



MOUNT MARTY
COLLEGE

Daniel Flahie, MEd., CSCS

Assistant Professor of Exercise Science
& Health

Assistant Track & Field Coach



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MARTY

LANCERS

Strength Training for the
Sprints & Jumps

Thank You

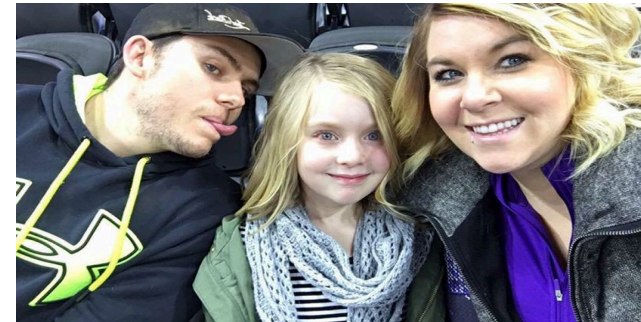


MOUNT MARTY
COLLEGE

Dr. Marcus Long
Randall Fischer



Jared Meador



My Family!

Wayne State
College

Dr. Donovan Conley



Dr. Scott Staiger

Darin Boysin & Everyone at Nebraska
Coaches Association





- 6 + Years personal training/Strength Coach Experience
- PhD in Health & Human Performance—focus on gerontology (2022)
- Master's of Science in Education (MSEd.) in Exercise Science
- Bachelor's of Science (BS) in Exercise Science
- Certified Strength & Conditioning Specialist (CSCS)
- Reflexive Performance Reset Level 1 & 2 (RPR)
- Functional Movement Screen Level 1 (FMS)
- Y-Balance Test (YBT)
- Certified Speed & Agility Coach (CSAC)
- Twitter & Instagram @danielflahie
- The Die Healthier Podcast
- President Yankton Rotary Club
- Board Member Heartland Humane Society
- BFLF Mentor with United Way



- Absorb what is useful, discard what is not, add what is uniquely your own.

-Bruce Lee

Two Year Recap:

- 2017-2018:
 - 11 School Records
 - Men Scored 59 points 7th place GPAC Indoor (Record)
 - Conference:
 - 1st, 2nd, 4th 5th, open 400
 - 1st 4x400
 - Paul Paul Indoor GPAC MVP, All-American 400 (8th)
 - Jonah Rectenbaugh 9th place 400 Nationals
 - 4x400-Dropped Baton



Two Year Recap:

- 2018-2019:
 - 20 School Records
 - Men Scored 71 points 4th place GPAC Indoor (Record)
 - Men Scored 70 points 5th place GPAC Outdoor (Record)
 - Conference:
 - Indoor:
 - GPAC 4x400 record (3:18.66 200m track)
 - Jonah won 200, 400, 4x400
 - Paul 2nd 200, 3rd 60
 - Dewayne 3rd 400 4th 200
 - Seth Wibelhaus 4th heptathlon



Two Year Recap:

- Outdoor:
 - Paul won 100, 200, 4x100 & 4x400 (All National Qualifying Times)
 - Voted Midwest Athlete of the year
 - Jonah 2nd 400, 3rd 200
 - Taven 8th 200
 - Seth Wiebelhaus 3rd decathlon
- Nationals:
- Indoor:
 - Paul All-American 400 (6th)
 - Jonah All-American 400 (8th)
 - 4x400 All-American (7th) (3:14.99 prelim, 3:16.05 finals)
 - 1st relay in school history to earn All-American honors (1993).
- Outdoor:
 - Paul All-American 400 (6th)
 - 4x400 All-American (8th) (3:13.48 prelim, 3:17.77 finals)





Two Year Recap:

- 4 minor Injuries (3 Hamstring, 1 Groin) total of 3 missed meets.
- 2nd team 4x400 (3:28)

My Philosophy

- Health Drives Performance
- Nervous System Is King
- Movement Quality first, then add weight
- Stress is Stress
- They're Athletes not Powerlifters or Bodybuilders





Our Method

- Short
- Low Volume
- Intense
- Simple
- Sprint & Horizontal Plane Focused
- Ample time for recovery



My Program is a Hybrid

- Triphasic System
- Jim Windler's 5-3-1
- Mark Rippetoe
- The System- Johnny Parker & Al Miller
- Mike Boyle
- Vern Gambetta
- Loren Landow
- Chris Korfist
- Tony Holler
- My own Ideas



Macro Cycle



Track & Field 2018-2019 Training Schedule

Week	1	2	3	4	5	6	7	8	9	10	11	12
	Meso 1 Volume & Aerobic Base			Meso 2 Eccentric				Meso 3-Isometric				First Meet
	14-Sep	21-Sep	28-Sep	5-Oct	12-Oct	19-Oct	26-Oct	2-Nov	9-Nov	16-Nov	23-Nov	30-Nov
Week	13	14	15	16	17	18	19	20				
	TEST	OFF	Meso 4 Maintain Over Break				OFF	Meso 5				
	7-Dec	14-Dec	21-Dec	28-Dec	4-Jan	11-Jan	18-Jan	25-Jan				
Week	21	22	23	24	25	26	27	28	29	30	31	32
	Meso 5-Recover		Meso 6- Increase Srength				Meso 7-Increase/Peak Srength/Recover					
	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	5-Apr	12-Apr	19-Apr
Week	13	14	15	16	17	18	19	20				
	Meso 3-increase/maintain strength				Meso 4 increase/peak strength/Recover							
	26-Apr	3-May	10-May	17-May	24-May	11-Jan	18-Jan	25-Jan				



Warm-Ups

- 5-10min
- Foam Roll
- RPR
- Crawling/Sprint Form Work*

Fall-Pre-season



Week 1 Group C

	Exercise	Sets&Reps	Weight
Monday	Trap Bar Deadlift	3x10	60-65% 1RM
	SA Farmer Carry/Ankle Rocker Mobility	3x	
	Barbell RDL	3x8	
	Incline Dumbbell Press/PRI LAT stretch	3x8	
	Partner Banded Pallof Press	3x	
	Side MB Scoop Toss	3x8ea.	
	MB Overhead Toss	3x8	
	Side Plank	3x30sec	
Wednesday	Squat	3x10	60-65% 1RM
	Hip Flow Series 1		
	Bench	3x10	60-65% 1RM
	Chin-Ups/T-Spine Mobility w/ foam roller	3x5-10	
	Partner Nordic Hamstring	3x3	
	Ankle Rocker Mobility		
	DB Split Squats	3x10ea	
	1/2 Kneeling triple ext. MB Slam	3x8	
	SL Glute Bridge	3x10ea.	
	Pallof Rotation & Slow Eccentric	3x6ea.	
Friday	Power Clean	3x5	60-65% 1RM
	Hip Flow Series 2		
	Front Squat	3x10	
	1/2 Kneeling DB Press/Ankle Rocker Mobility	3x8ea.	
	SL Glute Bridge	3x10ea.	
	Pallof Rotation & Slow Eccentric	3x6ea.	
	Weighted Push-Ups	3x10	
	Box Jumps-for Height	3x2	

Fall-Pre-season

Week 1 Group D

	Exercise	Sets&Reps	Weight
M	Squat	3x5	72-77% 1RM
	Hip Flow Series 1		
	Barbell RDL	3x5	
	Incline Dumbbell Press/PRI LAT stretch	3x8	
	Partner Banded Pallof Press	3x	
	Side MB Scoop Toss	3x8ea.	
	MB Overhead Toss	3x8	
	Side Plank	3x30sec	
W	Trap Bar Deadlift	3x5	72-77% 1RM
	SA Farmer Carry/Ankle Rocker Mobility	3x	
	Bench	3x5	
	Chin-Ups/T-Spine Mobility w/ foam roller	3x5-10	
	Partner Nordic Hamstring	3x3	
	Ankle Rocker Mobility		
	SL Glute Bridge	3x10ea.	
	Pallof Rotation & Slow Eccentric	3x6ea.	



Fall-Pre-season



Week 3 Group C			
	Exercise	Sets&Reps	Weight
M	Trap Bar Deadlift	3x6	75-80% 1RM
	SA Farmer Carry/Ankle Rocker Mobility	3x	
	Barbell RDL	3x8	
	Incline Dumbbell Press/PRI LAT stretch	3x8	
	Weighed Push-Ups	3x4	
	Barbell Glute Bridge	3x6	
W	Squat	3x6	75-80% 1RM
	Hip Flow Series 1		
	Bench	3x8	65-72%% 1RM
	Chin-Ups/T-Spine Mobility w/ foam roller	3x3	weighted
	Partner Nordic Hamstring	3x5	
	Ankle Rocker Mobility		
F	Power Clean	3x3	75% 1RM
	Hip Flow Series 2		
	Squat	3x6	75-80% 1RM
	1/2 Kneeling DB Press/Ankle Rocker Mobility	3x8ea.	
	MB Overhead Toss	3x8	
	Side MB Scoop Toss	3x8ea.	

Barbell Glute Bridge



Nordic Hamstrings



Lifelong Learning | Awareness of God | Hospitality | Community

Fall-Pre-season



Week 6 Group C			
	Exercise	Sets&Reps	Weight
M	Trap Bar Jumps	3x6	5 lbs per side
	Hip Flow Series 1	3x3	
	Trap Bar Deadlift	3x4	85-88% 1RM
	Nordic Hamstring	3x5	
	Bench 8 second Eccentric-Explode up (Spotter)	4x3	64% 1RM
	Bent Over Barbell Row 6 second eccentric	4x4	
W	1/2 Kneeling MB Throw & Sprint	2x2ea	
	Hip Flow Series 1		
	Squat 8 second Eccentric- Explode up (SPOTTER)	4x3	64% 1RM
	Standing DB Shoulder Press 8 second Eccentric	4x4	
	Barbell RDL 8 Second Eccentric- Explode up	4x4	
	T Spine Mobility	x4	
F	BB Clean Grip High Pulls	3x65	
	Hip Flow Series 2	3x3	
	Barbell Split Squat	3x8ea.	
	Ankle Mob		
	Barbell Glute Bridge	3x8	
	Bent Over Barbell Row 8 second eccentric	3x4	

Trap Bar Jumps



½ Kneeling MB Throw & Sprint



Fall-Pre-season

Week 7 Group C

	Exercise	Sets&Reps	Weight
M	Trap Bar Jumps	3x6	10 lbs per side
	Hip Flow Series 1	3x3	
	Trap Bar Deadlift	3x4	88-90% 1RM
	Nordic Hamstring	3x5	
	Bench 10 second eccentric (SPOTTER)	5x1	67%1RM
	Bent Over Barbell Row 10 second eccentric	5x2	
W	1/2 Kneeling MB Throw & Sprint	2x2ea	
	Hip Flow Series 1		
	Squat 10 second Eccentric- Explode up (SPOTTER)	5x1	67% 1RM
	Standing DB Shoulder Press 10 second Ecc	5x2	
	Barbell RDL 10 Second Eccentric- Explode up	5x2	
	T Spine Mobility	x4	
F	BB Clean Grip High Pulls	3x6	Increase Weight
	Hip Flow Series 2	3x3	
	Barbell Back Squat	3x5	83% 1RM
	Ankle Mob		
	Barbell Split Squat	3x8	
	Barbell Glute Bridge	3x4	



Fall-Pre-season



Week 8 Group C			
	Exercise	Sets&Reps	Weight
M	Trap Bar Jumps	3x6	15 lbs per side
	1/2 Kneeling Triple Ext. MB Slams	3x4 ea	
	Trap Bar Deadlift	3x5	85% 1RM
	SA Farmer Carry/Ankle Rocker Mobility	3x	
	Bench 4 second Isometric-Explode up (Spotter)	3x4	60% 1RM
	Bent Over Barbell Row 4 second Isometric	3x4	
W	Band Resisted Sprints-10 yards	x6	
	Split Squat reactive jumps	x6	
	Squat 4 second Isometric Explode up (Spotter)	3x4	60% 1RM
	Standing Barbell Shoulder Press	3x6	
	Barbell RDL 4 Second Isometric- Explode up	4x4	Heavy!
	T Spine Mobility	x4	
F	Power Clean	3x3	78% 1RM
	Split squat JumpsHip Flow Series 2	3x5 ea	20lb DBs
	Barbell Back Squat	3x6	79% 1RM
	Ankle Mob		
	Barbell Split Squat	3x6	Heavier
	Barbell Glute Bridge	3x6	Heavy

Fall-Pre-season



<u>Week 9 Group D</u>			
	Exercise	Sets&Reps	Weight
M	Trap Bar Jumps	3x6	25 lbs per side
	1/2 Kneeling Triple Ext. MB Slams	3x4 ea	
	Trap Bar Deadlift	3x6	80% 1RM
	SA Farmer Carry/Ankle Rocker Mobility	3x	
	Bench 4 second Eccentric-Explode up (Spotter)	3x4	62% 1RM
	Bent Over Barbell Row 4 second Eccentric	3x4	
W	Band Resisted Sprints-10 yards	x6	
	Split Squat reactive jumps w/db -drop & Sprint	x3ea	
	Squat 4 second Eccentric Explode up (Spotter)	3x4	62% 1RM
	Standing Barbell Shoulder Press	3x6	
	Barbell RDL 4 Second Eccentric- Explode up	4x4	Heavy!
	T Spine Mobility	x4	
F	Clean Grip High Pulls	3x6	78% 1RM
	Split squat JumpsHip Flow Series 2	3x5 ea	20lb DBs
	Barbell Back Squat	3x5	82% 1RM
	Ankle Mob		
	Barbell Split Squat	3x6	
	Barbell Glute Bridge	3x6	Heavy

Fall-First Meet Prep-2 Weeks Out

Week 12 Group C&D

	Exercise	Sets&Reps	Weight
M	Barbell Glute Bridge	3x5	HEAVY!
	Partic Nordic Hamstring-Slow as possible down	3x3	
	Squats 18"inch Box-Explode Up	3x5	78% 1RM
	SA Farmer Carry/Ankle Rocker Mobility	3x	
	Bench-Explode Up	3x5	78% 1RM
	Bent Over Barbell Row	3x5	
	Exercise	Sets&Reps	Weight
W	1/2 Kneeling MB Sprint & Throw	3x3 ea.	
	SL Bounds	3x6ea.side	
	Trap Bar Deadlift-Concentric Only	3x4	70% 1RM
	Ankle Rocker Mob	3x3ea.	
	MB Broad Jump throw & Sprint	3x3	70% 1RM
	triple ext MB slams	3x6	



Christmas Break



Christmas Break Training						
	Exercise	Sets&Reps	Week 1: 75% on core lifts	Week 2: 78% on Core Lifts	Week 3: 83% on core lifts	Week 4: 70% on core lifts
M	Barbell Glue Bridge	3x5				
	Hip Flow Series 1					
	Trap Bar Deadlift	3x5				
	SA Farmer Carry/Ankle Rocker Mobility	3x				
	Bench	3x5				
	Bent Over Barbell Row	3x5				
	Exercise	Sets&Reps				
W	Trap Bar Jumps	3x8				
	Hip Flow Series 2					
	Squat	3x5				
	Standing Barbell Shoulder Press	3x5				
	Barbell RDL	3x5				
	T Spine Mobility	x3				
	Exercise	Sets&Reps				
F	Power Clean high Pulls	3x5				
	SL Bounds	3x5				
	Barbell Back Squat	3x5				
	Ankle Mob					
	Barbell Split Squat	3x5				
	Barbell Glute Bridge	3x5				
			Awareness of God Hospitality Community			

Indoor In-Season



Indoor In-Season Week 1 Group C&D

	Exercise	Sets&Reps	Weight
T	1/2 Kneeling MB Throw & Sprint	3x2ea.	6lbs
	1/2 Kneeling MB Triple ext. Jump & Slam	3x3 ea.	8lbs
	Squats 18"inch Box-Explode Up	3x5	75% 1RM
	SA Farmer Carry/Ankle Rocker Mobility	3x	
	Barbell Glute Bridge	3x5	
	Partner Nordic Hamstring Curls/ Hip Mob circuit 1	3x3	
	Weighted Push Ups	3x5	
	Bent Over Barbell Row	3x5	
	Exercise	Sets&Reps	Weight
TR	Resisted Banded Sprints 20 yards	x5	
	Single Leg Bounds 20 yards	x3 ea. Way	
	Trap Bar Deadlift- Concentric Only	3x5	75% 1RM
	1/2 Kneeling MB Throw & Sprint	3x2ea.	
	Trap Bar Jumps	3x8	85lbs
	Resisted Banded Broad Jumps	3x5	
	Partner Chaos Band Pallof Press	3x30 sec	
	Stair Drop Down-Ankle Stiffness	x3	

Indoor In-Season

Indoor In-Season Week 2 Group C&D



Indoor In-Season Week 2 Group C&D			
	Exercise	Sets&Reps	Weight
T	Banded Sprint & Release	x4	
	Cycle Jumps	2x6 each way	
	Split Jumps & Sprint	x3 ea. Way	15-25lb DB
	Trap Bar Jumps	3x6	65-95lbs
	18" + 2 blue pad BB Box Squat-Explosive	3x3	70%
	Partner Nordic Hamstring Curls/ Hip Mob circuit 1	3x3	
	Oscilating Booms w/band	3x4 ea. Way	Purples Bands
	Iso Hold High Knee w/barbell	3x2 ea. Way	Small Black Bands
	Exercise	Sets&Reps	Weight
TR	SL Bounds	x3 ea. Way	
	1/2 MB Throw & Sprint	x3 ea. Way	
	PVC Pipe Pop Drill	2x6 ea. Way	
	Banded Hip Flexion	2x4 ea. Way	Black Bands
	Trap Bar Deadlift- Concentric Only-Explosive	3x2	40% 1RM
	Hip Mob 2 & Ankle Mob		

Cycle Jumps & Iso Holds



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Oscillating Booms



Indoor In-Season



<u>Indoor In-Season Week 4 Group B, C&D</u>			
	Exercise	Sets&Reps	Weight
TR	Banded Sprint	x3	
	PVC Pipe Pop Drill	2x6 ea. Way	
	Trap Bar Jumps	2x8	75-95lbs
	Squat 18" + 2 blue pads	3x3	45%
	Banded Hip Mobility	x3	Banded!
	Oscilating Booms w/band	3x4 ea. Way	Purples Bands
	Iso Hold High Knee w/barbell	3x2 ea. Way	Small Black Bands

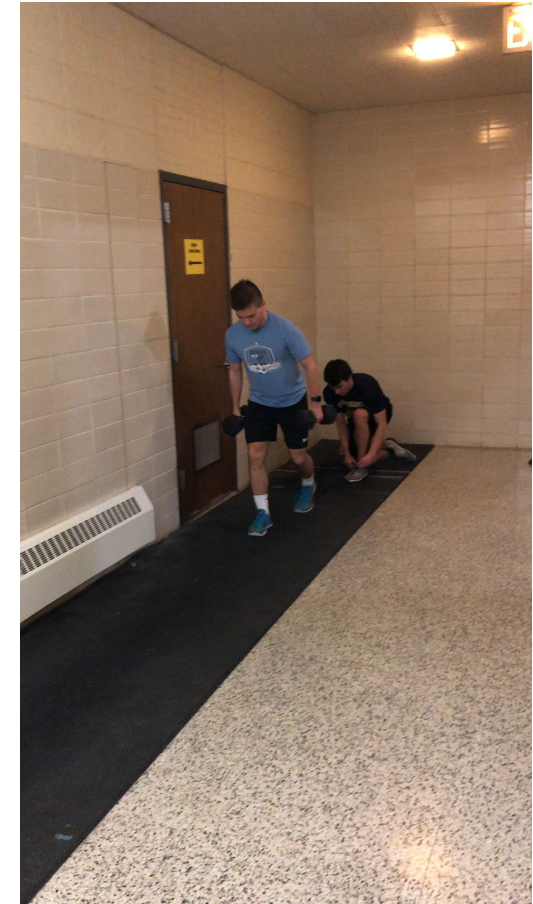
National Meet & Outdoor Prep

Indoor National Meet Prep Week 1

	Exercise	Sets&Reps	Weight
T	Banded Sprint	x4	
	Banded Hip Flexion	3x6 ea. Way	
	PVC Pipe Pop Drill	3x6 ea. Way	
	Trap Bar Jumps	3x6	65lbs
	18" + 2 blue pad BB Box Squat-Explosive	3x3	45%
	Oscilating Booms w/band	3x4 ea. Way	Purples Bands



Banded Sprints & DB Split Sprints



Banded Hip Flexion & PVC Pop Drill



Single Leg Box Jumps



National Meet & Outdoor Prep

Outdoor Prep Week 2-Runners/Jumpers

	Exercise	Sets&Reps	Weight
T	Barbell Glute Bridge	3x5	HEAVY!
	Partic Nordic Hamstring-Slow as possible down	3x6	USE BANDS-See me.
	Barbell Split Squats	3x6 ea.	45% 1RM
	SA Farmer Carry/Ankle Rocker Mobility	3x	HEAVY!
	Bench Press	3x5	78% 1RM
	Bent Over Barbell Row	3x5	
	Exercise	Sets&Reps	Weight
TR	Resisted Sprints 20 yards	x5	
	SL Bounds	3x6ea. side	
	Trap Bar Deadlift	3x5	80% 1RM
	1/2 Kneeling MB Throw & Sprint	3x1 each way	
	Trap Bar Jumps	3x8	25lb per side
	Broad Jumps w/resistance band	3x5	



Summer-Returners

Summer Week 1

	Exercise	Sets&Reps	Weight
M	Squat	3x10	60-65% 1RM
	Hip Flow Series 1		
	Bench	3x10	60-65% 1RM
	Chin-Ups/T-Spine Mobility w/ foam roller	3x5-10	
	SL Box Jump to Depth Jumps	3x3 ea. Leg	
	Side Plank w/bands	3x30sec ea.	
	SL Glute Bridge	3x10ea.	
	Pallof Rotation & Slow Eccentric	3x6ea.	
W	Trap Bar Deadlift	3x10	60-65% 1RM
	SA Farmer Carry/Ankle Rocker Mobility	3x	
	Barbell RDL	3x8	
	Incline Dumbbell Press/PRI LAT stretch	3x8	
	Partner Banded Pallof Press	3x	
	Side MB Scoop Toss	3x8ea.	
	MB Overhead Toss	3x8	
	Side Plank	3x30sec	
F	Power Clean	3x5	60-65% 1RM
	Hip Flow Series 2		
	Front Squat	3x10	
	1/2 Kneeling DB Press/Ankle Rocker Mobility	3x8ea.	
	Weighted Push-Ups	3x10	
	Box Jumps- 18 In - Try to get legs straight, then land soft	3x2	



Summer- Returners



Summer Week 5			
	Exercise	Sets&Reps	Weight
M	Squat (SPOTTER)	3x6	76-80% 1RM
	Hip Flow Series 1		
	Bench (SPOTTER)	3x6	76-80% 1RM
	Chin-Ups/T-Spine Mobility w/ foam roller	3x5	add weight if possible
	Box Reactive Jumps	3x3 ea. Leg	
	Resisted Sprints	3x3	
	Barbell Glute Bridge	3x6	
	Pallof Rotation & Slow Eccentric	3x6ea.	
W	Trap Bar Deadlift	3x6	76-80% 1RM
	Double Farmer Carry/Ankle Rocker Mobility	3x	70-90
	Barbell RDL	3x6	
	Incline Dumbbell Press/PRI LAT stretch	3x6	
	Front Squat	3x10	
	Side MB Scoop Toss	3x8ea.	
	MB Overhead Toss	3x8	
	Side Plank	3x30sec	
F	Power Clean	3x5	65-68% 1RM
	Hip Flow Series 2		
	Front Squat	4x8	
	1/2 Kneeling DB Press/Ankle Rocker Mobility	3x8ea.	
	Weighted Push-Ups	4x6	
	Weighted Chin Ups	4x4	

Summer-Freshman



Summer Week 1 Freshman Training			
	Exercise	Sets&Reps	Weight
M	Squat	3x5	W 95 M 135
	Hip Flow Series 1 See Video		
	Bench	3x5	W 65 M 95
	Chin-Ups (If you cant do them, do slow eccentric)	3x5	
	Trap Bar Deadlift	3x5	W 115 M 175
	Ankle Dorsiflexion Mobility See Video		
	SL Glute Bridge	3x10ea.	
W	Squat	3x5	W 95 M 135
	Hip Flow Series 1 See Video		
	Bench	3x5	W 65 M 95
	Chin-Ups (If you cant do them, do slow eccentric)	3x5	
	Trap Bar Deadlift	3x5	W 115 M 175
	Ankle Dorsiflexion Mobility See Video		
	SL Glute Bridge	3x10ea.	
F	Squat	3x5	W 95 M 135
	Hip Flow Series 1 See Video		
	Bench	3x5	W 65 M 95
	Chin-Ups (If you cant do them, do slow eccentric)	3x5	
	Trap Bar Deadlift	3x5	W 115 M 175
	Ankle Dorsiflexion Mobility See Video		
	SL Glute Bridge	3x10ea.	

Next Season Changes



- Most likely completely do away with 1RM testing & percentage based training
- More Single Leg & Cross Body Training (Anatomy Trains)
- Daily Nervous System Check
- Sleep/Hydration/Protein Check
- More Individualized

Next Season Changes



Name:			
Date:	Resting HR	Standing Broad Jump	Flying 10m

Next Season Changes



Sleep, Hydration & Protein Check				
Name:				
Date:	Hours of Sleep	Protein in grams/KG	Water in ounces	Feeling



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Thank you!

Questions?