

Bend Endurance Academy

Strength Guidelines for summer 2010

General Strength-Hypertrophy Training Period **Summer 2009, July 1- August 31**

Focus- Building muscle. Barriers- Young men and women with relative lack in lifting technique
Key issues- appropriate warm up, appropriate rest between exercises.

Warm up:

Light aerobic activity: 15 minutes

Modified Olympic Complex (with light bar: 10-45 lbs.)

1x12 Upright 1x12 Overhead
1x12 Squats 1x12 Bent rows
1x12 lunges (l,r)

Weight work

Purpose: to increase muscle fiber production (actins/myosin)
Start easy- you will figure it out. Each exercise will be 3 sets. Shoot for 8-10 repetitions.
Increase weight as necessary (from set to set or week to week). These exercises will be 50-85% of one max lift. Technique and complete movement through the cycle are paramount- be fluid and concise. Less is more in the beginning. Lifting is serious business, come focused!

Lower Body Lifting- Each workout pick 2 from group 1 and 2 from group 2

Group 1- good technique, done as a warm up to group 2

Lateral squat with dumbbells 3x 8/10 mod (each leg)
One leg box squat with dumbbells 3x 8/10 mod (each leg)
One leg squat and touch with dumbbells 3x 8/10 mod (each leg)

Group 2

Back squat – with machine or rack 3x 8/10 mod- heavy
Single leg press- with machine 3x 8/10 mod- heavy (each leg)
Single leg squat- with bench 3x 8/10 mod- heavy (each leg)
Hamstring curl 3x 8/10 mod- heavy (each leg)
Hip flexion and extension- machine 3x 8/10 mod- heavy

Upper Body Lifting- pick 3 of group 1 and 2 of group 2

Group 1

Lat pull down 3x10 mod- heavy
Dips 3x10 mod- heavy
(with weight if necessary)
Pull-ups 3x10 mod- heavy
(with assistance, palms inward will help too, if you need to add weight do so)
Bench press 3x10 mod- heavy
Triceps extension 3x10 light-mod
(lying on bench)

Group 2

Hanging leg raise 2x15 (if too easy use bent arms, as strength increases attempt with straight legs)
Leg rises from dip bar 2x15 (knees to chest, as strength increases attempt with straight legs)
Russian twist 2x15
Rotational push ups with dumbbells
Push press with dumbbells

Shoulder series with dumbbells- super set (light weight- continuous movement through series)

Upright row x 12 Lateral raise x 12
Bent row x 12 Forward raise x 12
Overhead press x 12

Rest for 2 minutes and repeat

Note to self- please rest between sets! Finish with cool down.

Field work

To be done 1-2 times a week during summer training (2 times a week if athlete can not get to gym). As summer progresses components will move toward more explosive exercises- plyometrics and over speed for example.

Aerobic warm up (1-6)

Stretching

Core (With increased ability- increase duration, decrease rest, increase arc- change it up!)

For example: You may want to begin core strength with :15 on/ :30 off as fitness progresses :30/:30 and finally :45/:15

Crunch series

- Crunches (varying styles including double time and arm positions)
- Side crunches (varying styles including double time and arm positions)
- Kayakers
- Knee Hugger
- Bicycle forward
- Bicycle backward
- In and out sit ups

Push up series

- Rotational push ups
- Regular
- Wide
- Close

Low back series

- Hitler's dog (l,r)
- Gunde High
- Gunde Low
- Fire Hydrant (l,r)
- Superman
- Superman swimming
- Mule kick (l,r)

Isometric

- Side hold elbow(l,r)
- Side hold hands (l,r)
- Side hold arm raise/arm and leg raised
- Front hold elbows
- Front hold - arms close
- Front hold- arms far
- Back hold elbows
- Back hold (l,r leg raised)
- Leg hold
- Squat pelvis out
- Squat pelvis in
- Lunge (l,r)
- Leg holds center, left and right side
- Superman
- London Bridge
- Three point (l,r)

Pull up Progression: 8 week progression. Done two times a week. If needed use a friend or a rubber band hooked to your knee to help you complete the cycle. If needed, use additional weight so that you can do only the prescribed number in each set.

Week 1: 4x1 (this means four single reps with a 3-5 second eccentric lower on last rep)

Week 2: 1x2, 3x1

Week 3: 2x2, 2x1

Week 4: 3x2, 1x1

Week 5: 4x2

Week 6: 1x3, 3x2

Week 7: 2x3, 2x2

Week 8 3x3, 1x2

Bench Work

Bench dips

Pull ups

Lateral squat

One leg squat- Russian dancer

Squat touch

Wide squat

Split squat

Split squat with bench

Hanging leg twists (l,r)

Hanging leg raise

TV watchers (left lift, right lift, pump hips)

Inverted row

Turkish get up

Ball work

Super pass

Rotational pass (l,r)

Overhead throw

Overhead throw with lifted legs

Rotational throw (l,r)

Rotational throw with lifted legs

Downward throw

Plometric Drills

One leg hops (l,r)

High skips

Side bound (l,r)

Ivana Jumps

Broad jumps

Kazak jumps

Telemark jumps

Reaction force jumps

Impulse jumps

Hurdles with sprint

Side jumps with sprint

Starts

Sprint with rope

Bound with rope