

WAVE TRAINING

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ALL THAT! HIGH PERFORMANCE
NUTRITIONAL BEVERAGE
CHOCOLATE & VANILLA
NO REFRIGERATION
27 UNITS / CASE
\$20.00 / CASE (+S&H)
(386) 454 - 8416



WHAT IS WAVE TRAINING?

CONTRASTING VARIATIONS IN:

- LOAD
- REPS
- SPEED
- EXERCISE
- DISTANCE
- RECOVERY

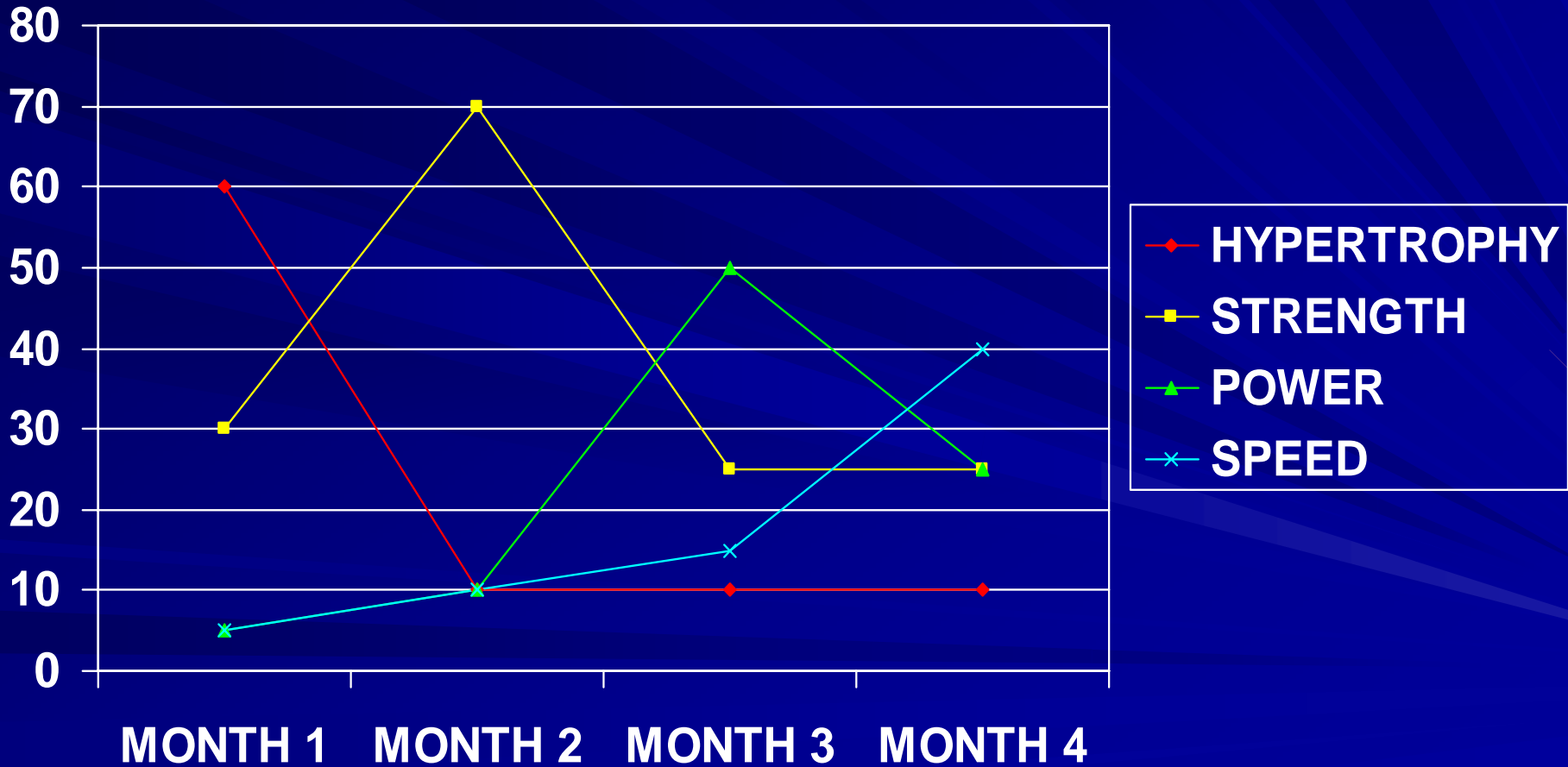
WHY WAVE TRAIN?

- MAINTAIN DEVELOPED ABILITIES
- ENHANCE NEW QUALITIES
- NEURAL STIMULUS
- CROSS TRAIN OPPOSING QUALITIES
- CONTRAST TRAIN SIMILAR QUALITIES

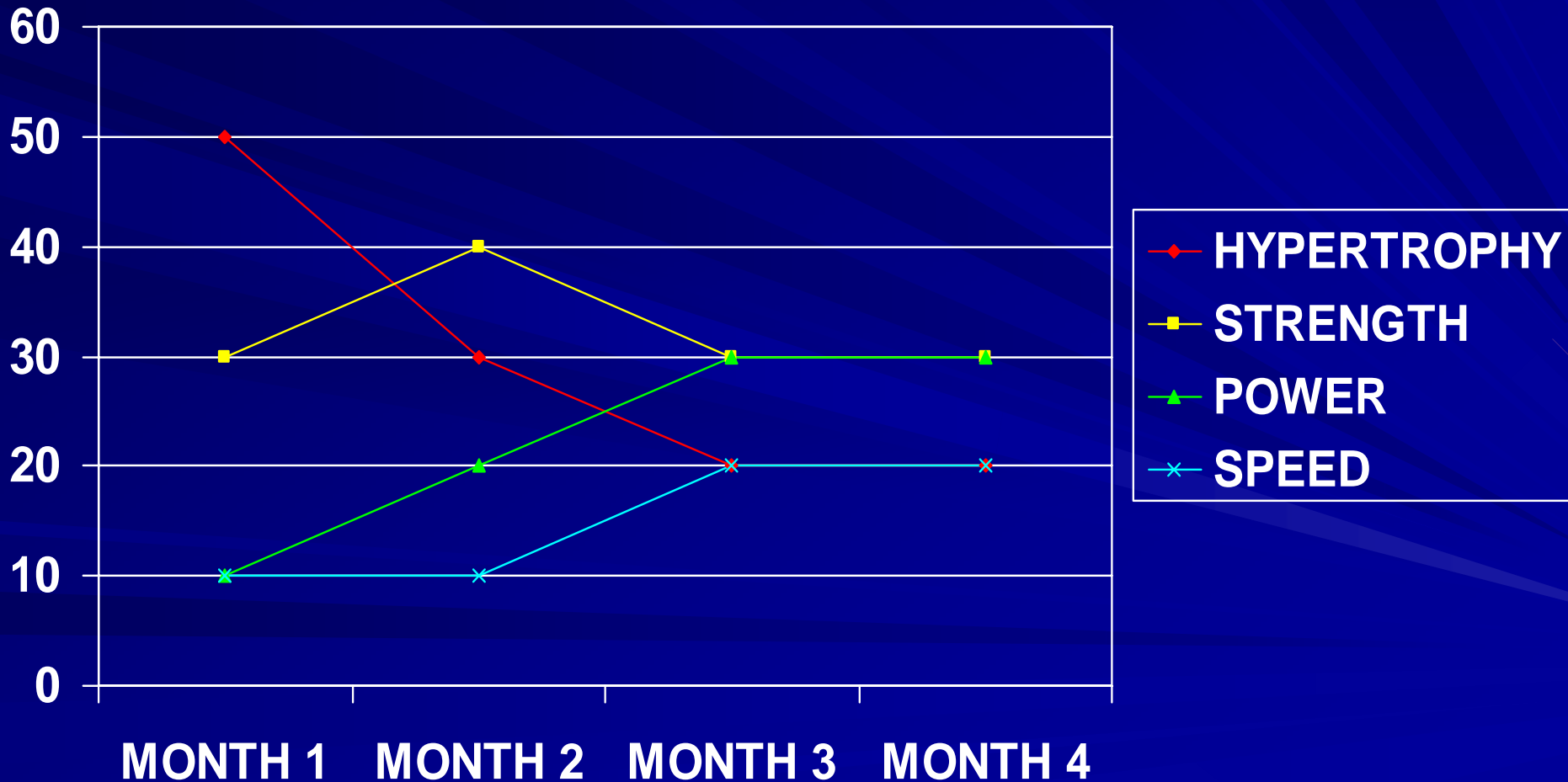
PERIODIZATION

- FOUNDATION
- HYPERTROPHY
- STRENGTH
- POWER
- SPEED
- COMPETITION

OLD STYLE PERIODIZATION



NEW STYLE PERIODIZATION



HYPERTROPHY & STRENGTH

■ VOLUME & LOAD

TOT. VOL.

WEEK	REPS	LOAD	SETS	REPS
1	10 / 5	64 / 79%	3-4	45-60
2	9 / 4	67 / 82%	3-4	39-52
3	8 / 3	70 / 85%	3-5	33-55
4	7 / 2	73 / 88%	3-5	27-45
5	6 / 1	76 / 91%	3-6	21-42

STRENGTH & HYPERTROPHY

■ VOLUME & LOAD

TOT. VOL.

WEEK	REPS	LOAD	SETS	REPS
1	10 / 5	64 / 79 %	3-4	45-60
2	8 / 4	70 / 82 %	3-4	36-48
3	6 / 3	76 / 85 %	3-5	27-45
4	5 / 2	79 / 88 %	3-5	21-35
5	4 / 1	82 / 91 %	3-6	15-30

10% CHANGE IN HIGH VOLUME

$$10 \quad 5 \quad 10 \quad 5 \quad 10 \quad 5 \quad 10 \quad = \quad 55$$

$$5 \quad 10 \quad 5 \quad 10 \quad 5 \quad 10 \quad 5 \quad = \quad 50$$

$$8 \quad 3 \quad 8 \quad 3 \quad 8 \quad 3 \quad 8 \quad 3 \quad 8 \quad = \quad 52$$

$$3 \quad 8 \quad 3 \quad 8 \quad 3 \quad 8 \quad 3 \quad 8 \quad 3 \quad = \quad 47$$

$$5 \quad 2 \quad 5 \quad 2 \quad 5 \quad 2 \quad 5 \quad 2 \quad 5 \quad = \quad 33$$

$$2 \quad 5 \quad 2 \quad 5 \quad 2 \quad 5 \quad 2 \quad 5 \quad 2 \quad = \quad 30$$

10-40% CHANGES IN LOW VOLUME

$$10 \quad 5 \quad 10 \quad 5 \quad 10 \quad = \quad 40$$

$$5 \quad 10 \quad 5 \quad 10 \quad 5 \quad = \quad 25$$

$$8 \quad 3 \quad 8 \quad 3 \quad 8 \quad 3 \quad 8 \quad = \quad 41$$

$$3 \quad 8 \quad 3 \quad 8 \quad 3 \quad 8 \quad 3 \quad = \quad 36$$

$$5 \quad 2 \quad 5 \quad 2 \quad 5 \quad 2 \quad 5 \quad = \quad 26$$

$$2 \quad 5 \quad 2 \quad 5 \quad 2 \quad 5 \quad 2 \quad = \quad 23$$

EVERY SET AND EVERY REP
WAS DONE AT 91% OF
RELATIVE INTENSITY

WHAT IS RELATIVE INTENSITY?

RELATIVE INTENSITY CHART

	1	2	3	4	5	6	7
100	97	94	91	88	85	82	79
97	94	91	88	85	82	79	76
94	91	88	85	82	79	76	73
91	88	85	82	79	76	73	70
88	85	82	79	76	73	70	67
85	82	79	76	73	70	67	64
82	79	76	73	70	67	64	61

POWER & SPEED

■ VOLUME & LOAD IN ONE WORKOUT

VOLUME

LOAD

2

70%

2

85%

2

70%

2

85%

2

70%

2

85%

RELATIVE INTENSITY

2 @ 70% = 1 @ 73% REL. INT.

2 @ 85% = 1 @ 88% REL. INT.

GOOD CLEAN/SNATCH WORKOUT

SNATCH MAX?

USE 70% OF POWER CLEAN MAX

TRAIN UP TO 75 – 80% OF ESTIMATED
SNATCH MAX

TRAIN SNATCH FOR SPEED – NOT LOAD

STRENGTH

■ VOLUME & LOAD IN ONE WORKOUT

VOLUME

LOAD

3

91%

3

82%

3

91%

3

82%

3

91%

3

82%

RELATIVE INTENSITY

3 @ 91 % = 1 @ 97% REL. INT.

3 @ 82% = 1 @ 88% REL. INT.

GOOD BENCH PRESS WORKOUT
GO TO DOUBLES FOR SQUATS

TRAIN FOR POWER / STRENGTH

POWER

2/75% 2/88% 2/75% 2/88% 2/75%

TOT. VOL. = 10 REPS 6 SPEED/4 POWER

STRENGTH

4/82% 8/70% 4/82% 8/70% 4/82%

TOT. VOL. = 28 REPS 12 STR. / 16 HYPER.

HYPERTROPHY

8/70% 4/82% 8/70% 4/82% 8/70%

TOT. VOL. = 32 REPS 24 HYPER. / 8 STR.

ACCELERATION POWER

- BACK SQUATS 5 X 5 @ 76%
 - MOVE THE BAR AS FAST AS POSSIBLE
- WEIGHT VEST SQUAT JUMPS 5 X 5
 - USE 10% OF FAT FREE BODYWEIGHT
- RUBBER BAND ASSISTED JUMPS 5 X 5
 - GREAT TECHNIQUE – GREAT JUMPS

WAVE EXERCISES FOR ONE WORKOUT

SPRINTING ACCELERATION

- 60 YARD ACCELERATOR
 - 20 YD BUILD UP/20 YD SPRINT/20 YD RECOVER
- 30 YARD SLED PULL
 - 10% OF FAT FREE BODYWEIGHT
- 60 YARD ACCELERATOR
- 60 YARD PARACHUTE RUN
 - FULL SPEED INTO THE WIND
- 60 YARD ACCELERATOR

1-3 SETS RECOVER 3:00/REP & 5-8:00/SET

ANAEROBIC POWER

- 30 YARD ACCELERATION SPRINT

- 100 YARD INTERVAL

REPEAT 4 – 8 REPS/2 – 4 SETS

INCREASE THE SPEED COMPONENT

DOUBLE UP THE 30'S

INCREASE THE FITNESS COMPONENT

DOUBLE UP THE 100'S

ALWAYS DO THE SHORTER INTERVAL
FIRST IN ORDER TO KEEP THE
TURNOVER RATE HIGH (FAST) IN THE
LONGER INTERVALS

STEVE WATTERSON

UPPER BODY POWER

- BENCH PRESS 5 X 5 @ 79 – 82%
 - ADD A 1-3 SEC. PAUSE FOR INCREASED TUT
 - MEDIBALL BENCH PRESS 5 X 5
 - USE A BALL UP TO 30% OF BPRS MAX
 - CLAP PUSH – UPS
 - GREAT TECHNIQUE – GREAT JUMPS
- EXERCISES DONE IN ONE WORKOUT

SINGLE LEG POWER

- SINGLE LEG SQUAT
 - 5 X 3 @ 20 – 25% OF BACK SQUAT MAX
 - SPLIT JUMP
 - HOLD & SPLIT JUMP
 - SAME SIDE SPLIT JUMPS
 - CYCLE SPLIT JUMPS
 - RUBBER BAND ASSISTED SPLIT JUMP
 - GREAT JUMPS WITH GREAT TECHNIQUE
- EXERCISES DONE IN ONE WORKOUT

ACCELERATION SPEED/POWER

- PAUSE CLEAN FROM BELOW THE KNEES
 - 1 – 3 SEC. HOLD 5 X 2 @ 70 – 73%
- MEDICINE BALL SCOOP TOSS
 - USE A 5 – 10 POUND MEDBALL
- JUMP UP ON THE BOX
 - FULL COUNTER MOVEMENT JUMP
 - BE QUICK / LAND SOFT (QUIET)

EXERCISES DONE IN ONE WORKOUT

ANEROBIC POWER WAVE TRAINING

DISTANCE	TIME	RECOVERY
110 YARDS	17 SEC.	30 SEC.
110 YDS	17 SEC.	45 SEC.
110 YDS	17 SEC.	35 SEC.
110 YDS	17 SEC.	50 SEC.
110 YDS	17 SEC.	40 SEC.
110 YDS	17 SEC.	END OF SET

RECOVER FOR 2:00 REPEAT 1 – 3 TIMES

THANK YOU

M – F PERFORM BETTER

COACHES

THERAPISTS

TRAINERS

ATHLETES

MY FAMILY

YOU