Preseason Weight Training Program Design

Preseason Weight Training Design

- Preseason Priorities
  - Strength Development
  - Sport Specific Strength Development
  - Providing Endocrine Support
  - Enhancing Endurance Through Glycogen Storage

Categories of Lifting Exercises

- Olympic Lifts
- Static Lifts
- Ballistic Lifts
- Regional Lifts

Olympic Lifts

- Olympic Lifts
  - Clean, Jerk, Snatch
  - Other Derivatives
    - Pulls
    - Working from Knee or Thigh Level
    - Possible Dumbbell Variations
- Advantages
  - Development of Complex Strength
  - Skill Transfer
- Negatives - None

Static Lifts

- Heavier, Slower Exercises That …
  - Involve Major Muscle Groups
  - Employ Simple Movements
  - Usually are Squats and Presses
- Advantages
  - Develop Absolute or Maximal Strength
  - Improve Biomechanical Efficiency
- Disadvantages
  - Short Term Losses in Coordination and Elasticity
  - May Hinder Speed and Power Characteristics if Overdone

Ballistic Lifts

- Light, Fast Exercises That …
  - Are Not Olympic Lifts
  - Are Elastic In Nature
  - Are Usually Weighted Jumps or Speed Presses
- Advantages
  - Develop Power
  - Develop Reactive Strength
- Disadvantages
  - The Need for Preparation
  - Age Related Cautions

Regional Lifts

- Lighter, High Repetition Exercises That …
  - Involve Small Muscle Groups
  - Are Possibly Single Jointed or Single Legged
  - May Address Any Body Phase
  - May Address Multiplanar and Rotational Needs
- Advantages
  - Endocrine Development and Restoration Value
  - Glycogen Storage Improvements
  - Supplemental Strength Development
- Disadvantages
  - Not the Best Strength Builders
  - Ineffective in Small Doses

Preseason Exercise Usage

- Olympic Lift Usage
- Static Lift Usage
- Ballistic Lifts
- Regional Lifts

Common Preseason Periodization Plans

- Model 1 – Parallel Progression
- Model 2 – Rotational Schemes
- Model 3 – Traditional Slow to Fast
- Model 4 - Power First

Expanding the Power First Model

- Splitting the Preseason into Two Parts
- Phase 1 Goals
  - Use Light Olympic Lifts in Frequent, High Doses to Develop Neural Qualities
  - Introduce Static Lifting in a Conservative Way
- Phase 2 Goals
  - Begin and Progress High Level Absolute/Max Strength Work
  - Continue Light Olympics to Stimulate Neural Processes
  - Introduce Olympics at Medium Intensities as Preparation for Heavier Lifting

Power First – The Rationale

- Light Olympic Lifts in Phase 1 …
  - Are Safe
  - Improve Neuromuscular Integration
- This Results in
  - Faster Absolute/Max Strength Gains In Phase 2
  - Less Time Needing to Be Invested In Heavy Static Lifting
  - Less Accumulation of Problems Due to Static Lifting

Preseason Weight Training Unit Protocols

- Basic Power Development
- Rate of Force Development Preparation
- Absolute Strength Preparation
- Absolute Strength Development
- Absolute Strength Complementary Lifting
- Bodybuilding

Weight Training Unit Protocols

- Basic Power Development (BPD)
  - Olympic Lifts
  - 4-8 Sets
  - 4-5 Repetitions
  - 50%-65% of 1RM
  - Typically a Single Exercise
  - Recoveries Insure Quality, but Permit Slight Lactate Accumulation

Weight Training Unit Protocols

- Rate of Force Development Preparation (RFDP)
  - Olympic Lifts
  - 4-8 Sets
  - 2-4 Repetitions
  - 70%-85% of 1RM
  - Typically a Single Exercise
  - Recoveries Insure Work Quality

Weight Training Unit Protocols

- Absolute Strength Preparation (ASP)
  - Static Lifts
  - 3-6 Sets
  - 5-8 Repetitions
  - 60-80% of 1RM
  - Limited to 30-45 Total Repetitions
  - 1-2 Different Exercises per Body Region
  - Recoveries Insure Work Quality

Weight Training Unit Protocols

- Absolute Strength Development (ASD)
  - Static Lifts
  - 4-6 Sets
  - 1-5 Repetitions
  - 80-100% of 1RM
  - 1-2 different exercises
  - Limited to 15-30 Repetitions per Body Region
  - Recoveries Complete

Weight Training Unit Protocols

- Absolute Strength Complementary Lifting (ASC)
  - Exercises Diverse and Functional
  - 3-6 Sets
  - 4-8 Repetitions
  - 60-80% of 1RM
  - Limited to a Total of 30-45 Repetitions per Body Region
  - 2-3 Different Exercises per Body Region
  - Recoveries Insure Work Quality

Weight Training Unit Protocols

- Bodybuilding (BB)
  - Circuit Based
  - 20-24 Total Sets
  - 10 Repetitions
  - Loads Challenge 10th Repetition
  - Recoveries 60-90 Seconds
- Done On Different Days Than Neural Based Sessions

Weight Training Unit Protocols

- More About Bodybuilding (BB)
- Done On Different Days Than Neural Based (Olympic/Static/Ballistic) Sessions
- Provides
  - Accelerated Recovery (Short Term)
  - Accelerated Recovery (Long Term)
  - Glycogen Replenishment
  - Strength Supplementation Through the Secondary Lift Philosophy
- Program Cleanup - Helping Intensities in Neural Sessions

Weekly Session Assembly – Phase 1

- Olympic Lifting – BPD Protocols
- Static Lifting
  - ASP for the Lower Body
  - ASP for the Upper Body

Weekly Session Assembly – Phase 2

- Olympic Lifting
  - Once a Week Implementation of RFDP
  - BPD Protocols on other Day(s)
- Static Lifting
  - ASD for the Lower and Upper Body On One Day
  - ASC for the Lower and Upper Body On Other Day

Weight Training by Training Phase

	Olympic Lifting	Static/Ballistic Lifting
General Preparation	BPD	ASP
Specific Preparation	RFDP, BPD	ASD, ASC
Precompetition Competition	RFD, BPD	RSD, Limited ASD

Weight Training Planning Example - Two Days per Week Blue is for All, Green is for Big Body Types Only

		Day 1	Day 2
General Preparation	Olympic Component	BPD	BPD
		Snatch Pulls 6x5 @ 55%	Clean Pulls 6x5 @ 60%
		Add 0-2 Additional Sets	Add 0-2 Additional Sets
	Static/Ballistic Component	ASP	ASP
	Lower Body	Squat 5x6 @ 70%	Front Squat 4x6 @ 70%
		RDL 2x4 L-R @ 70%	Step Up 3x4 L-R @ 70%
	Upper Body	Bench Press 5x6 @ 70%	Pullovers 3x8 @ 70%
		Row 2x7 @ 70%	Incline Press 3x5 @ 70%
Specific Preparation	Olympic Component	BPD	RFDP
		Snatch 6x4 @ 60%	Clean 4, 4, 3, 3, 2, 2 @ 70%-85%
		Add 0-2 Additional Sets	Add 0-2 Additional Sets
	Static/Ballistic Component	ASD	ASC
	Lower Body	Squat 5x3 @ 90%	Lunge 3x4 L-R @ 80%, Step Up 3x4 L-R @ 80%
		Split Squat 3x3 L-R @ 90%	SLDL 2x6 @ 80%
	Upper Body	Bench Press 5,4,3,2,1 @ 85% - 100%	Dumbell Flies 2x6 @ 75%, Reverse Dumbbell Flies 2x6 @ 75%
		Bench Row 4x3 @ 90%	

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