

STRENGTH

FOR SPORTS PERFORMANCE

Sample Strength Workouts

The following are two sample 6-week strength workouts that should be performed 3 days a week. The first workout, "Introduction to Strength Training," focuses on the development of proper technique. Be sure to select a resistance that allows the athlete to complete the full number of required repetitions on **each** set prior to increasing resistance.

The second 6-week workout, "High-Speed Strength Workout," focuses on increasing both strength and power. When performing total body exercises in this workout, select a resistance that allows the athlete to complete the full number of required repetitions on the first set only prior to increasing resistance. On all timed exercises reduce the resistance as necessary to maintain the desired speed of movement each set. Please refer to the demonstrations of each exercise in the DVD to ensure proper technique and safety.

Introduction to Strength Training—Monday

Dates: Weeks 1-6

Cycle: Introduction

Goal: Introduce athletes to the demands of resistance training, emphasizing correct technique.

Length: 6 weeks

Intensity: Select a resistance that allows completion of the full number of required repetitions on *each* set prior to increasing resistance.

Pace: Total body lifts (TB) performed explosively. All other exercises lift in 2 seconds, lower in 4 seconds.

Rest: 2:00 between sets and exercises

Sets/Reps:

TB = Total body (Olympic-style exercises)

CL = Core lifts (multiple-joint exercises)

AL = Auxiliary lifts (single-joint exercises)

Week 1: TB = 3x6, CL = 3x11, AL = 3x10

Week 2: TB = 3x4, CL = 3x9, AL = 3x8

Week 3: TB = 3x6, CL = 3x11, AL = 3x10

Week 4: TB = 3x4, CL = 3x9, AL = 3x8

Week 5: TB = 3x6, CL = 3x11, AL = 3x10

Week 6: TB = 3x4, CL = 3x9, AL = 3x8

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Total Body						
Mid-thigh clean high pull TB	3x6	3x4	3x6	3x4	3x6	3x4
Weight lifted						
Hang power clean TB	3x6	3x4	3x6	3x4	3x6	3x4
Weight lifted						
Lower Body						
Squat CL	3x11	3x9	3x11	3x9	3x11	3x9
Weight lifted						
SLDL CL	3x11	3x9	3x11	3x9	3x11	3x9
Weight lifted						
Upper Body						
Pulldown CL	3x11	3x9	3x11	3x9	3x11	3x9
Weight lifted						
Trunk						
WT crunch	3x20	3x20	3x20	3x20	3x20	3x20
Weight lifted						
WT twist back extension	3x10	3x10	3x10	3x10	3x10	3x10
Weight lifted						

Introduction to Strength Workout—Wednesday

Dates: Weeks 1-6

Cycle: Introduction

Goal: Introduce athletes to the demands of resistance training, emphasizing correct technique.

Length: 6 weeks

Intensity: Select a resistance that allows completion of the full number of required repetitions on *each* set prior to increasing resistance.

Pace: Total body lifts (TB) performed explosively. All other exercises lift in 2 seconds, lower in 4 seconds.

Rest: 2:00 between sets and exercises

Sets/Reps:

TB = Total body (Olympic-style exercises)

CL = Core lifts (multiple-joint exercises)

AL = Auxiliary lifts (single-joint exercises)

Week 1: TB = 3x3, CL = 3x5, AL = 3x6

Week 2: TB = 3x5, CL = 3x7, AL = 3x6

Week 3: TB = 3x3, CL = 3x5, AL = 3x6

Week 4: TB = 3x5, CL = 3x7, AL = 3x6

Week 5: TB = 3x3, CL = 3x5, AL = 3x6

Week 6: TB = 3x5, CL = 3x7, AL = 3x6

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Total Body						
DB push press TB	3x3	3x5	3x3	3x5	3x3	3x5
Weight lifted						
DB power jerk TB	3x3	3x5	3x3	3x5	3x3	3x5
Weight lifted						
Lower Body						
DB squat CL	3x5	3x7	3x5	3x7	3x5	3x7
Weight lifted						
DB SLDL	3x5	3x7	3x5	3x7	3x5	3x7
Weight lifted						
Upper Body						
DB incline press CL	3x5	3x7	3x5	3x7	3x5	3x7
Weight lifted						
Seated row CL	3x5	3x7	3x5	3x7	3x5	3x7
Weight lifted						
Trunk						
WT bicycles	3x20	3x20	3x20	3x20	3x20	3x20
Weight lifted						
WT back extension	3x10	3x10	3x10	3x10	3x10	3x10
Weight lifted						

Introduction to Strength Workout—Friday

Dates: Weeks 1-6

Cycle: Introduction

Goal: Introduce athletes to the demands of resistance training, emphasizing correct technique.

Length: 6 weeks

Intensity: Select a resistance that allows completion of the full number of required repetitions on *each* set prior to increasing resistance.

Pace: Total body lifts performed explosively. All other exercises lift in 2 seconds, lower in 4 seconds.

Rest: 2:00 between sets and exercises

Sets/Reps:

TB = Total body (Olympic-style exercises)

CL = Core lifts (multiple-joint exercises)

AL = Auxiliary lifts (single-joint exercises)

Week 1: TB = 3x4, CL = 3x9, AL = 3x8

Week 2: TB = 3x6, CL = 3x11, AL = 3x10

Week 3: TB = 3x4, CL = 3x9, AL = 3x8

Week 4: TB = 3x6, CL = 3x11, AL = 3x10

Week 5: TB = 3x4, CL = 3x9, AL = 3x8

Week 6: TB = 3x6, CL = 3x11, AL = 3x10

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Total Body						
Mid-thigh snatch pull TB	3x4	3x6	3x4	3x6	3x4	3x6
Weight lifted						
Hang power snatch TB	3x4	3x6	3x4	3x6	3x4	3x6
Weight lifted						
Upper Body						
Bench press CL	3x9	3x11	3x9	3x11	3x9	3x11
Weight lifted						
Shoulder press CL	3x9	3x11	3x9	3x11	3x9	3x11
Weight lifted						
Trunk						
WT toe touch	3x20	3x20	3x20	3x20	3x20	3x20
Weight lifted						
WT alternate toe touch	3x20	3x20	3x20	3x20	3x20	3x20
Weight lifted						

High-Speed Strength Workout—Monday

Dates: Weeks 1-6

Cycle: Strength/Power

Goal: Muscle power increases further, because of the positive relationship between muscle power and performance.

Length: 6 weeks

Intensity: On total body exercises, select a resistance that allows completion of the full number of required repetitions on the **first** set only prior to increasing resistance. On timed exercises reduce the resistance as necessary to maintain the desired speed of movement each set.

Pace: Total body lifts performed explosively. Timed lifts performed at a pace that allows completion of the required number of repetitions in the specified time period. All other exercises lift in 2 seconds, lower in 3 seconds.

Rest: 3:00 between total body exercises; 2:30 between all other sets and exercises

Sets/Reps:

TB = Total body (Olympic-style exercises)

TL = Timed lifts (For example, 4x4@6s (1.5) means the athlete is performing 4 sets of this exercise. The athlete has 6 seconds to complete four repetitions in good form, or 1.5 seconds per lift.)

Week 1: TB = 5x3, TL = 4x4@6s (1.5)

Week 4: TB = 5x2, TL = 4x3@4s (1.3)

Week 2: TB = 5x2, TL = 4x3@4s (1.3)

Week 5: TB = 5x3, TL = 4x4@6s (1.5)

Week 3: TB = 5x3, TL = 4x4@6s (1.5)

Week 6: TB = 5x2, TL = 4x3@4s (1.3)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Total Body						
Push press TB	5x3	5x2	5x3	5x2	5x3	5x2
Weight lifted						
Power jerk TB	5x3	5x2	5x3	5x2	5x3	5x2
Weight lifted						
Split alternate foot jerk TB	5x3	5x2	5x3	5x2	5x3	5x2
Weight lifted						
Lower Body						
Squat CL	2x4	2x3	2x4	2x3	2x4	2x3
Weight lifted						
Jump squat TL	3x4@6s	3x3@4s	3x4@6s	3x3@4s	3x4@6s	3x3@4s
Weight lifted						
Keg/log pivot lunge TL	4x4@6s	4x3@4s	4x4@6s	4x3@4s	4x4@6s	4x3@4s
Weight lifted (total)						
Trunk						
MB off-center rotate throw	3x10	3x10	3x10	3x10	3x10	3x10
Weight lifted						
MB wood chop	3x10	3x10	3x10	3x10	3x10	3x10
Weight lifted						
Upper Body						
Bent row CL	2x8	2x8	2x8	2x8	2x8	2x8
Weight lifted						

High-Speed Strength Workout—Wednesday

Dates: Weeks 1-6

Cycle: Strength/Power

Goal: Muscle power increases further, because of the positive relationship between muscle power and performance.

Length: 6 weeks

Intensity: On total body exercises, select a resistance that allows completion of the full number of required repetitions on the **first** set only prior to increasing resistance. On timed exercises reduce the resistance as necessary to maintain the desired speed of movement each set.

Pace: Total body lifts performed explosively. Timed lifts performed at a pace that allows completion of the required number of repetitions in the specified time period. All other exercises lift in 2 seconds, lower in 3 seconds.

Rest: 3:00 between total body exercises; 2:30 between all other sets and exercises

Sets/Reps:

TB = Total body (Olympic-style exercises)

TL = Timed lifts (For example, 4x4@6s (1.5) means the athlete is performing 4 sets of this exercise. The athlete has 6 seconds to complete four repetitions in good form, or 1.5 seconds per lift.)

Week 1: TB = 5x6, TL = 4x6@9s (1.5)

Week 4: TB = 5x4, TL = 4x4@4s (1)

Week 2: TB = 5x4, TL = 4x4@4s (1)

Week 5: TB = 5x6, TL = 4x6@9s (1.5)

Week 3: TB = 5x6, TL = 4x6@9s (1.5)

Week 6: TB = 5x4, TL = 4x4@4s (1)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Total Body						
DB hang alternate high pull TB	5x6	5x4	5x6	5x4	5x6	5x4
Weight lifted						
DB hang alternate power snatch TB	5x6	5x4	5x6	5x4	5x6	5x4
Weight lifted						
DB hang split alternate front alternate snatch TB	5x6	5x4	5x6	5x4	5x6	5x4
Weight lifted						
Lower Body						
Jump squat	4x6	4x4	4x6	4x4	4x6	4x4
Assigned weight	Body weight + 40 lbs	Body weight + 60 lbs	Body weight + 40 lbs	Body weight + 60 lbs	Body weight + 40 lbs	Body weight + 60 lbs
Keg/log side lunge	4x6@9s	4x4@4s	4x6@9s	4x4@4s	4x6@9s	4x4@4s
Weight lifted (total)						
Standing leg curl TL	3x6@9s	3x4@4s	3x6@9s	3x4@4s	3x6@9s	3x4@4s
Weight lifted						
Trunk						
MB lunge twist throw	3x10	3x10	3x10	3x10	3x10	3x10
Weight lifted						
WT glute hamstring raise	3x8	3x8	3x8	3x8	3x8	3x8
Weight lifted						
Upper Body—Chest						
Keg/log incline press TL	4x6@9s	4x4@4s	4x6@9s	4x4@4s	4x6@9s	4x4@4s
Weight lifted (total)						

High-Speed Strength Workout—Friday

Dates: Weeks 1-6

Cycle: Power

Goal: Muscle power increases further, because of the positive relationship between muscle power and performance.

Length: 6 weeks

Intensity: On total body exercises, select a resistance that allows completion of the full number of required repetitions on the **first** set only prior to increasing resistance. On timed exercises reduce the resistance as necessary to maintain the desired speed of movement each set.

Pace: Total body lifts performed explosively. Timed lifts performed at a pace that allows completion of the required number of repetitions in the specified time period. All other exercises lift in 2 seconds, lower in 3 seconds.

Rest: 3:00 between total body exercises; 2:30 between all other sets and exercises

Sets/Reps:

TB = Total body (Olympic-style exercises)

TL = Timed lifts (For example, 4x4@6s (1.5) means the athlete is performing 4 sets of this exercise. The athlete has 6 seconds to complete four repetitions in good form, or 1.5 seconds per lift.)

Week 1: TB = 5x3, TL = 4x4@6s (1.5)

Week 4: TB = 5x2, TL = 4x3@4s (1.3)

Week 2: TB = 5x2, TL = 4x3@4s (1.3)

Week 5: TB = 5x3, TL = 4x4@6s (1.5)

Week 3: TB = 5x3, TL = 4x4@6s (1.5)

Week 6: TB = 5x2, TL = 4x3@4s (1.3)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Total Body						
Hang clean high pull TB	5x3	5x2	5x3	5x2	5x3	5x2
Weight lifted						
Hang power clean TB	5x3	5x2	5x3	5x2	5x3	5x2
Weight lifted						
Hang squat clean TB	5x3	5x2	5x3	5x2	5x3	5x2
Weight lifted						
Chest						
Bench press CL (chains 1+2) Note: The athlete is adding chains to the bar on sets 1 and 2.	2x4	2x3	2x4	2x3	2x4	2x3
Weight lifted						
Bench press TL (perform 1 set standing)	3x4@6s	3x3@4s	3x4@6s	3x3@4s	3x4@6s	3x3@4s
Weight lifted						
Trunk						
Bus driver	3x10	3x10	3x10	3x10	3x10	3x10
Weight lifted						
Upper Body						
DB row TL	4x4@6s	4x3@4s	4x4@6s	4x3@4s	4x4@6s	4x3@4s
Reps completed						