Types of exercises

Every day we train, we will use one exercise from each of the following categories. (The lifts listed are just examples of what we do; there are actually many more lifts that we use in our program.)

- Explosive lift
  i. Clean and Jerk

- Snatch
  i. Front
  ii. Back
  iii. Snatch
  iv. Split

- Strength lift
  i. Tricep Pullovers
  ii. Push Press
  iii. Pushups of all types
  iv. Lunges of all types
  v. Step Ups of all types
  vi. Pull Ups of all types

- Supporting lifts
  i. Drop Snatch
  ii. Snatch Press Under
  iii. Pulls of all types
  iv. Good Morning Push Press

- Core exercises
  i. Special 40’s
  ii. Bench Abs
  iii. V-Ups
  iv. Thunderbolts
  v. Med Ball Throws of all types

- Balance exercises
  i. Ball Squats
  ii. Eyes Closed Curls on 1 leg
  iii. Balance Board Squats of all types
  iv. Stability Ball Work of all types

Training days and phases

In season  (Aug. – Nov.)
2 days per week
  1. Monday: flush out and sweat
  2. Thursday: heavy – get stronger
Post season session 1  (Dec. – Jan.)
   3 days per week
   1. Monday, Wednesday, Friday

Post season session 2  (Feb. - Spring Break)
   5 days per week
   1. Monday, Wednesday, Friday:  Lift
   2. Tuesday, Thursday:  Plyo and agility work

Post season session 3  (Mar. – End of Classes)
   2 days per week during spring practice
   1. Tuesday, Thursday
   2. Monday, Wednesday, Friday:  practice

Pre-season  (May - Aug.)
   4 days per week
   1. Monday, Tuesday, Thursday, Friday:  Lift and run

**Testing and Progressive Overload**

- We will test in the Back Squat, Bench Press, Snatch, and Clean and Jerk after every four weeks of training.
- We will test Vertical Jump, Body Weight, and Body Fat %-age after every four weeks of training
  i. Week #1 after test:  Heaviest set of tested exercises will not exceed 70% of tested max.
  ii. Week #2 after test:  Heaviest set of tested exercises will not exceed 80% of tested max.
  iii. Week #3 after test:  Heaviest set of tested exercises will not exceed 85% of tested max.
  iv. Week #4 after test:  Heaviest set of tested exercises will not exceed 90% of tested max.
  v. Week #5 after test:  Test Back Squat (rep max 3-8 reps), Bench Press (rep max 3-8 reps), Snatch (1 rep max) Clean and Jerk (1 rep max), Vertical Jump, Body Weight, and Body Fat %-age.