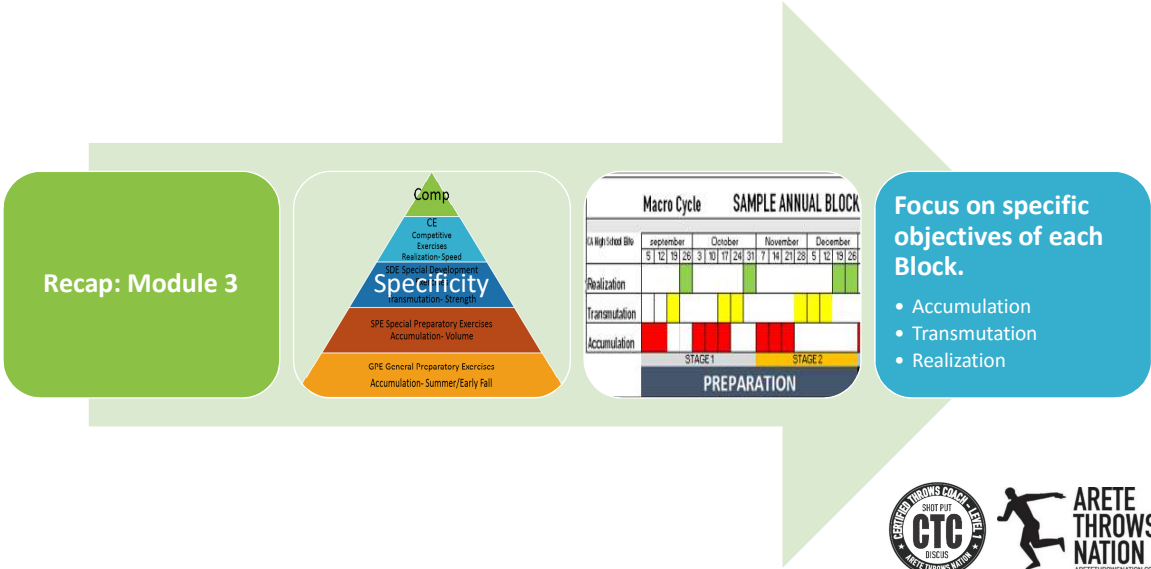




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# MODULE 4- PROGRAM DESIGN PT 2

## STT: LESS IS MORE



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# PROGRAM DESIGN STEP BY STEP.

STEP 1 SET YOUR TRAINING BLOCKS UP..

THEY ARE NOT WRITTEN IN STONE.  
LAY THEM OUT.  
YOU CAN AND LIKELY WILL MODIFY THEM.

CA High School B/W	september				October				November				December				
	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26
Realization																	
Transmutation																	
Accumulation																	

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# YOUR 1<sup>ST</sup> WORKOUT STEP BY STEP.

DESIGNING YOUR WORKOUT

- LAYOUT ANNUAL CYCLE
  - LAYOUT BLOCKS
  - BLOCK GOAL: DETERMINES WORKOUT STRUCTURE (SO MANY POSSIBILITIES)
  - ACCUMULATION 1-2 WORKOUTS
  - TRANSMUTAITON 1-2 WORKOUTS
  - REALIZATION 1 WORKOUT
- WORKOUTS ARE BASED ON ATHLETES NEEDS AND OUTCOME GOAL

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# YOUR 1<sup>ST</sup> WORKOUT STEP BY STEP.

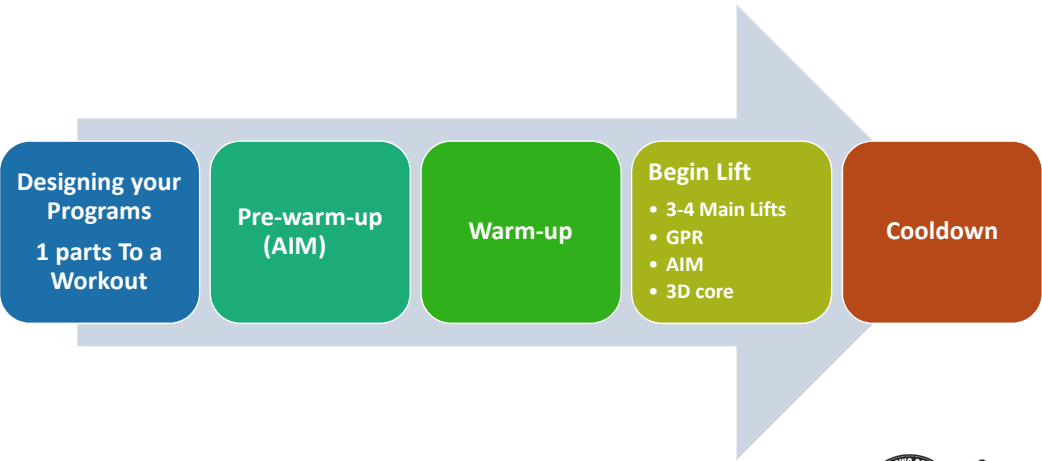
DESIGNING YOUR WORKOUT  
•USE YOUR WORKSHEET PDF  
THIS IS THE FIRST STEP SO YOU CAN DRAFT THE ENTIRE TRAINING PLAN.

Macro Cycle		ANNUAL BLOCK SCHEDULE																								Season Opener		Mid Season		league		CF		CF		Masters		State						
CA High School Elite	september	October				November				December				January				February				march				april				may				june										
	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	
Realization																																												
Transmutation																																												
Accumulation																																												
	STAGE 1						STAGE 2						STAGE 3						STAGE 4						STAGE 5																			
	PREPARATION												COMPETITION STAGE																															

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# YOUR 1<sup>ST</sup> WORKOUT STEP BY STEP.



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THE TEMPLATE.

Designing  
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Programs

WORKOUT TEMPLATE- THINK ON PAPER.

Legend:  
(ES=Energysystem)- Max 2 min between olympic movements, and 90 secs between power lifts  
(GPR=Gross Posture Rebalancing)  
(I.M= Arete Integrated Mobility Between super Sets and during main lifts as needed)  
(3D CORE= 3 dimensional Core Training- Rotational core and forward and reverse flexion )

Block Instructions  
1. Objective of Block  
2. Intensity Increase  
3. Energy System Focus  
4. Nutrition needs Reminder

Throws Work listed in Block  
1. TCR Pillar focus/ Reps

Pre-Warm-up AIM  
Active Warm-up- 10-15min of Assorted Movement|  
Workouts 1&2 -Days - ES  
Lift 1 Special Prep Exercise/Olympic Lift  
A.I.M - Target Dominant muscles used in Lift 1  
Lift 2 Special Prep Exercise/Olympic Lift/movement  
A.I.M - Target Dominant muscles used in Lift 2\_ As needed  
Lift 3 General Strength Based/power Lift  
GPR Movement based whose goal is to improve posture and counter muscle dominance from major movement. ie posterior/Anterior - Medial/lateral  
Lift 4 Posterior Chain- GPR Lift/movement  
Posterior Chain- GPR Lift/movement  
A.I.M - Target Dominant muscles used in 3 & 4 as needed

Throwing Drills  
3D Core  
Rotational Movement 1  
Rotational Movement 2  
Throwing Rotational movement  
GPR- Glutes and Hamstring focused  
Cool Down: Appropriate to Phase

DOWNLOAD.

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THE TEMPLATE.

Designing  
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1. Block Instructions  
1.Objective of Block  
2.Intensity Increase  
3.Energy System Focus  
4.Nutrition needs Reminder – This Is Critical

2. Throws Work listed in Block  
1.TCR Pillar focus/ Reps

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4

# THE TEMPLATE.



- 3.Pre-Warm-up AIM
- 4. Active Warm-up- approx. 10-15 min
- 5. Workouts 1&2 -Days - ES
  - Lift 1 Special Prep Exercise/Olympic Lift
    - A.I.M - Target Dominant muscles used in Lift 1
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# THE TEMPLATE.



- 6. Throwing Drills
- 7. 3D Core
  - Rotational Movement 1
  - Rotational Movement 2
  - Throwing Rotational movement
  - GPR- Glutes and Hamstring focused
- 8. **Cool Down:** Appropriate to Phase

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# YOUR 1<sup>ST</sup> WORKOUT STEP BY STEP.

Designing your Programs

**WORKOUT TEMPLATE- THINK ON PAPER.**

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# YOUR 1<sup>ST</sup> WORKOUT STEP BY STEP.

Designing your Programs

Pre-warm-up (AIM-Roll)

Warm-up

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# WARM-UP

## PRE-WARM-UP

ROLL AND IM  
TARGET GPI ISSUES. (THEY WILL LEARN OBVIOUS  
SPOTS FAST)

## WARM-UPS

EVERY PRACTICE- ALL SORTS OF OPTIONS.  
PREPARE THE BODY BUT DEVELOP ATHLETIC  
MOVEMENT COORDINATION  
MECHANICS  
RHYTHM  
IDENTIFY KCR ISSUES  
15-20 YRDS  
LADDERS, CONES, ON HANDS & KNEES



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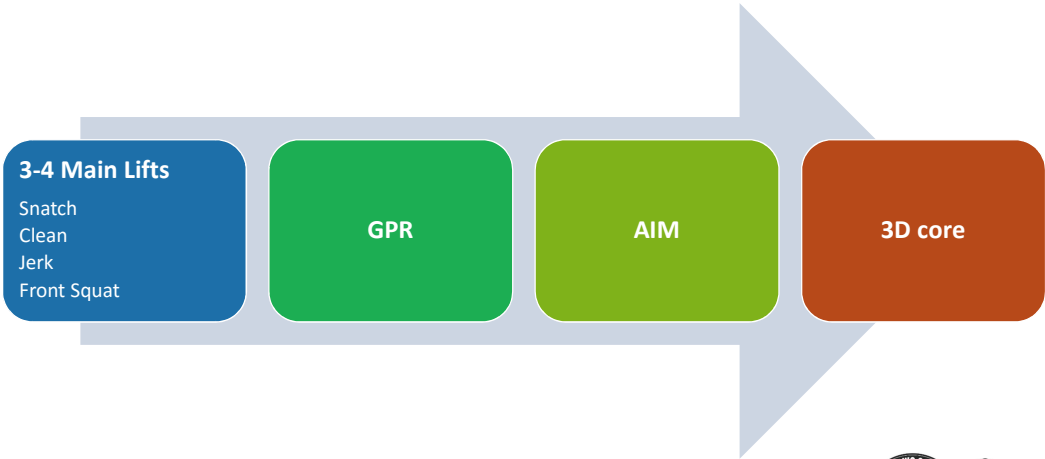
# WARM-UP.



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# THE MAIN LIFTS.



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# BLOCK WORKOUTS



CONSISTENT WITH BLOCK GOALS

**ACCUMULATION: 60-80%**

1. **HI VOLUME- LOW TO MODERATE INTENSITY**
2. **4X10/5X5/8X3- ALL HIGH VOL- DIFF. INTENSITY**
3. **BASIC MOTOR ABILITY AND BASE TECHNICAL SKILLS (DRILLS)**

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# BLOCK WORKOUTS



**CONSISTENT WITH BLOCK GOALS**

**TRANSMUTATION: 80-100+%**

- 1. MODERATE VOL./ HI INTENSITY
- 2. REPS 3'S, 2'S, 1,'S 80/3, 82/3. 85/2, 87/1
- 3. EVENT SPECIFIC ABILITIES, THROWING TECHNIQUE
- 4. 4DAY OFF SEASON/3 DAYS IN SEASON
- 5. FOCUS IS ON THROWING DOMINATE SYSTEM

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# BLOCK WORKOUTS



**CONSISTENT WITH BLOCK GOALS**

**REALIZATION – 25-60%**

- 1. HI INTENSITY/ LOW-MED VOL-
- 2. ATHLETE IS PERFORMING AND MOVING AT MAXIMUM SPEED
- 3. RESTED AND READY TO PERFORM AT PEAK LEVELS.

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Workout Design

IF THEY DON'T HAVE % AS IS THE CASE WITH MANY YOUNG ATHLETES

**BILL STAR: 5X5**

**INCREASE WEIGHT EACH SET**

**100, 120, 130, 140, 150**



**RULES: KEEP INCREASING AS LONG AS...**

**GOOD TECHNIQUE FOR ALL 5 REPS**

**IF ATHLETE FAILS, STAY AT WEIGHT UNTIL THEY MAKE ALL 5.**

**WAIT 4-8 WEEKS BEFORE YOU HAVE A MAX.**



**ALWAYS WORK QUALITY OVER QUANTITY!!!!**



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Workout Design

# Reps	%1RM	Exertion Levels						
		Max Exertion (ME)	Near Max Exertion (NME)		Hard Exertion (HE)		Medium Hard Exertion (MHE)	
		Max reps	1 rep short	2 reps short	3 reps short	4 reps short	5 reps short	6 reps short
1	100%	100%	95%	92%	89%	86%	83%	81%
2	95%	95%	92%	89%	86%	83%	81%	79%
3	92%	92%	89%	86%	83%	81%	79%	77%
4	89%	89%	86%	83%	81%	79%	77%	75%
5	86%	86%	83%	81%	79%	77%	75%	73%
6	83%	83%	81%	79%	77%	75%	73%	71%
7	81%	81%	79%	77%	75%	73%	71%	70%
8	79%	79%	77%	75%	73%	71%	70%	68%
9	77%	77%	75%	73%	71%	70%	68%	67%
10	75%	75%	73%	71%	70%	68%	67%	65%
11	73%	73%	71%	70%	68%	67%	65%	64%
12	71%	71%	70%	68%	67%	65%	64%	63%
13	70%	70%	68%	67%	65%	64%	63%	62%
14	68%	68%	67%	65%	64%	63%	62%	61%
15	67%	67%	65%	64%	63%	62%	61%	
16	65%	65%	64%	63%	62%	61%		
17	64%	64%	63%	62%	61%			
18	63%	63%	62%	61%				
19	62%	62%	61%					
20	61%	61%						



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# PUT IT ALL TOGETHER



## WORKOUT 1

Snatch  
Clean  
Front Squat

### Arete OFFSEASON BASE- Accumulation - AZ wks 3 & 4

P6 25 Pre-Block Stands- 2k Ball with 2.5lb DB in left hand.  
TCR 12 Drill throws with 5Lb DB Discus Right hand and 2.5 lb in left hand. Do Left side first, then Right Side. Stop in Power Position- Working Pillar 1 set up. Set-up. Head position on start. Controlled about 70% speed.

**Weeks 3 & 4 maintain %.** Increase # of sets per week to limit stress on the body. Do not increase weight until week 3 or 4. This is Volume and low intensity. Good carb/protein intake for the 3 hours following weight training. There may be slight adjustments each week. NUTRITION 25% calories from Protein, up to 30% from Fat, 45% carbs. Will need a quality grass fed Whey Protein.

#### Monday/Thursday ES 2 minutes

1. Snatch - (70/3) 3, 75/3/2, 80/1/2 - ROLL Between Sets

*A.I.M - Lats, TM, Pecs, Serratus, Quads, HF, TFL, GM*

2. Cleans 75/3/2, 77/2/2 80/1/3

3a. Front Squats (75/5/4 ES 2 minutes

3b GPR-3 point Lunge (#/4ea.pos./4

4a. RDL (50/10)/4

4b. GPR- DB Single Arm Row 4x10 each side

*A.I.M - Gastrocs, Quads, HF, TFL, GM, Soleus*

Drills above

3D Core

HYPERS or Barbell Hip Raises with 135- 3 x 15

ROMANS - 3 x 15

MB Rotating Wall Throw (left & right) - 3 x 10 ea side)

Barbell Farmer walks 50-60K 3x 10 steps- Do Opposite side back.

Added GPR As needed 10 minute cool down- Easy jog.



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# PUT IT ALL TOGETHER



## Workout 2

Hang Clean  
Clean Pull  
Lunge  
Incline 2:1 ratio

#### Tuesday/Friday- ES 2 minutes

1. Hang Clean 70/303, 75/3/2, 80/1/2

2. Clean Pull with Essential Lowering (80/5/4 0050 tempo

*A.I.M - Pecs ( Minor & Major), Quads, HF, TFL, GM- use MB*

2. DB Walking Lunges (40/5/4 % of clean mx. Divide by 2

2b. Toe Reach Matrix (for Ankle mobility).

*A.I.M - Lats, Quads, HF, TFL, GM, Gastrocs, Soleus- use MB*

3. Incline Bench (70/5)/3

3b GPR- DB Bent Over Rows. 4x10 ea. Side

*A.I.M - Pec Major and Minor, Biceps, lats, Serratus, Anterior Delts.*

Core:

1. Walking TRUNK TWIST W/ PLATE - 4 x 10 Light and Good ROM.

2. OVERHEAD SIDE TO SIDE BEND To Hammer swing Left & Right W/ PLATE - 4 x 5

Drills above

ADDED GPR- Moderate Weight Work Joint Strength and ROM. Want to build and get in volume.

Tricep Kick Backs 4x15

Barbell Bicep Curls 4x10

DB OH Press 4x10

Pull-ups- Neutral grip 4 set to Failure

30 sec Finger Tip Planks (from the Knee if too difficult on hands and fingers)



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# PUT IT ALL TOGETHER

Workout  
2  
Core Work



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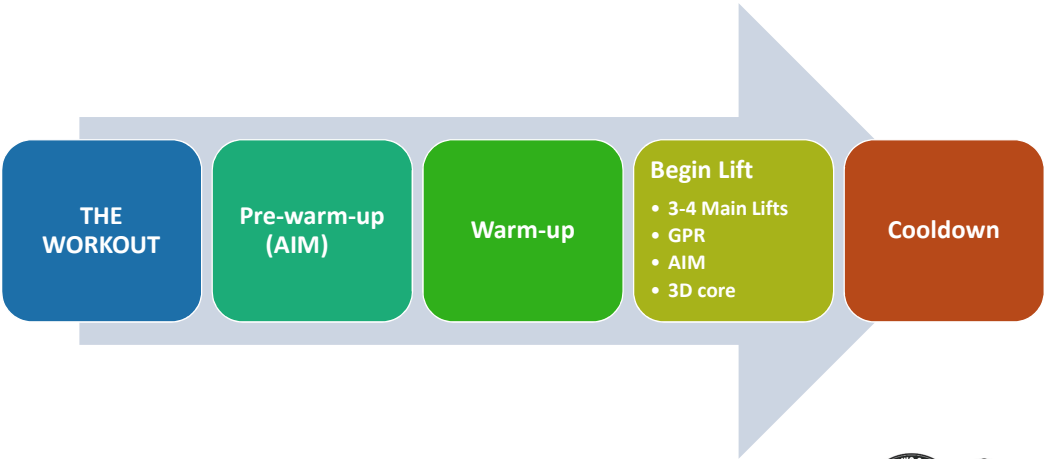
Workout  
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# PUT IT ALL TOGETHER

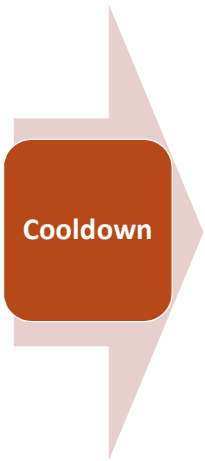


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# PUT IT ALL TOGETHER



**CONSISTENT WITH BLOCK GOALS**

**ACCUMULATION:** LACTIC ACID FLUSH, LOW IMPACT JOG UP TO A MILE, STRIDERS, CARIOCA, SKIPS, ETC OUTSIDE UP TO 50 YRDS, INTERVALS.

**TRANSMUTATION:** HIGHER INTENSITY, SHORT DISTANCE.. 10-20 YARDS. NOT TRAINING TO BE SPRINTERS, REACTIVE WORK.

**REALIZATION-** AIM/ROLL. SPORT SPECIFIC-


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PUT IT ALL TOGETHER

WORKOUT  
Instructions





ATN HS

Transmutation 1

Off-Season IM-ADV

3 week cycle- unload week 4

Higher intensity to increase strength and GPR focus correct structural deficits.. focus on A.I.M & GPR movements for more rapid increase in athletic potential. More Specif Throws Strength and lifting technique focus. Linear Resistance Progression/ use good technique, MAKE SURE TO FOLLOW TEMPO instructions. ES- Keep rest to 2 minutes between sets. Increase % 2.5 % per workout/per exercise for 3 weeks  
(ES=Energyystem)- Max 2 min between olympic movements, and 90 secs between power lifts  
(Pp=Power Posture)  
(A.I.M= Arete Integrated Mobility Between super Sets and during main lifts as needed)  
(3D CORE= 3 dimensional Core Training- Rotational core and )  
%s used in this phase for beginners are estimated and All athletes will max out week 8



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YOUR 1<sup>ST</sup> WORKOUT STEP BY STEP.

Workout 1  
TRANSMUTATION



Snatch  
Clean Pull  
Single Leg Squat  
Jump

Monday/Thursday  
1) Target Rolling  
2) BioDynamic Warm-up  
Primary Workout  
1) Snatch (80/2)8 ES=Energyystem)- Max 2 min  
A.I.M= Arete Integrated Mobility Between super Sets and during main lifts as needed)  
2) Clean Pulls Shrug (95/2)4  
A.I.M= Arete Integrated Mobility Between super Sets and during main lifts as needed)  
3) Single Leg squat- (40/3)4 to max (Pp=Power Posture)  
3a) KB Jump Squats 5x5 @ 20K  
A.I.M= Arete Integrated Mobility Between super Sets and during main lifts as needed)

3D Core: Increase resistance each week 4x10 all|  
1. Barbell Twists Lock the hips. 4x10 ea side (Rotation)  
2. Single Leg Hypers (weighted) 4x10 (Extension) Pp=Power Posture)  
3. Static Landmine for Transverse Abdominus Activation.  
4. Roman Chair Sit-ups 5x10 (Flexion)

\*\*\*\*THROWING DRILLS: Pillar connection 1-5 Wall Throws-

15 per Pillar  
1. Pre-blocks  
2. Stands  
3. Modified Wheel  
4. 270 drill start  
5. W.U. 1 full throw  
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# YOUR 1<sup>ST</sup> WORKOUT STEP BY STEP.



**ATN HS**  
**Transmutation 1**  
**Off-Season IM-ADV**  
**3 week cycle- unload week 4**

## Workout 2 TRANSMUTATION

Clean  
Jerk  
Incline  
Pause Squat

### Tuesday/Friday

- 1) Clean (80/3)4 *ES=EnergySystem*- Max 2 min  
*A.I.M= Arete Integrated Mobility Between super Sets and during main lifts as needed*
- 2) Jerks (60/3)4
- 3) High Incline Bench Press (75/3)5 , 3:0 X:0 (Work Explosion)
- 3b) Barbell Rows) 5 sets/12 reps 2:0 X:0 Tempo *ES=EnergySystem*- Max 1 min  
*A.I.M= Arete Integrated Mobility Between super Sets and during main lifts as needed*
- 4) Pause Squat (55/3)5 2:3 x:0 Tempo

### GPR (Posterior Delts, Scap Retractors, & Upper Thoracic 4 sets x10

1. DB rear delt flys (back parallel to Floor)
2. Pull-ups 4xMax ( maximum Number of reps you can do. Girls can use Black band to assist.
3. Lat Pull Downs (supine grip)
4. Planks 4x60 sec holds.

### Throws Strength: Rotational Throws Tuesday/Thursday/ & FRIDAY

1. Weighted Pre-Block Throws (Power position Axis) 6lb 4x5 (Left & Right leg Axis)
2. left Leg/left Arm Stops w/MB Block throws 5x6 (Left & Right) MB DT(4lb-8lb) /SP 10lb-15lb
3. MB Modified Wheel working left leg Block 10lb MB 4x6 control distance to wall  
*A.I.M= Arete Integrated Mobility Between super Sets and during main lifts as needed*

### Cool Down:

Stretching DB Flys (This is a static Stretch) Chest Roll. 5 x 90 second hold.

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# YOUR 1<sup>ST</sup> WORKOUT STEP BY STEP.



**ATN HS**  
**Transmutation 1**  
**Off-Season IM-ADV**  
**3 week cycle- unload week 4**

## Workout 2 Recovery Day Full body Rolls

### Wednesday: Recovery Day-Roll-

#### Stretch & Roll: Both Days Target Major Areas of tension.

- MB Piriformis Roll\*\* TFL, Hip Flexors
- MB Gastrocs & Soleus
- MB/ LAX ball Pec major/Minor
- MB Bicep roll
- MB Roll Anterior Delts
- FR Lats, Serratus, Teres Major

#### Target Rolling

1. Feet- LAX BALL
2. Soleus-MB
3. Gastrocs- MB
4. Tibialis Anterior - Foam Roller or MB

#### Quad Roll Sequence:

1. Vastus Lateralis- HD Roller
2. Rectus Femoris HD ROLLER OR MB- if acute- Sit and Use LAX ball
3. TFL- MB
4. Hip Flexors- MB

#### Hip Complex/Low Back Roll Sequence-

1. Gluteus Max -MB
2. Gluteus Medius-MB
3. Gluteus Minimus-MB
4. Piriformis-MB
5. Roll Glute Medius, Max Origin at Hip Crest- LAX ball
6. Roll QL (quadratus lumborum) Lax Ball

#### Shoulder Complex

- MB/ LAX ball Pec major/Minor
- MB Bicep roll
- MB Roll Anterior Delts
- FR Lats, Serratus, Teres Major, Subscapularis

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# YOUR 1<sup>ST</sup> WORKOUT STEP BY STEP.



**WORKOUT TEMPLATE- THINK ON PAPER.**

*Legend:*  
(ES=Energysten)- Max 2 min between olympic movements, and 90 secs between power lifts  
(GPR=Gross Posture Rebalancing)  
(I.M= Arete Integrated Mobility Between super Sets and during main lifts as needed)  
(3D CORE= 3 dimensional Core Training- Rotational core and forward and reverse flexion )

**Block Instructions**

1. Objective of Block
2. Intensity Increase
3. Energy System Focus
4. Nutrition needs Reminder

**Throws Work listed in Block**

1. Mimic Competition- Throw For Distance |100%

**Pre-Warm-up AIM**

**Active Warm-up-** 10-15min of Assorted Movements

**Workouts 1&2 -Days - ES**

**Lift 1** Special Prep Exercise/Olympic Lift

*A.I.M - Target Dominant muscles used in Lift 1*

**Lift 2** Special Prep Exercise/Olympic Lift/movement

**Lift 3** General Strength Based/power - Lift

*GPR* Movement based whose goal is to improve posture and counter muscle dominance from major movement. **le posterior/Anterior - Medial/lateral**

*A.I.M - Target Dominant muscles used in 3 & 4 as needed*

**Throwing Drills**

**3D Core**

Rotational Movement 1

GPR- Glutes and Hamstring focused

Cool Down: Roll

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## NEXT MODULE.....

1. Module 5.- Q&A and GPR and IM Case examples.
2. Video Library Will Include about 24 Video Clips to Start.

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## ATN: STRENGTH TRAINING FOR THROWERS.

### MODULE 4 Q & A

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