

NAME: _____

CNU TFXC POWER TRAINING

Date/BW:																						
LOWER	Week 2				Week 3				Week 4													
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps										
Back Squats <i>Full Depth!</i>	Warm-up	10	Warm-up	10	Warm-up	10	Warm-up	10	Warm-up	10	Warm-up	10										
	Warm-up	8	Warm-up	8	Warm-up	8	Warm-up	8	Warm-up	8	Warm-up	8										
		5		5		5		5		5		5										
		5		5		5		5		5		5										
		5		5		5		5		5		5										
		5		5		5		5		5		5										
		Max				Max				Max												
Front Squats*	Narrow	10	Narrow	10	Narrow	10	Narrow	10	Narrow	10	Narrow	10										
Dead Lift	Warm-up	8	Warm-up	8	Warm-up	8	Warm-up	8	Warm-up	8	Warm-up	8										
	Med	8	Med	8	Med	8	Med	8	Med	8	Med	8										
Hang Cleans**	Warm-up	8	Warm-up	8	Warm-up	8	Warm-up	8	Warm-up	8	Warm-up	8										
Step-Ups <i>Saggital</i> <i>Lateral</i>	Med	10e	Med	10e	Med	10e	Med	10e	Med	10e	Med	10e										
	Med	10e	Med	10e	Med	10e	Med	10e	Med	10e	Med	10e										
Back Ext.	Med	15	Med	15	Med	15	Med	15	Med	15	Med	15										
	Med	15	Med	15	Med	15	Med	15	Med	15	Med	15										
Hamstring Curls	Med	15	Med	15	Med	15	Med	15	Med	15	Med	15										
	Med	15	Med	15	Med	15	Med	15	Med	15	Med	15										
Ankle Ext.	Med	15e	Med	15e	Med	15e	Med	15e	Med	15e	Med	15e										
	Med	15e	Med	15e	Med	15e	Med	15e	Med	15e	Med	15e										
Instructions/Notes:	Warm-up weights Full Range of Motion; Controlled speed; Carefull Technique. Slow = 3-count each down & up Paused = 2-count at bottom				Monday: Back Squat "4x5 + Test"; Thursday: Pass Monday = -5%, 4 sets; Fail = Repeat Monday 5th Set - do as many reps as you can. 5 or more = up 5% next week; 7 or more = up 10% Light = completely controlled; Med = you could do 3 more reps at that weight *If you are uncomfortable or unsure about Front Squats , do narrow stance Back Squats **If you are uncomfortable or unsure about Hang Cleans , skip them.																	

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Date/BW:																														
UPPER	Week 2				Week 3				Week 4																					
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps																		
Bench Press	Warm-up	10	Warm-up	10	Warm-up	10	Warm-up	10	Warm-up	10	Warm-up	10																		
	Max8	Max	Slow	10	Max8	Max	Slow	10	Max8	Max	Slow	10																		
	Max8	6	Paused	10	Max8	6	Paused	10	Max8	6	Paused	10																		
	Max8	6			Max8	6			Max8	6																				
Incline Press	Med+	8	Slow	10	Med+	8	Slow	10	Med+	8	Slow	10																		
	Med+	8	Paused	10	Med+	8	Paused	10	Med+	8	Paused	10																		
	Med+	8			Med+	8			Med+	8																				
Shoulder Press	Med+	8	Slow	10	Med+	8	Slow	10	Med+	8	Slow	10																		
	Med+	8	Paused	10	Med+	8	Paused	10	Med+	8	Paused	10																		
	Med+	8			Med+	8			Med+	8																				
Lat Pulls	Med+	8	Slow	10	Med+	8	Slow	10	Med+	8	Slow	10																		
	Med+	8	Paused	10	Med+	8	Paused	10	Med+	8	Paused	10																		
	Med+	8			Med+	8			Med+	8																				
NRG Pulls	Med+	8	Slow	10	Med+	8	Slow	10	Med+	8	Slow	10																		
	Med+	8	Paused	10	Med+	8	Paused	10	Med+	8	Paused	10																		
	Med+	8			Med+	8			Med+	8																				
Low Rows	Med+	8	Slow	10	Med+	8	Slow	10	Med+	8	Slow	10																		
	Med+	8	Paused	10	Med+	8	Paused	10	Med+	8	Paused	10																		
	Med+	8			Med+	8			Med+	8																				
Push Ups (varied)		Max		30s		Max		45s		Max		45s																		
		Max		60s		Max		75s		Max		75s																		
Instructions/Notes:	Warm-up weights Full Range of Motion; Controlled speed; Carefull Technique. Slow = 3-count each down & up Paused = 2-count at bottom				Max8 = 8rep Max test: estimate, attempt, adjust (+/-2 reps = 3% per rep difference); <i>e.g. if you do 6 reps, reduce the weight by ~6% for remaining sets; 9 reps = increase weight by ~3%</i> <i>Choose/adjust weights to finish all reps under control</i> Push Ups: vary hand position/angle/width as desired. <i>Fridays - max reps in the allotted time.</i>																									

CNU TFXC SUMMER TRAINING SCHEDULE

We have two primary objectives for your summer training:

INCREASE FORCE POTENTIAL (Strength)

This lays the foundation for the power development and specific technique work we do during the season.

INCREASE FLEXIBILITY (Range of Motion)

Enhances freedom of movement necessary for both proper execution of technique and for injury prevention.

During the season, these essential qualities are trained, but do not receive the same focus and emphasis we can give them during the summer months.

While focusing on these two training objectives, we will also develop the necessary **WORK CAPACITY** we will need for our fall training.

The prescribed workouts should last from 1-2 hours if done properly. This involves moving from one element to the next immediately.

Your heart rate and respiratory rate should be elevated throughout the workout - take no more than 60 seconds between exercises and 90 seconds between weight room sets during this cycle.

SUMMER CYCLE II - JULY 24-AUG 20 - BACK SQUAT EMPHASIS

Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
30min	<i>Every session should start with our full warm-up routine - without breaks except for the prescribed stops for water.</i>					
30-45min	Weight Room - LB	Weight Room - UB	Circuits	Weight Room - LB	Weight Room - UB	Sustained Efforts/
15min	Static Core	Dynamic Core		Static Core	Dynamic Core	Active Rest
15min	Individual Preventative Measures					
15-30min	<i>Every session should end with an extended static flexibility routine - 20-30 second holds with emphasis on any of your "trouble areas".</i>					

Week 1 is an All-Circuits Week - 3 sessions if you do full-body circuits; 4 sessions if you split upper/lower

Please include Multi-Jumps circuits THIS WEEK ONLY. Stick to Double-Leg and soft surfaces

Weight Room - see attached recording sheets

Static Core - Planks and the like. Gradually increase the length of the holds and decrease recoveries.

Dynamic Core - Crunches and the like. Gradually increase the number of reps for each exercise and decrease recoveries.

Circuits - *NO Multi-Jumps except Week 1!* - Med-Ball/Body-Weight/Core Circuits. 30-60sec duration, 30sec rests, 2min between sets.

Preventative Measures - Circuits & exercises as prescribed by Brad (at any time over the last year).

If it has been a problem in the past, don't let it be a problem in the future!

Sustained Efforts - ~1hr of basketball, volleyball, ultimate, or the like; ~1hr bike ride; 20-30min run (run > jog)

Active Rest - At least a modified warm-up routine, optional core work, and full stretching routine; Yoga class; or the like.

If you feel you have event-specific work that needs to be addressed during the summer training cycle, you MUST consult with your Coach Wingard to determine whether or how such work fits in with the summer program.

If you have ANY questions about your summer workouts - determining appropriate weights, areas of emphasis, injury management, etc. - contact Coach Wingard immediately.

None of these workouts are difficult to accomplish.

The difficulty lies in getting ALL of them done - developing the consistency and habits required for success.

PERSISTENCE IS WHAT MAKES THE IMPOSSIBLE POSSIBLE, THE POSSIBLE LIKELY, AND THE LIKELY DEFINITE.

-- ROBERT HALF