

Inseason Weight Training Program Design

Preseason Weight Training Design

- Inseason Priorities
 - Strength Development or Maintenance
 - Sport Specific Strength
 - Continuing Endocrine Support
 - Preserving Coordination and Mobility
 - Continuing to Endurance Through Glycogen Storage

Inseason Exercise Usage

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

Inseason Weight Training Unit Protocols

- Basic Power Development
- Rate of Force Development
- Absolute Strength Development
- Reactive Strength Development
- Bodybuilding

Weight Training Unit Protocols

- Rate of Force Development (RFD)
 - Olympic Lifts, Usually a Clean from the Floor
 - 4-8 Sets
 - 1-3 Repetitions
 - 90% – 100% of 1RM
 - Recoveries Insure Work Quality

Weight Training Unit Protocols

- Basic Power Development (BPD) - Employed in Preseason Also
- Now Serves as a Stimulant Between Heavy Sessions
 - 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

- Absolute Strength Development (ASD) - Employed in Preseason Also
- Possibly Microdosed to Maintain Strength Related Qualities
 - Static Lifts
 - 4-6 Sets
 - 1-5 Repetitions
 - 80-100% of 1RM
 - 1-2 different exercises
 - Limit of 15-30 Repetitions per Body Region
 - Recoveries Complete

Weight Training Unit Protocols

- Reactive Strength Development (RSD)
 - Employs Ballistic Lifts (Weighted Jumps, Speed Presses)
 - Serves as a Harm Free Strength Maintenance Agent
 - 3-6 Sets Per Body Region
 - 5-12 Repetitions Per Body Region
 - Loads
 - 10%-30% Bodyweight on Lower Body Work
 - 30-50% Bodyweight on Upper Body Work
 - Recoveries Insure Work Quality

Weight Training Unit Protocols

- Bodybuilding (BB) - Employed in Preseason Also
- Now Used as Needed
 - 20-24 Total Sets
 - 10 Repetitions
 - Loads Challenge 10th Repetition
 - Recoveries 60-90 Seconds
- Still Done on Other Days, Not in Combination with Olympics/Statics/Ballistics

Important Inseason Considerations

- Achieving Polarization in the Olympic Lifting Program
 - Lifting Light or Heavy
 - Loading with Speed or Weight
 - Staying Out of the Middle Zones

Weight Training by Training Phase		
	Olympic Lifting	Static/Ballistic Lifting
General Preparation	BPD	ASP
Specific Preparation	RFD, BPD	ASD, ASC
Precompetition Competition	RFD, BPD	RSD, Limited ASD

Important Inseason Considerations

- Managing Static Lifting Problems
 - Option 1 – Discontinuation
 - All Statics Are Eliminated
 - Ballistic Work is Done As a Less Damaging Strength Maintenance/Development Tool
 - Best With
 - Small People
 - Sports That Compete Frequently – Multiple Times per Week

Important Inseason Considerations

- Managing Static Lifting Problems
 - Option 2 – Microdosing Static Lifts
 - Low Volume, High Intensity
 - Low Density – No More than Once a Week to Allow Recovery
 - Ballistics are Used Elsewhere
 - Best With
 - Big People
 - Strong Lifting Cultures
 - Well Spaced Competitions – Weekly or Longer

Important Inseason Considerations

- Managing Static Lifting Problems
 - Common Traps
 - Decreasing Ranges of Motion
 - Too Light
 - Too Often

Weekly Session Assembly – Inseason

- Olympic Lifting – Typically Use BPD Protocols, RFD Protocols Once Per Week
- Static / Ballistic Lifting with the Static Discontinuation Model
 - One Lower Body Ballistic Exercise
 - One Upper Body Ballistic Exercise
 - Or – One Exercise That Involves Both
- Static / Ballistic Lifting with the Static Microdosed Model
 - One Day of Low Volume (total of 10-15 Repetitions) Heavy Lower and Upper Body Work, One Exercise Only
 - One or More Other Days Using Ballistic Options

Weight Training by Training Phase		
	Olympic Lifting	Static/Ballistic Lifting
General Preparation	BPD	ASP
Specific Preparation	RFPD, BPD	ASD, ASC
Precompetition Competition	RFD, BPD	RSD, Limited ASD

Inseason Sample, Using Static Discontinuation

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

		Day 1	Day 2
Precompetition Competition	Olympic Component	RFD Clean 3, 2, 2, 2, 1, 1 @ 90%-100% Add 0-2 Additional Sets	BPD Split Snatch 6x4 @ 55% Add 0-2 Additional Sets
	Static/Ballistic Component	RSD	RSD
	Lower Body	Half Squat Jump 5x5 @ 25% BW	Split Rep Jerks 5x4 L-R @ 35% BW
	Upper Body	Speed Bench Press 4x6 @ 40% BW	None, Split Rep Jerks Above Involve the Upper Body As Well

Inseason Sample, Using Microdosed Static Lifting

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

		Day 1	Day 2
Precompetition Competition	Olympic Component	RFD Clean 3, 2, 2, 2, 1, 1 @ 90%-100% Add 0-2 Additional Sets	BPD Split Snatch 6x4 @ 55% Add 0-2 Additional Sets
	Static/Ballistic Component	ASD	RSD
	Lower Body	Squat 6x2 @ 90-95%	Split Rep Jerks 5x4 L-R @ 35% BW
	Upper Body	Bench Press 3,2,2,1,1 @ 90-95%	None, Split Rep Jerks Above Involve the Upper Body As Well

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