

# TRAINING TO PR WHEN IT COUNTS

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ALL THAT! HIGH PERFORMANCE  
NUTRITIONAL BEVERAGE  
CHOCOLATE & VANILLA  
NO REFRIGERATION  
27 UNITS / CASE  
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WHAT ARE WE  
DEVELOPING/TRAINING?

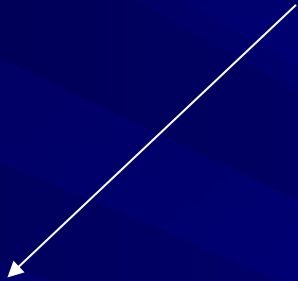
FITNESS  
WORK CAPACITY  
STRENGTH  
SPEED  
OR  
POWER ?

# WORK CAPACITY

ABILITY TO TOLERATE A WORKLOAD  
AND RECOVER SUFFICIENTLY IN THE  
TIME ALLOTTED IN ORDER TO  
PERFORM ADEQUATELY FOR  
THE NEXT WORK BOUT.

VERN GAMBETTA

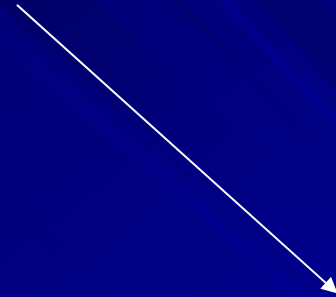
# FITNESS



# STRENGTH



# POWER



# SPEED

# STRENGTH FITNESS

- STARTING STRENGTH  
FROM FLOOR OR DEAD STOP
- STOPPING STRENGTH  
ECCENTRIC LOAD – LAND/CATCH
- ELASTIC STRENGTH  
AMMORTIZATION PHASE –  
STRETCH SHORTENING CYCLE -  
DOWN/UP
- ABSOLUTE STRENGTH  
MAX EFFORT/LOAD

# SPEED FITNESS

- ABSOLUTE SPEED

  - FLYING SPRINTS

- ACCELERATION SPEED

  - STANCE & STARTS (SEE POWER)

- SPEED ENDURANCE

  - OVER DISTANCE SPRINTS

- OVERSPEED

  - TOWING OR DOWNHILL SPRINTS

- RESISTED SPEED

  - 10% LOAD / 90% OF MAX SPEED

# POWER FITNESS

- ACCELERATION POWER  
STANCE AND STARTS
- CHANGE OF DIRECTION POWER  
AGILITY AND MOBILITY DRILLS
- RELEASE SKILL POWER  
BALLS AND IMPLEMENTS
- RESISTED POWER  
HILLS, SLEDS, ETC.
- ASSISTED POWER  
TOWING, DOWNHILL, ETC.

# STARTING STRENGTH

STARTING A MOVEMENT FROM A DEAD STOP OR PAUSE.

## EXAMPLES

CLEAN/SNATCH FROM THE FLOOR  
BENCH PRESS PAUSE ON CHEST  
NO COUNTER MOVEMENT JUMP  
4 COUNT LIFTS/MOVEMENTS

# STOPPING STRENGTH

STOPPING OR ABSORBING THE LOAD  
OR FORCE.

## EXAMPLES

STICKING THE LANDING

CATCH/RACK IN OLYMPIC LIFTS

ECCENTRIC MOVEMENTS

# ELASTIC STRENGTH

ECCENTRIC TO CONCENTRIC  
CONTRACTION – THE STRETCH  
SHORTENING CYCLE – THE  
AMMORTIZATION PHASE

## EXAMPLES

PLYOMETRICS

CLAP PUSH – UPS

“HANG” OLYMPIC LIFTS/JERKS

# ABSOLUTE STRENGTH

MAX EFFORT STRENGTH –

HIGH LOADS/RESISTANCE, VERY SLOW MOVEMENTS AND EXTENDED TIME UNDER TENSION.

EXAMPLES

DYNAMIC ISOMETRICS

MAX LIFTS (ABOVE 90 – 95%)

# ACCELERATION SPEED

THE ABILITY TO OVERCOME INERTIA AND ACCELERATE TO MAX SPEED IN AS LITTLE TIME AS POSSIBLE.

## EXAMPLES

STANCES AND STARTS

AGILITY DRILLS

IMPLEMENTS

# RESISTED SPEED

SPEED TRAINING IN WHICH THE ATHLETE IS RESISTED UP TO 10% OF BODYWEIGHT (GAMBETTA) OR IN WHICH THE EFFORT/REP IS STILL AT 90% OR BETTER OF MAX.

## EXAMPLES

HILLS, SLEDS, WEIGHT VESTS, PARACHUTES, INTO THE WIND.

# ACCELERATION FITNESS

THE ABILITY TO OVERCOME INERTIA  
AND ACCELERATE TO A HIGH RATE  
OF SPEED.

## EXAMPLES

STANCE AND STARTS

AGILITY/MOBILITY DRILLS

PLYO DRILLS UNDER 5 REPS

PAUSE OLYMPIC MOVEMENTS

# SKILL FITNESS

ABILITY TO DO THE SKILLS NEEDED IN  
THE VOLUME NEEDED FOR PRACTICE  
AND COMPETITION.

## EXAMPLES

PUT THE SHOT  
THROW THE DISCUS,  
HAMMER OR JAVALIN

# IMPLEMENT FITNESS

ABILITY TO DO MEDIBALL, DUMBBELL, KETTLE BELL/BALL, ETC. DRILLS WITH QUALITY POWER, TECHNIQUE AND POSTURE FOR THE PRESCRIBED VOLUME.

## EXAMPLES

SCOOPS, TOSSES, THROWS, ETC.

# RESISTED POWER

ABILITY TO EXECUTE THE REP WITH THE PROPER TECHNIQUE, POSTURE AND SPEED OF MOVEMENT.

## EXAMPLES

OLYMPIC MOVEMENTS

WEIGHTED SQUAT JUMPS

RUBBER BAND/CHAIN LIFTS

# ASSISTED POWER

EXECUTING A REP WITH LESS RESISTANCE AND INCREASED SPEED OF MOVEMENT DUE TO THE LIGHTENED LOAD OR OTHER HELP.

## EXAMPLES

ASSISTED RUBBER BAND LIFTS

ASSISTED RUBBER BAND JUMPS

# SPEED/STRENGTH CONTINUUM

SPEED

POWER

STRENGTH



FAST

MEDIUM

SLOW

LIGHT

MODERATE

HEAVY

STARTING/ELASTIC STRENGTH  
FORCE PRODUCTION

PROPRIOCEPTION/STABILITY

STOPPING/ELASTIC STRENGTH  
FORCE REDUCTION

# SEQUENCE AND ORDER

CRITICAL TO MAXIMUM RESULTS IN  
MINIMUM TIME.

DAILY

WEEKLY

IN – SEASON

OFF – SEASON

# DAILY SEQUENCE/ORDER

TURN - ON

WARM – UP

TECHNICAL/SPEED

STRENGTH

POWER

WORK CAPACITY/FITNESS

RECOVERY

# PRACTICAL DAILY ORDER

TURN – ON, WARM – UP, LOOSEN – UP

INJURY PREVENTION/STABILITY

TECHNICAL/SPEED

THROWS, PUTS, BALLS & PLATFORM

STRENGTH

BIG/CORE LIFT OF THE DAY

POWER

FINISH FAST

RECOVERY

STRIDES, NUTRITION, STRETCH

# WEEKLY ORDER: OFF - SEASON

MONDAY

SPEED

TUESDAY

POWER

WEDNESDAY

REGENERATION

THURSDAY

STRENGTH

FRIDAY

FITNESS

# WEEKLY ORDER: OFF - SEASON

## MONDAY

SNATCHES

CONE JUMPS

BIG BENCH DAY

SHORT SPRINTS

# WEEKLY ORDER: OFF - SEASON

## TUESDAY

PLYOMETRICS

CLEANS & JERKS

CORE TRAINING EMPHASIS

PAUSE SPLIT JUMPS

# WEEKLY ORDER: OFF - SEASON

## THURSDAY

TECHNICAL OLYMPIC LIFTS

BIG SQUAT DAY

BOX JUMP UPS

ALTERNATIVE BENCH DAY

RAMPS, SLEDS OR HILLS

# WEEKLY ORDER: OFF - SEASON

## FRIDAY

CIRCUITS – CIRCUITS – CIRCUITS

BODYWEIGHT CIRCUITS

JAVOREK DUMBBELL CIRCUITS

FIELD/MEDBALL CIRCUITS

BAR CIRCUITS

QUALITY RUNNING AT END

IT'S ALL ABOUT THE REP.

- DAN RILEY

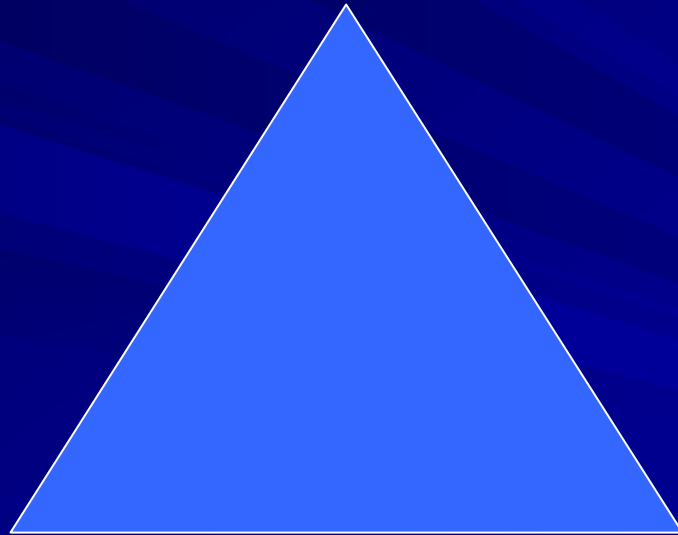
HOUSTON TEXANS

“ . . . THE QUALITY OF  
YOUR EFFORTS.”

- YURI VERKHOSHANSKI

# TRAIN FOR PEAK PERFORMANCE

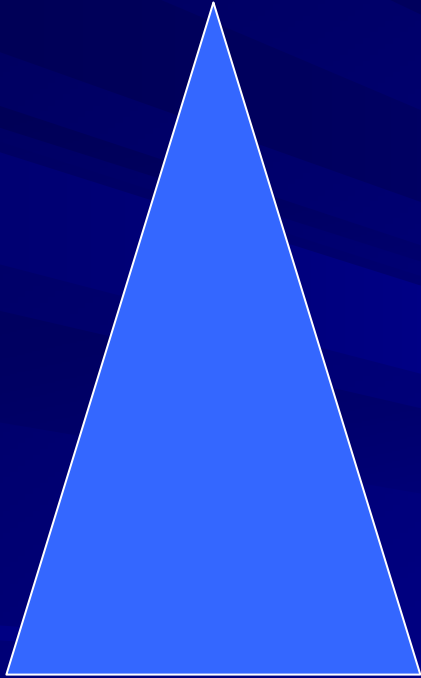
PERFORMANCE



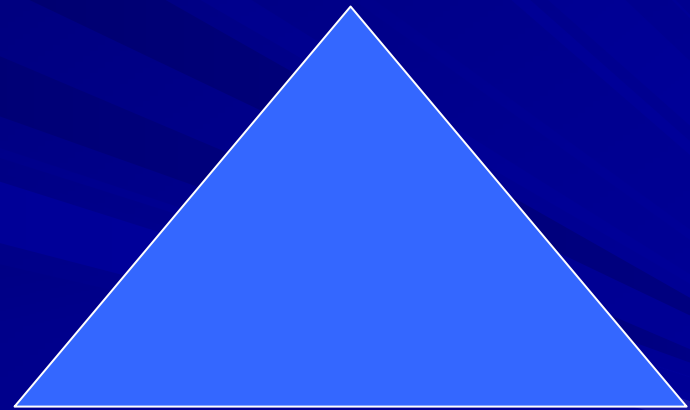
TRAINING TO TRAIN

# WHAT DOES YOUR PYRAMID LOOK LIKE?

PERFORMANCE



OR



TRAINING TO TRAIN

# ENERGY SYSTEMS

ATP/PC                      0 – 15 SEC.                      INTERVALS

0 – 100 YDS                      90 – 100%

LA – ATP/PC                      15 – 60 SEC.                      INTERVALS

100 – 400 YDS                      85 – 95%

LACTATE                      1 – 2 MINUTES                      INTERVALS

400 – 600 YDS                      85 - 95%

LA/AEROBIC                      2 – 6 MINUTES                      BIKE

600 YDS – 1.0 MILES                      75 – 85%

O<sub>2</sub>                      6:00 & UP                      BIKE

1.5 MILES +                      65 – 75%

# WEIGHT ROOM FITNESS

- GIANT SETS
- CIRCUITS
- TEMPO LIFTS
- SUPER SETS
- CLUSTER LIFTING

# WORK REST RATIOS

## CIRCUIT PARTNERS

1:1, 1:2, 1:3, 1:4      QUICK TURNOVER

## SPEED DEVELOPMENT

1:5 OR 1:6      SLOW TURNOVER

## LIFTING PARTNERS

1:1 – 5      SUPER/GIANT SET

# WORK REST RATIOS

## TIMED SETS

1 – 1:00 UP TO 1 – 3:00

## CONDITIONING

1:5 DOWN TO 1:1

## INCREASE QUALITY OF THE REPS BY:

- INCREASE REST
- BREAK REPS UP INTO SETS
- SUPER SETS & GIANT SETS

# "GIANT SETS"

PUSH – PULL – LEG

DB BPRS 5 SETS

1 LEG SQUAT 5 SETS

4 GRIP PULL – UPS 4 SETS

DO A PUSH EXERCISE, A LEG EXERCISE, THEN A PULL EXERCISE.

1 PER 1:00-2:00, NO BREAK UNTIL ALL 14 SETS ARE DONE.

# TIME UNDER TENSION

POWER ATHLETES ARE 1:1  
ECCENTRIC TO CONCENTRIC

CONTROL THE ECCENTRIC TO  
CONCENTRIC TUT BY 101, 402, ETC.

PAUSE AT THE BOTTOM WOULD BE  
WRITTEN 131, 432, ETC.

# DYNAMIC ISOMETRICS

## EXAMPLE 1

PAUSE BPRS 1 X 5 @ 80% 131

## EXAMPLE 2

PARTNER BPRS 1 X 5 @ 70% 13P1

## EXAMPLE 3

4 CT PAUSE BPRS 1 X 5 @ 70% 2 SEC.

# 4 COUNT EXERCISES

4 COUNT EXERCISES

4 PAUSES DURING THE MOVEMENT

## EXAMPLES

4 COUNT DIPS, PUSH – UPS

4 COUNT PULL – UPS, LAT PULLS

4 COUNT GLUTE HAMS, RDLS

4 COUNT STEP – UPS, 1 LEG SQTS

# 3 WAY EXERCISES

UTILIZE 3 PLANES IN AN EXERCISE  
TO ENHANCE CONTROL/STABILITY

## EXAMPLES

3 WAY BALANCE SQUATS

3 WAY 1 LEG GOOD MORNINGS

3 WAY LUNGES

- & TOUCH

- & PRESS

# CLUSTER LIFTING

PUTTING SIMILAR EXERCISES OF VARYING LOADS/SPEEDS IN ONE SERIES.

## EXAMPLE

SQUAT – STRENGTH

WT VEST SQUAT JUMPS - POWER

BOX JUMPS UPS – SPEED

# CLUSTER TIPS

KEEP YOUR REP VOLUME LOW

KEEP YOUR SET VOLUME LOW

ESPECIALLY WHEN TRAINING SPEED,  
STRENGTH AND/OR POWER

# COMBO & COMPLEX LIFTS

- COMBINATION LIFTS ARE 2 OR MORE LIFTS PUT TOGETHER.

FOR EXAMPLE

PCL+FSQT+PRESS 3+3+3

- COMPLEX LIFTS ARE TWO OR MORE LIFTS COMBINED.

FOR EXAMPLE

PCL&FSQT&PRESS 3'S

# MAX VOLUMES

## STRENGTH

SQUAT	40 – 50 REPS
PRESS/PULLING	30 – 40 REPS*
*SHOULD BE EQUAL!	
CLEANS/SNATCHES	15 – 20 REPS
BENDOVERS	10 – 15 REPS

# MAX VOLUMES

SHORT SPRINTS 250 – 500m/WORKOUT

PLYOMETRICS

HIGH/SHOCK LEVEL 25 CONTACTS/WK

MOD/HIGH LEVEL 50 CONTACTS/WK

LOW/MOD. LEVEL 75-100 CONTACTS/WK

INTERVAL RUNS UP TO 800 – 1200m/WK

# VOLUMES

## COACHING POINT

WHEN DOING A LOT OF RUNNING, PLYOMETRICS OR AGILITIES, COUNT THEM AS 10% OF YOUR LEG TRAINING VOLUME/INTENSITY.

PETE MARTINELLI

# VOLUMES

IF YOU ARE AT THE TOP END OF YOUR VOLUMES AND/OR INTENSITIES, BE AWARE OF THE RELATIONSHIP OF EACH WORKOUT TO THE OTHER.

THE CUMULATIVE EFFECT OF FATIGUE CAN SNEAK UP ON YOU AND YOUR ATHLETES.

# LIFTING VOLUMES

WEEK 1	32.5%
WEEK 2	27.5%
WEEK 3	22.5%
WEEK 4	17.5%

USING 300 (EARLY HS) UP TO  
500 REPS (MID LEVEL COLLEGIATE)

# EXERCISE VOLUMES

SQUAT	25 – 30%
PRESS	15 – 25%
CLEAN	15 – 20%
SNATCH	10 – 15%
PULLS	5 – 10%
BEND OVERS	5 – 10%
CORE	5 – 10%

# EXERCISE TEMPLATE

400 REPS	32.5%	27.5%	22.5%
	130	110	90
SQUAT/30%	39	33	27
PRESS/25%	33	28	23
CLEAN/20%	26	22	18
SNATCH/15%	20	17	14
BNDVRS/5%	7	6	5
PULLS/5%	7	6	5

# SET – REP SCHEMES

SETS SHOULD BE MULTIPLE

REPS SHOULD BE LOW

STRENGTH TRAINING

BENCH, SQUAT, DEADLIFT      1 – 3 (4)

OLYMPIC LIFTING

CLEAN, SNATCH, JERK      1 – 3

CIRCUITS USE MULTIPLE REPS      6 – 10

BODYWEIGHT FOR REPS      10+

# IN - SEASON

## INVERT THE SEQUENCE

MONDAY – POWER

TUESDAY – STRENGTH

WEDNESDAY – RECOVER

THURSDAY – SPEED

FRIDAY – RECOVER

SATURDAY – COMPETE

SUNDAY - RECOVER

# BUILD IT BACKWARDS

DETERMINE THE BIG MEETS

FOLLOW THE %'S

32.5% - 27.5% - 22.5% - 17.5%

PULL – OFF PLYO'S 10 DAYS OUT

COACH THE MENTAL ATHLETE

IMPRINT SUCCESS

EXPECT THE BEST

# *ALWAYS FACTOR IN RECOVERY*



# EVALUATION

- KEEP RECORDS
- SETS, REPS, DISTANCES
- TEST
- CONSULT OTHER COACHES
- LEARN FROM MISTAKES
- EACH YEAR IS DIFFERENT
- EACH ATHLETE IS DIFFERENT

THANK YOU

M – F PERFORM BETTER

COACHES

THERAPISTS

TRAINERS

ATHLETES

MY FAMILY

YOU

