

2012 SUMMER WORKOUT

This summer's workout is setup in a very similar way to the workout you performed in the spring. The workout should begin May 19th. There are three phases of emphasis that will be performed in the following order:

1. General physical fitness (2weeks)
2. Strength phase (4 weeks)
3. Explosive power/ speed phase(4 weeks)

The use of percentages will again be used to plan our peaks throughout the summer. If you do not have percentages do not worry, just perform the sets and reps listed in the workout. If you are confused on how to read the workout

Hang clean 4x4 is the same as 75-80-85-85 x 4. The 75-80-85-85 just represents the % that would be used if you have them.

Each phase has components that need to be emphasized in order to be as successful as possible such as being as explosive as possible or rest periods.

During the:

GPF: Extreme attention to proper technique must be focused upon in order to create good habits for the more intense phases where good technique will decrease the risk of injury and perhaps allow you to fight out a couple of more reps. Shorter rest periods (1 min) should also be used during this phase in order to raise your overall work capacity

Strength Phase: Absolute effort on every set making sure to fight for every rep that is prescribed. Perfection of technique. Longer rest periods (2 min).

Explosive power/Speed: #1 and cannot be stressed enough is making sure that you force yourself to move as fast as possible on every rep and every set (BE VIOLENT). Follow percentages that are given, there has been tons of research regarding which percentages have the most positive effect on the increasing the body's ability to be explosive. These percentages are based on actual scientific research that has been shown to produce the best results so follow them closely.

Keep a close eye on your diet this summer. Nothing is more important than proper diet when it comes to recovering from intense exercise. This will also help you the athlete reach the weight that you will be most effective at in regards to your personnel position. If you have questions email me the question at mmandot@dbq.edu or call me at (cell) 563- 580-6011, do not hesitate to ask. Coming in at the proper body weight is just about as important as working out so do not take it lightly, most of us have room to improve in this area even if we are at our goal body weight.



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