

# **WEIGHT TRAINING GUIDE FOR** **SPRINTER-JUMPERS**

This guide is a supplement to your sprint and jump training. It is very important that you understand the guide. However, it is *not* necessary to dogmatically follow every minute detail – this is just a guide. *Every* athlete is different, so you must adapt the suggested workouts to fit your needs.

It is up to YOU – the athlete, to:

- Make a commitment to improve
- Be consistent
- Be diligent
- Positive attitude – especially when you “don’t feel like it”.
- Train with progressive aggression – always finish strong!

***“The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.”***

***Vince Lombardi***

## **DO NOT Accept Mediocrity!**

The journey is rough, but ultimately very rewarding. Remember:

**“T.I.N.S.A.A.F.L.**  
***(There Is No Such Thing As A Free Lunch!)***

EVERYTHING that is worth ANYTHING has a price!

Are YOU willing to pay the price to be a **CHAMPION**?

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The weight training routine is divided into three elements. Don't worry about the complex names. That's coaching stuff. The elements are:

## **1. ATP (Adenosine Tri-Phosphate)**

- Max Speed with a Full Recovery
- Max Strength with a Full Recovery
- Max Power (Speed & Strength)

## **2. LA (Lactic Acid)**

- Speed & Power Endurance
- Moderate - High Speed/Effort with an Incomplete Recovery

## **3. O<sub>2</sub> (Oxygen)**

- Endurance-oriented
- One Sustained Low to Moderate Speed/Effort over an extended period
- Multiple Low to Moderate Speed/Efforts with Incomplete Recoveries

ATP work focuses on developing speed and power, while the other two types develop conditioning. The general rule is to practice ATP and skill work first, then the others. Generally, it is best to separate ATP days from LA and O<sub>2</sub> days. However, we have limited time and young athletes, so we make adjustments.

Leg strength is of paramount importance; don't forget the goal is to develop the entire body, not just the legs. Our progression is:

1. Basic movements using body weight
2. Intermediate movements using body weight
3. Basic movements with light/moderate weights (two-legged)
4. Basic movements with heavy weights (two-legged)
5. Intermediate movements with moderate weights (two-legged)
6. Intermediate movements with heavy weights (two-legged)
7. Complex movements with weight (two-legged)
8. Complex movements with weight (one-leg)
9. Fast complex movements with weight (two-legged)
10. Fast complex movements with weight (one-leg)

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Some exercises are focused on a particular body part, others are aimed at the entire body working as a unit (*synergistic*). The former are aimed at developing specific areas, identifying weaknesses and/or rehabilitating injuries. The latter are exercises transferring traditional weight training into useable sport-specific strength and power. We begin with using **free weights** with two-legs but progress to doing the exercises with one leg (just as we jump/sprint).

Sport-specific POWER is paramount! “Power” is the ability to use strength as quickly as possible. We do NOT stress bodybuilding exercises. Save the “curls for the girls” for the beach. They do very little to make you run faster, jump higher/further or hit harder. It is best to focus on the on Olympic style lifts that stress explosive power and strength. Furthermore, these lifts **exert force against the ground**. This is VERY IMPORTANT!!! These lifts are useful and will make you truly strong. With that being said, it is also important to remember that we are not training to be weightlifters. Weightlifting is a sport in and of itself. However, we are using weightlifting exercises to develop us for OUR sport.

Below are some examples for training:

## ATP

- Barbell Squats (FULL): 5 x 3 - 6 reps @ 80 – 95% of your (maximum) ability
- Barbell “Bulgarian” Squats: 5 x 3 - 6 reps @ 80 – 95% maximum
- Barbell Deadlifts: 5 x 3 - 6 reps @ 80 – 95% maximum
- Power Cleans: 5 x 6 - 8 reps @ 50 - 60% maximum
- Power Snatch: 5 x 3 - 6 reps @ 80 – 95% maximum
- “Jefferson Squats”: 5 x 3 - 6 reps @ 80 – 95% maximum
- Barbell Snatch: 4 x 6-8 reps @ 50 - 60% maximum
- Jump Squats: 2 x 6-10 reps @ 50 - 60% maximum
- Towing (tire/sled/drag chute): 3 – 8 runs @ 95 - 100% maximum speed

## LA

- Barbell Squats (FULL): 3 x 15 - 30 reps @ 50-60% max of your (maximum) ability
- Barbell/Dumbbell “Bulgarian” Squats: 3 x 15 - 30 reps @ 50-60%
- Barbell Deadlifts: 3 x 15 - 30 reps @ 50-60%
- Power Cleans: 3 x 15 - 30 reps @ 50-60%
- “Jefferson Squats”: 3 x 15 - 30 reps @ 50-60%
- Lunges
  - i. Barbell/Dumbbell: 3 x 15 - 30 reps @ 50-60%
  - ii. Bodyweight (front or back): 30 – 120 seconds
  - iii. Walking: 25-100 meters
  - iv. Split Jumping (bodyweight): 30 seconds
- Step-Ups
  - i. Barbell/Dumbbell: 3 x 15 - 30 reps @ 50-60%
  - ii. Bodyweight: 30 – 60 seconds
  - iii. Jumping (bodyweight): 30 seconds

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Here are some supplemental exercises that should be done regardless of whether this is an ATP or LA session. These are stabilizing exercises that restore muscular balance – and help prevent injury

- Stiff-Legged (“Romanian”) Deadlifts – Light-moderate weight, alternate with pressing movement – this is a VERY important exercise!
- Hip-Flexor/Glute Machine - 2 x 10-15
- Toe Raises (Standing or seated) – 5 x 20-25 (Heavy weight)
- Abdominals (AB45s, Planks, Russian Twists, flutter kicks, Chinnies) fit sets in between weight lifting sets – don’t waste your time with a lot of conventional sit-ups or crunches – Trunk flexion is not as functional as trunk stabilization.
- Leg Curls (Seated or Lying) – alternate with quadriceps pressing movements such as squats/deadlifts (10-15)

## O2

- Rope Skipping (one of the most underrated exercises)
- Stair Running
- Hill Running
- Cycling (with resistance)
- Pool Work
- Sand Running

Of course we should include upper-body training. Sprinting and jumping are “whole body” activities, so it only stands to reason that we condition our upper body as well. Here are some suggested exercises of merit:

## UPPER BODY

- Flat Bench Press (Dumbbell): Moderate weight; 2 x 6 – 10 reps
- Lat Pulls – Moderate/heavy weight; Alternate w/ bench or incline press
  - However, the goal is to eventually move to pull ups
- Pull-ups – hand over (palms away from you): 3 x 6 – 10 reps
- Standing Push Press or Jerks - Moderate weight; 2 x 6 - 10 reps
- Incline Press – Moderate weight; 2 x 6 - 10 reps
- Rowing (Standing) – Moderate weight; alternate w/ bench or incline
- Biceps Curls (Alternating Dumbbell; standard & “hammer”): 2 x 10-15 reps
- Pullover-Press (Barbell): Moderate weight; 2 x 10-15 reps

\*\*Note that I propose using the *dumbbells*. They are harder to control as they force your body to balance itself and the weight. For this reason they are harder to lift – but also for this reason you get more benefit for the time expended.

If possible, in order to maintain good muscular balance, always try to **alternate pushing movements with pulling movements.**\*\*

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For **explosive jumping power**, it is beneficial to do depth-jumping plyometrics as an alternating exercise with the large-muscle leg pressing exercises (squats, leg press, power cleans, etc.). This takes advantage of a phenomenon called “Post-Activation Potentiation”. This is an **ADVANCED** exercise. The athlete must be sufficiently conditioned and sufficiently strong in order to handle this.

Example – alternate a set of leg presses or squats with (chosed one or more of the following):

- Jumping down from a platform on two legs and jumping back up onto it again
- Jumping down from a platform on one leg and jumping back up onto it again
- Jumping down from a platform and jumping onto another platform
- Jumping down from a platform and jumping over an obstacle
- Repeated jumps over an obstacle (such as a bench, box or platform)
- Repeated jumps up and down from a platform/bench for speed (timed)
- Repeated jumps up and down from a platform/bench for volume (timed)
- Rope skipping (fast)