

NAME: _____

CNU TFXC POWER TRAINING

| Date/BW: | | | | | | | | | | | | | | | | |
|----------------------------|--|------|---------|------|---|------|---------|------|---------|------|---------|------|---------|------|---------|------|
| LOWER | Week 1 | | | | Week 2 | | | | Week 3 | | | | Week 4 | | | |
| | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps |
| Front Squats | Warm-up | 10 | Warm-up | 10 | Warm-up | 10 | Warm-up | 10 | Warm-up | 10 | Warm-up | 10 | Warm-up | 10 | Warm-up | 10 |
| <i>Full Depth!</i> | Warm-up | 6 | Warm-up | 6 | Warm-up | 6 | Warm-up | 6 | Warm-up | 6 | Warm-up | 6 | Warm-up | 6 | Warm-up | 6 |
| <i>~60 second rest</i> | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 |
| | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 |
| | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 |
| <i>Recovery as needed</i> | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 |
| | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 |
| | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 | | 4 |
| Back Squats | Narrow | 10 | Narrow | 10 | 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 | Warm-up | 8 | Warm-up | 8 |
| | Med+ | 8 | Med | 8 | Med+ | 8 | Med | 8 | Med+ | 8 | Med | 8 | Med+ | 8 | Med+ | 8 |
| | | | | | | | | | | | | | | | | |
| Full Cleans | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 |
| | | | | | | | | | | | | | | | | |
| Hang Cleans | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 | Warm-up | 8 |
| | | | | | | | | | | | | | | | | |
| Step-Ups | | | | | | | | | | | | | | | | |
| <i>Saggital</i> | Med | 10e | Med | 10e | Med | 10e | Med | 10e | Med | 10e | Med | 10e | Med | 10e | Med | 10e |
| <i>Lateral</i> | 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 | 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 | 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 | Med | 15e | Med | 15e | Med | 15e | Med | 15e |
| | | | | | | | | | | | | | | | | |
| Instructions/Notes: | Warm-up weights Full Range of Motion; Controlled speed; Carefull Technique. | | | | Monday: Front Squat "6x4 Test"; Thursday: Pass Monday = -5%; Fail Monday = Repeat weight <i>Once you have passed the 6x4 Test, go up 5% the following Monday.</i> Med = you could do 3 more reps at that weight; Med+ = you could do 2 more reps at that weight | | | | | | | | | | | |

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|----------------------------|--|------|---------|------|--|------|---------|------|---------|------|---------|------|---------|------|---------|------|
| UPPER | Week 1 | | | | Week 2 | | | | Week 3 | | | | Week 4 | | | |
| | Weight | Reps | Weight | Reps | 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 | Warm-up | 10 | Warm-up | 10 |
| | Max8 | Max | Slow | 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 | Paused | 10 |
| | Max8 | 6 | | | Max8 | 6 | | | Max8 | 6 | | | Max8 | 6 | | |
| Incline Press | Med+ | 8 | Slow | 10 | 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 | Paused | 10 |
| | Med+ | 8 | | | Med+ | 8 | | | Med+ | 8 | | | Med+ | 8 | | |
| Shoulder Press | Med+ | 8 | Slow | 10 | 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 | Paused | 10 |
| | Med+ | 8 | | | Med+ | 8 | | | Med+ | 8 | | | Med+ | 8 | | |
| Lat Pulls | Med+ | 8 | Slow | 10 | 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 | Paused | 10 |
| | Med+ | 8 | | | Med+ | 8 | | | Med+ | 8 | | | Med+ | 8 | | |
| NRG Pulls | Med+ | 8 | Slow | 10 | 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 | Paused | 10 |
| | Med+ | 8 | | | Med+ | 8 | | | Med+ | 8 | | | Med+ | 8 | | |
| Low Rows | Med+ | 8 | Slow | 10 | 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 | Paused | 10 |
| | Med+ | 8 | | | Med+ | 8 | | | Med+ | 8 | | | Med+ | 8 | | |
| Push Ups (varied) | | Max | | 30s | | Max | | 30s | | Max | | 45s | | Max | | 45s |
| | | Max | | 60s | | Max | | 60s | | Max | | 75s | | Max | | 75s |
| | | | | | | | | | | | | | | | | |
| Instructions/Notes: | Warm-up weights Full Range of Motion; Controlled speed; Carefull Technique. | | | | Max8 = 8rep Max test: estimate, attempt, adjust (+/-2 reps = 3% per rep difference); Slow = 3-count down, 3-count up; Paused = hold bottom of lift for 3-count <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 27 - FRONT SQUAT EMPHASIS

| Duration | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|----------|--|------------------|-----------|------------------|------------------|--------------------|
| 45min | <i>Every session should start with our full warm-up routine plus an event warm-up - 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> | | | | | |

Note that you have 5 weeks to do the four prescribed training weeks - work around your schedule to incorporate a recovery week.

If you did the last cycle all in the past 4 weeks, the first week of this cycle might be an appropriate recovery week.

Your recovery week should consist of 3-4 days of circuit training, including plyometric circuits (Multi-Jumps & Multi-Throws).

If you wish to incorporate Multi-Jump Circuits into your weight room weeks, reverse the Thursday & Friday lifts (i.e. wait until Friday to go back to Lower Body).

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 - 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.

WHILE MOST ARE DREAMING OF SUCCESS, WINNERS WAKE-UP AND WORK HARD TO ACHIEVE IT.

-- ANONYMOUS