

## Planning Weight Training for Track and Field

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## The Basics of Speed and Power Development in the Weight Room

- Technique is Critical
- Keep it Simple
  - Exercise Choices and Number
  - Equipment
  - Movements – Don't Be Overly Specific
- Progressions - Conservative Beginnings and Patient Progression
  - Start Light
  - Progress to a Mix of Heavier and Light

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## Categories of Lifts

- Olympic Lifts
- Static Lifts
- Ballistic Lifts
- Regional Lifts

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## Olympic Lifts

- Exercises
  - Cleans, Snatches, Jerks
  - Derivatives
- Purposes
  - Complex Strength Development
  - Skill and Coordination
- Protocols
  - Low Repetitions
  - High Sets
- Negatives – None!

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## Static Lifts

- Exercises
  - Full Ranges of Movement, Heavy, Slow, Simple
  - Squats and Presses
- Purposes
  - Absolute Strength Strength Development
  - Endocrine Development
- Protocols
  - Low Repetitions
  - High Sets
- Negatives
  - Short Term Discoordination
  - Short Term Losses of Elasticity
  - Inseason Limitations

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## Ballistic Lifts

- Exercises
  - Weighted Jumps
  - Speed Presses
- Purposes
  - Speed and Power
  - Strength Maintenance Inseason
- Protocols
  - Medium Repetitions
  - High Sets
- Negatives
  - Risk
  - Need for Preparation

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## Regional Lifts

- Exercises
  - Smaller Muscle Group Exercises
  - Simple or Complex
- Purposes
  - Endocrine Development
  - Strength Supplementation
- Protocols
  - High Repetitions, Low Sets (Per Exercise)
  - Circuit Formats
- Negatives
  - Not Best Strength Development Tools

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## Planning Your Season

- Neural Days
  - 2 to 3 times Per Week
  - On a Speed/Power Day
  - Starts with an Olympic Lift
  - Finishes with a Static or Ballistic Lift
    - Upper Body
    - Lower Body

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## Planning Your Season

- General Days
  - 2 to 3 times Per Week
  - On a Fitness or Restoration Day
  - Bodybuilding Circuits
  - Purpose – Restoration and Hormonal Manipulation

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## Planning Your Season

- Working in Cycles
  - Keep Similar Workouts for 3 weeks
  - Work in a 3 and 1 – the Rest Week
  - Fit the Cycles into Your Plan

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## Long Term Planning

- The Power First Model
  - The Science - Neural Stimulation
  - Power First - Setting the Stage for Later Training
  - Limiting Squat Exposure
  - Using Ballistics for Strength Maintenance

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## Olympic Lifting Protocols

- Basic Power Development (BPD)
  - 4-6 Sets, 4-5 Reps, 50-65%
- Rate of Force Development Prep (RFDP)
  - 4-6 Sets, 2-4 Reps, 70-85%
- Rate of Force Development (RFD)
  - 4-6 Sets, 1-3 Reps, 90-100%

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Setting Up the Olympic Lifting Plan		
	Day 1	Day 2
Early Preseason General Prep	BPD	BPD
Late Preseason Specific Prep	BPD	RFDP
Early Inseason Competition	BPD	RFD
Late Inseason Competition	BPD	BPD

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Detailing the Olympic Lifting Plan		
	Day 1	Day 2
Early Preseason General Prep	BPD Snatch Pulls 6x5 @ 60%	BPD Clean Pulls 6x5@60%
Late Preseason Specific Prep	BPD Snatch 6x4 @ 65%	RFDP Clean 6x3 @ 70-85%
Early Inseason Competition	BPD Split Snatch 6x4 @ 60%	RFD Cleans 3,3,2,2,1,1 @ 90-100%
Late Inseason Competition	BPD Snatch 6x4 @ 60%	BPD Clean 6x4 @ 65%

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## Static Lifting Protocols

- Absolute Strength Development (ASD)
  - 4-6 Sets, 1-5 Reps, 80-100% , 15-20 Total Reps per Region
- Absolute Strength Prep (ASP)
  - 4-6 Sets, 5-8 Reps, 60-75%, 25-35 Total Reps per Region
- Absolute Strength Complementary Lifting (ASC)
  - 4-6 Sets, 5-8 Reps, 60-75%, 25-35 Total Reps per Region
  - Multiple Exercises Per Region (Split Reps)
  - Choose Exercises to Contrast ASD Work

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## Ballistic Lifting Protocols

- Reactive Strength Development (RS)
  - 4-6 Sets, 5-10 Reps, 10-30% Bodyweight, per Region

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## Strength Maintenance

- Reactive Strength Development (RS)
  - 4-6 Sets, 5-10 Reps, 10-30% Bodyweight, per Region
- Absolute Strength Complementary Lifting (ASC)
  - 4-6 Sets, 5-8 Reps, 60-75%, 25-35 Total Reps per Region

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Setting Up the Static and Ballistic Lifting Plan

	Day 1	Day 2
Early Preseason General Prep	ASP	ASP
Late Preseason Specific Prep	ASD	ASC
Early Inseason Competition	RS or ASC	RS or ASC
Late Inseason Competition	RS or None	RS or None

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Detailing the Static and Ballistic Lifting Plan		
	Day 1	Day 2
Early Preseason	ASP	ASP
General Prep	Squat 5x6 @ 65-75%	Front Squat 5x6 @ 65-75%
	Bench Press 5x6 @ 65-75%	Supine Pullover 5x6 @ 65-75%
Late Preseason	ASD	ASC
Specific Prep	Squat 5x3 @ 80-90%	SLDL 3x4 L-R @ 70-80%, Lunge 2x6 L-R @ 65-75%
	Bench Press 5,4,3,2,1 @ 80-100%	Dumbbell Flies 2x8 @ 70%, Rows 2x6 @ 70%
Early Inseason	RS	ASC
Competition	Deep Squat Jump 5x6 @ 15% BW	Lunge Walk 2x8 @ 75%, Stepup 2x6 @ 80%
	Half Speed Incline 5x6 @ 15% BW	Pullovers 2x8 @ 75%, Reverse Flies 2x6 @ 80%
Late Inseason	RS	RS
Competition	Lunge Jump 5x4 L-R @ 25% BW	Half Squat Jump 3x10 @ 10% BW
	Rep Jerks 4x6 @ 25% BW	Split Rep Jerks 4x6 @ 10% BW

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Detailing the Combined Neural Lifting Plan		
	Day 1	Day 2
Early Preseason	BPD & ASP	BPD & ASP
General Prep	Snatch Pulls 6x5 @ 60%	Clean Pulls 6x5 @ 60%
	Squat 5x6 @ 65-75%	Front Squat 5x6 @ 65-75%
	Bench Press 5x6 @ 65-75%	Supine Pullover 5x6 @ 65-75%
Late Preseason	BPD & ASD	RFDP & ASC
Specific Prep	Snatch 6x4 @ 65%	Clean 6x3 @ 70-85%
	Squat 5x3 @ 80-90%	SLDL 3x4 L-R @ 70-80%, Lunge 2x6 L-R @ 65-75%
	Bench Press 5,4,3,2,1 @ 80-100%	Dumbbell Flies 2x8 @ 70%, Rows 2x6 @ 70%
Early Inseason	BPD & RS	RFD & ASC
Competition	Split Snatch 6x4 @ 60%	Cleans 3,3,2,2,1,1 @ 90-100%
	Deep Squat Jump 5x6 @ 15% BW	Lunge Walk 2x8 @ 75%, Stepup 2x6 @ 80%
	Half Speed Incline 5x6 @ 15% BW	Pullovers 2x8 @ 75%, Reverse Flies 2x6 @ 80%
Late Inseason	BPD & RS	BPD & RS
Competition	Snatch 6x4 @ 60%	Clean 6x4 @ 65%
	Lunge Jump 5x4 L-R @ 25% BW	Half Squat Jump 3x10 @ 10% BW
	Rep Jerks 4x6 @ 25% BW	Split Rep Jerks 4x6 @ 10% BW

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## Planning Bodybuilding Circuits

- 24 Total Sets
- Sets of 10
- Slight fatigue on 10<sup>th</sup> Repetition
- 60-90 Second Recoveries

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## Constructing Bodybuilding Circuits

### Bodybuilding Circuits

#### Group A

Leg Curl  
Twist Lunges (L-R)  
Hyper-Ups  
Bent Over Row  
Back Pulldowns  
Dips  
Behind Neck Press  
Leg Extension  
Twisting Situps  
Hanging Leg Lifts  
Russian Twist  
Windmill

#### Group B

Single Leg Curl  
Crossover Stepups (L-R)  
Straight Leg Dead Lift  
Hyper w/ Twist  
Bent Over Row  
Front Pulldowns  
Behind Neck Press  
Single Leg Extension (L-R)  
Weighted Crunches  
Hanging Lateral Leg Lifts  
Stooped Russian Twist  
Alternate Weighted V-Sits

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### Bodybuilding Training Frequency

	Day 1
Early Preseason General Prep	2- 3 x Per Week
Late Preseason Specific Prep	2-3 x Per Week
Early Inseason Competition	1 x Per Week
Late Inseason Competition	As Needed

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## Yearly Scheduling – Compatible Arrangements

### Early Preseason, General Preparation

Monday	Tuesday	Wednesday	Thursday	Friday
Acceleration Dev (Sprints) Multijump (Ht Bounds) Weight Training Snatch Pulls 6x5 @ 60% Squat 5x6 @ 65-75% Bench Press 5x6 @ 65-75%	Extensive Tempo Weight Training Bodybuilding A & B x 10	Stadium Singles General Strength Circuits Medicine Ball Circuits	Acceleration Dev (Resisted) In Place Jump Circuit Weight Training Clean Pulls 6x5@60% Front Squat 5x6 @ 65-75% Supine Pullover 5x6 @ 65-75%	Extensive Tempo Weight Training Bodybuilding A & B x 10

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## Yearly Scheduling – Compatible Arrangements

Late Preseason, Specific Preparation				
Monday	Tuesday	Wednesday	Thursday	Friday
Acceleration Dev (Blocks) Multijump (Ht Bounds) Weight Training Snatch 6x4 @ 65% Squat 5x3 @ 80-90% Bench Press 5,4,3,2,1 @ 80-100%	Intensive Tempo Weight Training Bodybuilding A 2x10	General Strength Circuits Medicine Ball Circuits	Speed Development Depth Jumps Weight Training Clean 6x3 @ 70-85% S/DL 3x4 L-R @ 70-80% Lunge 2x6 L-R @ 65-75% Dumbbell Flies 2x8 @ 70% Rows 2x6 @ 70%	Extensive Tempo Weight Training Bodybuilding B x 2x10

## Yearly Scheduling – Compatible Arrangements

Early Inseason, Competition				
Monday	Tuesday	Wednesday	Thursday	Friday
Acceleration Dev (Mixed) Hurdle Hops Weight Training Cleans 3,3,2,2,1,1 @ 90-100% Lunge Walk 2x8 @ 75% Stepup 2x6 @ 80% Pullovers 2x8 @ 75% Reverse Flies 2x6 @ 80%	General Strength Circuits Weight Training Bodybuilding A&B x10	Speed Endurance Weight Training Split Snatch 6x4 @ 60% Deep Squat Jump 5x6 @ 15% BW Half Speed Incline 5x6 @ 15% BW	Acceleration Dev (Stim) Medicine Ball Circuits	Competition

## Yearly Scheduling – Compatible Arrangements

Late Inseason, Competition				
Monday	Tuesday	Wednesday	Thursday	Friday
Acceleration Dev (Blocks) Vertical Bounds Weight Training Snatch 6x4 @ 60% Lunge Jump 5x4 L-R @ 25% BW Rep Jerks 4x6 @ 25% BW	General Strength Circuits Weight Training Bodybuilding B 2x10	Lactate Tolerance Weight Training Clean 6x4 @ 65% Half Squat Jump 3x10 @ 10% BW Split Rep Jerks 4x6 @ 10% BW	Acceleration Dev (Stim) Multithrow	Competition



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