

STRENGTH AND CONDITIONING SEMESTER 1, GRADING PERIOD 1 STUDY GUIDE

BIGGER, FASTER, STRONGER PROGRAM DESIGN

1. Four week cycle

- week 1 = 3x3 - week 2 = 3x5 - week 3 = 5x3x1 - week 4 = 10x8x6 (bench & squat)
4x4x2 (clean & hex bar)
- The last set will have a + next to the rep (3+). This means the athlete will get as many reps as possible.
- auxiliary lifts = 2x10

2. Core lifts

- bench - squat - clean - hex bar - towel bench - box squat

3. Auxiliary lifts

- Monday and Thursday = glute ham, SLDL, leg curl, leg extension, lat pulls, rows, pullups
- Wednesday = incline press, dips, shoulder press, lunge, lat pulls, rows, pullups

4. Weekly pattern

- Monday = bench, squat, and auxiliary lifts
- Tuesday = speed, agility, flexibility, and power training
- Wednesday = clean, hex bar, and auxiliary lifts
- Thursday = towel bench, box squat, and auxiliary lifts
- Friday = speed, agility, flexibility, and power training

5. Total and rep records

- Total record is the amount of weight added up in the three sets performed (100x5, 105x5, 110x5 = 315 total). The athletes goal is to increase or beat the total the next time they do 3x5.
- Rep records are records for each repetition (1-10 or 1-5 for hex bar and clean). For example, an athlete lifts 200x5, 215x3, 230x1. Rep records established would be 200 for 5 and 4 reps, 215 for 3 and 2 reps, and 230 for 1 rep. The goal for the athlete is to increase or beat the records established for reps 1-5 the next time they lift these reps.

6. Six absolutes are used in class to promote safety and maximal strength benefits.

- align the knees(knees over toes) - align the toes - athletic or jump stance - be tall
- eyes on target - spread the chest (lock in the lower back)

7. Warm up and penalty charts

| ROUTINE | WARM-UP |
|----------------|----------------|
| <200 lb. | 0-1 set |
| 200-295 lb. | 1-2 sets |
| 300-395 lb. | 2-3 sets |
| 400-495 lb. | 3-4 sets |
| 500-595 lb. | 4-5 sets |

You have two choices when you miss repetitions:

1. Rest and try again with the same or lighter weight.
2. Penalize yourself from the chart below.

| RANGE | PENALTY |
|--------------|----------------|
| 100-195 lb. | 5 lb. |
| 200-295 lb. | 10 lb. |
| 300-395 lb. | 15 lb. |
| 400-495 lb. | 20 lb. |
| 500-595 lb. | 25 lb. |
| 600-695 lb. | 30 lb. |

8. Three performance clubs = divided into weight classes and male and female.
 - White Club = the first board that is the lowest performance of the three boards.
 - Green Club = the second board that is a step above the white club.
 - Trojan Club = the third board that represents the best in each performance category.

9. Dot drill pattern = each performed six times.

- up and back - right foot (in, out, across) - left foot (in, out, across)
- both feet (in, out, across) - up and back turn around

10. Flexibility exercises and pattern (1-2-3-4)

- one on the bench (hamstring stretch) - two standing (latissimus stretch with hands crossed and arms straight over head, and pectoral stretch with hands together behind back and arms straight)
- three on the wall (calf stretch, achilles stretch, and quadriceps stretch)
- five on the floor (abdominal stretch, adductor stretch with both legs spread and straight, gluteus maximus stretch with one leg crossed over the other and twist the upper body, groin stretch with the butterfly, and hip flexor stretch with a lunge position)

11. Plyometric jumping program (five phases)

- 10 vertical jumps - three sets of three successive standing long jumps - various jumps from box to box
- box jump from a stand - various plometric bounding drills

12. Speed training

- practice techniques with minimal movement - put the techniques into short distances with minimal intensity - run 10 all-out quality sprints at distances from 10-50 yards

- 10 ways to improve speed

- Sprint train twice per week, minimum.
- Run 10 sprints, varying from 10-50 yards.
- Time your sprints on a regular basis
- Sprint all year round.
- Use video analysis.
- Perform flexibility training six times per week.
- Perform plyometrics twice per week, minimum.
- Parallel squat.
- Perform the straight-leg deadlift.
- Practice power cleans to develop an explosive start.