

1  **Weight Room plan to maximize transfer for Sprinters**2  **GOAL**

1. Run fast
2. Create balance amongst training tests and indicators

*An imbalance will lead to a lack of results, staleness, and an increased risk of injury*

3  **PRESENT SITUATION**

Lifting Weights is not necessary, you just got it or you don't...

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If you believe this...you are;

- Limiting potential
- Increasing Risk of Injury
- Creating poor general work ethics
- Creating favoritism and dissension

And...

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4  **Sports Require Different Abilities**5  **Clip from Nova Oct. 2013**6  **Vertical Force is King!**7  **Time of Day**

+/- 3-4 hours (individual) from practice  
and/or multiple of that

Morning preferred

1. Better hormone response
2. Less interference with sleep
- 3.

8  **Session per Week**

Volume based

9  **Length of Session**10  **ANALYSIS of Length of Session**11  **Periodized Year**12  **ANALYSIS of Programming: Content**13  **Data Correlations**14  **Data Men & Women 100m**

15  **Recommended Exercises (28-37)**

Clean & Jerk  
Clean  
Power Clean  
Hang Clean above knee  
Hang Clean below knee  
Clean Pull

16  **More Recommended Exercises**

Abdominal work  
Hyperextensions  
Good Morning  
Pull-ups

17  **Structural Balance between Exercises**18  **Volume [Sets X Reps] and Intensity**

Sets

19  **How Many Reps?**20  **Rep Intensity Distribution**21  **How Strong do you need to be**22  **Control tests**

- Standing Long Jump
- Standing Triple Jump
- Vertical Jump
- Overhead Shot throw
- Underhand Shot throw

23  **QUADRATHON**24  **3 week Blocks**25  **Why?**26  **PATH TO SUCCESS**27  **Block 1**28  **Block 2**29  **Block 3**30  **Block 4**31  **References**