



***MAXIMIZE TIME
IN WT ROOM***

rick@wingtcoaching.com

www.allaccesscoaching.com

PHASES

- # STRENGTH PHASE
 - 3rd Quarter: Jan - Easter
- # POWER PHASE
 - 4th Quarter: Easter – End of School
- # SPEED / AGILITY PHASE
 - 4th Quarter & Summer
- # MAINTENANCE PHASE
 - Once Games Start
- # RE-CHARGE THE BATTERIES
 - December



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WEEK	STRENGTH	POWER	SPEED	AGILITY	PLYO	CONDIT	
Jan W2	Max & Teaching		NONE				
Jan W3	4x10 60-75%	teach					
Jan W4	4x8 70-85%	teach					
Feb W1	4x5 75-90%	teach					
Feb W2	10-8-6-4-2	teach					
Feb W3	CROSS FIT / P90X / 300 / RELAYS						
Feb W4	4x10 70-85%	4x8	afterschool	NONE			
Mar W1	4x8 75-90%	4x5	afterschool				
Mar W1	4x5 85-100%	3x3	afterschool				
Mar W2	10-8-6-4-2	5-4-3-2-1	afterschool				
Mar W3	SPRING BREAK						
Mar W4	10-8-6-4	4-4-2-2	afterschool	T & Th	T & Th	NONE	
Mar W5	5-4-3-2-1	5-4-3-2-1	afterschool	T & Th	T & Th		
Apr W1	5x5	5 x 5	afterschool	T & Th	T & Th		
Apr W2	3 x 3	3 x 3	afterschool	T & Th	T & Th		
Apr W3	CROSS FIT / P90X / 300 / RELAYS						
Apr W4	10-8-6-4	4-4-2-2	afterschool	T & Th	T & Th	NONE	
May W1	5-4-3-2-1	5-4-3-2-1	afterschool	T & Th	T & Th		
May W2	5x5	5 x 5	afterschool	T & Th	T & Th		
May W3	3 x 3	3 x 3	afterschool	T & Th	T & Th		
May W4	CROSS FIT / P90X / 300 / RELAYS						
June W1	GRADUATION						
June W2	High Volume Low Intensity after agility & plyos use SST binder		part of warmup		T, W, & Th start with this		900yds
June W3							1100yds
June W4							1200yds
June W5							1400yds
July W1							1600yds
July W2	1800yds						

WEEK	STRENGTH	POWER	SPEED	AGILITY	PLYO	CONDIT	
July W3	End of Summer - OFF						
July W4	End of Summer - OFF						
Aug W1	3x10 60-75%	3x8	p/u warmup	PART OF PRACTICE		1600yds	
Aug W2	4x10 60-75%	4x8	p/u warmup			1800yds	
Aug W3	4x8 70-85%	4x5	p/u warmup			2000yds	
Aug W4	4x5 75-90%	3x3	p/u warmup			2200yds	
Aug W5	10-8-6-4-2	5-4-3-2-1	p/u warmup			2400yds	
Sept W1	3 x 10	3 x 5	part of warm up		NONE NONE		part of practice with a ball & with max reps in every drill
Sept W2	3 x 10	3 x 5					
Sept W3	3 x 10	3 x 5					
Sept W4	3 x 10	3 x 5					
Oct W1	3 x 10	3 x 5					
Oct W2	3 x 10	3 x 5	NONE NONE		part of warm up	part of practice with a ball & with max reps in every drill	
Oct W3	3 x 10	3 x 5					
Oct W4	3 x 10	3 x 5					
Nov W1	3 x 10	3 x 5					
Nov W2	3 x 10	3 x 5					
Nov W3	Playoff Film & Recover		NONE NONE		part of warm up	part of practice with a ball & with max reps in every drill	
Nov W4	Playoff Film & Recover						
Nov W5	Playoff Film & Recover						
Dec W1	Playoff Film & Recover						
Dec W2	Playoff Film & Recover						
Dec W3	End of Season - Recharge the Batteries						
Dec W4	End of Season - Recharge the Batteries						
Jan W1	End of Season - Recharge the Batteries						

AFTER SCHOOL LIFTING

WE DON'T DO IT

- Gives An Excuse
- Speed Training afterschool T & Th

Promotes Laziness

- Hinders Team Building

EXCEPTIONS

- Absolutely



OVERALL PHILOSOPHY

**TRAIN MOVEMENT
NOT MUSCLES**



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OVERALL PHILOSOPHY

LIGHT & RIGHT
BETTER THAN
HEAVY & WRONG



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Program design



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HOW MANY SETS?

- # Depends on athlete, intensity, Volume
- # 12-14 sets per muscle group
- # 2-3 exercises per muscle group



HOW MANY SETS?

WORKOUT	SETS PER WORKOUT
Total Body	20-40
Upper Body	15-30
Lower Body	15-30
Just Chest or Back	6-20
Just Thigh	8-25
Just Calves	6-15
Just Biceps & Triceps	5-15
Just Shoulders	8-18



HOW MANY REPS?

- # 1-6 reps build strength
- # 6-12 reps build hypertrophy
- # 12-20 reps build endurance

Spend most of time at 6-12 reps.

Optimal strength & metabolic



HOW MUCH WEIGHT?

- # CONSTANT WEIGHT
 - Volume & intensity stay same
- # LIGHT TO HEAVY
 - ↑ weight; reps the same (not recommend)
 - ↑ weight; ↓ reps
- # HEAVY TO LIGHT
 - ↓ Weight; ↑ reps

All 3 shown to work

We recommend mixing it up.



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3 WAYS TO INCREASE INTENSITY

ADD WEIGHT

- 70% for two weeks, then 80%, then 90%...

INCREASE REPS

- 8 reps for two weeks, then 10 reps, then 12 reps
- Add weight & start at 8 reps again

GO EXPLOSIVE

- Power Clean is more intense than squat



Rep – intensity guide

- # OLYMPIC LIFTS: 4 – 6 reps. *Add weight when he can do all 6 reps on the last set.*
- # STRENGTH LIFTS: 8 – 10 reps. *Add weight when he can do all 10 reps on the last set.*
- # ABS & BODY WEIGHT: 20-25 reps. *Hard to gauge.*



BAR SPEED

With Bar Speed, increase endurance with number of reps

SPEED	POWER	STRENGTH	SIZE	ENDURANCE
Fast (1 second)	✓	✓		
Average (2 seconds)		✓	✓	
Controlled Slow (3 sec)				✓
Unintentional Slow (3 sec)...maxing		✓	✓	

ORDER OF EXERCISES

- # Multi-joint to single joint
- # High technique to less technical
- # Olympic / explosive movements first
- # Alternate upper & lower body
- # Alternate push & pull
- # Integrate metabolic (knee tucks) with resistive training



VARIETY

- # MUSCLES WILL ADAPT
 - Squat 8 straight weeks = great gains on squat max
 - 50% gains on leg press
 - 0% gain on leg extension
- # KEEPS 'EM MOTIVATED
- # BREAKS UP MONOTONY
- # KEEPS IT CHALLENGING
- # KIDS WANT TO HAVE FUN.



MODIFICATION

- # REVOLVES AROUND CORE LIFTS
 - Use Lots of Variations
 - Back, Front, Overhead, Lateral, 1 leg Squats
- # EVERY 1 WEEK
 - Change the Auxillary Lifts
- # EVERY 4 WEEKS
 - Change Intensity
- # EVERY 8 WEEK
 - Change the Volume



EVERY FIFTH WEEK

PLATEU BUSTER

- Shock the muscles
- Upper / Lower body circuits
- Team Challenges / Relay Races
- Strong man & Iron Man competitions
- P90x / 300 movie / Insanity
- Pool Workout



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IRON-MAN CONTEST

1. Bench: reps at 135,175, or 205
2. Clean / Squat / Press: reps at 95,115, or 135
3. Hanging pull-ups
4. Dips
5. Jump rope in 60 seconds
6. Sit-ups in 60 seconds
7. On-line IQ Test score

300 workout

- # Invert Rows—15x
- # Air Squats—25x
- # Pushups—15x
- # Jumping Jacks—50x
- # Mtn Climbers—20x
- # Diamond Pushups—10x
- # Invert Rows—15x
- # Pullups—25x
- # DB Deadlift—50x * (135lb deadlift)
- # Pushups—50x
- # Squat Jumps—50x * (box jumps)
- # DB Push Press—50x
- # Pullups—25x
- # *add 50 floor wipers

*Advanced

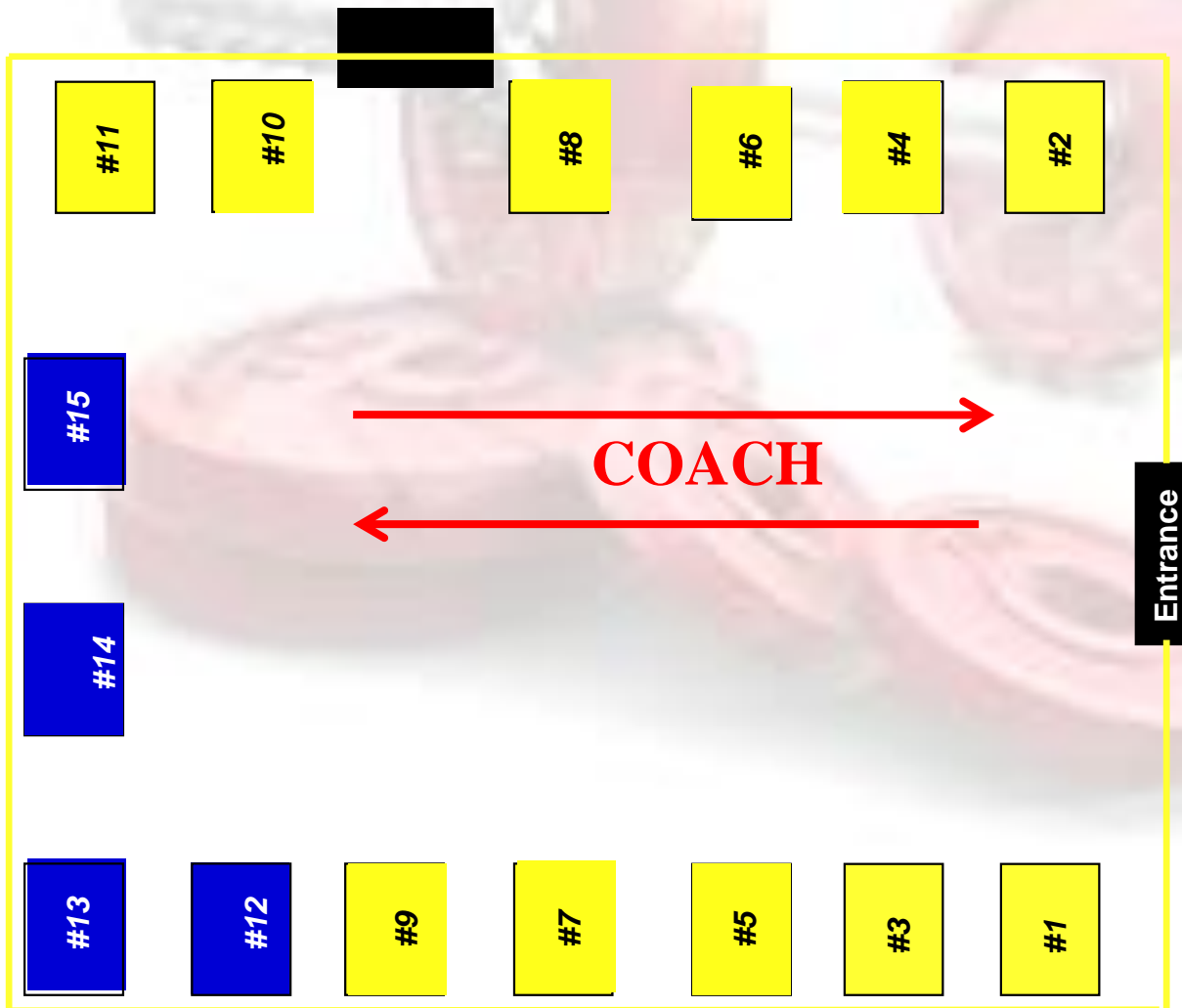


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FILM OF PLATEAU BUSTER



LAYOUT



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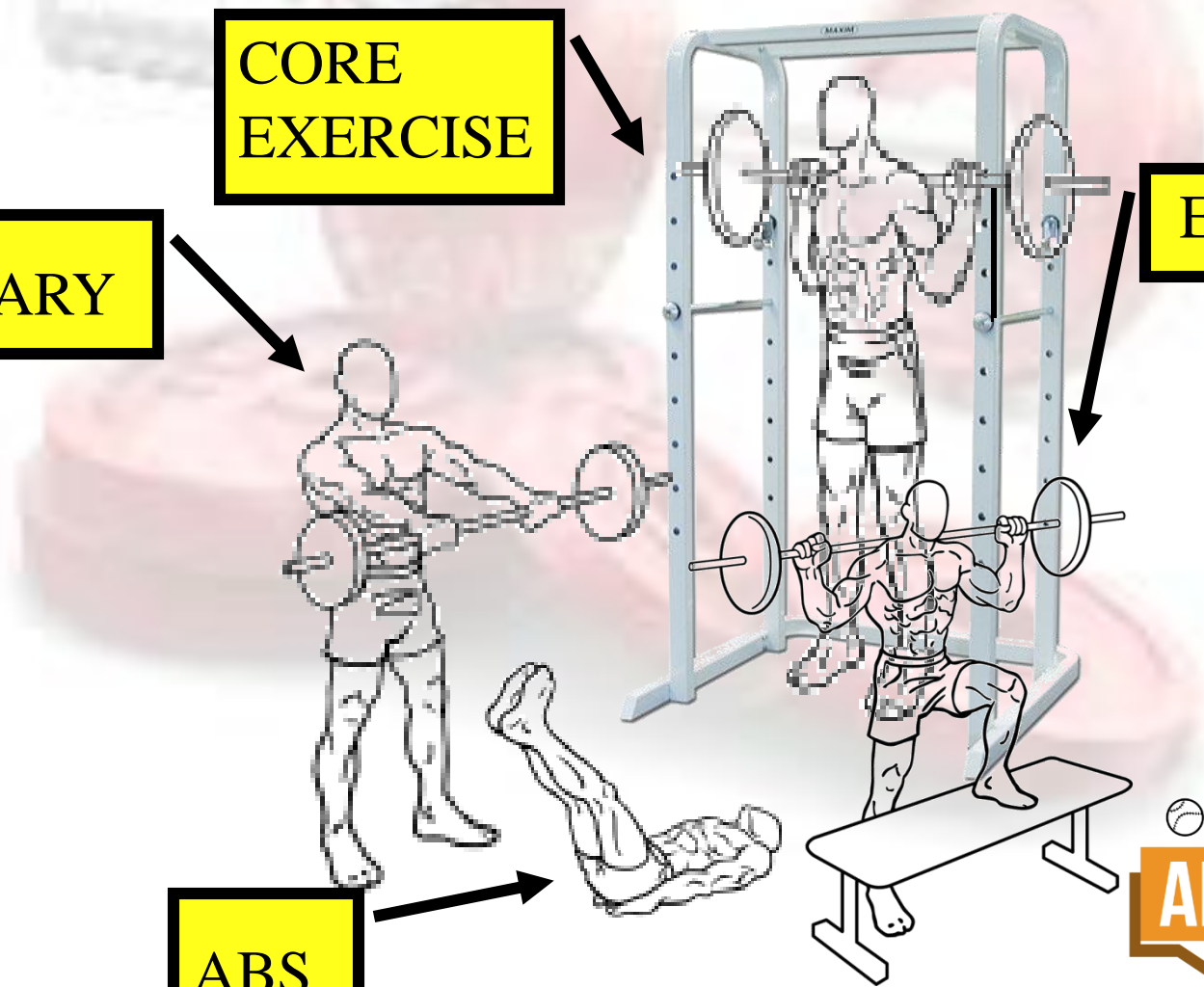
MINI CIRCUITS

CORE EXERCISE

AUXILLARY

EXPLOSIVE

ABS





AUXILLARIES



AUXILLARY LIFTS

- # No Speed & Agility auxillaries if Volume greater than 30.
- # Easier Auxillary (or none) lifts when Intensity above 80%. (more core work)
- # On 5-4-3-2-1 and 10-8-6-4-2 weeks
 - Auxillaries are only 3 Sets.



BODY WEIGHT

- # PUSHUP VARIATIONS
- # BURPEES
- # PULLUPS
- # AIR SQUATS
- # 1 LEG SQUATS
- # BOX STEP UPS
- # LUNGE JUMPS



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STABILIZATION

- Disk Squat
- Airex Single Leg Squat
- Disk Single Leg Squat
- Physioball Push-up
- Ring Push-up
- Ring Dip
- DB Step & Press
- Medball Squat & Pass
- Speed Skater
- Stick Hops



UNILATERAL LOWER BODY

- # SINGLE LEG Strength is one of most important factors to improve athletic performance & injury prevention
- # DOUBLE LEG does not transfer to SINGLE LEG
- # FORCES gluteus maximus & pelvic Stabilizers to work independently



SINGLE LEG PROGRESSION

Split Squat



Single Leg Bench Squat



Single Leg Squat



Use each movement 2-3 weeks before progressing
To the next movement.



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FILM of SINGLE LEG



1 LEG BENCH SQUAT


ALL ACCESS
COACHING

SSS
Y

FILM of KETTLEBELLS

S KETTLE
BELLS



MULTI MUSCLE LIFTS



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Abs & lower back



GROUND BASED – NO WT

- # Crunches
- # 1 Leg Crunches
- # Decline Situps
- # Sit Ups
- # Reach Thru's
- # Crunchy Frogs
- # Ankle Touches
- # Toe Touches
- # Boat & Bananna
- # Heels to Heaven
- # Bicycles
- # Seated Twist
- # Leg Lifts
- # Crazy Eights
- # Oblique Crunches
- # Elbow to Knee
- # V-Up Roll Ups



Upright

- # Lumberjacks
- # Around the World
- # DB Swings
- # Ball Slams
- # Partner Handoffs
- # Walking Knee Tucks
- # Good Mornings
- # Med Ball Lunge & Twist
- # DB Twists
- # Hanging Knee Tucks
- # Hanging Obliques
- # Hanging “L”s



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GROUND BASED – Weight

- # Crunches
- # Decline Situps
- # Sit Ups
- # Reach Thru's
- # Toe Touches
- # Seated Twist
- # Floor Wipers
- # Barbell Get Up Situp
- # Partner Crunches
- # Med Ball Tosses
- # Med Ball Circuit
- # Leg Lift DB Press
- # V-up Roll ups
- # Physio Ball Handoffs



Planks & lower back

- # 2 Elbow Front Planks
- # 1 Elbow Side Planks
- # 1 Hand Side Planks
- # Supermans
- # Superman Opposites
- # Swimmers
- # Spidermans
- # Hip Raises
- # Plank Opposite Knee
- # Rollers (barbell)
- # Physio Knee Tucks



ABS & LOWER BACK



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STRENGTH PHASE



STRENGTH PHASE (3rd Qtr)

	Strength	Explosive	Percentage
WEEK 1	4 x 10	4 x 8	60%-75%
WEEK 2	4 x 8	4 x 5	70 - 85%
WEEK 3	4 x 5	3 x 3	75 - 90%
WEEK 4	10-8-6-4-2	5-4-3-2-1	60 - 85%
WEEK 5	Plateau buster		
WEEK 6	4 x 10	4 x 8	70 - 85%
WEEK 7	4 x 8	4 x 5	75 - 90%
WEEK 8	4 x 5	3 x 3	80 - 95%
WEEK 9	10-8-6-4-2	5-4-3-2-1	85 - 110%
WEEK 10	Plateau buster		





STRENGTH PHASE - MON

STRENGTH – MONDAY

WEEK 1 – 4

FIRST CIRCUIT: Takes approximately 15 minutes

MONDAY	Week 1	Week 2	Week 3	Week 4
Plyo's	Squat Jumps	Overhead Squat (DB)	Knee Tucks	Overhead Squat (barbell)
Legs	Lunge Squat (hands)	Lunge Squat (DB hang)	Lunge Squat (barbell)	Lunge Squat (barbell w/wt)
Legs	Straight Leg Dead Lift	1 Leg SDL	Straight Leg Dead Lift	1 Leg SDL
Shoulders	Chin Pulls	Chin Pulls	Chin Pulls	Chin Pulls
Abs	Crunches	1 Leg Crunches	Toe Touches	Bicycles

SECOND CIRCUIT: Takes approximately 15 minutes

MONDAY	Week 1	Week 2	Week 3	Week 4
Squat	Front Squat <i>spotter</i>	Front Squat <i>spotter</i>	Front Squat <i>spotter</i>	Front Squat <i>spotter</i>
Legs	Box Step Ups (hands)	Box Step Ups (hands)	Box Step Ups (DB)	Box Step Ups (barbell)
Shoulders	Lateral DB Raises	Incline Press (Barbell)	Barbell Raises	Incline Press (DB)
Abs	Situps	Crunchy Frogs	Boat	Seated Twist

THIRD CIRCUIT: For longer periods or 1 sport athletes lifting afterschool

MONDAY	Week 1	Week 2	Week 3	Week 4
Squat	Overhead Squat (DB)	Vertical Jumps	Overhead Squat (barbell)	180 degree jumps
Legs	3-way calf raises	3-way calf raises	3-way calf raises	3-way calf raises
Triceps	Overhead Tri Extensions	Side Tri Rises	Throw the Bomb	Triceps Kickbacks
Shoulders	Incline Press (DB)	Lateral DB Raises	Incline Press (Barbell)	Barbell Raises
Abs	Reach Thru's	Ankle Touches	Heels to Heaven	Leg Lifts



STRENGTH PHASE - MON

STRENGTH - MONDAY

WEEK 6 – 9

FIRST CIRCUIT: Takes approximately 15 minutes

MONDAY	Week 6	Week 7	Week 8	Week 9
Plyo's	Box Jumps	Overhead Squat (DB)	Box Jumps	Overhead Squat (barbell)
Legs	1 Leg Bench Squat (hands)	1 Leg Bench Squat (DB hang)	1 Leg Bench Squat (barbell)	1 Leg Bench Squat (barbell w/wt)
Legs	Straight Leg Dead Lift	1 Leg SDL	Straight Leg Dead Lift	1 Leg SDL
Shoulders	Chin Pulls	Chin Pulls	Chin Pulls	Chin Pulls
Abs	Reach Thru's	Ankle Touches	Leg Lifts	V-up Roll Ups

SECOND CIRCUIT: Takes approximately 15 minutes

MONDAY	Week 6	Week 7	Week 8	Week 9
Squat	Front Squat <i>spotter</i>	Front Squat <i>spotter</i>	Front Squat <i>spotter</i>	Front Squat <i>spotter</i>
Legs	Lateral Box Step Ups (hands)	Lateral Box Step Ups (DB)	Lateral Box Step Ups (DB)	Lateral Box Step Ups (barbell)
Shoulders	Lateral DB Raises	Incline Press (Barbell)	Barbell Raises	Incline Press (DB)
Abs	Elbow to Knee	Toe Touches	Boat	Crazy Eights

THIRD CIRCUIT: For longer periods or 1 sport athletes lifting afterschool

MONDAY	Week 6	Week 7	Week 8	Week 9
Squat	Overhead Squat (DB)	Box Jumps	Overhead Squat (barbell)	Box Jumps
Legs	Calf Hops	Calf Hops	Calf Hops	Calf Hops
Triceps	Overhead Tri Extensions	Side Tri Rises	Throw the Bomb	Triceps Kickbacks
Shoulders	Incline Press (DB)	Lateral DB Raises	Incline Press (Barbell)	Barbell Raises
Abs	Crunchy Frogs	Heels to Heaven	Seated Twist	Oblique Crunches



STRENGTH PHASE - TUE

STRENGTH – TUESDAY

WEEK 1 – 4

FIRST CIRCUIT: Takes approximately 15 minutes

TUESDAY	Week 1	Week 2	Week 3	Week 4
Snatch	Barbell Snatch <i>spotter</i>	Barbell Snatch <i>spotter</i>	Barbell Snatch <i>spotter</i>	Barbell Snatch <i>spotter</i>
Back	Dips	Dips	Dips	Dips
Pullups	Palm In, Palm Out, Wide, Stagger	Palm In, Palm Out, Wide, Stagger	Palm In, Palm Out, Wide, Stagger	Palm In, Palm Out, Wide, Stagger
Abs	LumberJacks	Around the World	DB Twists	Hanging Obliques

SECOND CIRCUIT: Takes approximately 15 minutes

TUESDAY	Week 1	Week 2	Week 3	Week 4
Clean	Hang Clean <i>spotter</i>	Hang Clean <i>spotter</i>	Hang Clean <i>spotter</i>	Hang Clean <i>spotter</i>
Pushup	Std, Wide, Diam, Military	Stagger, Pike, In & Out, Offset	Mtn Climb, Under Fence, Clap, Plyo	Clock, 1 leg, Push & Row, Decline
Back	Bent Over Rows (2 DB)	Bent Over Rows (barbell)	Barbell Rows	Inverted Rows
Abs	DB Swings	Ball Slams	Lumberjacks	Around the World

THIRD CIRCUIT: For longer periods or 1 sport athletes lifting afterschool

TUESDAY	Week 1	Week 2	Week 3	Week 4
Variation	2 DB Snatch	2 DB Clean	2 DB Snatch	2 DB Clean
Neck	Neck	Neck	Neck	Neck
Biceps	Cheat, Static, Hammer, Reverse	Cheat, Static, Hammer, Reverse	Cheat, Static, Hammer, Reverse	Cheat, Static, Hammer, Reverse
Back	Inverted Rows	Lawnmowers	Back Flies	Dips on bench
Abs	Walking Knee Tucks	Med Ball Lunge & Twists	Hanging Knee Tucks	Hanging L's



STRENGTH PHASE - TUE

STRENGTH - TUESDAY

WEEK 6 – 9

FIRST CIRCUIT: Takes approximately 15 minutes

TUESDAY	Week 6	Week 7	Week 8	Week 9
Snatch	Barbell Snatch <i>spotter</i>	Barbell Snatch <i>spotter</i>	Barbell Snatch <i>spotter</i>	Barbell Snatch <i>spotter</i>
Back	Dips	Dips	Dips	Dips
Pullups	Palm Out, Stagger, Towel, Corn Cob	Palm In, Stagger, Towel, Corn Cob	Palm Out, Stagger, Towel, Corn Cob	Palm In, Towel, Corn Cob, Inverted
Abs	LumberJacks	Around the World	DB Twists	Hanging Obliques

SECOND CIRCUIT: Takes approximately 15 minutes

TUESDAY	Week 6	Week 7	Week 8	Week 9
Clean	Hang Clean <i>spotter</i>	Hang Clean <i>spotter</i>	Hang Clean <i>spotter</i>	Hang Clean <i>spotter</i>
Pushup	Std, Wide, Diam, Military	Stagger, Pike, In & Out, Offset	Knee Tucks, Under Fence, Side Tucks, Plyo	Clock, 1 leg, Push & Row, Handstand
Back	Bent Over Rows (2 DB)	Bent Over Rows (barbell)	Barbell Rows	Inverted Rows
Abs	3-way DB Swings	Ball Slams	Lumberjacks	Around the World

THIRD CIRCUIT: For longer periods or 1 sport athletes lifting afterschool

TUESDAY	Week 6	Week 7	Week 8	Week 9
Variation	1 Arm DB Snatch	1 Arm DB Clean	1 Arm DB Snatch	1 Arm DB Clean
Neck	Neck	Neck	Neck	Neck
Biceps	Cheat, Static, Hammer, In & Out	Cheat, Static, Hammer, Reverse	Cheat, Static, Hammer, Reverse	Cheat, Static, Hammer, Reverse
Back	Inverted Rows	Lawnmowers	Back Flies	DB Extension
Abs	Walking Knee Tucks	Med Ball Lunge & Twists	Hanging Knee Tucks	Pullup L's



STRENGTH PHASE - THUR

STRENGTH - THURSDAY

WEEK 1 - 4

FIRST CIRCUIT: Takes approximately 15 minutes

THURSDAY	Week 1	Week 2	Week 3	Week 4
Plyo's	Explosive Dead Lift	Explosive Dead Lift	Explosive Dead Lift	Explosive Dead Lift
Legs	Lateral Squats (hands)	Lateral Squats (hands)	Lateral Squats (DB)	Lateral Squats (DB)
Legs	Glute Ham on bench	Prone Glute Ham	Glute Ham on bench	Prone Glute Ham
Shoulders	Push Press (bar)	Split Jerk (bar)	Push Press (DB)	Split Jerk (DB)
Abs	Crunches with weight	1 Leg Crunch w/weight	Bar Getup Situp	Leg Lift DB Press

SECOND CIRCUIT: Takes approximately 15 minutes

THURSDAY	Week 1	Week 2	Week 3	Week 4
Squat	Back Squat <i>spotter</i>	Back Squat <i>spotter</i>	Back Squat <i>spotter</i>	Back Squat <i>spotter</i>
Legs	Box Jumps	Air Squats	Lateral Box Jumps	Squat Hop & Lunge
Shoulders	Squat & Press (DB)	Rotator Cuff	Squat & Press (bar)	DB Circles
Abs	Reach thru with weight	Seated twist with plate	Partner Crunches	V Up Roll Up with weight

THIRD CIRCUIT: For longer periods or 1 sport athletes lifting afterschool

THURSDAY	Week 1	Week 2	Week 3	Week 4
Squat	Pause Squats	Box Jumps	Pause Squats	Lateral Box Jumps
Legs	Archelletta Hops	Calf Hops	Archelletta Hops	Hurdle Jumps
Triceps	Skull Crunches (DB)	Bench Dips	Skull Crunches (bar)	Bench Dips
Shoulders	Rotator Cuff	Squat & Press (DB)	DB Circles	Squat & Press (bar)
Abs	Toe Touches with weight	Floor Wipers	Med Ball Toss	Physio Ball handoff



STRENGTH PHASE - THUR

STRENGTH - THURSDAY

WEEK 6 - 9

FIRST CIRCUIT: Takes approximately 15 minutes

THURSDAY	Week 6	Week 7	Week 8	Week 9
Plyo's	Explosive Dead Lift	Explosive Dead Lift	Explosive Dead Lift	Explosive Dead Lift
Legs	Lateral Squats (bar)	Lateral Squats (bar)	Lateral Squats (bar)	Lateral Squats (bar)
Legs	Glute Ham on bench	Prone Glute Ham	Glute Ham on ground	Glute Ham on ground
Shoulders	Push Press (bar)	Split Jerk (bar)	Push Press (DB)	Split Jerk (DB)
Abs	Med Ball Situps	KB Situps	Bar Getup Situp	Leg Lift DB Press

SECOND CIRCUIT: Takes approximately 15 minutes

THURSDAY	Week 1	Week 2	Week 3	Week 4
Squat	Back Squat <i>spotter</i>	Back Squat <i>spotter</i>	Back Squat <i>spotter</i>	Back Squat <i>spotter</i>
Legs	Box Jumps	Air Squats	Lateral Box Jumps	Lunge Jumps
Shoulders	Squat & Press (DB)	Rotator Cuff	Squat & Press (bar)	DB Circles
Abs	3 way Med Ball Situps	Seated twist with plate	Partner Crunches	V Up Roll Up with weight

THIRD CIRCUIT: For longer periods or 1 sport athletes lifting afterschool

THURSDAY	Week 1	Week 2	Week 3	Week 4
Squat	Pause Squats	Box Jumps	Pause Squats	Lateral Box Jumps
Legs	Archelletta Hops	Calf Hops	Archelletta Hops	Hurdle Jumps
Triceps	Skull Crunches (DB)	Bench Dips	Skull Crunches (bar)	Bench Dips
Shoulders	Rotator Cuff	Squat & Press (DB)	DB Circles	Squat & Press (bar)
Abs	Toe Touches with weight	Floor Wipers	Med Ball Toss	Physio Ball handoff



STRENGTH PHASE - FRI

STRENGTH – FRIDAY

WEEK 1 – 4

FIRST CIRCUIT: *Takes approximately 15 minutes*

FRIDAY	Week 1	Week 2	Week 3	Week 4
Clean	Power Clean <i>spotter</i>	Power Clean <i>spotter</i>	Power Clean <i>spotter</i>	Power Clean <i>spotter</i>
Pushups	Std, Wide, Diam, Military	Stagger, Pike, In & Out, Offset	Mtn Climb, Under Fence, Clap, Plyo	Knee Tucks, Barbell Pushup, Physio Ball
Back	Inverted Rows	Lawnmowers	Back Flies	DB Extensions
Abs	Rollers	Physio Ball Knee Tucks	Good Mornings	Plank Opposite Knee

SECOND CIRCUIT: *Takes approximately 15 minutes*

FRIDAY	Week 1	Week 2	Week 3	Week 4
Bench	Bench <i>spotter</i>	Bench <i>spotter</i>	Bench <i>spotter</i>	Bench <i>spotter</i>
Chest	Dips	Dips	Dips	Dips
Back	Bent Over Rows (2 DB)	Bent Over Rows (barbell)	Barbell Rows	Inverted Rows
Abs	1 Elbow Planks	1 Hand Front Planks	Swimmers	Hip Raises

THIRD CIRCUIT: *For longer periods or 1 sport athletes lifting afterschool*

FRIDAY	Week 1	Week 2	Week 3	Week 4
Variation	2 DB Snatch	2 DB Clean	2 DB Snatch	2 DB Clean
Neck	Neck	Neck	Neck	Neck
Bench	DB Chest Flies	Closed Grip Bench	DB Chest Flies	Bench Drops
Pullups	Palm In, Palm Out, Wide, Stagger	Palm In, Palm Out, Wide, Stagger	Palm In, Palm Out, Wide, Stagger	Palm In, Palm Out, Wide, Stagger
Abs	Supermans	Good Mornings	Spidermans	Tootsie Roll



STRENGTH PHASE - FRI

STRENGTH - FRIDAY

WEEK 6 – 9

FIRST CIRCUIT: Takes approximately 15 minutes

FRIDAY	Week 6	Week 7	Week 8	Week 9
Clean	Power Clean <i>spotter</i>	Power Clean <i>spotter</i>	Power Clean <i>spotter</i>	Power Clean <i>spotter</i>
Pushups	Std, Wide, Diam, Military	Stagger, Pike, In & Out, Offset	Mtn Climb, Under Fence, Clap, Plyo	Knee Tucks, Barbell Pushup, Physio Ball
Back	Inverted Rows	Lawnmowers	Back Flies	DB Extension
Abs	2 Elbow Front Planks	2 Hand Front Planks	Good Mornings	Plank Opposite Knee

SECOND CIRCUIT: Takes approximately 15 minutes

FRIDAY	Week 6	Week 7	Week 8	Week 9
Bench	Bench <i>spotter</i>	Bench <i>spotter</i>	Bench <i>spotter</i>	Bench <i>spotter</i>
Chest	Dips	Dips	Dips	Dips
Back	Bent Over Rows (2 DB)	Bent Over Rows (barbell)	Barbell Rows	Inverted Rows
Abs	1 Elbow Planks	1 Hand Front Planks	Swimmers	Hip Raises

THIRD CIRCUIT: For longer periods or 1 sport athletes lifting afterschool

FRIDAY	Week 6	Week 7	Week 8	Week 9
Variation	1 Arm DB Snatch	1 Arm DB Clean	1 Arm DB Snatch	1 Arm DB Clean
Neck	Neck	Neck	Neck	Neck
Bench	DB Chest Flies	Closed Grip Bench	DB Chest Flies	Bench Drops
Pullups	Palm Out, Towel, Corn Cob, Stagger	Palm In, Towell, CornCob, Stagger	Palm Out, Towel, Corn Cob, Stagger	Palm In, Towell, CornCob, Stagger
Abs	Supermans	Superman Opposites	Spidermans	Tootsie Roll

EXPLOSIVE PHASE



EXPLOSIVE PHASE (4th Qtr)

	Strength	Explosive	Percentage
WEEK 11	10-8-6-4-2	4-4-2-2	60%-75%
WEEK 12	5-4-3-2-1	5-4-3-2-1	70 - 85%
WEEK 13	5 x 5	5 x 5	80 - 90%
WEEK 14	3 x 3	3 x 3	85 - 95%
WEEK 15	Plateau buster		
WEEK 16	10-8-6-4-2	4-4-2-2	70 - 85%
WEEK 17	5-4-3-2-1	5-4-3-2-1	75 - 90%
WEEK 18	5 x 5	5 x 5	80 - 95%
WEEK 19	3 x 3	3 x 3	85 - 110%
WEEK 20	Plateau buster		



EXPLOSIVE PHASE

10 EXPLOSIVE WEEKS

Weeks	MON		TUE		WED		THUR		FRI	
11 to 20	Core	Snatch	Plyos Vertical	Core	Power clean	Plyos Horizontal	Core	Explosive Dead Lift	Back	Rows
	Back	Rows		Chest	pushups		Shoulder	Split Jerk		
	Shoulder	Push Press		Aux	kettlebells		Abs	Upright		
	Abs	Ground based		Abs	Planks & Low Back		Abs	Upright		
	Core	Front Squat	Agilities	Core	Bench	Agilities	Core	Back Squat	Chest	pushups
	Back	pullups		Back	pullups		Legs	Glute Hams		
	Legs	Straight Leg		Aux	kettlebells		Abs	Upright		
	Abs	Ground based		Abs	Planks & Low Back		Abs	Upright		
<i>This last circuit is if you have more time or for 1 sport athletes lifting after school</i>										
Variation	Physio Ball	Running Mechanics	Variation	Overhead Squat	Running Mechanics	Variation	1 Leg	Aux	Neck	Tri & Bi
Aux	Neck		Aux	Neck		Aux	Tri & Bi			
Aux	Tri & Bi		Aux	Tri & Bi		Aux	Tri & Bi			
Abs	Ground based		Abs	Planks & Low Back		Abs	Upright			



SUMMER



MUSCLE FAILURE (Summer)

It is a rapid succession of exercises:

- Push-ups
- Mountain Climbers
- Sit-ups
- Squats
- Jumping Jacks
- High knees
- Good mornings
- Lumberjacks
- Calf-raises
- Arm flutters
- Lunges
- Hops
- Butt kickers
- Finger tip holds



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MUSCLE FAILURE



IN SEASON



IN SEASON

	MON	WED	FRI
VOLUME	3 X 5	3 x 5	3 x 10
INTENSITY	70 - 85%	60 - 75%	50 - 60%
LIFTS	Back Squat	Cleans	Bench
	RDL	Shoulders	Squat
	Bench	Back	Clean
	Triceps	Pullups	Abs
	Abs	Abs	Stretch



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rick@wingtcoaching.com

www.allaccesscoaching.com