load, range, leverage, tempo or complexity - one variable at a time.

REGRESS**Reduce the demand**

Shorten range, improve support, reduce load or select an easier variation when the standard cannot be maintained.

STOP**End the exercise**

Stop for pain, dizziness, chest symptoms, unusual breathlessness, numbness, tingling or unsafe loss of control.

REVIEW**Reassess the phase**

A stall may reflect skill, sleep, soreness, attendance, load increments or program fit. Do not automatically move to 1x14 or 1x8-10.

TRANSITION**Start a new coached block**

Lower-repetition training is a distinct phase with new exercise, load, recovery and technical decisions - not simply a smaller number.

EVIDENCE BOUNDARY

Peer-reviewed evidence supports properly designed and supervised youth resistance training. Direct evidence isolating the branded 1x20 method in youth swimmers is limited. Therefore, this guide treats 1x20 as a coaching framework and does not claim unique superiority, joint injury prevention, or automatic transfer to swimming performance.

STOP AND FOLLOW THE PROPER PATHWAY

Stop for pain, dizziness, chest symptoms, unusual shortness of breath, numbness, tingling or unsafe loss of control. Follow individualized restrictions, parent/guardian communication, qualified clinical guidance, safeguarding requirements and the emergency action plan.

SCIENTIFIC JOURNALS - HOT LINKS

Faigenbaum et al. NSCA youth resistance training position statement

<https://doi.org/10.1519/JSC.0b013e31819df407>

Stricker et al. Resistance training for children and adolescents

<https://doi.org/10.1542/peds.2020-1011>

Behm et al. Canadian youth resistance training position paper

<https://doi.org/10.1139/H08-020>

Bergeron et al. IOC youth athletic development consensus

<https://doi.org/10.1136/bjsports-2015-094962>

Komm et al. Youth resistance training across maturation

<https://doi.org/10.1007/s40279-026-02499-0>

HISTORICAL ATTRIBUTION

The method is commonly associated with Dr. Michael Yessis. Attribution describes coaching history; it is not evidence that every listed rule or outcome has been independently validated.



Foundational GPP 1x20

Individual athlete session record

Athlete _____ Date _____ Coach _____ Session # _____ Readiness note _____

FIELD	EXERCISE 1	EXERCISE 2	EXERCISE 3	EXERCISE 4	EXERCISE 5	EXERCISE 6	EXERCISE 7	EXERCISE 8
Exercise / variation								
Movement pattern								
Load / band / leverage								
Target reps								
Completed reps								
RPE 1-10								
Technique: clean / changed								
Pain or symptom?								
Next-session decision								
Coach initials								

SESSION DECISION: REPEAT / PROGRESS ONE VARIABLE / REGRESS / STOP AND REFER / PHASE REVIEW

Twenty is a quality ceiling, not a requirement to continue after technique, breathing, range or pain status changes.