

# POWER

## PERFORMANCE TRAINING

The following sample workouts are to be used as a template for coaches and athletes to design their own sport-specific training schedules. There are three schedules presented:

- Off-season preparation
- Precompetition
- Competition

It is important to adjust your work (type of exercise, intensity, and work volume) according to your sport, seasonal demands, and position within your sport. For example, a volleyball player may want to omit much of the sprinting and running; a baseball or softball player may want to keep their running “on the ground” and mostly on the bases; and in football, the work should be adjusted for offensive and defensive linemen versus defensive backs, running backs, and wide receivers.

When reviewing the sample programs, note how intensity, work volume, and frequency are adjusted in each phase; and also note how pregame preparation can be adjusted for each sport as well. For example, a volleyball or basketball athlete may perform a few “tuck jumps” in place or low-level plyos as prep work for competition, where a soccer or football player may perform a few quick starts and maybe some high-knee form running exercises to arouse the nervous system and get the muscles ready for power. Please refer to the demonstrations of each exercise on the DVD to ensure proper technique and safety.

## General Guidelines

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### Complex Training Recovery Times

Level of Athlete	Within a Pair	Between Pairs
Beginner/intermediate	0.5-1.5 minutes	1-3 minutes
Advanced/elite	1-3 minutes	3-5 minutes

## Periodization

### Preparation Phase

Exercises	Sets/Reps
Resistance training @ 60-70% 1RM	2-4/10-15
Plyometrics (level 1)	2-3/10-12

### Precompetition Phase

Exercises	Sets/Reps
Early phase resistance training @ 70-85% 1RM	3/6-10
Early phase plyometrics (level 1)	3/10-15
Late phase resistance training @ 70-80% 1RM	4/4-6
Late phase plyometrics (level 2)	4/5-10

### Competition Phase

Exercises	Sets/Reps
Resistance training @ 80-100% 1RM	3-5/1-3
Plyometrics (level 2)	3-5/5-6

## Sample Programs

### Off-Season Preparation Phase

#### Weeks 1 and 3

Mon	Tues	Wed	Thurs	Fri
<b>Whole Body Weights</b> Barbell squat 3 x 10R Deadlift 3 x 10R Bench press 3 x 10R Pull-up 3 x 10R Row 3 x 10R Biceps/triceps (superset) 3 x 10R Forearm circuit	<b>Sprinting</b> Form running w/training vest 5-10 yd x 5R <b>Accelerators</b> (20, 40, 60 yd) x 6R 60% max to 20 yd 80%, 20-40 yd 100%, 40-60 yd <b>Timed Runs</b> <b>(Max Effort)</b> 20 yd sprints x 5R 3:1 rest:work 10 yd explosive starts Max x 5R 2:1 rest:work	<b>(Optional)</b> <b>Supporting Work</b> 4-way multi-hip, 2/10 ea. Standing one-leg curl w/cable 2/10 each AirX pad: cone reaches 2/10 each Weights: Biceps/triceps (superset) 2/10 each Forearm circuit	<b>Complex Whole Body</b> Barbell squat w/vertical jump (vest and sport cords) 2/10 each One-leg press w/ one-leg triple 2/10 each Deadlift w/backward throw 2/10 each Bench press w/ seated chest-put 2/10 each High-low pull with split-kneel diagonal throws 2/10 each Cable twists with twist-wall throws 2/10 each	<b>Sprinting</b> Form running w/training vest 5-10 yd x 5R <b>Accelerators</b> (20, 40, 60 yd) x 6R 60% max to 20 yd 80%, 20-40 yd 100%, 40-60 yd <b>Timed Runs</b> <b>(Max Effort)</b> 20 yd sprints x 5R 3:1 rest:work 10 yd explosive starts Max x 5R 2:1 rest:work
<b>Plyos</b> Squat jumps 2 x 20R Split-squat jumps, 2 x 20R Short and long response overhead throws 2 x 10R each	<b>Agilities</b> Shuttles x 3R (30, 60, 90 ft) T-drill X 6R (L/R x 3 each) Edgren X 6R (L/R x 3 each)		<b>Plyos</b> Squat jumps 2 x 20R Split-squat jumps 2 x 20R Short and long response overhead throws 2 x 10R each	<b>Agilities</b> Shuttles (30, 60, 90 ft) T-drill 6R (L/Rx 3 each) Edgren 6R (L/Rx 3 each)
<b>Core 1</b> <b>Phys Ball</b> 1. Trunk curl 2 x 20R 2. Trunk curl w/twist 2 x 20R 3. Reverse curl on floor, legs gripping ball 2 x 20R 4. Prone push-up position on phys ball (2 sets x 30 sec- onds)	<b>Core 2</b> <b>Med Ball</b> 1. Trunk curl with medicine ball, legs elevated 1 x 20R 2. Pullover with medi- cine ball to cycling legs 1 x 20R 3. Sit-up with twist (pullover with medi- cine ball and twist; slow eccentric) 1 x 20R 4. Reverse curl (medi- cine ball between knees) 1 x 20R 5. Russian twist with medicine ball 1 x 20R	<b>Core 3</b> <b>Med Ball Throws</b> 1. Step-to-lunge with chest-put 2 x 10R 2. Step-to-lunge, catch-and-throw 2 x 10R 3. Trunk twist with throw (off wall) 2 x 10R 4. High-low cable pull with split- squat diagonal throw 2 x 10R	<b>Core 1</b> <b>Phys Ball</b> 1. Trunk curl 2 x 20R 2. Trunk curl w/twist 2 x 20R 3. Reverse curl on floor, legs gripping ball 2 x 20R 4. Prone push-up position on phys ball (2 sets x 30 seconds)	<b>Core 2</b> <b>Med Ball</b> 1. Trunk curl with medicine ball, legs elevated 1 x 20R 2. Pullover with medi- cine ball to cycling legs 1 x 20R 3. Sit-up with twist (pullover with medi- cine ball and twist; slow eccentric) 1 x 20R 4. Reverse curl with medicine ball between knees 1 x 20R 5. Russian twist with medicine ball 1 x 20R

**Weeks 2 and 4**

Mon	Tues	Wed	Thurs	Fri
<p><b>Whole Body Weights</b>                      Barbell squat                      3 x 10R                      Deadlift                      3 x 10R                      Bench press                      3 x 10R                      Pull-up                      3 x 10R                      Row                      3 x 10R                      Biceps/triceps                      (superset)                      3 x 10R                      Forearm circuit</p>	<p><b>Sprinting</b>                      Form running with training vest                      5-10 yd x 5R  <b>Accelerators</b>                      (20, 40, 60 yd) x 6R                      60% max to 20 yd                      80%, 20-40 yd                      100%, 40-60 yd  <b>Timed Runs (Max Effort)</b>                      20 yd sprints x 5R                      3:1 rest:work                      10 yd explosive starts                      Max x 5R                      2:1 rest:work</p>	<p><b>Testing</b>                      Vertical jump                      One-leg triple                      L/R compare                      Lunge w/chest-put                      Seated chest-put</p>	<p><b>Sprinting</b>                      Form running with training vest                      5-10 yd x 5R  <b>Accelerators</b>                      (20, 40, 60 yd) x 6R                      60% max to 20 yd                      80%, 20-40 yd                      100%, 40-60 yd  <b>Timed Runs (Max Effort)</b>                      20 yd sprints x 5R                      3:1 rest:work                      10 yd explosive starts                      Max x 5R                      2:1 rest:work</p>	<p><b>Complex Whole Body</b>                      Barbell squat w/vertical jump (vest and sport cords)                      2/10 each                      One-leg press w/ one-leg triple                      2/10 each                      Deadlift w/backward throw 2/10 ea.                      Bench press w/seated chest-put                      2/10 each                      High-low pull with split-kneel diagonal throws 2/10 each                      Cable twists with twist wall throws                      2/10 each</p>
<p><b>Plyos</b>                      Squat jumps                      2 x 20R                      Split-squat jumps                      2 x 20R                      Short and long response overhead throws</p>	<p><b>Agilities</b>                      Shuttles x 3R                      (30, 60, 90 ft)                      T-drill                      X 6R (L/Rx 3 each)                      Edgren                      X 6R (L/Rx 3 each)</p>		<p><b>Weights</b>                      Row 3 x 10R                      Biceps/triceps (superset)                      Forearm circuit</p>	<p><b>Agilities &amp; Plyos</b>                      Squat jumps                      Split-squat jumps                      Shuttles x 2R                      (30, 60, 90 ft)                      T-drill                      X 4R (L/R x 3 each)                      Edgren                      X 4R (L/R 3 each)</p>
<p><b>Core 1 Phys Ball</b>                      1. Trunk curl                      2 x 20R                      2. Trunk curl w/twist                      2 x 20R                      3. Reverse curl (on floor, legs gripping ball)                      2 x 20R                      4. Prone push-ups on phys ball (2 sets x 30 seconds)</p>	<p><b>Core 2 Med Ball</b>                      1. Trunk curl with medicine ball, legs elevated                      1 x 20R                      2. Pullover with medicine ball to cycling legs                      1 x 20R                      3. Sit-up with twist (pullover with medicine ball and twist; slow eccentric)                      1 x 20R                      4. Reverse curl with medicine ball between knees                      1 x 20R                      5. Russian twist with medicine ball                      1 x 20R</p>	<p><b>Core 3 Med Ball Throws</b>                      1. Step-to-lunge with chest-put                      2 x 10R                      2. Step-to-lunge, catch-and-throw                      2 x 10R                      3. Trunk twist with throw (off wall)                      2 x 10R                      4. High-low cable pull with split-squat diagonal throw                      2 x 10R</p>	<p><b>Core 1 Phys Ball</b>                      1. Trunk curl                      2 x 20R                      2. Trunk curl w/twist                      2 x 20R                      3. Reverse curl (on floor, legs gripping ball)                      2 x 20R                      4. Prone push-up position on phys ball: hands on ball, attain and maintain neutral spine and pelvis; therapist performs rhythmic beats or perturbations on phys ball (2 sets x 30 seconds)</p>	<p><b>Core 2 Med Ball</b>                      1. Trunk curl with medicine ball, legs elevated                      1 x 20R                      2. Pullover with medicine ball to cycling legs                      1 x 20R                      3. Sit-up with twist (pullover with medicine ball and twist; slow eccentric)                      1 x 20R                      4. Reverse curl (medicine ball between knees)                      1 x 20R                      5. Russian twist with medicine ball                      1 x 20R</p>

# Precompetition Phase

## Weeks 1 and 3

Mon	Tues	Wed	Thurs	Fri
<b>Upper Body</b> Pull-up 4 x 6R Bench press 4 x 6R Row 4 x 6R Biceps/triceps (superset) Forearm circuit	<b>Complex Lower Body</b> Barbell squat w/squat jumps 3 x 6R (squat) 3 x 10 (jumps) Deadlift w/backward throw 3 x 6R (deadlift) 3 x 10 (throw) One-leg press w/split-squat jumps 3 x 6R (leg press) 3 x 10 (jumps) Low-level plyos w/6-in. box One-leg curl, standing w/cable Four-way hip		<b>Complex Upper Body</b> Pull-up w/overhead throw (long response) 3 x 6R (pull-up) 3 x 10 (throw) Bench press w/ plyo “box” push-ups 3 x 6R (bench press) 3 x 10 (plyos) Row w/overhead throw (short response) 3 x 6R (row) 3 x 10 (throw)	<b>Lower Body</b> Barbell squat 4 x 6R Deadlift 4 x 6R One-leg curl, standing w/cable 3 x 10R Squat jumps 2 x 10R Split-squat jumps 2 x 10R Low-level plyos w/6-in. box Four-way hip
<b>Sprinting</b> Form running with training vest 5-10 yd x 5R <b>Timed Runs                      (Max Effort)</b> 60 yd sprints x 5R 3:1 rest:work 30 yd sprints x 5R 3:1 rest:work 20 yd explosive starts Max x 5R 2:1 rest:work	<b>Agilities</b> Shuttles x 3R (30, 60, 90 ft) T-drill X 6R (L/Rx 3 each) Edgren X 6R (L/Rx 3 each)		<b>Sprinting</b> Form running with training vest 5-10 yd x 5R <b>Timed Runs                      (Max Effort)</b> 60 yd sprints x 5R 3:1 rest:work 30 yd sprints x 5R 3:1 rest:work 20 yd explosive starts Max x 5R 2:1 rest:work	<b>Agilities</b> Shuttles x 3R (30, 60, 90 ft) T-drill X 6R (L/Rx 3 each) Edgren X 6R (L/Rx 3 each)
<b>Core 3                      Med Ball Throws</b> 1. Step-to-lunge with chest-put 2 x 10R 2. Step-to-lunge, catch-and-throw 2 x 10R 3. Trunk twist with throw (off wall) 2 x 10R 4. High-low cable pull with split- squat diagonal throw 2 x 10R	<b>Core 2                      Med Ball</b> 1. Trunk curl with medicine ball, legs elevated 1 x 20R 2. Pullover with medi- cine ball to cycling legs 1 x 20R 3. Sit-up with twist (pullover with medicine ball and twist; slow eccen- tric) 1 x 20R 4. Reverse curl (med- icine ball between knees) 1 x 20R 5. Russian twist with medicine ball 1 x 20R	<b>Core 1                      Phys Ball</b> 1. Trunk curl 2 x 20R 2. Trunk curl w/twist 2 x 20R 3. Reverse curl (on floor, legs gripping ball) 2 x 20R 4. Prone push-up position on phys ball (2 sets x 30 seconds)	<b>Core 3                      Med Ball Throws</b> 1. Step-to-lunge with chest-put 2 x 10R 2. Step-to-lunge, catch-and-throw 2 x 10R 3. Trunk twist with throw (off wall) 2 x 10R 4. High-low cable pull with split-squat diagonal throw 2 x 10R	<b>Core 1 &amp; 2                      Phys Ball &amp; Med Ball</b> 1. Trunk curl 1 x 20R 2. Trunk curl with twist 1 x 20R 3. Reverse curl (on floor, legs gripping ball) 1 x 20R 4. Pullover with medicine ball to cycling legs 1 x 20R 5. Russian twists w/medicine ball 1 x 20R

**Weeks 2 and 4**

Mon	Tues	Wed	Thurs	Fri
<p><b>Complex Lower Body</b>                      Barbell squat w/squat jumps                      3 x 6R (squat)                      3 x 10 (jumps)                      Deadlift w/backward throw                      3 x 6R (deadlift)                      3 x 10 (throw)                      One-leg press w/split-squat jumps                      3 x 6R (leg press)                      3 x 10 (jumps)                      Low-level plyos w/6-in. box                      One-leg curl, standing w/cable                      Four-way hip</p>	<p><b>Complex Upper Body</b>                      Pull-up with overhead throw (long response)                      3 x 6R (pull-up)                      3 x 10 (throw)                      Bench press w/plyo "box" push-ups                      3 x 6R (bench press)                      3 x 10 (plyos)                      Row w/overhead throw (short response)                      3 x 6R (row)                      3 x 10 (throw)</p>		<p><b>Testing</b>                      Vertical jump                      One-leg triple L/R compare                      Lunge w/chest-put                      Seated chest-put</p>	<p><b>Whole Body Weights</b>                      Barbell squat                      3 x 10R                      Deadlift                      3 x 10R                      Bench press                      3 x 10R                      Pull-up                      3 x 10R                      Row                      3 x 10R                      Biceps/triceps (superset)                      3 x 10R                      Forearm circuit</p>
<p><b>Sprinting</b>                      Form running with training vest                      5-10 yd x 5R  <b>Timed Runs (Max Effort)</b>                      60 yd sprints x 5R                      3:1 rest:work                      30 yd sprints x 5R                      3:1 rest:work                      20 yd explosive starts                      Max x 5R                      2:1 rest:work</p>	<p><b>Agilities</b>                      Shuttles                      X 3R (30, 60, 90 ft)                      T-drill                      X 6R (L/R x 3 each)                      Edgren                      X 6R (L/Rx 3 each)</p>		<p><b>Sprinting</b>                      Form running with training vest                      5-10 yd x 5R  <b>Timed Runs (Max Effort)</b>                      60 yd sprints x 5R                      3:1 rest:work                      30 yd sprints x 5R                      3:1 rest:work                      20 yd explosive starts                      Max x 5R                      2:1 rest:work</p>	<p><b>Agilities</b>                      Shuttles                      x 3R (30, 60, 90 ft)                      T-drill                      x 6R (L/R x 3 each)                      Edgren                      X 6R (L/R x 3 each)</p>
<p><b>Core 3 Med Ball Throws</b>                      1. Step-to-lunge with chest-put                      2 x 10R                      2. Step-to-lunge, catch-and-throw                      2 x 10R                      3. Trunk twist with throw (off wall)                      2 x 10R                      4. High-low cable pull with split-squat diagonal throw                      2 x 10R</p>	<p><b>Core 2 Med Ball</b>                      1. Trunk curl with medicine ball, legs elevated                      1 x 20R                      2. Pullover with medicine ball to cycling legs                      1 x 20R                      3. Sit-up with twist (pullover with medicine ball and twist; slow eccentric)                      1 x 20R                      4. Reverse curl (medicine ball between knees)                      1 x 20R                      5. Russian twist with medicine ball                      1 x 20R</p>	<p><b>Core 1 Phys Ball</b>                      1. Trunk curl                      2 x 20R                      2. Trunk curl with twist                      2 x 20R                      3. Reverse curl (on floor, legs gripping ball)                      2 x 20R                      4. Prone push-up position on phys ball (2 sets x 30 seconds)</p>	<p><b>Core 3 Med Ball Throws</b>                      1. Step-to-lunge with chest-put                      2 x 10R                      2. Step-to-lunge, catch-and-throw                      2 x 10R                      3. Trunk twist with throw (off wall)                      2 x 10R                      4. High-low cable pull with split-squat diagonal throw                      2 x 10R</p>	<p><b>Core 1 &amp; 2 Phys Ball &amp; Med Ball</b>                      1. Trunk curl                      1 x 20R                      2. Trunk curl with twist                      1 x 20R                      3. Reverse curl (on floor, legs gripping ball)                      1 x 20R                      4. Pullover with medicine ball to cycling legs                      1 x 20R                      5. Russian twists w/medicine ball                      1 x 20R</p>

## **Competition Phase**

Many high school and college sports games can be during the week and on weekends. Below is one example of games being on Monday and Wednesday, assuming that there would also be games or tournaments, etc. on weekends.

- Do not lift before the event the day of competition.
- When practical, lift after a game or competitive event.
- Value your recovery days. Allow enough time to recover between lifting days (you wouldn't want to compete the day after a lifting day).

## Weeks 1 and 3

Mon	Tues	Wed	Thurs	Fri
<p><b>Game Day or Competition</b> Sprints as precompetition prep (field or court sports) Explosive starts; work on first-step quickness 10 yd x 5R Form running with training vest 5-10 yd x 5R <i>Also note: Tuck jumps in-place and low-level plyos w/6-in. box can be used as prep work for other sports.</i></p> <p><b>Post-Game Workout (if time and access to training facility is available)</b> Whole body weights: Barbell squat 2 x 3-5R Deadlift 2 x 3-5R Bench press 2 x 3-5R Pull-up 2 x 5R Row 2 x 8-10R Biceps/triceps (superset) 2 x 10R Forearm circuit</p>	<p><b>Off Day (necessary for recovery)</b></p>	<p><b>Game Day or Competition</b> Sprints as precompetition prep (field or court sports) Explosive starts; work on first-step quickness 10 yd x 5R Form running with training vest 5-10 yd x 5R <i>Also note: Tuck jumps in-place and low-level plyos w/6-in. box can be used as prep work for other sports.</i></p> <p><b>Post-Game Workout (if time and access to training facility is available)</b></p>	<p><b>Complex Whole Body</b> Barbell squat w/vertical jump (vest and sport cords) 3 x 3-5 (squat) 3 x 10 (jump) One-leg press w/one-leg triple 3 x 3-5 (leg press) 3 x 10 (triple) Deadlift w/backward throw 3 x 3-5 (deadlift) 3 x 10 (throw) Bench press w/seated chest-put 3 x 3-5 (bench press) 3 x 10 (chest-put) High-low pull with split-kneel diagonal throws 2/10 each Cable twists with twist wall throws 2/10 each</p>	<p><b>Off Day (necessary for recovery)</b></p>
<p><b>Core 1</b> 1. Trunk curl 2 x 20R 2. Trunk curl w/twist 2 x 20R 3. Reverse curl (on floor, legs gripping ball) 2 x 20R 4. Prone push-up position on phys ball (2 sets x 30 seconds)</p>		<p><b>Core 2 Med Ball</b> 1. Trunk curl with medicine ball, legs elevated 1 x 20R 2. Pullover with medicine ball to cycling legs 1 x 20R 3. Sit-up with twist (pullover with medicine ball and twist; slow eccentric) 1 x 20R 4. Reverse curl (medicine ball between knees) 1 x 20R 5. Russian twist with medicine ball 1 x 20R</p>	<p><b>Core 3</b> 1. Step-to-lunge with chest-put 2 x 10R 2. Step-to-lunge, catch-and-throw 2 x 10R 3. Trunk twist with throw (off wall) 2 x 10R 4. High-low cable pull with split-squat diagonal throw 2 x 10R</p>	



**Weeks 2 and 4**

Mon	Tues	Wed	Thurs	Fri
<p><b>Game Day or Competition</b> Sprints as precompetition prep (field or court sports) Explosive starts; work on first-step quickness 10 yd x 5R Form running with training vest 5-10 yd x 5R <i>Also note: Tuck jumps in place and low-level plyos w/6-in. box can be used as prep work for other sports.</i></p> <p><b>Post-Game Workout (if time and access to training facility is available)</b> Complex Whole Body: Barbell squat w/vertical jump (vest and sport cords) 2 x 3-5 (squat) 2 x 10 (jump) One-leg press w/one-leg triple 2 x 3-5 (leg press) 2 x 10 (triple) Deadlift w/backward throw 2 x 3-5 (deadlift) 2 x 10 (throw) Bench press w/seated chest-put 2 x 3-5 (bench press) 2 x 10 (chest-put) High-low pull with split-kneel diagonal throws 2/10 each Cable twists with twist wall throws 2/10 each</p>	<p><b>Off Day</b></p>	<p><b>Game Day or Competition</b> Sprints as precompetition prep (field or court sports) Explosive starts; work on first-step quickness 10 yd x 5R Form running with training vest 5-10 yd x 5R <i>Also note: Tuck jumps in place and low-level plyos w/6-in. box can be used as prep work for other sports.</i></p> <p><b>Post-Game Workout (if time and access to training facility is available)</b></p>	<p><b>Whole Body Weights</b> Barbell squat 3 x 3-5R Deadlift 3 x 3-5R Bench press 3 x 3-5R Pull-up 3 x 5R Row 3 x 8-10R Biceps/triceps (superset) 3 x 10R Forearm circuit</p>	<p><b>Off Day</b></p>

(continued)

**Weeks 2 and 4** *(continued)*

Mon	Tues	Wed	Thurs	Fri
<p><b>Core 1</b></p> <ol style="list-style-type: none"> <li>1. Trunk curl 2 x 20R</li> <li>2. Trunk curl with twist 2 x 20R</li> <li>3. Reverse curl (on floor, legs gripping ball) 2 x 20R</li> <li>4. Prone push-up position on phys ball (2 sets x 30 seconds)</li> </ol>		<p><b>Core 2</b> <b>Med Ball</b></p> <ol style="list-style-type: none"> <li>1. Trunk curl with medicine ball, legs elevated 1 x 20R</li> <li>2. Pullover with medicine ball to cycling legs 1 x 20R</li> <li>3. Sit-up with twist (pullover with medicine ball and twist, slow eccentric) 1 x 20R</li> <li>4. Reverse curl (medicine ball between knees) 1 x 20R</li> <li>5. Russian twist with medicine ball 1 x 20R</li> </ol>	<p><b>Core 3</b></p> <ol style="list-style-type: none"> <li>1. Step-to-lunge with chest-put 2 x 10R</li> <li>2. Step-to-lunge, catch-and-throw 2 x 10R</li> <li>3. Trunk twist with throw (off wall) 2 x 10R</li> <li>4. High-low cable pull with split-squat diagonal throw 2 x 10R</li> </ol>	