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MODULE 3- PROGRAM DESIGN

STT: LESS IS MORE

Recap: Module 2

KEEP IT SIMPLE



- Less Is more
- CNS Loves it
- SAID PRINCIPLE
- 4 vs 10

Block  
Periodization-  
Simplifies

- Accumulation
- Transmutation
- Realization

Focus on specific  
objectives of  
each Block.

- Targeted Focus  
yields better results
- 4 vs 10



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# GOAL: TRAIN A CONDITIDIONED RESPONSE

1. Before conditioning

2. Before conditioning

3. During conditioning

4. After conditioning

MORE STIMULUS RESULTS IN LONGER TIME TO CREATE CONDITIONED RESPONSE.. LIFT, THROW...

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# KEEP IT SIMPLE

Purpose of this Course

start designing easier, less complicated programs

Include fewer exercises and focus on core objective.

Avoid Accumulated Fatigue.

Focus On Rest For CNS-

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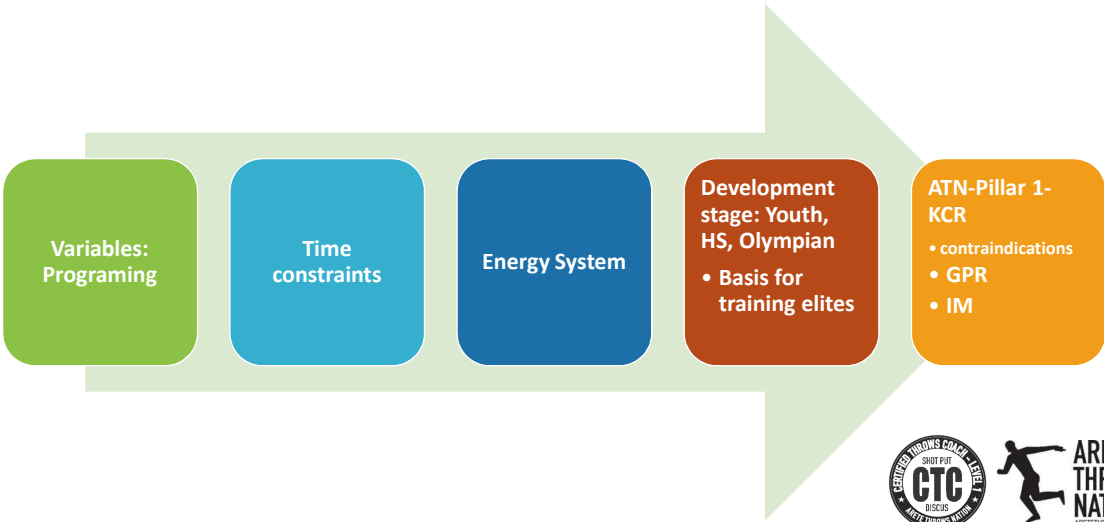
# STRENGTH TRAINING PROGRAM DESIGN FUNDAMENTALS

- FIRST YEAR FOR THROWERS IS THE SET UP YEAR FOR A SOLID FUTURE PROGRAM.
- TECHNIQUE DEVELOPMENT LIFTS AND THROWS
- SET THE UNDERSTANDING OF WHAT IT TAKES TO BE SUCCESSFUL- WORK
- DETERMINE WHAT TYPE OF THROWER THEY WANT TO BE. - THE INTANGIBLES. THIS IS UP TO THE THROWER.
- THIS IS A “ WORK = SUCCESS” SPORT. SO THEY HAVE TO WANT TO WORK



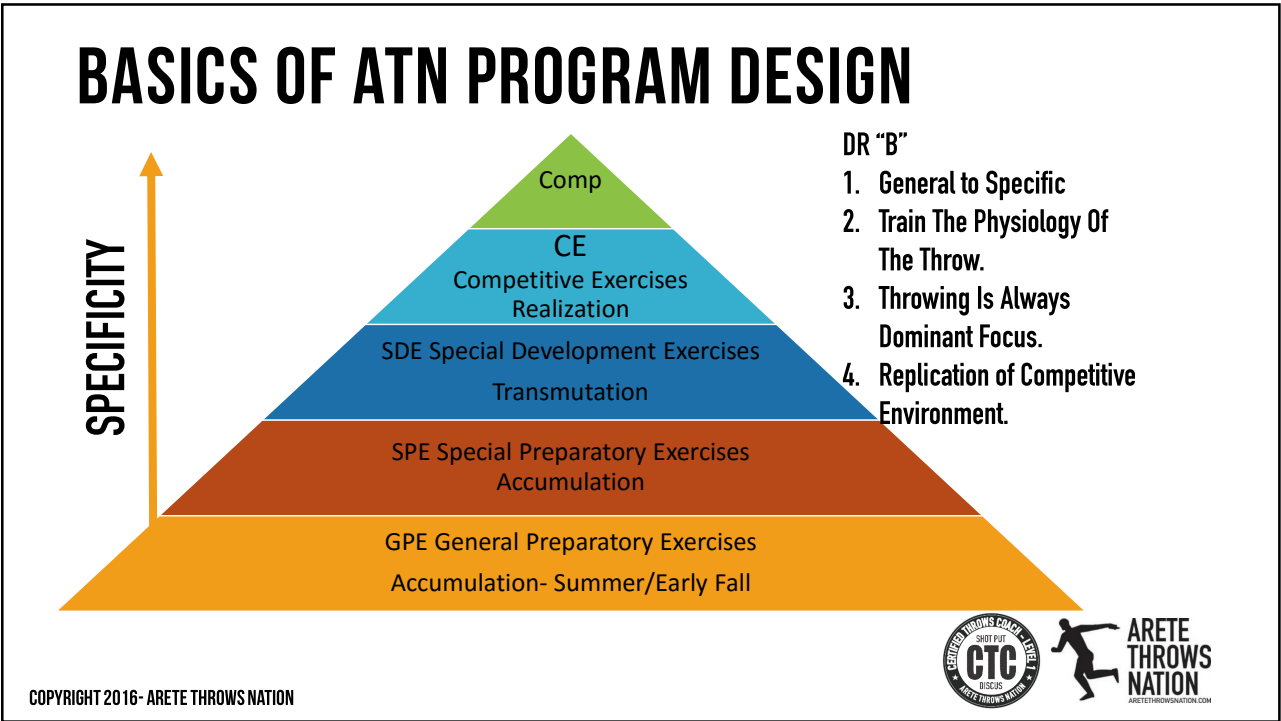
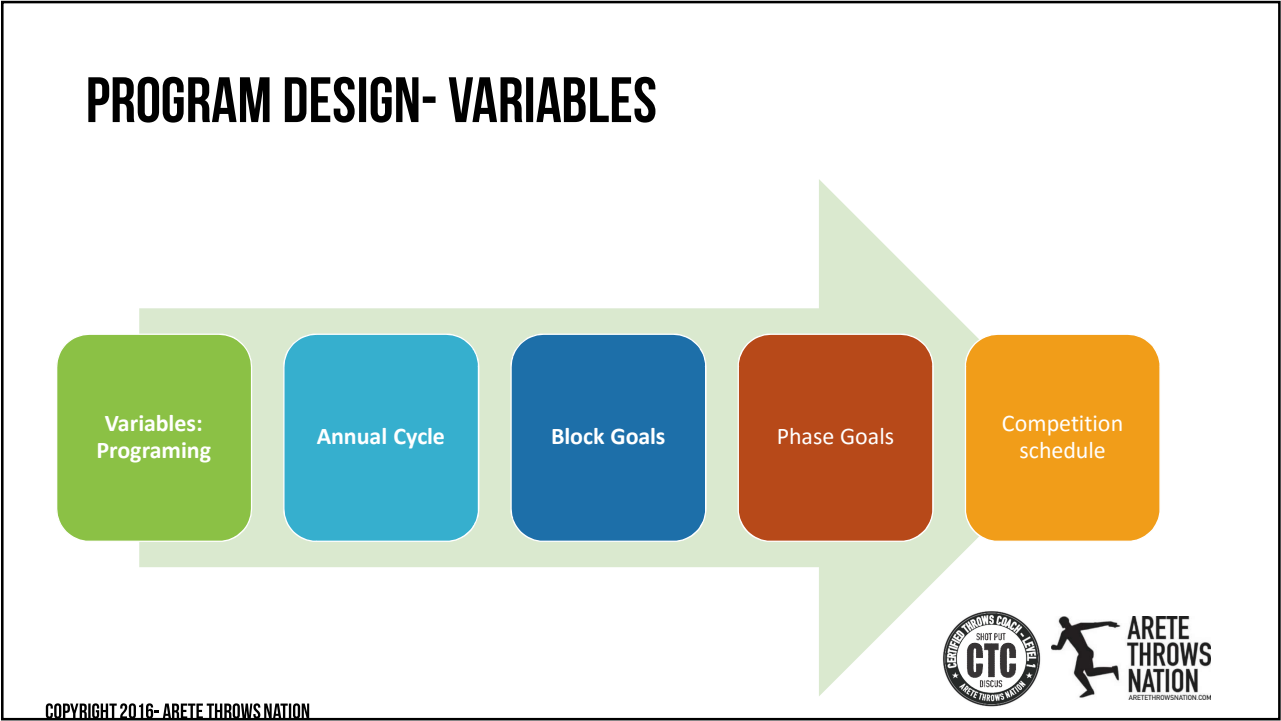
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# PROGRAM DESIGN- VARIABLES



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# BASICS OF ATN PROGRAM DESIGN



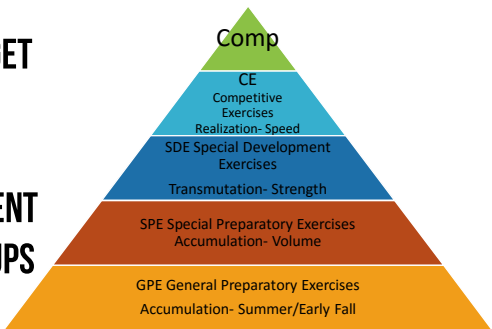
CORE STRUCTURE IS THE SAME FOR ALL LEVELS:  
DETAILS ARE ADJUSTED FOR EACH LEVEL OF THROWER

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# WHAT TO INCLUDE:

- 
- 1. GPE: GENERAL PREPARATORY EXERCISES- SUMMER/EARLY OFF SEASON/ MORE GPR, IM, GET BODY READY TO TRAIN!!!**
  - 2. SPE: SPECIAL PREPARATORY EXERCISES TRAINING THAT DOES NOT IMITATE THE MOVEMENT OF THROWING, BUT TRAINS SAME MUSCLE GROUPS AND PHYSIO SYSTEM. I.E. OLYMPIC LIFTS COORDINATION, SEQUENTIAL, UNILATERAL, JUMPS, MED BALL THROWS AND WORK.**



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## BASICS OF ATN PROGRAM DESIGN

### 3. SDE SPECIAL DEVELOPMENT EXERCISES

- SPECIFIC STRENGTH, TWISTING, OVER WEIGHTED  
STAND THROWS,

### 4. CE COMPETITIVE EXERCISES-

- MIMIC COMP STYLES THROWS AND SCENARIO.
- MEET STYLE WARM-UP.
- READY IN 4 THROWS
- FOULS MATTER
- HIGH INTENSITY, LOW VOLUME.



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## BASICS OF ATN PROGRAM DESIGN

- AGAIN... PRETTY SIMPLE WHEN YOU THINK ABOUT IT
- SIMPLY FOCUS ON THE OBJECTIVES
- ITS ALL ABOUT BETTER THROWING!!!
- THAT WHAT PRESERVES CNS
- THIS IS WHY WE DON'T DO DEAD LIFTS. HEAVY  
CLEAN PULLS ALWAYS INCLUDE THE SPE  
SEQUENTIAL NATURE OF THE THROW.



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# ATN PROGRAM DESIGN SUMMARY

1. BLOCK DESIGN: LAYOUT THE YEAR.

• FOCUS ON THE OBJECTIVES. , SPE, SDE, CE

2. SPE- **ACCUM**- OLYMPIC LIFTING DOMINANT PRO  
ROTATIONAL STRENGTH 60%-80%

3. ATN-GPR GROSS POSTURE REBALANCING™ & IM

4. SDE- **TRANS** THROWS SPECIALIZED MOVEMENT  
OVERWEIGHTED, HEAVY WIEGHT, WALL THRWING, LIFTS  
THAT MIMIC THROWING 80%- 100%

5. CE- **REAL**-MIMIC COMP, SPEED, INTENSITY, PROCESS  
25-60%

Clean and Jerk Hold Anatomy



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# BASICS OF ATN PROGRAM DESIGN

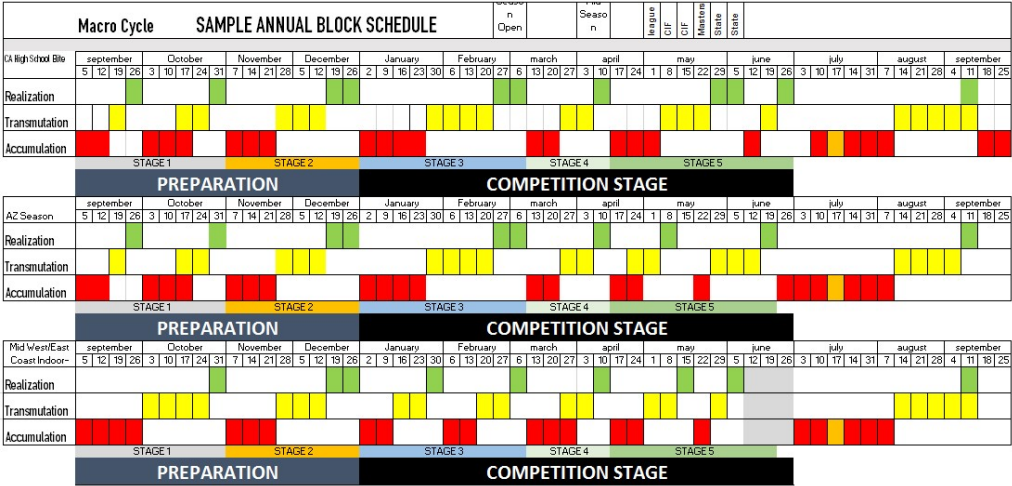
Macro Cycle	SAMPLE ANNUAL BLOCK SCHEDULE												Season Open	Season	League	CIF	CIF	Masters	State	State										
CA High School Bile	september	October			November			December	January			February	march		april		may		june		july		august		september					
	5   12   19   26	3   10   17   24   31	7   14   21   28	5   12   19   26	2   9   16   23   30	6   13   20   27	4   11   18   25	2   9   16   23   30	1   8   15   22   29	5   12   19   26	3   10   17   24   31	7   14   21   28	4   11   18   25																	
Realization																														
Transmutation																														
Accumulation																														
	STAGE 1			STAGE 2			STAGE 3			STAGE 4			STAGE 5																	
	PREPARATION						COMPETITION STAGE																							



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# BASICS OF ATN PROGRAM DESIGN



# BP PROGRAM ELEMENTS

(ACCUMULATION) GPE/SPE- INTM/ELITE HS+. PRE-SEASON



TO BE COVERED IN FUTURE MODULE



## BP PROGRAM ELEMENTS

(ACCUMULATION) GPE/SPE- INTM/ELITE HS+. PRE-SEASON

- 5 DAY PROGRAM- 2-3 WEEKS-  
STICK TO 3-4 MAIN EXERCISES + GPR/IM & CORE
- **VOLUME:**  
WORKOUT 1-MONDAY/WED (3 SETS ONLY)/FRIDAY –
- WORKOUT 2-TUESDAY/THURSDAY
- DRILLS LOTS OF VOLUME OF THE THROWING MOTION
- GPR/IM
- TECHNICAL EFFICIENCY
- $4 \times 10 @ 125 = 1250\text{LBS}/\text{SET} = 5000/\text{LBS}$
- $5 \times 5 @ 200 = 1000\text{LBS}/\text{SET} = 5000/\text{LBS}$
- SAME VOLUME, DIFFERENT RESULTS.

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## BP PROGRAM ELEMENTS

(ACCUMULATION) GPE/SPE- INTM/ELITE HS+. PRE-SEASON

- **INTENSITY**  
80% FOR ENTIRE CYCLE AND ONLY INCREASE # OF SETS EACH WEEK TO LIMIT  
STRESS ON THE CNS. BE SURE TO INCREASE CALORIE INTAKE ON THIS CYCLE.  
POST WORKOUT SHAKE.
- APPROX. 55-60% =  $4 \times 10 @ 125 = 1250\text{LBS}/\text{SET} = 5000/\text{LBS}$  (40 REPS)
- APPROX. 75-80% =  $5 \times 5 @ 200 = 1000\text{LBS}/\text{SET} = 5000/\text{LBS}$  (25 REPS)
- SAME VOLUME, DIFFERENT RESULTS.
- WHEN TO USE WHICH?

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# BP PROGRAM ELEMENTS

(ACCUMULATION) GPE/SPE- INTM/ELITE HS+. PRE-SEASON

- 5 DAY PROGRAM- 2-3 WEEKS
- IMPORTANT TO REALIZE THAT A PROGRAM WILL LIKELY ALWAYS HAVE ADJUSTMENTS. TWEAKS.
- GATHER ATHLETE FEEDBACK AND NOTICE.
- POSSIBLY ADJUST %, CHANGE ATHLETE X TO HANG SNATCH VS POWER SNATCH, CHANGE FROM BACK SQUAT TO FRONT, CHANGE FROM SQUAT TO LUNGE, CHANGE ROMAN CHAIR CRUNCH TO ROMAN CHAIR TWISTS.
- THERE MAY BE SLIGHT ADJUSTMENTS EACH WEEK.
- DOCUMENT CHANGES MADE

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# BP PROGRAM ELEMENTS

(ACCUMULATION) GPE/SPE- INTM/ELITE HS+. PRE-SEASON

- COMMIT TO ONGOING STUDY-
- TRACK RESULTS
- WORKOUTS OVER TIME BECOME EASIER TO ADJUST AND CREATE. ESPECIALLY AFTER FIRST YEAR.
- TRY NEW PROGRAMS, MEASURE RESPONSES

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## BP PROGRAM ELEMENTS

### HOW TO READ WORKOUT

Monday/Wed (3 sets Only)/Friday -

(80/3)6

Equals (80% of 1 rep Max/3reps) 6 sets

What if they Don't have Max Numbers or  
technique to max.

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## BP PROGRAM ELEMENTS

### ARETE ELITE HS: HIGH VOLUME (ACCUMULATION)

Monday/Wed (3 sets Only)/Friday – ES 2-3 Min

1. Snatch - (80/3)6 wk 1, 7 wk 2, 8 wk3 –

AIM- *Lats, TM, Pecs, Serratus, Quads, HF, TFL, GM*

2. Clean Pulls (85/3)6

3a. FR SQUAT - (80/2)6

3b **GPR**-Heavy Reaching Lunge 6x5 IM between Sets

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

4. Box JUMPS step off 12 inch box up to 30-36"+ box-  
5 x 5 (Walk Down)

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

3D Core

1 HYPERS weighted - 4 x 10

2. ROMANS weighted w/ Twist - 4 x 10

3. Barbell Twists - 4 x 10

4. Up, Down & Twist Left & Right bridge 3 x 10

10 minute cool down- 4-50's yard Striders 4-30's 60%

**Post Workout Recovery Shake**

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## BP PROGRAM ELEMENTS

### ARETE ELITE HS : HIGH VOLUME (ACCUMULATION)

#### Tuesday/Thursday- Maintain Sets and Reps

1. Clean & Jerk (80/5)5
2. Snatch + OH Squat (3 second Pause at Bottom)+ Push Jerk (50/1+1+1/3)3 Tempo

**AIM- Lats, TM, Pecs, Serratus, Quads, HF, TFL, GM**

3. GPR-RDL to Barbell Rows (70/5)6 (Use Clean %)

3D core

HYPERS weighted - 5 x 10

- 1.Koji multi- Plate Twists- 5 x 10
- 2.Landmines - 5 x 10

10 minute cool down- 4 50's, 4- 20's Carioka

**Post Workout Recovery Shake**



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## BP PROGRAM ELEMENTS

### PROGRAM DESIGN- LET'S DESIGN IT!

1. Throws schedule
2. Monday- Lift & Drill
3. Tuesday- Wall Throws- Lift
4. Wednesday Rest
5. Thursday- Outdoor Throw- Lift
- Friday- Lift and Drill

Throws and wall Throws

1. Disc 2k, 1.6k, 1.6k/1k - shot 14/12 10/4k
  2. 10-20 Pre- Blocks
  3. 10-20 Stands
  4. 10-20 Modified Wheels Reverse with Left side block 2k, 1.6
  5. 10-20 So. Africans
  6. 20 WU-1 Fulls, 2k, 1.75
- 5 stand with Overweight implement - Working Block and Right leg axis



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## BP PROGRAM ELEMENTS

### TRANSMUTATION STAGE 1 OR 2

#### Throws:

**Monday- Lift & Drill**

**Tuesday- Wall Throws- Lift**

**Wednesday Rest**

**Thursday- Outdoor Throw- Lift**

**Friday- Lift and Drill**

#### Drills: Pillars 1-6 for Thrower Need ie...

Pillar 1- WU1 to 180, WU2

Pillar 2- 90 Degree walk arounds, CM Shifts,  
Shift-Turn-Load

Pillar 3- Puddle 1-3

Pillar 4- Mod Wheel Repeats

Pillar 5- Elevator Drop, Elevator Counters

Pillar 6- left Leg Left Arm Stops, Band Block, MB Distance Throws



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## BP PROGRAM ELEMENTS

### TRANSMUTATION- LIFT STAGE 1 OR 2 INTENSITY

**Monday/Thursday ES2-3 min Increase 2-2.5% per workout/ per exercise every 2 workouts)**

#### Active Warm-up

1. Snatch - ((80/2), (82/2), 85/1) **AIM as needed**

2. Clean Pulls (95/2)4-

3a. FR SQUAT - (85/2)2 , (87/1)2

3b KB Jumps 4x2 @ 28kg - **AIM as needed**

4. GPR-3 point DB reaching Lunges (40/2ea pos.)4

5. GPR-Bent Over High Elbow Rows 4x6 ( load ham and Glutes) Work Back

**3D Core & Added GPR ( Gross posture Rebalancing)**

glute Ham Raises - 4 x 10

Power Position Twists with Barbell - 5 x 3 each side

Dbl Leg Side to Side supine twists. 3x5

Prone Alternating leg twist (Scorpions) 3x8

#### After throw and lift

5- 15 yd sprints at 75-85%

5 minute cool down jog, Skip, Carioca, back pedal.

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## BP PROGRAM ELEMENTS

### TRANSMUTATION- LIFT STAGE 1 OR 2

#### Tuesday/Friday

1. Snatch - (82/1)3 (60/2)4- maintain %

**AIM- Quads, Glute Medius. Rectus femoris, lats**

2. Hang Clean Pulls (80/2)4-

3 KB Jumps (20kg/4)4

4. **GPR** 3 point DB reaching Lunges (40lbs/2ea pos.)4

5. **GPR** Bent Over High Elbow Rows 4x6 (load hammy and Glutes) Work Back

Core & GPR (Gross posture Rebalancing.

RDL- 5 x 10

Power Position Twists with Barbell - 5 x 3 each side

Dbl Leg Side to Side supine twists. 3x8

Prone Alternating leg twist (Scorpions) 3x8

#### Post Workout Roll:

After throw and lift

5- 20 yd sprints at 60%

5 minute cool down jog, Skip, Carioca, back pedal.

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## BP PROGRAM ELEMENTS

### REALIZATION 25-60% SPEED AND LOW VOLUME

In-season vs Off Season single workouts. Less Stuff.

Monday/Wednesday/Friday (Increased 2-2.5% per workout/ per exercise every 2 workouts) Lo

1. Snatch - (50/2)4-

**AIM- Quads, Glute Medius. Rectus femoris, lats**

3a. FR SQUAT - (60/2)3 - Drive out of the bottom

3b KB Jumps (20kg/2)3

**AIM- Quads, Glute Medius. Rectus femoris, lats**

4. GPR-3 point DB reaching Lunges (40/2ea pos.)3

5. GPR-Bent Over High Elbow Rows 3 x 5 (load hammys and Glutes) Work Back

Core & GPR Power Position Twists with Barbell - 5 x 3 each side

Dbl Leg Side to Side supine twists. 3x8

Prone Alternating leg twist (Scorpions) 3x8

Post Workout Roll

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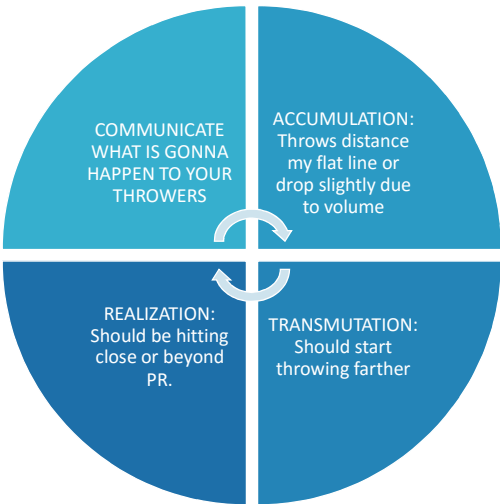
PILLARS 4-7

- PILLAR 4 —MULTI-JOINT SEQUENTIAL STRENGTH  
MOVEMENTS Oly Lifts
- PILLAR 5 —SPORT SPECIFIC STRENGTH
  - TRAIN UNILATERAL NEEDS- THINK TCR Pillar 2-6
  - Explosive Movements
  - 3 dimensional- Rotational- Throwing
- PILLAR 6 —BLOCK PERIODIZATION CNS THROWING  
DOMINANT VS. LIFTING DOMINANT
  - This is where THE DAMAGE or BIG SUCCESS OCCURS
- PILLAR 7 RECOVERY



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IMPLEMENTING A PROGRAM



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## DESIGNING A PROGRAM



**MANY WAYS TO SKIN THE CAT: BUT SPECIFIC FOCUS FAST-  
TRACKS RESULTS**

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## GPR QUICK LOOK

GPR consists of TARGETED Isolation & Posture Correction Movements

### POSTERIOR DELTS & UPPER THORACIC SPINE

**Bent over DB flys 4x6**

**Bench prone 180's 4x6**

**High Incline Bench (75/4)4**

**Barbell Rows (various) 4x8**

**Tricep Rope Extensions 4x10**

**HANG CLEAN SHRUGS 4X5**

**SLOW CLEAN SHRUGS 5X5**

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## GPR QUICK LOOK

### HAMSTRINGS & HIPS:

Reaching Lunges 4x6

Lateral Reaching Lunges 4x6

DB RDL 4x10

Directional Reaching

### CORE

DB Side Oblique Crunch 4x8

Hypers 3x10

KOJI TWISTS, Landmines, Roman Chair, PP Twists

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## Complete your First Program:

1. Layout Your Annual Cycle.
2. Layout Your Blocks/Phases
3. Design 2 workouts- for a block Use 1 to 2.
4. Layout the volume and intensity according to each block
5. Integrate AIM™ & GPR
6. Welcome to your first cycle.
7. Your Program variables determine your program design

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## NEXT MODULE.....

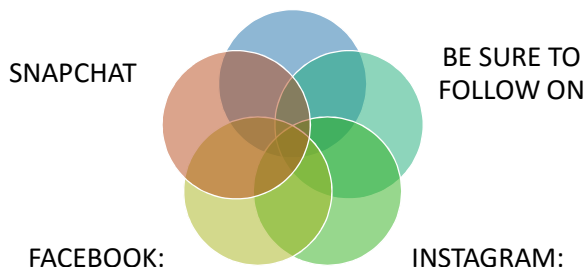
1. Module 4.- GPR and IM Case examples.
2. Lets review More Programing Details and review draft programs.

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## ATN: STRENGTH TRAINING FOR THROWERS.

### MODULE 3 Q & A



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