

My High-Frequency Mass and Strength Program, Training Twice a Day, Six Days a Week

By Nick Nilsson
The Mad Scientist of Muscle

Right off the top, this program got me extraordinary results. In 6 weeks, I went from 208 lbs in bodyweight to 228 lbs. I went from a 295 bench press for 1 rep to 350 lbs for 1 rep. I did a partial top-range lockout squat (just the top inch of the range of motion) with 950 lbs for 150 reps (not a typo!).

When you look at this program, keep in mind, I was eating A LOT. Also, I wasn't doing really any other activities that would take away from recovery for that entire 6 weeks. I was on vacation from my job during that stretch of time, so I had nothing to do but eat, sleep and train. If you do decide to give the program a try, be sure to minimize other stressful activities and make sure you're eating plenty and getting lots of rest.

This is NOT a beginner program...you MUST have at least 2 to 3 years of SERIOUS training under your belt before trying anything like this...trust me on this. That being said, even if you don't plan on using the program, definitely have a read through it. It may change the way you think about training volume and frequency!

One quick thing...if you're interested in a more "doable" version of frequency-based training, I highly recommend checking out "[Visual Impact Frequency Training](#)" by my friend and colleague, Rusty Moore. It utilizes very similar principles but can be done in as few as 4 sessions per week, instead of the slightly insane 12 sessions per week I have listed in this program!

DAILY SCHEDULE:

With the training, I followed a pretty set schedule in terms of when I trained and when I ate. I would wake up about 8:00 am and immediately down a protein shake. Then I would make and eat a moderate breakfast, finishing before 8:30. I kept to foods that (for me) digested without any trouble - that was 6 scrambled eggs, and a bowl of oatmeal with yogurt in it.

At 11:30 am, I went to the gym and started my first training session of the day. That would last no more than 45 minutes at the very most. I would bring my post-workout shake and vitamins to the gym with me (in powder form, so I could just add water and be good to go immediately after training).

I would be home by 1 pm, and eating a big afternoon meal by 1:30. Then another lighter snack at 4:00, then dinner at about 6 pm. My second training session was usually at about 9:00 pm. - train for 45 minutes, take in post-workout shake, then have a small meal at about 11:30 pm.

Fat gain from late night meals isn't an issue when you've just trained right before it but I still didn't eat so much that I was bogged down digesting.

I would actually keep a protein shake beside my bed just in case I woke up in the night. If I did wake up, I would drink it. If I didn't wake up, I would just drink it immediately when I work up in the morning. I would never wake up on purpose just to drink it.

During this time, for supplements, I was taking creatine, glutamine and protein, in addition to an assortment of vitamins and minerals. Nothing fancy - just stuff to support my recovery and muscle growth. The training is what sets it all off!

THE TRAINING:

PARTIALS - The first part of the training cycle was heavy partial training in the top range of motion of each exercise for each bodypart. When you look at these sessions, you'll see that the training volume (# of sets) isn't high. You make up for it in the frequency. Because when you think about it, when you've just done partial bench with 600 lbs, your muscles are going to be toast so there's not much point in doing more right then and there.

[Partial Training For Full-Powered Results](#)

NEGATIVES - The second part of the training (at night in the case of the first day) was negative-only training. Since I didn't have a training partner, I would use many of the techniques you'll find in this article:

[Secret Training Tip #342 - How to Do Negative Training Without A Training Partner.](#)

[The Secrets of Negative Training... Dropping Points, Partial Negatives, 2 Up/1 Down and More!](#)

FULL RANGE - HEAVY - The next session would be full-range, normal training with heavy weights in the 5 to 7 rep range.

FULL RANGE - LIGHT - The session after that would be full-range, higher-rep training in the 12 to 15 rep range.

Basically, this meant while I was still training everything twice a day, I was using very different styles of attacking the muscles. I kept to heavy basic exercises for all movements, e.g. bench press, squats, deadlifts, bent-over rows, shoulder presses, barbell curls, dips, stiff-legged deadlifts, calf raises, etc.

OVERTRAINING:

As you can imagine, training in this fashion will lead to overtraining. And to be honest, that was actually the goal of training like this! Overtraining on purpose is a great way to push the limits of your body. If you stay from overtraining/overreaching, your body will NEVER achieve the results it's capable of. Check out this article for more on overtraining on purpose:

[Training on the Edge - Learn How Overtraining on Purpose Can Get You Maximum Results FAST!](#)

So I did this everything twice a day training for three weeks, increasing the number of sets of I was doing on each week and decreasing the rest periods. The last week was brutal!

But after 3 weeks, nothing I did could make me sore. I felt unstoppable. Now it was time to back off.

For the next 3 weeks, I still did my whole body every day, with partials, etc. but I split the body into 2 sessions, cutting back on sets and really increasing rest periods a lot. THAT is when my strength and size really took off. I also stopped performing negative training to help speed recovery, and I changed the partial training from low-rep partial training to high-rep partial training, which is still very heavy but is a bit easier on the joints and allows for more time under tension, which helps with increasing muscle mass.

[Secret Training Tip #622 - High-Rep Partial Training](#)

I did more "normal" training and changed the rep ranges around a little to give a different stimulus to the body.

When you back off, your body is still trying to adapt to the high-volume, low-rest and very frequent training. With less to actually recover from, your body starts piling on muscle and strength in high gear!

Below, I'm going to give you an outline of what I did for those entire 6 weeks as far as training, volume and rest periods go. If you've got the guts for it, have the time to train and eat that much and have the ability to recover from it, it's a good one!

WEEK 2

Rest period - 90 seconds between sets

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
AM Workouts					
PARTIALS	5-7 Reps	PARTIALS	5-7 Reps	PARTIALS	5-7 Reps
(4) Chest	(4) Chest	(4) Chest	(4) Chest	(4) Chest	(4) Chest
(4) Back	(4) Back	(4) Back	(4) Back	(4) Back	(4) Back
(4) Thighs	(4) Thighs	(4) Thighs	(4) Thighs	(4) Thighs	(4) Thighs
(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders
(2) Calves	(2) Calves	(2) Calves	(2) Calves	(2) Calves	(2) Calves
(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps
(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps
PM Workouts					
NEGATIVES	12-15 reps	NEGATIVES	12-15 reps	NEGATIVES	12-15 reps
(4) Chest	(4) Chest	(4) Chest	(4) Chest	(4) Chest	(4) Chest
(4) Back	(4) Back	(4) Back	(4) Back	(4) Back	(4) Back
(4) Thighs	(4) Thighs	(4) Thighs	(4) Thighs	(4) Thighs	(4) Thighs
(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders
(2) Calves	(2) Calves	(2) Calves	(2) Calves	(2) Calves	(2) Calves
(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps
(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps

Note how we have decreased the rest time in between sets and increased the number of sets on all bodyparts by one. This is the beginning of the increased demand on the body.

WEEK 3

Rest period - 60 seconds between sets

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
AM Workouts					
PARTIALS	6-8 Reps	PARTIALS	6-8 Reps	PARTIALS	6-8 Reps
(5) Chest	(5) Chest	(5) Chest	(5) Chest	(5) Chest	(5) Chest
(5) Back	(5) Back	(5) Back	(5) Back	(5) Back	(5) Back
(5) Thighs	(5) Thighs	(5) Thighs	(5) Thighs	(5) Thighs	(5) Thighs
(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders
(2) Calves	(2) Calves	(2) Calves	(2) Calves	(2) Calves	(2) Calves
(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps
(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps
PM Workouts					
NEGATIVES	12-15 reps	NEGATIVES	12-15 reps	NEGATIVES	12-15 reps
(5) Chest	(5) Chest	(5) Chest	(5) Chest	(5) Chest	(5) Chest
(5) Back	(5) Back	(5) Back	(5) Back	(5) Back	(5) Back
(5) Thighs	(5) Thighs	(5) Thighs	(5) Thighs	(5) Thighs	(5) Thighs
(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders	(2) Shoulders
(2) Calves	(2) Calves	(2) Calves	(2) Calves	(2) Calves	(2) Calves
(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps
(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps

This week will be the toughest week. We have increased the number of sets (just on the bigger bodyparts - the smaller parts, as they don't contribute as much to overall muscle mass, stay the same) and decreased the rest time again. Towards the end of the week you should be feeling pretty rough!

WEEKS 4, 5, 6

Rest period - 180 seconds between sets

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
AM Workouts					
HIGH REP PARTIALS	10-12 reps	5-7 Reps	HIGH REP PARTIALS	10-12 reps	5-7 Reps
(3) Chest	(3) Chest	(3) Chest	(3) Chest	(3) Chest	(3) Chest
(3) Back	(3) Back	(3) Back	(3) Back	(3) Back	(3) Back
(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps	(2) Biceps
(2) Calves	(2) Calves	(2) Calves	(2) Calves	(2) Calves	(2) Calves
PM Workouts					
HIGH REP PARTIALS	10-12 reps	5-7 Reps	HIGH REP PARTIALS	10-12 reps	5-7 Reps
(3) Shoulders	(3) Shoulders	(3) Shoulders	(3) Shoulders	(3) Shoulders	(3) Shoulders
(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps	(2) Triceps
(3) Thighs	(3) Thighs	(3) Thighs	(3) Thighs	(3) Thighs	(3) Thighs
(2) Abs - (normal)	(2) Abs - (normal)	(2) Abs - (normal)	(2) Abs - (normal)	(2) Abs - (normal)	(2) Abs - (normal)

Note the decrease in rep range, the decrease in the number of sets you are doing, and the increase in rest time. This is the easy (relatively speaking!) phase where your body plays catch-up with recovery. Don't back off on intensity, however. Keep pushing all your exercises to muscular failure!

Keep on this phase until your results start to slow down (it can be longer than 3 weeks) then ramp up again with weeks 1, 2, and 3. You may find you need to take a layoff for a few days or more before you start it again, if you do try it. This training strategy delivers consistent results, taking advantage of your body's natural physiological response to increased demand.

And, if you can recover from it, this program will pile on the muscle and strength like CRAZY.

CONCLUSION:

As I mentioned above, I fully realize that this program is a bit off-the-charts nuts...and it's also a program that SHOULD NOT be done by inexperienced trainers. If you're interested in this type of "high-frequency" approach, definitely check out Rusty Moore's program "[Visual Impact Frequency Training](#)"...you'll get this type of effective training without the insane degree of difficulty!