

Weight Training for Speed & Power

Teaching Progressions &
Periodization

Categories of Weightlifting

- Olympic Lifts
- Static Lifts
- Ballistic Lifts
- Bodybuilding Lifts



The Olympic Lifts

- Exercises
 - The Competitive Lifts (Snatch, Clean and Jerk)
 - Derivatives of These (Pulls, Cleans and Snatches at Various Depths)
- Purposes
 - Complex Strength and Flexibility Development
 - Coordination Development and Harmonization
 - Endocrine Stimulation via Intensity & Lactate Production
- Negative Effects
 - None when Properly Scheduled

Examples of Olympic Lifts

The Static Lifts

- Exercises
 - Lifts Emphasizing Major Muscle Groups, Gross Movements, Large ROM, Low Speeds
 - Squats and Presses
- Purposes
 - Absolute and Postural Strength Development
 - Body Balancing
 - Endocrine Stimulation via Time Under Tension and Fiber Quantity
- Negative Effects
 - Short Term Mobility & Coordination Losses
 - Possible Rare Hypertrophy Issues

Examples of Static Lifts

The Ballistic Lifts

- Exercises
 - Lifts Emphasizing Major Muscle Groups, Gross Movements, High Speeds and Eccentric Components, Typically Small ROM
 - Weighted Jumps and Speed Presses
- Purposes
 - Absolute Strength Enhancement
 - Elastic Strength Development
 - Slight Endocrine Stimulation via Lactate Production
- Negative Effects
 - Risks Associated with High Impacts and Spinal Loading under Impact

Examples of the Ballistic Lifts

The Bodybuilding Lifts

- Exercises
 - Lifts Emphasizing Smaller Muscle Groups, at times more Precise Movements
 - Done in Circuit or Stage Fashion with Short Rests
- Purposes
 - Glycogen and Endocrine Stimulation
 - Stimulation of Recovery Processes
 - Specific Strength Development
- Negative Effects
 - None when Properly Scheduled
 - Possible Rare Hypertrophy Issues

Examples of the Bodybuilding Lifts

Teaching the Olympic Lifts

- Key Components and Performance Training Adjustments
 - Extending the Hips
 - Resetting in the Standing Position
 - Higher Rack Positions
- Teaching Components
 - Teaching the Setup
 - Teaching the Deadlift
 - Teaching the “Tap”
 - Teaching the Pulls
 - Polishing the Pull
 - Teaching the Racks

Teaching the Setup

- Foot Alignment
- Presetting the Back
- Lowering
- Shoulder Positions
- Grip and Wrist Position
- Grip Width

Teaching the Setup

Teaching the Deadlift

- Starting and Ending Height
- The Head and Back
- Shoulder Positions
- Hip Positions
- Pausing at the Top

Teaching the Deadlift

Teaching the Tap

- The Deadlift and Pause
- The Shift and Tap
- Maintaining Shoulder Positions
- Common Errors

Teaching the Tap

Teaching the Pull

- The Deadlift and Tap
- The Pull
- Delaying the Pull
- Initiating in the Shoulders
- Finishing Positions
- Return and Reset

Teaching the Pull

Polishing the Pull

- Eliminating the Pause
- Teaching Bar Acceleration Patterns
- Tap to Brush
- Addressing Clean – Snatch Differences

Polishing the Pull

Teaching the Racks

- Preliminary Experience
 - The Front Squat
 - The Snatch Squat
- Arm Positions
- Head Position
- Bar Position
- Amortization
 - Isometric Preparation
 - Eccentric and Concentric Activity

Preliminary Lifts and Rack Positions

Teaching the Clean Rack

- Key Points
 - Arm Positions
 - Head Position
 - Bar Position
 - Amortization
- Teaching Progressions
 - Spotted Hand Racks
 - Spotted Bar Racks
 - Spotted Cleans

Teaching the Clean Rack

Teaching the Snatch Rack

- Key Points
 - Arm Positions
 - Head Position
 - Bar Position
 - Amortization
- Teaching Progressions
 - Spotted Hand Racks
 - Spotted Bar Racks
 - Spotted Snatches

Teaching the Snatch Rack

Teaching Multiple Lifting Levels

- Lifting from the Floor
- Lifting From the Knee
- Lifting From the Thigh

Multiple Lifting Levels

Teaching the Squat

- Creating a Target
- Teaching the Setup
 - Unracking the Bar
 - Padding
 - The Bar Position
 - The Stance
 - Presetting the Back
- Initiating the Squat
 - Hip Flexion
 - Abduction of the Femurs
- Lowering and Deceleration
- The Ascent
 - Hip Extension
 - Delayed Adduction of the Femur

Teaching the Squat

Teaching the Bench Press

- Teaching the Setup
 - Locating on the Bench
 - Balancing the Bar
 - Unracking the Bar
 - The Grip and Hand Positions
- The Descent
 - Arm Flexion
 - Target
- The Ascent
 - The Vertical Component
 - The Horizontal Component
 - Relationship to Bench Position

Teaching the Bench Press

Teaching Split Position Lifts

- Teaching the Stance
 - Foot Spacing
 - Weight Location
- The Descent
 - Weight Distribution
 - Location of the Body's Center of Mass
 - The Front Knee/Shin
- The Ascent

Teaching Split Position Lifts

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General Concepts of Weight Training Periodization

- Progress Patiently and Eliminate Preconceived Notions
- Olympics Always
- Progress from Simple to Complex
- Start with Few Exercises, then Diversify
- Progress from Double to Single Leg/Split Work
- Keep Power Levels Up Throughout the Workout
- The Value of Large ROM
- Understanding Fatigue, Power, and ROM
- Temper High Intensity Work with Low Intensity Work
- Don't Be Enslaved by Percentages
- Value Work Done Prior to the Weight Room

Strength Training Progressions and Hierarchy

- The Hierarchy
 1. General Strength
 2. Power
 3. Absolute Strength
 4. Elastic Strength
- Key Progression Concepts
 - Understand General Strength Prerequisites
 - Power Before Absolute Strength
 - Rate Coding Development
 - Limiting Absolute Strength Development Time
 - Prerequisites for Advanced Elastic Strength Work

Session Construction

- Neuromuscular Theme
 1. Olympic Lifts (5-8 sets) typically One Primary Exercise
 2. Static or Ballistic Lifts (Lower or Whole Body, approx. 30 reps total, 1 or 2 Exercises only)
 3. Static or Ballistic Lifts (Lower or Whole Body, approx. 30 reps total, 1 or 2 Exercises only)
- Bodybuilding Theme
 1. Bodybuilding Lifts (20-24 sets)
- Transition Theme
 1. Olympic Lifts (5-8 sets) typically One Primary Exercise
 2. Bodybuilding Lifts (20-24 sets)

Compatible Training

Neuromuscular Theme

- Done on days with
 - Acceleration, Absolute Speed, or Speed Endurance Work
 - Moderate to Intense Multiple Jumping and Throwing
 - Intense Technical Work

Bodybuilding Theme

- Done on days with
 - General Strength or Medicine Ball Work
 - Tempo Running
 - Low Intensity Technical Work

Transition Theme

- Done on Speed/Power days in Special Situations

Olympic Lift Periodization

Session Parameters

- 5-8 sets of 1-5 repetitions
- Intensities 50 - 100%
- Densities approximately 50%

Use to Train Power and Endocrine Fitness

- Low Weight - High Repetitions
- Endocrine Fitness via Moderate Lactate
- The Power of 3's

Use to Train RFD

- High Weight - Low Repetitions
- Periodic Use and Power Review

Static Lift Periodization

Session Parameters

- 4-6 sets of 4-8 repetitions
- Intensities 30-90%
- Densities approximately 30-50% at highest usage

Use to Develop Absolute Strength

- Patient Weight Increases in the Goal
- Reduce Repetitions to Facilitate Progress
- Provide Endocrine Support at High Intensity Training Times
- Diversify at Peak Training Times

Delay Heavy Static Work Until Power is Trained

Time Spent Determined by Athlete's Training Age

Ballistic Lift Periodization

Session Parameters

- 4-6 sets of 5-10 repetitions
- Intensities 10-30% of Athlete's Bodyweight
- Densities approximately 10-30% at highest usage

Use Cautiously

Use to Enhance and Maintain Strength

- Tension Levels
- Time Under Tension Levels

Bodybuild Lift Periodization

Session Parameters

- 20-24 sets of 10-12 repetitions
- Intensities 60-75% ("Feel" last Repetition)
- Densities approximately 30-50% at highest usage

Use Frequently Early to Set Endocrine Levels

Use to Slowly Transition from Statics

Use as Needed to Stimulate Recovery

General Preparation

- Olympics
 - Train Power using 4-5 reps @ 50-70%
 - Train Endocrine Fitness - The Power of 3's
 - Simple Movements and Few Exercises
- Statics
 - Start Patiently with 6-8 reps @ 40-60%
 - Primarily Double Leg/Arm Work
 - Simple Movements and Few Exercises
- Ballistics
 - None
- Bodybuilding
 - Use 2-3x per week to Set Endocrine Levels

Specific Preparation

- Olympics
 - Introduce RFD using 3-4 reps @ 70-90 %
 - Review Power using General Prep Protocol
 - Employ More Complex Movements
- Statics
 - Double Leg/Arm Work Intensifies to 4-6 reps @ 70-90 %
 - Pyramids Possible with Upper Body Work
 - Introduce Single Leg Work using General Prep Protocol
 - Diversify Exercises
- Ballistics
 - None
- Bodybuilding
 - Review Periodically

Precompetition

- Olympics
 - Train RFD using 1-2 reps @ 90-100 %
 - Review Power Frequently using General Prep Protocol
- Statics
 - Eliminate Intense Static Work
- Ballistics
 - Employ 1-2 x per week to Enhance and Maintain Strength
- Bodybuilding
 - Increase Slightly to ease Transition away from Statics
 - Transition Theme Sessions a Possibility Here

Peaking

- Olympics
 - Mix RFD and Power Protocols
 - Slight Reduction in Volume / Density
- Statics
 - Eliminated Completely
- Ballistics
 - Greatly reduced, used in Comp Schedule Breaks
- Bodybuilding
 - Use as Needed to Battle Sluggishness

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