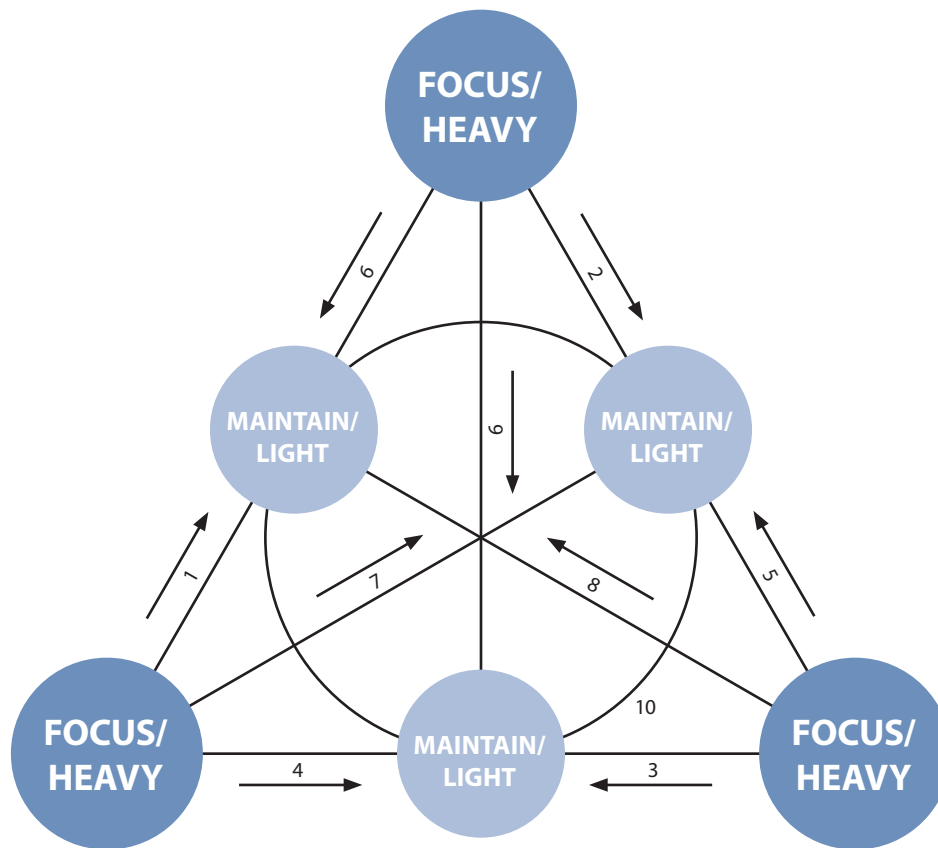


## Fundamental Movements Fano Plane

### Dan John conceptual programming tool

notes for an idea developed late one night at John Powell's 2015 Throwing Camp by Dan John, Scott Moehring, Kelton Mehls, and Chase Kallas



### A six or eight week program

1. Determine primary/initial needs of individual/sport.
2. Place the three primary or gap movements on the corners.
3. Place the three remaining movements on the edges.
4. To plan a six-week program with three sessions a week, go clockwise beginning with the lower left corner.
5. Each session has a pair of movements - one heavy/intense/volume, and one maintenance/mobility/light.
6. For week one, the first session would be the two movements connected by the "1". The second session would be the two movements connected by the "2", and the third session would be the two connected to the "3".
7. For week two, reverse direction and go counter-clockwise starting with "4".
8. For week three, use the movements connected by the center lines "7", "8", and "9".
9. For a de-load week, use the three movements on the circle.
10. Do one more three week circuit (or four week if you include a deload week). ALTERNATIVE: switch all corner and edge movements, then do another three weeks.
11. Reassess, reassign, repeat.

#### Questions:

*Is a single focused session per week enough for each movement? Does the focused work lead to faster improvement?*

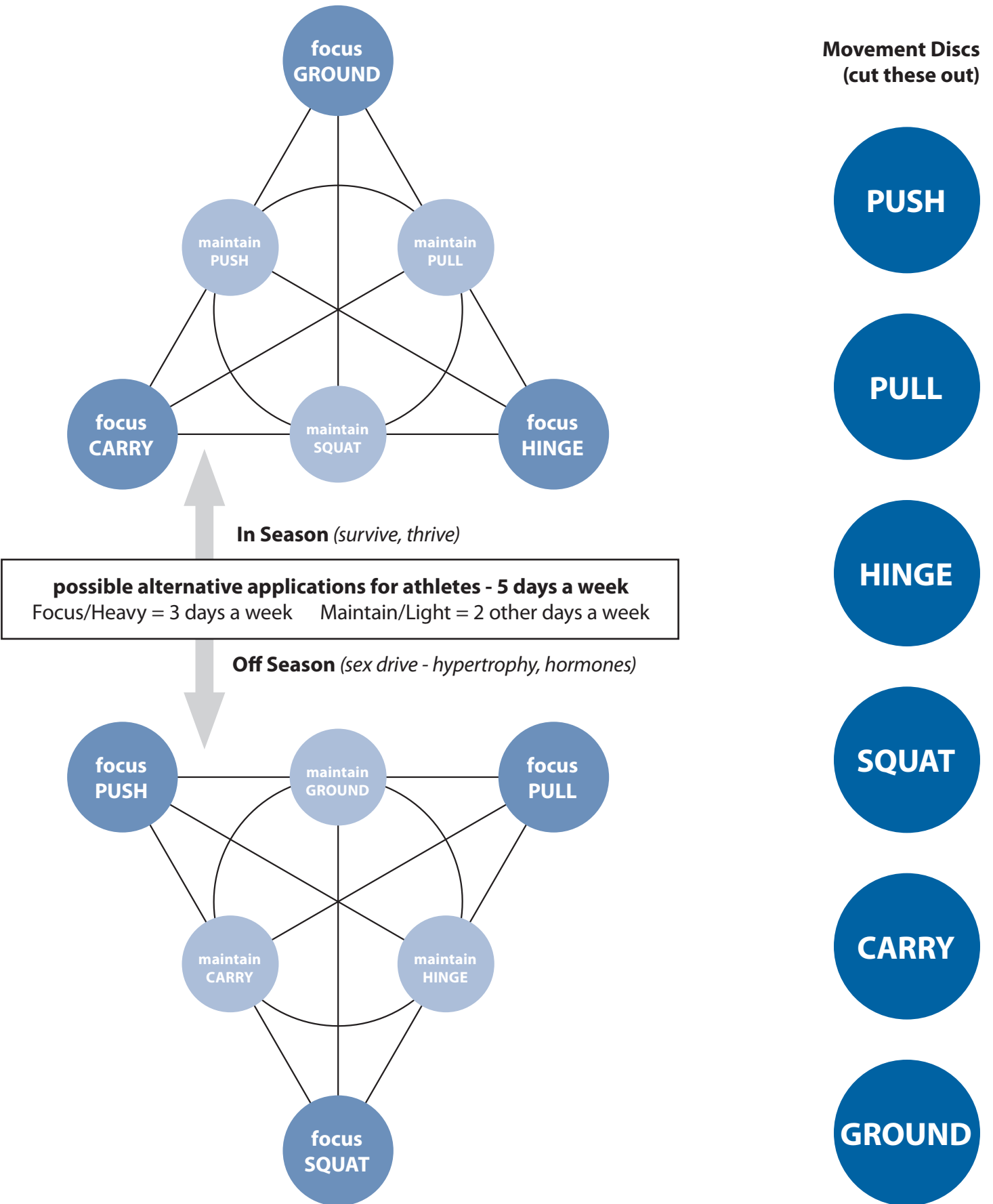
*Would it be better to do three heavy and three light every session?*

*Probably include all movement patterns in the warm-up to touch them every session?*

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