

**Strength Training Tips
for Athletes and
Weekend Warriors**

Mark Philippi, CSCS

Overview of Today's Lecture

- **Training Methods and Philosophies**
- **Improving Performance**
 - Prerequisites
 - Train to improve athletic ability
 - Elements of the athletic workout
- **Weight Training Programs**
 - Strength Training
 - Power Development
 - Auxiliary Exercises
 - Workout Variables
 - Volume Intensity
- **Preventing Overtraining**
 - Variables
 - Recovery Tools

Training Methods and Philosophies

Training Method and Philosophies

- Free weights vs machines
- High Intensity vs Periodization
- Powerlifting exercises vs Olympic movements
- Objects training vs Gym training
- Coaches tend to stick with what they know

Philippi Rules

- Keep an open mind
- Steal good ideas
- Keep ego in check, you don't have to think of everything
- Consult smart people

Improving Performance

Prerequisites

- Athletic ability – chicken salad theory
- Work ethic

Train to Improve Athletic Ability

- Some movements apply to many sports
- “Sport specific” is over used
- Do not over train – May lose athleticism

Elements of an Athletic Workout

- General warm-up
- Dynamic warm-up
 - Moving/stretching
 - Lunges, crawls, leg swings
 - Bar warm-up
- Speed Training
 - Linear speed development
 - Lateral speed development

Elements of an Athletic Workout Continued

- **Core Strength Development**
 - Skeleton, connective tissue, muscles
 - Sequence of muscle firing
 - Stabilization before prime movement
- **Weight Training**
 - Strength, power, auxiliary exercises
- **Conditioning** – if scheduled
- **Static Flexibility**

Weight Training Programs

Strength Training

- Force development is king
- Important weight lifting exercises
 - Squat & variations
 - D/L & variations
 - Overhead lifts
 - Presses

Power Development

- Key to successful athlete/strength athlete
- Important power development exercises
 - Olympics (speed, power, athleticism)
 - DB Olympics (coordination and balance)
 - Throws (explosiveness)
- Alternative power exercises
 - Tire flips (strength and power)
 - Keg toss (explosiveness)
 - Keg clean and press (hip extension)

Auxiliary Exercises

- Improve weak areas
- Add balance to the workout
 - Glute ham raise
 - Reverse hypers
 - Biceps (strongman)
 - Grippers / bar holds
- Alternative auxiliary exercises
 - H.O.H sled pulls
 - Sled drags
 - Grip rollers
 - Thick bar exercises

Workout Variables

- Sport type – FB, BB, track, boxing, and strongman
- Single athlete or team
- Facility used
- Time period
 - In-season vs off-season
 - Days per week

Workout Variables Continued

- Types of Workouts
 - Periodized – seasonal sports
 - Rotational – strongman
 - Ascending / Descending – power development (track)
 - Eccentric emphasis training
 - Variable resistance
 - Muscle fiber maximization (5-10-20)
 - Circuits – Cardiovascular development
 - Periodized with assistance circuits
 - Per – Vol – Hit (deadlift)
 - Pairing up exercises – Boxing
 - Tempo

Volume and Intensity

- Manipulation of volume and intensity is a combination of art and science
 - Basic Periodization
 - Poliquin Methods
 - Louie's Methods
 - Combinations (Vermeil, Doyle, Boyle, House, Thibaudeau)
- Sport Consideration
- Elite athletes and lifters can handle higher volume & intensity
- Older athletes – watch intensity and explosive exercises

Strongman Workout

- Rotational depending on the next show
- Limited number of high volume/intensity workouts
- Slightly under train. Stay healthy
- Work up to singles and doubles followed by a set to failure
- Work up to 1 hard set of event training
- Try to peak my strength before the contest
- Don't need to prepare as long if I have been competing more throughout the year
- If my legs and back are strong and my cardiovascular conditioning is good, I am ok

Sample Sport Program

	CLEAN	SQUAT	BENCH							
EXAMPLE	200	500	340							
DAY #1	SET 1		SET 2		SET 3		SET 4		SET 5	
	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS
MUSCLE SNATCH	55	10								
HANG SNATCH PULLS	65	5								
HANG SNATCH HIGH PULLS	80	3								
HANG SNATCH OH SQUAT	80	3	90	3						
HANG SNATCH	100	3	100	3	100	3				
BENCH PRESS	215	8	250	6	280	4	295	3	315	2
BENCH PRESS CONT'	315	2								
<i>pair</i>										
DB INCLINE	90	FAIL	105	FAIL	105	FAIL				
DB REAR DELT	40	FAIL	40	FAIL	40	FAIL				
<i>pair</i>										
DB FLYES	40	FAIL	40	FAIL	40	FAIL				
BAND PUSHUPS	PURPLE	FAIL	PURPLE	FAIL	PURPLE	FAIL				

Sample Sport Program

DAY #2	SET 1		SET 2		SET 3		SET 4		SET 5	
	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS
POWER CLEAN PULL	100	5								
POWER CLEAN HIGH PULL	120	5								
POWER CLEAN SQUAT CATCH	120	3	145	4	165	3				
POWER CLEAN	175	3	185	2	185	2				
RDL	165	4	175	3	175	3				
BENT ROW	140	4	150	3	150	3				
	<i><u>pair</u></i>									
REV HYPER	70/100	FAIL	70/100	FAIL	70/100	FAIL				
PULL UPS		FAIL		FAIL		FAIL				
	<i><u>pair</u></i>									
FAT BAR CURLS	PICK WT	6-8	PICK WT	6-8	PICK WT	6-8				
THERA BALL LEG LIFTS		16		16		16				

Sample Sport Program

DAY #3	SET 1		SET 2		SET 3		SET 4		SET 5	
	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS
SQUAT	315	8	365	6	415	4	435	3	465	2
SQUAT CONT'	465	2								
GOOD MORNING	270	3	270	3	270	3				
STEP UPS	160	5	160	5	160	5				

CIRCUIT

GLUTE HAM W/GREEN BAND		10		10		10				
DB CURLS	PICK WT	6-8	PICK WT	6-8	PICK WT	6-8				
PLATE RAINBOWS	33/44	8	33/44	8	33/44	8				

Sample Sport Program

DAY #4	SET 1		SET 2		SET 3		SET 4		SET 5	
	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS
HANG CLEAN PULL	90	5								
HANG CLEAN HIGH PULL	110	5								
HANG CLEAN JERK	110	3	130	3	150	3				
HANG CLEAN	165	2	165	2						
CLOSE GRIP BENCH W/BANDS	160	5	200	5	240	4	240	4	240	4

pair

DB BENCH PRESS	115	FAIL	120	FAIL	120	FAIL
BAND ROWS	PICK WT	6-8	PICK WT	6-8	PICK WT	6-8

pair

GRIP ROLLER	85/125	1	85/125	1	85/125	1
WEIGHTED DIPS	PICK WT	6-8	PICK WT	6-8	PICK WT	6-8

Sample Rotational Weekend Warrior Program

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Push	Pull		Arms		Push	Pull
2		Arms		Push	Pull		Arms
3		Push	Pull		Arms		Push
4	Pull		Arms		Push	Pull	

Sample Hypertrophy Program

Monday

Chest 3 x 12

Bench Press

Inc. DB Bench

DB Bench Press

DB Fly

Cable Cross

Tuesday

Back 3 x 12

Lat Pull Down

DB Row

Cable Row

Front Pull Down

Pullover

Wednesday

Legs 3 x 12

Squat

Leg Press

Lunge

Leg Curl

Leg Ext

Calf Raise

Thursday

Shoulders 3 x 12

Military Press

Upright Row

Lateral Raise

Front Raise

Bent Over Raise

Friday

Arms 3 x 12

Straight Bar Curl

DB Curl

Hammer Curl

Dips

Push Downs

Overhead Tricep

Sample General Program

Monday

Warm-up and Stretch
Stationary Lunges
Wide Stance Squats
Heel Raises
Ab Work (choose two)
Push-Ups
Towel/Tube Rows
Lateral Raises
Manual Triceps Extension
Manual Biceps Curl
Cool Down and Stretch

Wednesday

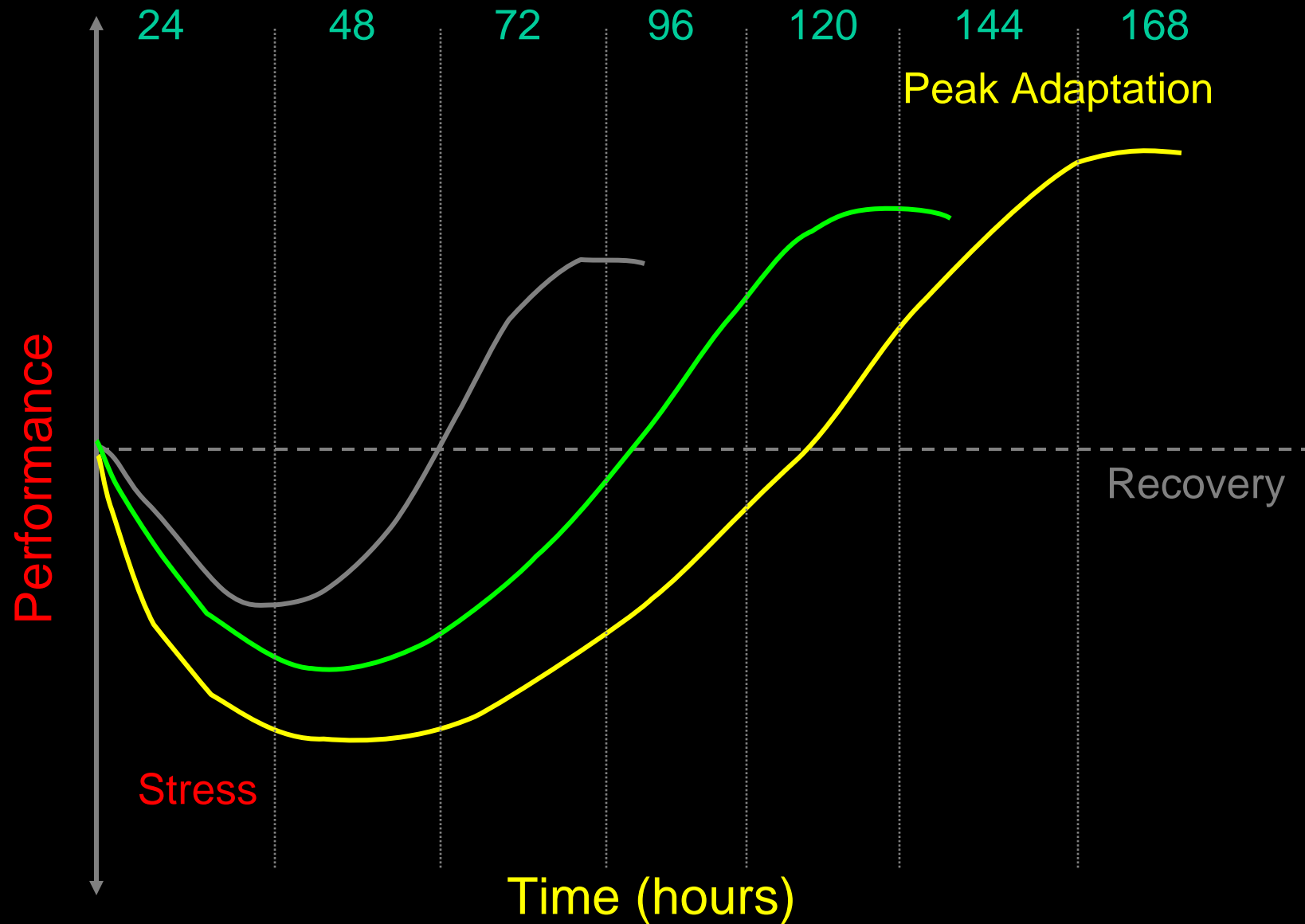
Warm-up and Stretch
Walking Lunges
Pick-Up and Place
Romanian Deadlifts
Med Ball Chest Pass
DB Upright Row and Press
Tube Row Twists
Supermen
Russian Twists
Med Ball Situps
Cool-down and Stretch

Friday

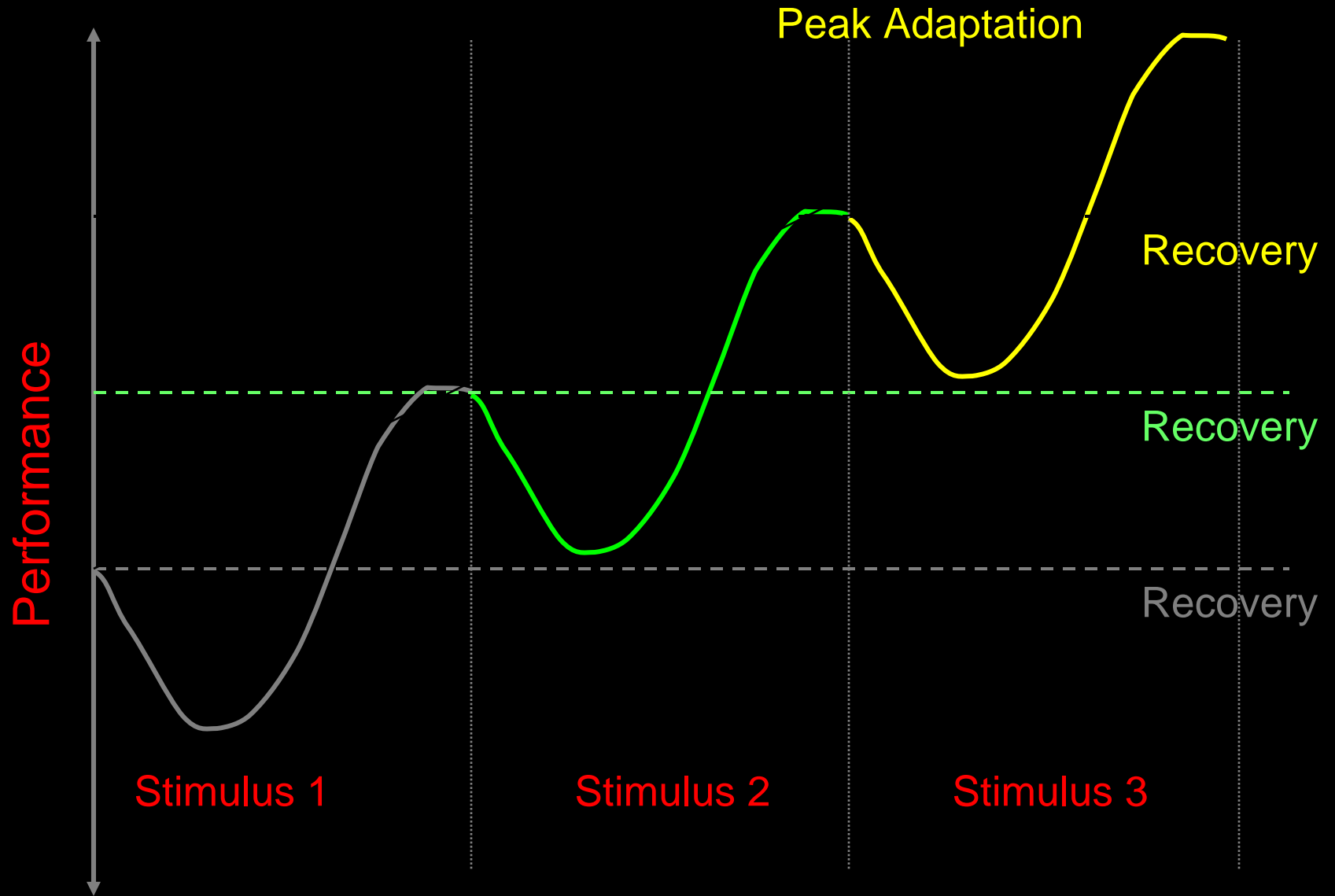
Warm-up and Stretch
Squats
Incline DB Press
Romanian Deadlifts
Med Ball Chest Pass
Step - Ups
DB Shoulder Press
Heel Raises
Ball Pass Abs
Russian Twists
Cool-down and Stretch

Preventing Overtraining

Rest – Recovery From Stress



Recovery and Adaptation



Overtraining Variables

- Sport / athlete type
- Training age of the athlete
- Philosophy of the training program
 - Strength training
 - Speed training
 - Conditioning
- Philosophy of the head coach of the sport
- Time of the year

Recovery Tools

- Proper Periodization
 - Develop work capacity first
 - Be realistic in planning
- Exercise Selection
 - Balance
 - Strengthen weak areas
 - Proper technique
- Proper Movement Skills
- Sufficient Rest Between Exercises
 - Hormonal system

Recovery Tools Continued

- Sufficient Rest Between Intense Workouts
 - Muscles / Skeletal system
 - Nervous system
 - Overuse injuries
- Nutritional / Supplements
 - Higher protein
 - Minerals / antioxidants
- Medical Care
 - Massage
 - Chiropractic care
 - Preventative tools

Thanks

Questions???