

## Section 11

## Strength Program

<u>Week #1</u>	<u>Monday</u>	<u>Thursday</u>
Squats	2x20	2x20
Lunges	2x20	3x20
Step – up	2x20	3x20
Jump Squats	2x5	3x5
<u>Week #2</u>	<u>Monday</u>	<u>Thursday</u>
Squats	3x20	4x20
Lunges	3x20	4x20
Step – up	3x20	4x20
Jump Squats	3x10	4x10
<u>Week #3</u>	<u>Monday</u>	<u>Thursday</u>
	Leg Circuit 3x	Leg Circuit 3x
<u>Week #4</u>	<u>Monday</u>	<u>Thursday</u>
	Leg Circuit 3x	Leg Circuit 4x
<u>Week #5</u>	<u>Monday</u>	<u>Thursday</u>
	Leg Circuit 3x	Leg Circuit 4x
<u>Week #6</u>	<u>Monday</u>	<u>Thursday</u>
	Leg Circuit 3x	Leg Circuit 4x

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Weeks #7 - #12 are transitional weeks. We must gradually add External resistance at this point. Good Technique is very important.

### Week #7

**Monday:** Repeat the week one training plan with the addition of sandbags @ 10% of the body weight (2x20). Keep jump squats @ 10 reps with no load throughout the program.

**Thursday:** Repeat the week one training plan with the addition of sandbags @ 10% of the body weight (3x20). Keep jump squats @ 10 reps with no load throughout the program.

### Week #8

**Monday:** Repeat the week one training plan with the addition of sandbags @ 10% of the body weight (4x20). Keep jump squats @ 10 reps with no load throughout the program.

### Week #9 - #11

Monday and Thursday: Bar, 3x10 @ 10% of body weight

### Week #12

Monday: Bar, 4x10 @ 10% of body weight

### Week #13 - #16      **Application Cycle**

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- High speed and High force plyometric work is added.
- We want to transfer some of the strength acquired in the previous two cycles into explosive power.
- We add external weight load gradually and it is based incrementally on a percentage of the body weight.
- Typical body percentage falls between the 10 to 20% range.

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Week #13	Monday	Thursday
	<ul style="list-style-type: none"> <li>• Plyometric in place</li> <li>• Bar + 10 to 15% bodyweight (2x8)</li> </ul>	Bar + % of bodyweight (4x8)

Week #14	Monday	Thursday
	<ul style="list-style-type: none"> <li>• Plyometric in place</li> <li>• Bar + 10 to 15% bodyweight (2x8)</li> </ul>	Bar + % of bodyweight (4x6)

Week #15	Monday	Thursday
	<ul style="list-style-type: none"> <li>• Plyometric in place</li> <li>• Bar + 10 to 15% bodyweight (3x6)</li> </ul>	Bar + % of bodyweight (5x6)

Week #16	Monday	Thursday
	<ul style="list-style-type: none"> <li>• Plyometric in place</li> <li>• Bar + 10 to 15% bodyweight (3x4)</li> </ul>	Bar + % of bodyweight (5x6)

Weeks #17 - #22 are the heaviest weeks of the training program. The goal is squatting with heavy external resistance is achieved. EVERYTHING leads into the season from this point.

Week #17	Monday	Thursday
Squats	4x5	3x5

Week #18	Monday	Thursday
Squats	5x5	4x5

Week #19	Monday	Thursday
Squats	6x5	3x4

Week #20	Monday	Thursday
Squats	4x4	3x4

Week #21	Monday	Thursday
Squats	4x2	3x6

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Week #22

Monday

Thursday

Squats

4x2

3x6