

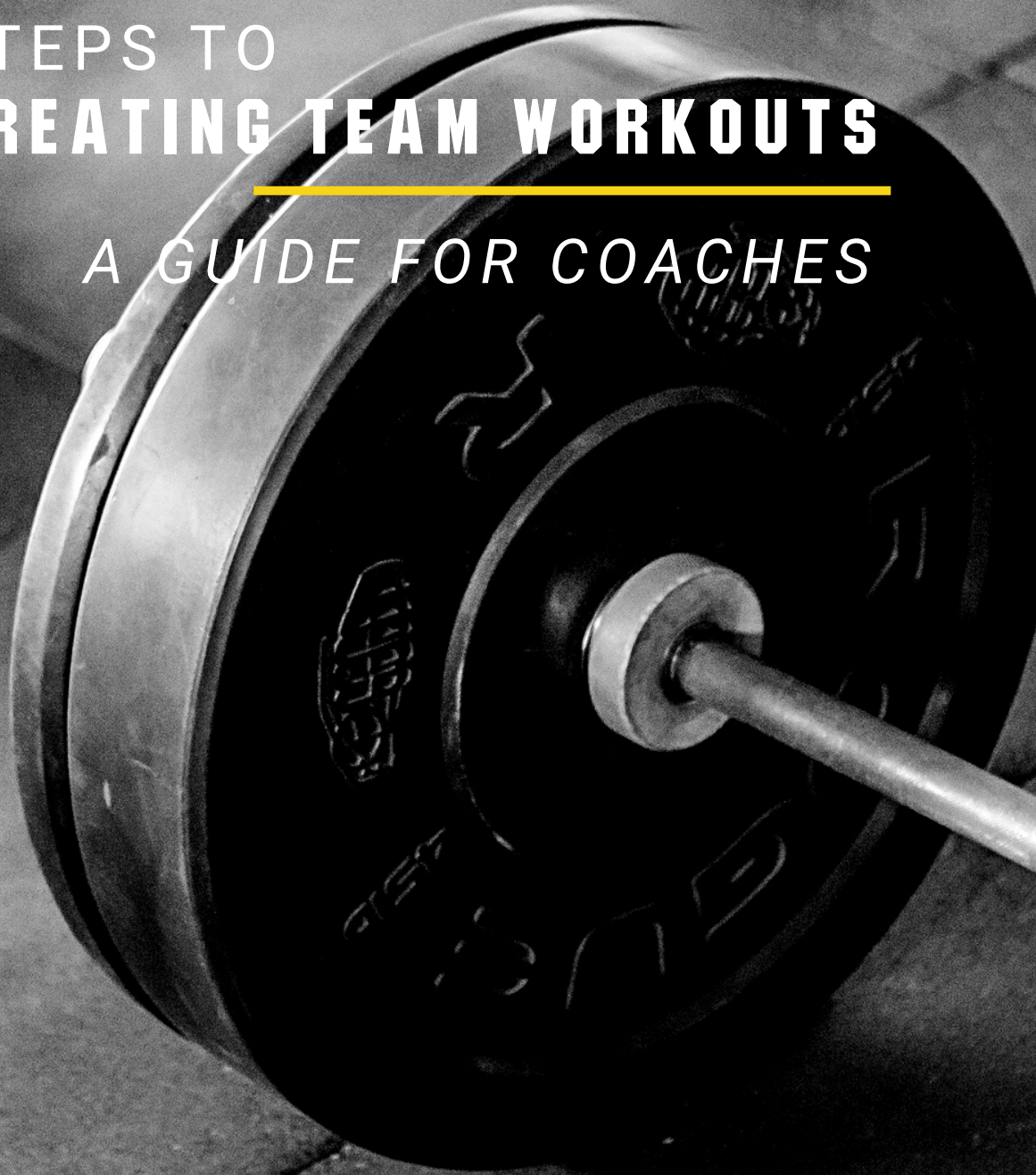


SPORTSTRENGTH®

5

STEPS TO
CREATING TEAM WORKOUTS

A GUIDE FOR COACHES



STEP 1: DETERMINE THE TRAINING PHASE

The Training Phase dictates every component of the workout for a specific length of time (usually 3-4 weeks).

It's important to remember that not all Phases are appropriate at any given time (e.g. - a High Volume Hypertrophy Phase should not be used In Season).

Below are the common Phases of a Strength Training Program.

There are other Phases in addition to these (SportStrength uses at least 3 more Phases to create our Team Workouts), but we will stick to these for purposes of this Guide.



STEP 2: TRAINING FREQUENCY

The truth is - there is a time to train hard, and there is a time to not.

As a frame of reference: every Pro Sports Team I've worked with only trained 1-2x/week during the In Season.

The Pro Athletes weren't training less because they couldn't handle it, but rather that the energy demands of high volume training can reduce the athlete's ability to produce maximal strength and power.

Which is why Training Frequency is important. Something to keep in mind as you plan team workouts!

This is the frequency I use for each of the Training Phases:

HYPERTROPHY PHASE: 3-4X PER WEEK

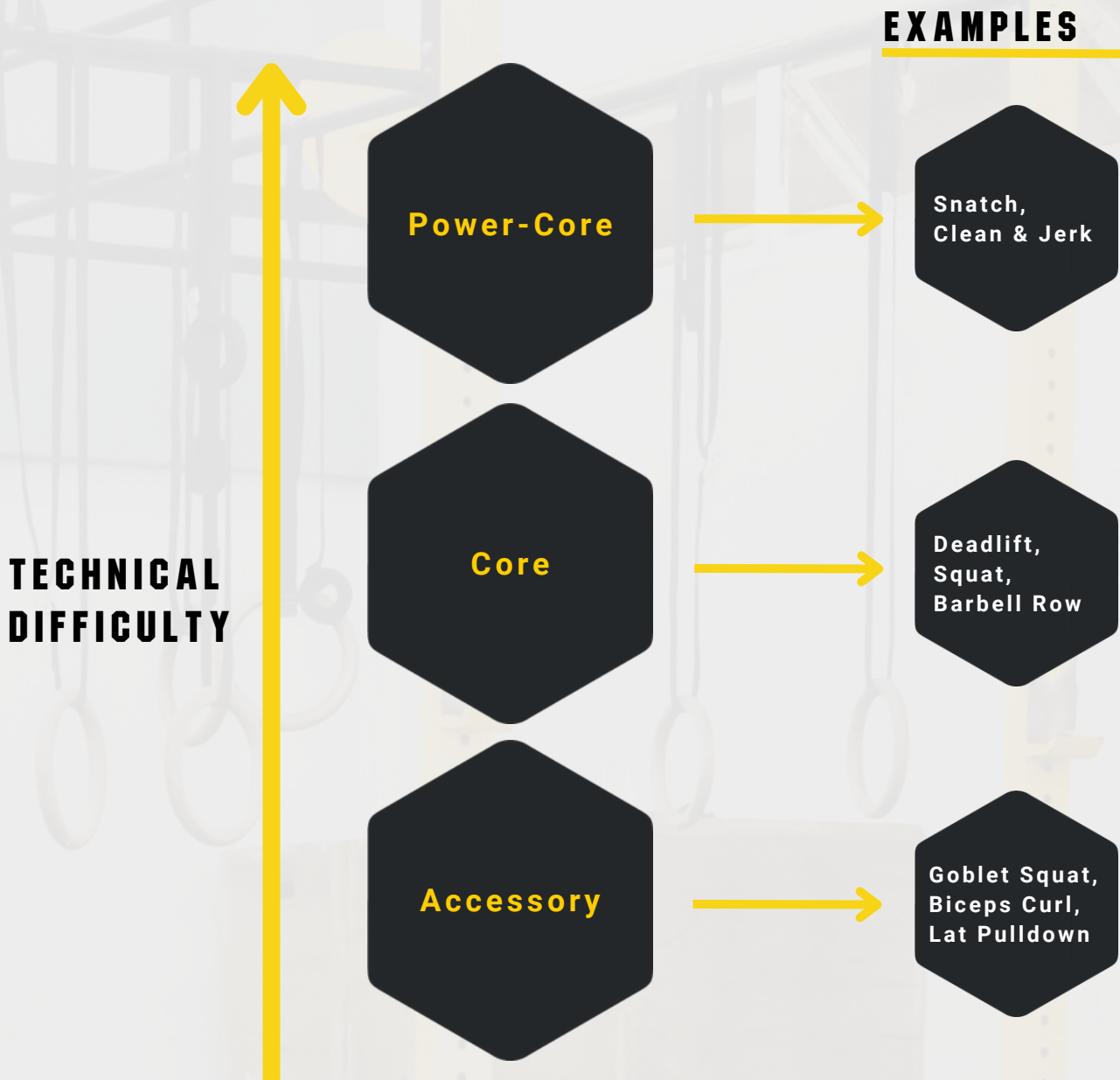
STRENGTH PHASE: 3-4X PER WEEK

POWER PHASE: 3X PER WEEK

MAINTENANCE PHASE: 1-3X PER WEEK

STEP 3: CHOOSING THE EXERCISES

There are three main classifications of exercises: Power-Core, Core, and Accessory.



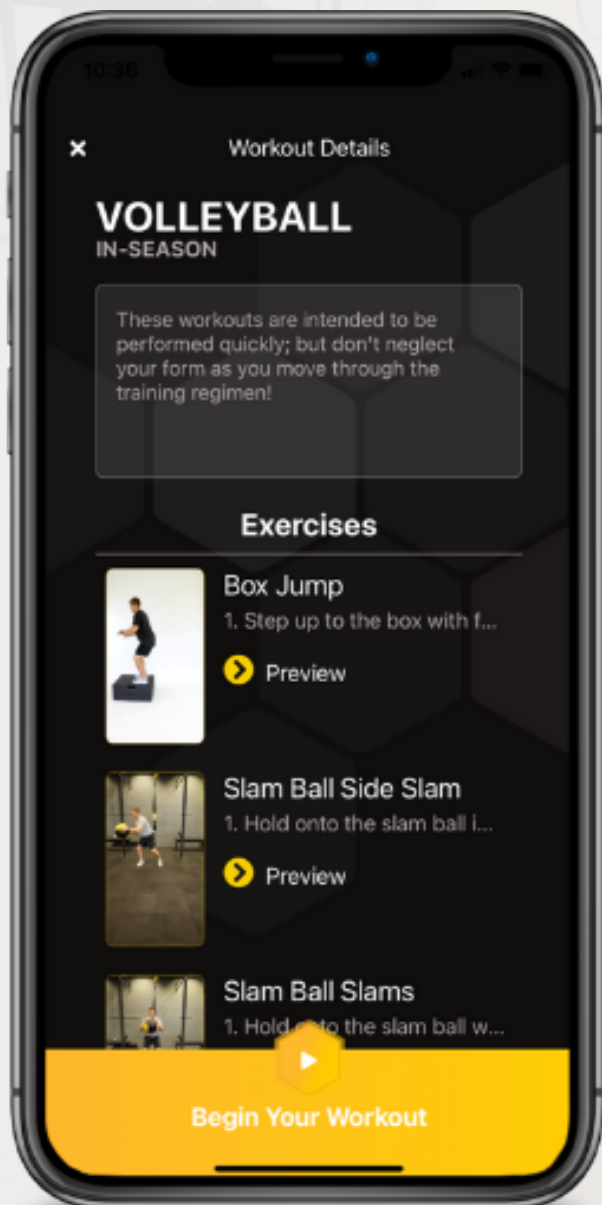
It's important to remember that your Exercise Selection should line up with your Training Frequency. For example, if you are creating a lower-upper split, then make sure

your Exercise Selection reflects that decision.

The Exercise Selection process is where you can really focus on creating a Sport Specific Training Program. Here are some examples based on my personal experience:

PROFESSIONAL BASEBALL

We had our athletes perform 2x the number of pulling exercises compared to pushing exercises. One reason was because the Back plays a huge role in shoulder stabilization.



PROFESSIONAL SOCCER

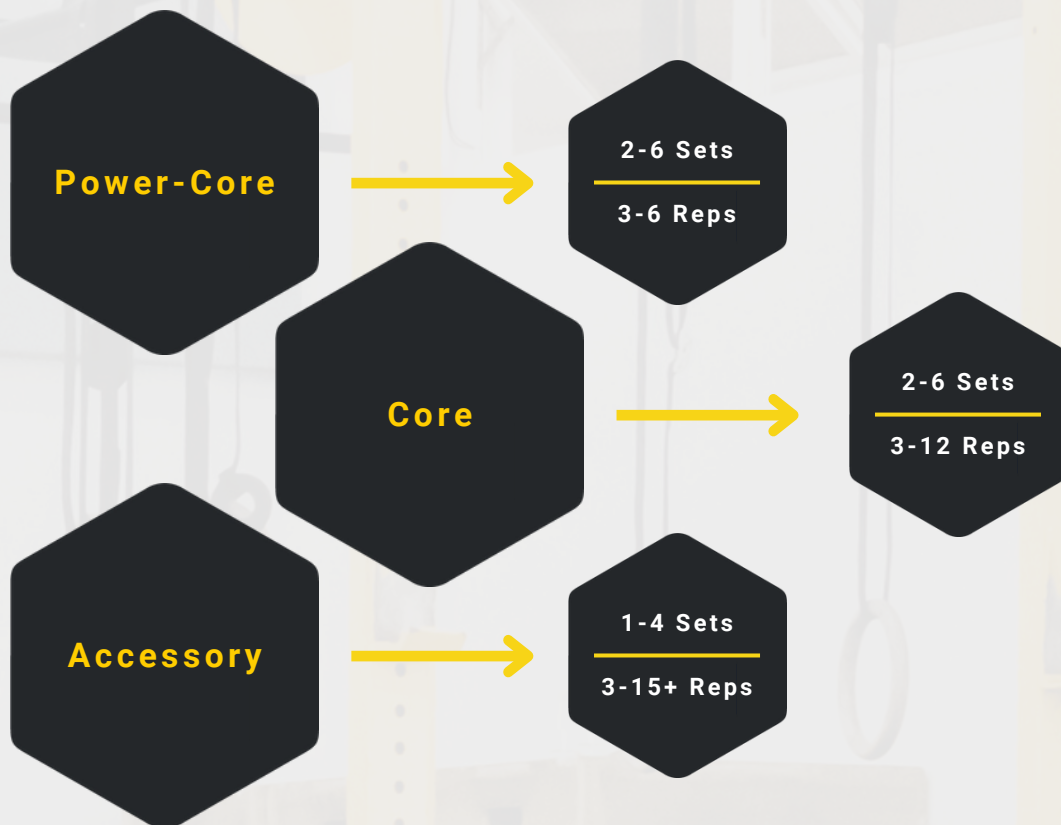
During my time with a Pro Soccer Club, we focused on increasing leg endurance. The athletes needed endurance to run at near-maximal capacity for 90+ minutes.

The key components you should think about when creating your Sport Specific Program are 1) where do my athletes need strength? and 2) where do my athletes need flexibility?

STEP 4: SETS & REPETITIONS

Deciding on Sets and Repetitions (Reps) should be easier since we already know the Training Phase and have made our Exercise Selection.

Let's look at Sets and Reps based on each type of exercise.



Now, let's take a look at the number of Reps based on Training Phase:

HYPERTROPHY PHASE: 6-12 REPS

STRENGTH PHASE: 3-6 REPS

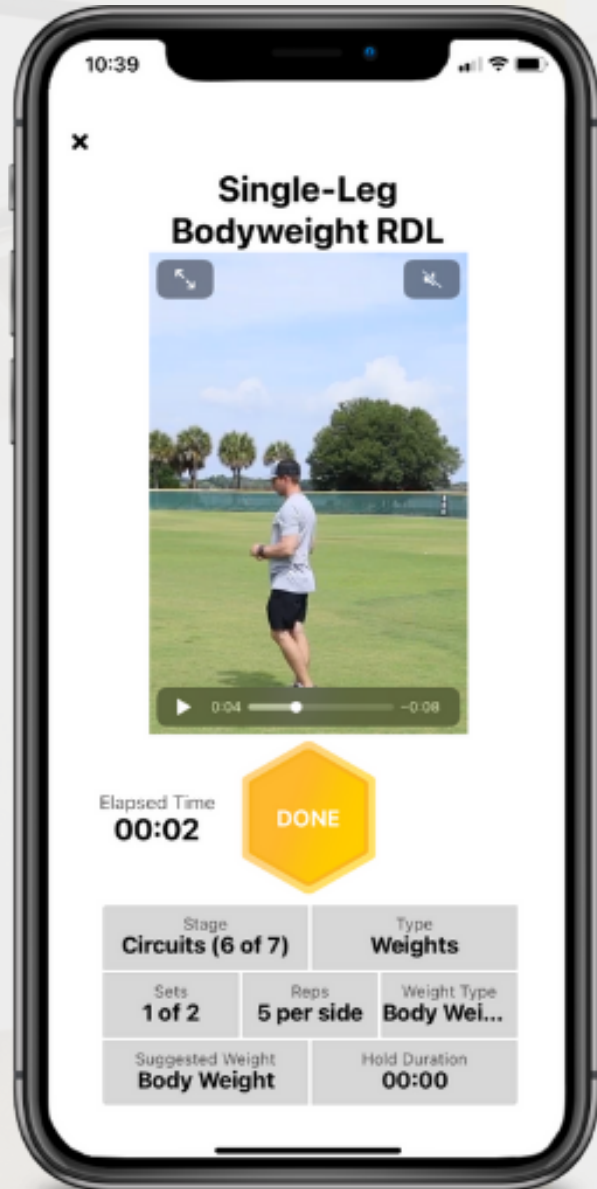
POWER PHASE: 3-7 REPS

MAINTENANCE PHASE: 3-15+ REPS

Remember to take into consideration the Training Volume (total weight lifted during a session: sets x reps x load). The number of Sets will influence the number of Reps and vice versa.

*Note: Technically, a 'true' Strength Phase and a true Power Phase will drop athletes to a single Repetition. However, I do not do that - especially for High School Athletes.

To me 3 reps is low enough. The last thing I want is for a kid to slap some weight on the bar while his friends record a Tik Tok of him 'hitting a new 1RM', only to wind up seriously injuring himself (and others). You may think, "I'll be watching", and you should. But this stuff can happen so quickly.



STEP 5: REST PERIODS

It's time for the last step!

Your Power-Core and Core Exercises require the most focus and coordination; therefore, they demand the most rest between Sets. Accessory exercises do not require much - if any - Rest Period (this will depend on the Training Phase and Goals).

HYPERTROPHY PHASE: 30 SECONDS - 2 MINUTES

STRENGTH PHASE: 60 SECONDS - 3 MINUTES

POWER PHASE: 60 SECONDS - 3 MINUTES

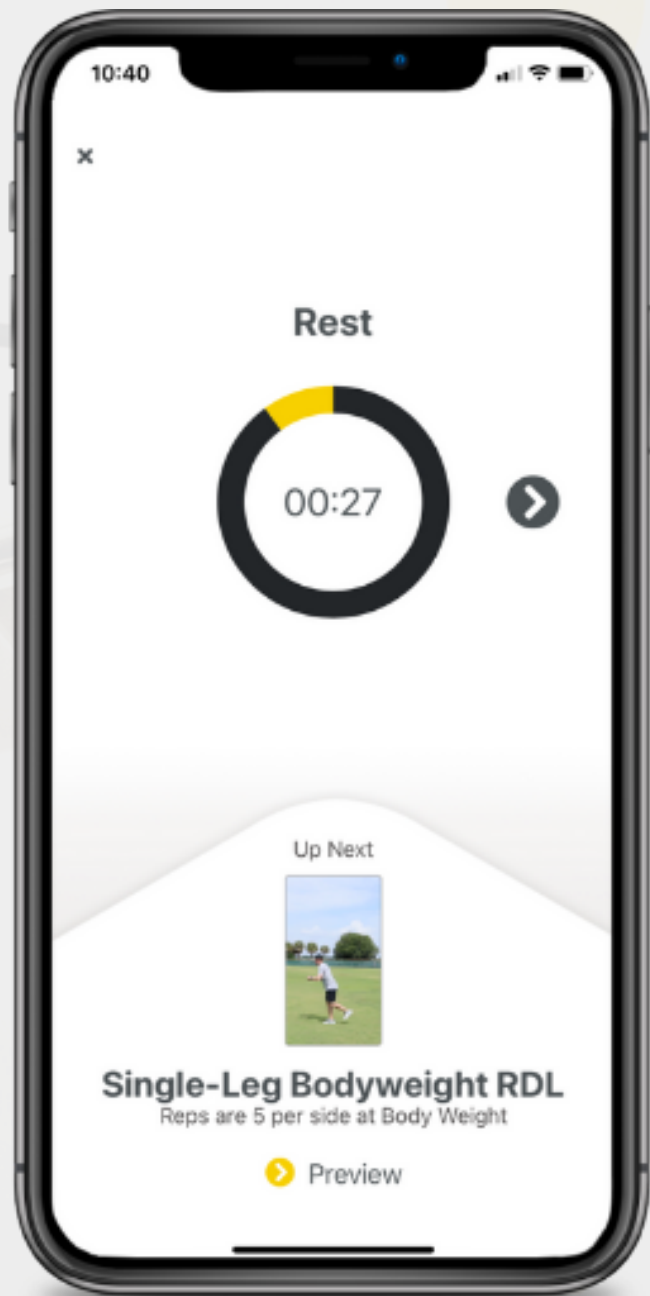
MAINTENANCE PHASE: 60 SECONDS - 3 MINUTES

Again - if you look up the 'True' Rest Periods for each of these Phases, they will differ slightly (e.g. the Power Phase & Strength Phases go up to 5+ minutes and only as low as 2 Minutes).

My Rest Periods vary slightly because I've taken into consideration two things: 1) the length of time a team *actually has* to train and 2) the athlete's attention span. As I mentioned, the Power-Core and Core exercises will always get the higher end of the Rest Period, even for a Hypertrophy Phase that is *supposed to be* capped at 90 Seconds.

What's important to remember - when working with shorter Rest Periods - is that the athlete must continue to perform the movement properly. Fatigue will skyrocket with low Rest Periods; but as it does, technique must not falter.

Accessory exercises can be performed with little to no Rest Period. Performing workouts in this Circuit Training style will yield muscular endurance.



These 5 Steps have helped me create dozens upon dozens of programs for High School, D1 Collegiate, and Professional Sports Teams.

They may take time to learn, but I believe these steps will help you create amazing Team Workout Programs that will increase your Team's Athletic Performance.

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