

WEEKLY WORKOUT PLAN GUIDE

TRAINING PROGRAM:

This training program is designed for an offseason athlete or individual looking to begin a program.

Any of the following days can be scaled to varying degrees of an individual. By increasing the weight, decreasing rest time and speed at which these exercises are completed will benefit an athlete with an already solid foundation. By decreasing weight, increasing rest time and moving slower through the movements allows a beginner to build a foundation to build on weeks to come.

Take notice the workouts are not labeled by days of the week. Each day is numbered 1-7 to reflect where you are in your workout. You will notice the first two days are workouts and the third is a rest day. *Take rest when you feel you need it but never train for more than three days in a row! Recovery is where gains are made!*

TYPES OF LIFTS:

MAX EFFORT LIFT:

The max effort lift is simply that, performing a lift at your maximal effort. Complete at least 4 sets but no more than 6 sets and rest 1:30 to 2:00 minutes between sets.

AUXILIARY LIFTS:

These lifts are meant to compliment the max effort lifts as well as work the smaller muscles associated with the large muscles. For auxiliary lifts, our focus is moderate weight with a high number of repetitions. The goal is to complete 10 controlled repetitions for 3-4 sets. If you are able to complete 12, increase the weight for the next set. If you complete less than 10, decrease the weight for the next set. Rest should be 1:00 to 1:30 minutes between sets.

DYNAMIC EFFORT:

Dynamic effort is designed to generate explosive power. This type of power is used when leaving the block for a sprint, breaking off the line in football or jumping up for a rebound in basketball. Light to moderate weight is used to develop explosive power. These exercises should be performed quickly and with as much power as possible. If you find you are lacking power, try to decrease the weight. The goal is to complete 4 sets with 4-6 repetitions, unless otherwise noted. Rest should be 1:00 to 1:30 minutes between each set.

REPEAT EFFORT:

Repeat effort is used to increase muscular endurance. The goal of these lifts is to continually move through the full range of motion until you reach muscle fatigue. A spotter is important during these lifts so you are able to truly push yourself to muscle failure. If a spotter is not available use dumbbell in place of barbells. Moderate weight should be used 70-75% of your max effort weight. Rest 1:00 minute between each set.

ENERGY SYSTEM DEVELOPMENT (ESD):

This type of training is used to develop the energy system to function with various stimulations involving rest intervals, effort and distance. You will see the use of sprints, jogging and distance running involved in this type of training in order to train all three energy systems.

CORE:

Strengthening the core is crucial for eliminating injuries. Think of the core as a foundation of a house. If the house does not have a strong foundation the walls and roof will be weak. The stronger the foundation, the more you will be able to build on this.