

The Brookbush Institute Publishes NEW Article, Course, and Glossary Updates: 'Periodization Training: Who Needs It?'

The Brookbush Institute continues to enhance education with new courses, a modern glossary, an AI Tutor, and a client program generator.

NEW YORK, NY, UNITED STATES, May 29, 2025 /EINPresswire.com/ -- Excerpt from the article: [Periodization Training: Who needs it?](#)

- Related Course: [Acute Variables: Periodization Training](#)

- Additional Glossary Term: [Daily Undulating Periodization \(DUP\)](#)



Periodization Training: Who Needs It - <https://brookbushinstitute.com/articles/periodization-training-who-needs-it>

WHAT THIS REVIEW INCLUDES:

This article summarizes all comparative research available on the effects of periodized and non-periodized resistance training programs, as well as their influence on outcomes for novice and experienced individuals. Studies were included if they compared periodization strategies against non-periodized training on outcomes such as strength, hypertrophy, power, and body composition. Special attention was given to the interaction between training status (novice vs. experienced) and outcome-specific benefits. The aim was to determine whether periodization strategies should be recommended, and whether training status influences recommendations. Note that there is a complete annotated bibliography below.

CITATIONS:

Novice Participants – Periodized vs. Non-Periodized Studies

No significant difference (periodized = non-periodized)

- Junior et al. (2022)
- Borges Silva et al. (2023)
- Moraes et al. (2013)



Despite its popularity, little has been published on the relative influence of periodization on outcomes when compared to other acute variables. The results of this systematic review were surprising.”

*Dr. Brent Brookbush, CEO of
Brookbush Institute*

- Souza et al. (2014)
- De Souza et al. (2018)
- Conlon et al. (2015, 2016, 2018 – grouped)
- Macedo et al. (2018)
- De Freitas et al. (2019)
- DeBeliso et al. (2005)
- de Souza Bezerra et al. (2018)
- Significant difference (non-periodized > periodized):
- Vargas-Molina et al. (2022)
- Moura et al. (2021)
- Significant difference (periodized > non-periodized):
- Soares et al. (2022)
- Total: 1 of 13 studies demonstrated significantly better

outcomes following periodized programs.

Experienced Participants – Periodized vs. Non-Periodized Studies

No significant difference (periodized = non-periodized):

- Herrick & Stone (1996)
- Loturco et al. (2016)
- Pacobahyba et al. (2012)
- Legey et al. (2023)
- Souza et al. (2010)
- Significant difference (periodized > non-periodized):
- Abt et al. (2016)
- Schiotz et al. (1998)
- Heilbronn et al. (2020)
- Kraemer et al. (2003)
- Stone et al. (2000)
- Hoffman et al. (2009)
- Monteiro et al. (2009)
- Bertazzone et al. (2022)
- Antretter et al. (2017)
- Mann et al. (2010)
- Ghobadi et al. (2022)
- Ghobadi et al. (2024)

Significant difference (pyramid > linear or non-periodized):

Subset of above; overlaps with studies 9-12)

Total: 9 of 17 studies demonstrated significantly better outcomes following periodized programs when compared to non-periodized programs, with an additional 3 studies showing pyramid set and 4th quarter performance strategies outperforming true linear or non-periodized programs.

COMMENTARY

Summary Statement: Subgroup Analysis by Training Experience: This analysis suggests that a larger proportion of studies including experienced exercisers demonstrated significantly better outcomes following periodized programs, especially daily undulating strategies, and a strategy including pyramid sets and iterative improvements based on 4th quarter performance.

Alternatively, studies including novice individuals demonstrate similar improvements following periodized and non-periodized programs. These findings imply that periodization strategies may only be significantly more beneficial for experienced exercisers.

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