



**Strength and Conditioning
High School
Summit HS Wrestling – Sample Program**

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Program Goals

Provide evidence-based strength and conditioning programs and nutritional guidance for high school athletes and non-athletes so that they may move closer to realizing their unique genetic potential.

Establish a positive and trusting mentoring environment to foster healthy behavioral choices in regards to finding and maintaining a balance between physical training, nutritional intake and lifetime wellness and minimize engagement in disordered eating and dangerous supplementation.

Design specific, individualized programs based on current strengths and weaknesses and the specific demands of each sport within a program framework of correct exercise technique and logical intensity and load progression.

Provide a fun but challenging program in the attempt to educate young people in the importance of living a balanced wellness lifestyle throughout their lives.



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Program Details

1. Health and Risk Assessment

Every client goes through complete risk stratification to ensure their ability to train safely and with proper intensity. Clients with risk factors that need attention will be referred to their family physician for clearance. Key Goal: safety

2. Fitness Assessment

Every client will be assessed on key points of current fitness to establish baselines for initial training loads, reveal current weaknesses and for future assessments of strength and fitness gains. Assessments include upper and lower body strength and endurance, core strength and endurance, flexibility, cardiovascular fitness and current nutrition status. Key Goals: injury prevention, base line metrics

3. Program Design

Based on initial assessments, each client will have a personal training and nutrition program designed for them base on their long-range athletic goals. Each program is periodized with daily, weekly and monthly training exercises, training intensity loads and goals with each segment of training time leading them to the initiation of their sport pre-season training. Key Goals: stability/mobility – strength – power

4. Weekly Program Review

The actual data from each week will be reviewed and each succeeding week planned accordingly. Athletes must personally train with their trainer/coach two times per week. Other training sessions should be completed with their program training partner or on own. Key Goal: progression of gains via specific volume

5. Monthly Assessments

Assessments will be performed each month based on training data. Base scale weight and percentage body fat will be measured each month. If fat loss is a program goal, food diary logs will be checked weekly and modifications made as necessary. Key Goals: analyze positive outcomes/establish new goals.



Sample Exercises

Multi-Joint Exercises

Squat/Deadlift/Romanian Deadlift (RDL)

Clean Press/Push Press

Cleans/Hang Cleans

Kettle Bell Lifts/Swings

Basic Exercises – Agonist/Antagonist

Bench Press/Dumbbell Row

Chest Fly/Reverse Fly

Lat Pull down/Shoulder Press

Shoulder Lateral Raises/Straight Arm Pull down

Leg Extension/Leg Curl

Dumbbell Curl/Cable Tricep Extension

Back Extension/Sit-up

Multi-joint exercises are used in every strength and conditioning program to some degree. These exercises can afford the use of the body as a whole, moving heavy loads, and should be performed explosively at every opportunity.

The load progression, changes in sets and reps over time and how that fits into the grander scheme of an entire 3-6 month periodization program, that is based on the specific goals and sport they engage in, is what makes strength and conditioning programs effective.

When athletes don't acquire higher levels of strength and conditioning, it's usually not because they aren't working – it's because they aren't aware of the progressive changes that *need* to be made week by week and *what* changes need to be made to make their training effective.



Sample Exercises (continued)

Body Weight/Cable System/Medicine Ball/Physio Ball Core

Cable Axe Chops/Reverse Chops

Cable Squat and Row/Squat and Twisting High Row

Cable Squat and Chest Press

Crunch/Reverse Crunch

Plank/Side Plank

Lunge/Cross Lunge/Walking Lunge

Bench Step Up/Step Up with Curl

Bench Side Step Up/Bench Jumps

Med Ball Squat and Chest Pass/Med Ball Squat and Overhead Throw

Med Ball Overhead Pass/Med Ball Standing Rotation Toss

Physio Ball Russian Twist

Physio Ball Leg Lifts

Physio Ball Crunch/Twisting Crunch

Med Ball Oblique Twist

Tractor Tire Flips/Tractor Tire Sledge Hammer

Rings/Steps/TRX, etc.

Simply training in the multi-joint and basic exercises is oftentimes not sufficient. All sports require strength, power and flexibility to some degree and all sports require that these attributes be expressed in an infinite combination of dynamic joint ranges of motion and planes of motion in space.

Strength and conditioning programs take the time to understand the specific sport engaged in, develop other whole-body exercises in conjunction with the base movements, and then use those to tie in the strength and power gains into a whole body transformation into a more powerful athlete.



Sample Exercises (continued)

High Intensity Cardio Interval Exercise

Burpees/Jump Rope/Jumping Jacks/Hill Climbers/High Knees, etc.

Cardiovascular Exercise

LSD – long slow distance

Tempo Training

Interval Training

Sprint Training

HIIT – High Intensity Interval Training

Every sport requires a certain amount of cardiovascular fitness and each sport has a specific ratio of need from the three metabolic engines that are working continuously inside our bodies:

1. **ATP-PC** (anaerobic) – the part of our metabolic engine that provides energy for muscular effort in the first 10-12 seconds of movement
2. **Glycolytic** (fast and slow) – the part of our metabolic engine that provides energy for muscular effort that lasts up to 2 minutes
3. **Oxidative** – (aerobic) - the part of our metabolic engine that provides energy for muscular effort that lasts 2 minutes or more.

It is vitally important that you train the metabolic engine(s) that will be used primarily during competition in each specific sport. Marathon runners don't train like sprinters and there is a reason. Strength and conditioning programs take the time to specify which engine to train so that the specific adaptations can take place over time.

The differences in athletes that train within the known metabolic engines that are required of their sports are noticeable during competition and are as important as the "strength" portion of any program. Those that engage in year-round, sport-specific cardiovascular conditioning will always be less tired towards the end of a game or match. When their opponent is out of energy – they continue to compete at a high level with less risk of injury.



Sample Training Day 1

(<> are super sets – no rest between exercises)

1. Aerobic Warm up – 5 minutes
2. Dynamic Warm up – 5 Minutes
3. Hang Clean – 1 x 10, 1 x 8, 1 x 6 <> Counter Movement Bench Jumps – 3 sets of 8 reps (explosive)
4. Squat – 1 x 15 reps, 1 x 10 reps, 1 x 8 reps, 1 x 6 reps, 1 x 4 reps
5. RDL – 1 x 12 reps, 1 x 10 reps, 1 x 8 reps, 1 x 6 reps
6. Step up with Dumbbell Curl – 1 x 12, 1 x 10, 1 x 8 <> Bench Side Step up – 3 x 45 second sets (explosive)
7. Back Extension, - 3 sets <> Incline Sit-up w/ Ball Reach – 3 sets max reps
8. Dumbbell Curl – 1 x 10, 1 x 8, 1 x 6 <> Supine Tricep Extension/Tricep Press – 1 x 10, 1 x 8, 1 x 6
9. Hanging Leg/Knee Raise – 3 sets max reps <> Cross Lunge – 1 x 12, 1 x 10, 1 x 8
10. High Intensity Interval Training – multiple modes/exercises – 15 minutes
11. Cool Down/Flexibility – 10 minutes

Sample Training Day 2

(<> are super sets – no rest between exercises)

1. Aerobic Warm up – 5 minutes
2. Dynamic Warm up – 5 Minutes
3. Bench Press – 1 x 15 reps, 1 x 10 reps, 1 x 8 reps, 1 x 6 reps, 1 x 4 reps <> Pulldown – 1 x 12, 1 x 10, 1 x 8, 1 x 6 x 6
4. Chest Fly – 1 x 10, 1 x 8, 1 x 6 <> Dumbbell Bent Row – 1 x 10, 1 x 8, 1 x 6
5. Med Ball Squat/Chest Pass – 3 x 12 (explosive) <> Crunch/Reverse Crunch – 3 x max reps
6. Push Press – 1 x 10, 1 x 8, 1 x 6 <> Dumbbell Shrug – 1 x 10, 1 x 8, 1 x 6
7. Standing Squat/Row – 1 x 12, 1 x 10, 1 x 8 <> Standing Hip/Torso Rotation – 1 x 12, 1 x 10, 1 x 8
8. Front to Side Shoulder Laterals – 1 x 15, 1 x 12, 1 x 10 <> Toe Press – 3 x 10
9. Standing Squat/Chest Press – 1 x 12, 1 x 10, 1 x 8 <> Supine Med Ball Oblique Twist – 3 x 10 <> Cable Axe Chop – 2 x 12 <> Cable Rev. Axe Chop – 2 x 12
10. Dead Treadmills – 5 sets, work to rest ratio – 1 minute/2 minutes = 15 minutes
11. Cool Down/Flexibility – 10 minutes

> The above is a general sampling of the types of exercises that might be used. All clients programmed specifically to their sport and their individual strengths and weaknesses.



Sample Training Week

Monday – Workout #1 – 45 min (**with trainer**) – weekly review/reprogram

Tuesday – Rest or sports activities

Wednesday – Workout #2 – 45 min (**with trainer**) Cardio – 10 min block.

Thursday – Rest or sports activities

Friday – Workout #1 or #2 – repeat on own, 45 min. Cardio – 10 min. block.

Saturday/Sunday - Rest

> Workouts 1 and 2 are inverted each week, each done twice every other week.

Commitment

Regardless of status as athlete or non-athlete, this program requires commitment from all parties – the client, the parents and the trainer.

At the completion of the program:

Participants should be stronger, more powerful in all ranges of motion and combination planes of motion, more flexible and show marked increases in cardiovascular fitness as well as any needed decreases in fat mass.

Participants will be ready to initiate their sport pre-season with reduced risk of injury.

Program Cost – 90 Days Only, 45 Minute Sessions

1. Clients who secure 2 training partners for the duration of the program, each program participant, 24 sessions over 12 weeks: **\$250/month.**

Spring Hill Fitness – must have membership, 24/7 access.

Franklin Strength – no membership, access only during training.

2. Clients who wish to train one-on-one: **\$450/month**

Spring Hill Fitness – must have membership, 24/7 access.

Franklin Strength – no membership, access only during training.