

SEQUENCE AND ORDER:  
GETTING THE MOST  
OUT OF YOUR PROGRAM

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# SPEED-LOAD CONTINUUM

SLOW    MEDIUM    FAST    OVERSPEED

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HEAVY    MEDIUM    LIGHT    ASSISTED

# SEQUENCE

- IN A WORKOUT
- IN A DAY
- IN A WEEK
- IN – SEASON VS. OFF - SEASON

# SEQUENCE IN A WORKOUT

- WARM – UP
- LOOSEN – UP
- BUILD – UP
- THE WORKOUT
- RECOVERY

# SEQUENCE IN A WORKOUT

- WARM – UP (PRE – HAB/JAZZ LEVEL)
- TECHNIQUE (COMBO/COMPLEX LIFTS)
- SPEED – STRENGTH (OLYMPIC LIFTS)
- STRENGTH (GIANT SETS)
- INJURY PREVENTION /CORE DEVELOPMENT/TECHNIQUE
- RECOVERY

# ORDER IN WARM - UP

## WARM – UP

GENERAL TO SPECIFIC

HIGH TO LOW

SLOW TO FAST

LINEAR AND/OR LATERAL

ADD BALANCE

ADD ROTATION

ORDER IN WARM – UP  
CON'T.

LOOSEN – UP

LARGE TO SMALL

INSIDE – OUT

TOP – DOWN

BOTTOM – UP

HIGH TO LOW

STRETCH?

WARM – UP ORDER CON'T.

BUILD – UP

WALK

TROT

JOG

RUN

SPRINT

# WARM – UP FOR JAZZ, PRE-HAB & AGILITY

- LADDER DRILLS
- JUMP ROPE
- CRAWLING (FORWARD  
/LATERAL/BACKWARDS)
- PLATFORM STEP – UPS
- LINE – HOPS
- CORE DEVELOPMENT

# THE WORKOUT: TECHNIQUE COMBO/COMPLEX LIFTS

- 3 POSITION CLEAN/SNATCH
- CLN+FSQT&PRS
- CLN+FRNT LUNGE+PRS
- CLN+JRK OR CLN&JRK
- HSN+OVRHD LNG+GOOD MORN&PRS
- HSN+OVRHD SQT+BNTOVR ROW
- HSN+GOOD MORN&PRS

# THE WORKOUT: SPEED – STRENGTH OLYMPIC LIFTS

- HANG CLEANS – ELASTIC STRENGTH
- POWER CLEANS – STARTING STRENGTH
- BLOCK CLEANS – S.S.
- PAUSE CLEANS – S.S.
- HANG SNATCHES – E.S.
- BLOCK SNATCHES – S.S.
- PAUSE SNATCHES – S.S.

# THE WORKOUT: STRENGTH - GIANT SETS PUSH – PULL - LEG

- SINGLE LEG SQT+ 3 WAY PULL – UPS+FLOOR BPRS
- SAFETY BAR SQT+ALT. DB BPRS +ALT.HAMMER LATS
- ST. BAR DEEP SQT+EXT. ALT. DB INCL PRS+4 WAY PULL – UPS
- 3 WAY LUNGES+1 ARM DB ROWS+CL. GRP BPRS

# THE WORKOUT: INJURY PREVENTION/CORE DEVELOPMENT/TECHNIQUE

- 3 POS. BALANCE SQUATS
- MANUAL NECK
- JAMMER ROTATIONAL PUNCH
- JAMMER ALT. PUNCH
- M-BALL DRILLS
- P-BALL DRILLS

# THE WORKOUT: RECOVERY

- RUN WHEN YOU'RE DONE
  - 6 – 8 30 – 60 YARD STRIDERS
  - FINISH FAST
- STRETCH – ALWAYS
- NUTRITION WITHIN 15 MINUTES
  - 10+ BY ADVANTAGE PLUS
  - (888) 800 - 8828

# SEQUENCE IN A DAY

- 1<sup>ST</sup>      SPEED & AGILITY
- 2<sup>ND</sup>      TECHNIQUE
- 3<sup>RD</sup>      STRENGTH
- 4<sup>TH</sup>      FITNESS
- ALWAYS RUN WHEN YOU'RE DONE
- STRETCH AT THE END, LOOSEN AT THE BEGINNING

# A WEEK IN OFF - SEASON

- MONDAY – SPEED PLYOS, SNATCHES & SHORT SPRINTS
- TUESDAY – POWER CLEANS, JERKS & STANCE/STARTS
- WED – RECOVERY/TEAM BUILDING
- THURSDAY – STRENGTH SQUATS & RAMPS
- FRIDAY – FITNESS & CONDITIONING  
CIRCUITS, CIRCUITS, CIRCUITS

# A WEEK IN - SEASON

- MONDAY – STRENGTH/POWER & LIGHT PRACTICE
- TUESDAY – HARD PRACTICE
- WEDNESDAY – MEDIUM TO HARD PRACTICE
- THURSDAY – POWER/SPEED & LIGHT TO MEDIUM PRACTICE
- FRIDAY – LIGHT PRACTICE

# GETTING THE MOST OUT OF YOUR PROGRAM

- FINISH FAST
- SIMILAR MOVEMENTS, DIFFERENT LOADS, DIFFERENT SPEEDS
- MULTIPLE PLANES – FRONT TO BACK, SIDE TO SIDE & DIAGONAL/ROTATIONAL
- WAVE TRAINING - R.O.M., LOADS & REPS
- ALWAYS RUN WHEN YOU ARE DONE

# FINISH FAST WITH SIMILAR MOVEMENTS

- SQUAT & SQUAT JUMP
- LUNGES & SPLIT JUMPS
- STEP – UPS & POWER STEP – UPS
- LATERAL LUNGES & SHUFFLE JUMPS
- BENCH PRESS & M – BALL BPRS
- CLEAN OR SNATCH & SCOOP TOSS

# MULTIPLE PLANES

FRONT – BACK

SIDE – SIDE

DIAGONAL – ROTATIONAL

# WAVE TRAINING

RANGE OF MOTION WAVE TRAINING

HALF SQT – FULL SQT – HALF SQT

FULL SQT – HALF SQT – FULL SQT

4 COUNT PUSH – UPS

21'S ON CURLS

# WAVE TRAINING

WAVE TRAINING UTILIZING LOADS –  
REPS ARE CONSTANT

DOING 5'S FOR 5 SETS

ASSUME THE 5 REP MAX IS 88%

DO 5 @ 79% - 5 @ 85% - 5 @ 79% - 5 @ 85%  
AND FINISH WITH 5 @ 79%

# WAVE TRAINING

WAVE TRAINING UTILIZING REPS – LOAD IS CONSTANT

DOING 8 X 3 – ASSUMING THE 3 REP MAX IS 94%

DO 3 @79% - 3 @ 88% - 3 @ 79% - 3 @ 88% -  
3 @ 79% - 3 @ 88% - 3 @ 79% AND 3 @ 88%

# WAVE TRAINING

RESISTED SPRINTS – CHUTES, RAMPS, SLEDS OR HILLS ALTERNATED WITH SHORT SPRINTS W/NO RESISTANCE

ASSITED SPRINTS – SUCH AS DOWNHILL OR OVERCROWN SPRINTS ON THE FIELD

REST BOUTS OF 2 – 4 MINUTES MUST BE IMPLEMENTED FOR QUALITY TRAINING EFFECT TO OCCUR

# WHY WAVE TRAIN?

- ADDS VOLUME & MAINTAIN LOAD
- ADDS LOAD & MAINTAIN VOLUME
- ADDS SPEED EMPHASIS ON OLYMPIC LIFTS REGARDLESS OF LOAD
- GREAT NERVOUS SYSTEM STIMULUS
- CREATES STRENGTH THROUGHOUT THE R.O.M.

# STRENGTH, POWER & FITNESS

## STRENGTH EXERCISES

BENCH & SQUAT 1 – 4 REPS

## POWER EXERCISES

OLYMPIC LIFTS & MEDI BALLS 1 – 3 REPS

CIRCUITS FOR FITNESS 3 – 20 REPS

COMBO & COMPLEX LIFTS FOR  
TECHNIQUE, BUILD –UPS, FITNESS AND  
TO SAVE TIME

# STRENGTH, POWER & FITNESS

GIANT SETS TO CREATE TEMPO,  
CONTROL REST TIMES AND ENHANCE  
FITNESS

BODYWEIGHT BEFORE EXTERNAL  
LOADING

SPEED & POWER BEFORE ALL ELSE

# BOMPA'S ORDER OF RECRUITMENT AND DEVELOPMENT

FLEXIBILITY IS DAY TO DAY

STRENGTH IS WEEK TO WEEK

SPEED IS MONTH TO MONTH

WORK CAPACITY IS YEAR TO YEAR

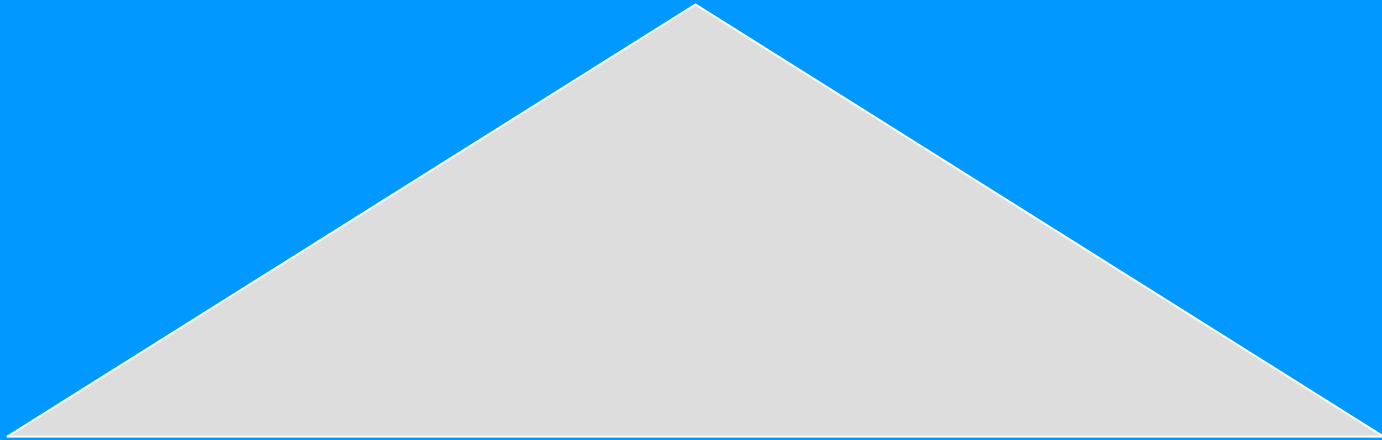
# ROGERS' PYRAMID

THE BASE WILL SUPPORT THE PEAK



# ARE YOU TRAINING TO TRAIN?

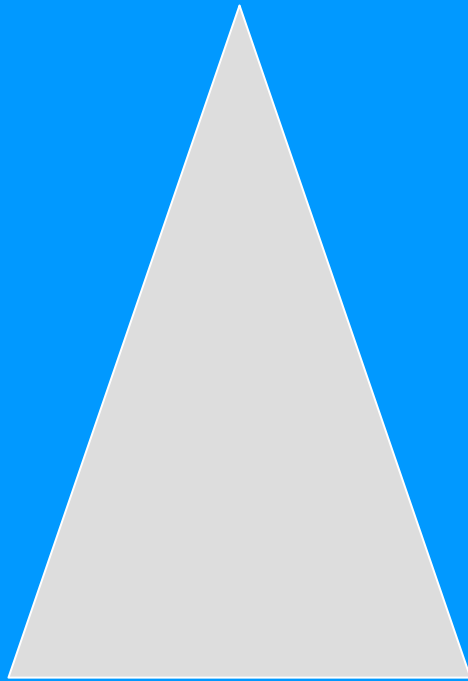
PEAK PERFORMANCE



WORK CAPACITY

# ARE YOU TRAINING TO PERFORM?

PEAK PERFORMANCE



WORK CAPACITY