ELITE PERFORMANCE SERIES

# Strength & Power Training

## Workout Detail Sheet

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|---|---|---|---|---|---|
| Athlete Name: | Sisu Skiers - Masters | Age: | | Program Name: | Basic Strength |
| Program Dates: | 5.1.2010 6.30.2010 | | | | |
| Sessions Per Week: | 2-3 | Program Goals & Comments: | Build general strength in prep for Power Phase | | |
| Training Phase: | Build Phase I | | | | |
| Warm-up Activity: | Easy Zn1-2 aerobic choice | Length: | .25 - .5hrs | Comments: | Easy warm-up to prevent injury - easy, easy, easy |
| Cool Down Activity: | Aerobic choice with SPD sets | Length: | .5 - .75hrs | Comments: | In mins 10-30 of cooldown, add 10sec spd bursts every 2 mins. |

Main Exercises:

| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | Set 5 | | | Recovery Between | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Exercise Name | Session | Reps | Load | Reps | Load | Reps | Load | Reps | Load | Reps | Load | Timing | Sets | Exercises | Comments |
| Reverse Crunch | 1 | 10-12 | BDWT | 10-12 | BDWT | 12-14 | BDWT | | | | | | 5 min | 30 sec | 2-3 sets based on experience |
| Push-Ups | 1 | 15 | BDWT | 17 | BDWT | 15 | BDWT | | | | | | 5 min | 30 sec | Complete, but QUICK/Explode |
| Swiss Ball Bridge | 1 | 10 | BDWT | 12 | BDWT | 10 | BDWT | | | | | | 5 min | 30 sec | |
| Step-Ups | 1 | 8 | BDWT | 9 | BDWT | 10 | BDWT | | | | | | 5 min | 30 sec | Each leg |
| Single Leg Squat | 1 | 8-10 | BDWT | 8-10 | BDWT | 8-10 | BDWT | | | | | | 5 min | 30 sec | |
| Lunges | 1 | 7-10 | 5-50 | 7-10 | 5-50 | 7-10 | 5-50 | | | | | | 5 min | 30 sec | each leg, step to balance disc |
| Bent Over Rows | 1 | 10-12 | 10-40 | 10-12 | 10-40 | 10-12 | 10-40 | | | | | | 5 min | 30 sec | USE GOOD FORM |
| Lateral Raises | 1 | 10-15 | bdwt | 10-15 | bdwt | 10-15 | bdwt | | | | | | 5 min | 30 sec | |
| Upright Rows | 1 | 8-12 | 10-50 | 8-12 | 10-50 | 8-12 | 10-50 | | | | | | 5 min | 30 sec | use wt that you can handle |
| Standing MB Toss | 1 | 8-12 | 6-12 | 8-12 | 6-12 | 8-12 | 6-12 | | | | | | 5 min | 30 sec | Be Explosive |
| Back Extensions | 1 | 10-15 | bdwt | 10-15 | bdwt | 10-15 | bdwt | | | | | | 5 min | 30 sec | use wt if done perviously |
| Dumbbell Side Raises | 1 | 8-12 | 5-20 | 8-12 | 5-20 | 8-12 | 5-20 | | | | | | 5 min | 30 sec | Reps per side |
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ELITE PERFORMANCE SERIES

# Strength & Power Training Workout Recording Sheet

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|---|---|---|---|---|---|
| Athlete Name: | Sisu Skiers - Masters | Age: | | Program Name: | Basic Strength |
| Program Dates: | 5.1.2010 6.30.2010 | | | | |
| Sessions Per Week: | 2-3 | Program Goals & Comments: | Build general strength in prep for Power Phase | | |
| Training Phase: | Build Phase I | | | | |
| Warm-up Activity: | Easy Zn1-2 aerobic choice | Length: | .25 - .5hrs | Comments: | Easy warm-up to prevent injury - easy, easy, easy |
| Cool Down Activity: | Aerobic choice with SPD sets | Length: | .5 - .75hrs | Comments: | In mins 10-30 of cooldown, add 10sec spd bursts every 2 mins. |

Main Exercises:

| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | Set 5 | | Recovery Between | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Exercise Name | Session | Reps | Load | Reps | Load | Reps | Load | Reps | Load | Reps | Load | Timing | Sets | Exercises | Comments |
| Reverse Crunch | | | | | | | | | | | | | | | |
| Push-Ups | | | | | | | | | | | | | | | |
| Swiss Ball Bridge | | | | | | | | | | | | | | | |
| Step-Ups | | | | | | | | | | | | | | | |
| Single Leg Squat | | | | | | | | | | | | | | | |
| Lunges | | | | | | | | | | | | | | | |
| Bent Over Rows | | | | | | | | | | | | | | | |
| Lateral Raises | | | | | | | | | | | | | | | |
| Upright Rows | | | | | | | | | | | | | | | |
| Standing MB Toss | | | | | | | | | | | | | | | |
| Back Extensions | | | | | | | | | | | | | | | |
| Dumbbell Side Raises | | | | | | | | | | | | | | | |
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