

**Strength & Conditioning Program** 

1 Week Sample

## **Program Summary**

## **Program Overview:**

This one-week training program is designed to enhance your strength, conditioning, and overall athletic performance. Each day is carefully structured to provide a balanced approach to training, incorporating Olympic lifting, strength work, hypertrophy, and conditioning. Whether you're an experienced athlete or just starting your fitness journey, this program will help you build a solid foundation and push your limits.

## Mindset & Goal:

Our goal is to help you build strength, improve endurance, and enhance overall fitness while maintaining a focus on technique and safety. Approach each session with a mindset of continuous improvement, pushing your limits while listening to your body. Consistency is key, and every day is an opportunity to progress.

## What to Expect:

- **Day 1:** Focus on Olympic weightlifting, primary strength work, and hypertrophy with optional conditioning. Develop upper body strength with a focus on secondary hypertrophy.
- **Day 2:** Focus on Olympic weightlifting, primary strength work, and hypertrophy with optional conditioning. Lower body strength and conditioning, incorporating Olympic lifting and core work.
- **Day 3:** Recovery day with gymnastics skills practices, core conditioning, and mobility-focused work. Light cardio in zone 2
- **Day 4:** Long zone 3 effort with multiple modalities of functional movements. The lightweight and low volume of functional movement will allow us to focus on consistent movement patterns.
- **Day 5:** Upper body Push-Pull strength and power emphasizing overhead pressing, followed by conditioning.
- **Day 6:** Intervell weight training with multiple max-effort cardio intervals focused on improving overall endurance across all modalities.
- **Day 7:** Rest and recovery, allowing your body to fully recuperate for the next week.

## A. Weightlifting

A) 3 Position Power Snatch (Hip, Knee, Floor): 3 sets of 1 rep at 65% of 1RM Estimated Time: 6-8 minutes

B) Power Snatch from the Ground: 4 sets of 1 rep at 70% of 1RM Estimated Time: 8-10 minutes

Total Estimated Time: 14-18 minutes

## **B. Strength**

Primary Push and Pull Supersets (Strength Focus)

A1: Bench Press
2 sets of 10 reps @ 30% 1RM (Warm-up)
2 sets of 8 reps @ 40% 1RM
2 sets of 6 reps @ 50% 1RM
5 sets of 2 reps @ 80% 1RM (Focus on speed, no sticky points)
2 sets of 1 rep @ 90%+ 1RM (Control and power)

A2: Single-Arm Dumbbell Row 7 sets of 3 reps for each arm @ RPE 7 1 set of 3 reps for each arm @ RPE 9 2 sets of 1 rep each arm @ RPE 10 Rest 2 minutes between sets

Total Estimated Time: 25-30 minutes

# C. Hypertrophy

Secondary Push and Pull Supersets (Hypertrophy Focus)

B1: Single-Arm Dumbbell Bench Press 5 sets of 4 reps for each arm @ RPE 7 1 set of 2 reps for each arm @ RPE 8 1 set of 1 rep each arm @ RPE 10 Rest 90 seconds between sets

B2: Bent-Over Barbell Row 4 sets of 6 reps @ RPE 8 1 set of 6 reps @ RPE 9 1 set to Max Reps Rest 90 seconds between sets Total Estimated Time: 20-25 minutes

## D. Conditioning

12 Minute AMRAP 15 Push-Ups 10 Ring Rows (Horizontal Pull) 12 Calories Row

E. Hunovtvonhu P(Ontional)	
E. Hypertrophy B(Optional )	
Arms I	
C1 ) Chest Fly - 3 sets of 20 reps	
C2) Bicep Curls - 3 sets of 12 reps	
RIR 1 for the first 2 sets, and go to failure on the last set.	
Arms 2	
D1) Tricep Extensions - 3 sets of 20 reps D2) Reverse Curls - 3 sets of 20 reps	
RIR 1 for the first 2 sets, and go to failure on the last set.	
ANT THE HIST 2 Sets, and go to failure on the last set.	
F. Coaching Notes	
r. Coaching Notes	
Olympic Lifting: Focus on technique and explosive speed, especially	
during the transition between positions in the snatch.	
Strength Work: Stick to the prescribed percentages and RPEs. Maintain speed and control, particularly on the bench press,	
ensuring no sticky points.	
Hypertrophy A&B: Follow the prescribed percentages and RPEs.	
Maintain speed and control, particularly on the bench press, avoiding sticky points. Hyp B is optional between conditioning.	
avoiding sticky points. Tryp b is optional between conditioning.	
Conditioning: Aim for steady, consistent, and 5+ rounds. The push-	
ups and ring rows should complement the strength work, providing	
additional endurance and muscle fatigue stimulus.	

## A. Weightlifting

A) 3 Position Squat Clean (Hip, Knee, Floor): 3 sets of 1 rep at 65% of 1RM Estimated Time: 6-8 minutes

B) Squat Clean from the Ground: 4 sets of 1 rep at 70% of 1RM

Estimated Time: 8-10 minutes

Total Estimated Time: 14-18 minutes

## B. Strength A

Back Squat - Speed work

Set 1: 6 reps @ 30%

Set 2: 6 reps @ 30%

Set 3: 4 reps @ 50%

Set 4: 4 reps @ 50%

Set 5: 1 rep @ 60%

60 Sec Rest

Back Squat - Strenght work

Set 6 to 12:3 reps @ 70%

Set 13: 1 rep @ 80%

Set 14: 1 rep @ 90% +

Set 15: 1 rep @ 90%+

2 Min Rest

# C. Strength B

RDL

Set 1: 1 rep @ RPE 7

Set 2: 1 rep @ RPE 7

Set 3: 1 rep @ RPE 7

Set 4: 1 rep @ RPE 7

Set 5: 1 rep @ RPE 7

Set 6: 1 rep @ RPE 8

Set 7: 1 rep @ RPE 8

Set 8: 1 rep @ RPE 10

Rest 2 minutes between sets

## D. Hypertrophy

Secondary Lower Body Supersets (Hypertrophy Focus)

D1: Bulgarian Split Squat

3 sets of 8 reps per leg @ RPE 7

2 sets of 6 reps per leg @ RPE 8  $\,$ 

1 set to max reps @ RPE 9

Rest 90 seconds between sets

D2: Jumping Air Squat (Skip this if doing Conditioning)

3 sets of 20 reps (RIR 1)

Rest 60 seconds between sets

Total Estimated Time: 15-20 minutes

## E. Conditioning

5 Rounds for time

15 Air Squats

12 Kettlebell Swings 53/35

10 Box Jumps (24/20 inches)

## **F. Coaching Notes**

Olympic Lifting: Emphasize technique and explosive power during the cleans, mainly focusing on smooth transitions through the 3 positions in the squat clean.

Strength Work: Follow the exact percentages, rep schemes, and RPEs as outlined. The back squats should focus on speed and power in the early sets, progressing to heavier, controlled lifts. The RDLs should be heavy, with the final sets pushing for maximum effort.

Hypertrophy: The Bulgarian split squat and leg extensions push the muscle to fatigue, ensuring a solid hypertrophy stimulus.

Conditioning: (Optional )Designed to complement the strength work by enhancing lower body endurance and power.

Back Squat is the primary lift today. You will notice that you will double up each week on a different muscle group that naturall rotates. This is your only lower body lift this week, so the volum today is high. Next week you will have 2 lower body days with low and moderate volume. The secondary is RDL, with Bulgarian spl squats.

# A. Gymnastics Conditioning

Practice Bar Muclse up Skills for 10 min

12 Rounds

1 Bar Muclse up attempts/ 2 Chest 2 bar( unbroken) 100-meter recovery jog 7 one 2

## B. Core Conditioning A

3 Rounds:( Not for time)
20-Second Ring Support L-Sit
20 V-Ups
20 Plank Dumbbell Slides (Total)

Rest as needed between rounds.

## Notes -

Second Ring Support L-Sit - Hold yourself in a ring support position with your legs extended in an L-sit. Focus on keeping your body stable and core engaged.

V-Ups- Lie flat on your back and perform a V-up, bringing your arms and legs up to meet in the middle. Engage your core throughout the movement.

Plank Dumbbell Slides - Assume a plank position with a dumbbell on one side of your body. Using the opposite hand, slide the dumbbell across to the other side, then slide it back to the original side. This counts as one rep. Keep your hips stable, minimizing rotation as you move the dumbbell.

## C. Core Conditioning B

Lower Intensity, Focus on Mobility and Stability

3 Rounds

12 Dead Bug

Rest 30 seconds

12 ea Bird Dog Rest

30 seconds

10 ea Side Plank (with Hip Dip)

Rest 30 seconds

15 ea Slow Mountain Climbers

Rest 30 seconds

### Notes

This workout is designed to gently engage and stretch the core muscles, aiding recovery while maintaining core stability.

Dead Bug; - Keep lower back flat against the floor, simultaneously moving opposite arm and leg.

Bird Dog: Maintain a neutral spine, extending opposite arms and legs while keeping hips stable.

Side Plank (with Hip Dip):- Hold a side plank, dip the hips towards the floor, and then return to the plank position.

Slow Mountain Climbers: Focus on slow, controlled movement, driving the knee towards the chest.

# **D. Coaching Notes**

Focus:	The	emphasis	is	on	maintaining	control	and	stability
throughout each movement, engaging the core without rushing.								

Intensity: This circuits are designed to be lower intensity, making it suitable for a recovery or lower workload day.

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A. Hyrox-Style Workout	
For Time: Complete 2 Rounds ( Zone 2 or Zone 3)	
1000m Row	
Maintain a steady pace, around 75-85% effort.	
30 DB Thrusters (25/20)	
Focus on unbroken sets if possible, breaking into two sets if needed.	
100m Sled Push (165 lbs/ Level 8 for men or 110 lbs / Level 6 for women) Push the sled/Tank in a controlled manner, maintaining a steady pace.	
30 Burpee Broad Jumps	
Aim for consistency in distance, focusing on efficient transitions.	
1000m Ski Erg or 2000m Bike	
Maintain a strong, consistent pull, focusing on techniques to conserve energy.	
30 Box Jumps (24/20 inches)	
Use a two-foot jump, stepping down to maintain a steady rhythm.	
100m Farmers Carry (53 lbs/24 kg per hand for men / 35 lbs/16 kg per	
nand for women)	
Keep a strong grip and upright posture, walking steadily.	

## A. Weightlifting

A) Push Jerk + Split Jerk Complex 3 sets of 2 reps @65% (of whatever is lower)

B) Push Jerk + Split Jerk Complex

4 sets of 1 rep @70%

Estimated Time: 10-15 minutes

## B. Strength

Primary Push-Pull Supersets (Strength Focus)

**B1: Seated Barbell Overhead Press** 

Set 1: 10 reps @ 30% 1RM (>1m/s)

Set 2: 10 reps @ 30% 1RM

Set 3: 8 reps @ 40% 1RM

Set 4: 8 reps @ 40% 1RM

Set 5: 6 reps @ 50% 1RM

Set 6: 6 reps @ 50% 1RM

Set 7: 4 reps @ 65% 1RM (0.5-0.75m/s)

Set 8: 4 reps @ 65% 1RM

Set 9: 4 reps @ 65% 1RM

Set 10: 4 reps @ 65% 1RM

Set 11: 1 rep @ 80% 1RM (<0.5m/s)

Set 12: 1 rep @ 80% 1RM Rest for 60 seconds

B2: Batwing Row (substitute for Lat Pulldown)

Set 1: 10 reps @ RPE 6

Set 2: 10 reps @ RPE 6

Set 3: 8 reps @ RPE 7

Set 4: 8 reps @ RPE 7

Set 5: 6 reps @ RPE 8

Set 6: 6 reps @ RPE 8

Set 7: 4 reps @ RPE 8

Set 8: 4 reps @ RPE 8

Set 9: 1 rep @ RPE 9

set 9: Trep @ RPE 9

Set 10: 1 rep @ RPE 9

Rest for 60 seconds. Rest for the first light sets and 2 minutes between Heavy sets.

Total Estimated Time: 25-30 minutes

# C. Hypertrophy A

Secondary Push-Pull Supersets (Hypertrophy Focus)

C1: Seated Single-Arm Dumbbell Overhead Press

Set 1: 2 reps each arm @ RPE 7

Set 2: 2 reps each arm @ RPE 7

Set 3: 2 reps each arm @ RPE 7

Set 4: 2 reps each arm @ RPE 7

Set 5: 1 rep each arm @ RPE 8

Set 6: 1 rep each arm @ RPE 9

Set 6: 1 rep each arm @ RPE 10

Rest 60 seconds between sets

C2: Pull-Up

Set 1: 3 reps @ RPE 7

Set 2: 3 reps @ RPE 7

Set 3: 3 reps @ RPE 7

Set 4: 3 reps @ RPE 7

Set 5: 3 reps @ RPE 7

Set 6: 3 reps @ RPE 7

Set 7: 3 reps @ RPE 7

Set 8: 3 reps @ RPE 7

Set 9: AMRAP @ RPE 10

Rest 60 seconds between sets

Total Estimated Time: 20-25 minutes

## D. Hypertrophy B

Push-Pull Superset

D1: Seated Dumbbell Overhead Press

Set 1: 8 reps @ RPE 7

Set 2: 8 reps @ RPE 7

Set 3: 8 reps @ RPE 8

Set 4: 8 reps @ RPE 10

Rest 60 seconds between sets

D2: Barbell Upright Row

Set 1: 8 reps @ RPE 7

Set 2: 8 reps @ RPE 7 S

et 3: 8 reps @ RPE 8

Set 4: 8 reps @ RPE 8

Rest 60 seconds between sets

Total Estimated Time: 15-20 minutes

## E. Hypertrophy B (Arms - Optional)

Arms Superset (Optional)

E1: Hammer Curl

Set 1: 20 reps @ RIR 1

Set 2: 20 reps @ RIR 1

Set 3: 20 reps @ RIR 0

Rest 60 seconds between sets

E2: Dumbbell Circle Raise

Set 1: 12 reps @ RIR 1

Set 2: 12 reps @ RIR 1

Set 3: 12 reps @ RIR 0

Rest 60 seconds between sets

Dumbbell Circle Raise - is simply a lateral raise that goes all the way overhead. Control the decent, and don't let them just fall. Raise the DB's from pockets to straight overhead as if you were drawing a circle

## F. Coaching Notes

**Olympic Lifting:** Focus on technique and explosive power during the push and split jerks. Keep the transitions smooth between movements, ensuring proper form and control.

**Strength Work:** Stick to the prescribed percentages and RPEs. The overhead press should focus on speed and power, while the batwing rows emphasize a strong contraction with minimal rest.

**Hypertrophy:** Use the seated single-arm dumbbell overhead press and pull-ups to challenge both your pressing and pulling strength. The additional hypertrophy section (optional) allows for extra volume and targeted muscle fatigue.

**Arms:** This section provides a focused hypertrophy stimulus for the arms, targeting the biceps, triceps, and shoulders with a variety of movements.

## A. IWT

Before starting each round, perform 2 Squat Clean Thruster at 50% of your 1RM.

Cycle 1:

Round 1: 500 m Row

Rest 3 min

Round 2: 400 m run

Rest 3 min

Round 3: 500 m Ski

Rest 3 Min

Round 4: 1000 m Bike

Rest 5 min

Before starting each round, perform 1 Squat Clean Thruster at 70% of your 1RM.

Cycle 2:

Round 1: 250 m Row

Rest 3 min

Round 2: 200 m Run

Rest 3 min

Round 3: 250 m Ski

Rest 3 Min

Round 4: 500 m Bike

Rest 3 Min

## B. Core

B3 Rounds(Not for time) 20 to 30 GHD sit-ups 10 to 15 Strict toes to bar 20ea Russian twist

## C. Coaching Notes

Squat Clean Thruster: Ensure you're executing the movement with good form, focusing on power through the squat and explosiveness in the thruster. This movement should prime your body for the high-intensity cardio work that follows.

Intensity: Aim to complete each cardio portion as quickly as possible while maintaining proper technique. Use the rest periods to recover fully before starting the next round.

Cycle 1 vs. Cycle 2: The first cycle is designed to be more challenging, with longer distances. The second cycle maintains the intensity but with shorter distances, pushing your capacity in a different way.

Day-7	
Rest day !!	
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# **Understanding the Program**

# **Rate of Perceived Exertion (RPE):**

### **RPE Scale**

(Rate of Perceived Exertion)

RPE is a subjective measure of how hard you feel you're working. It's useful when you don't have heart rate data.

### **RPE 1-2**

Very Light Activity - Feels like nothing at all, just slightly more than sitting.

### **RPE 3-4**

Light Activity - Feels like you can maintain for hours. Easy to breathe and carry a conversation.

## **RPE 5-6**

Moderate Activity - Breathing heavily, can hold a short conversation. Feels challenging but sustainable.

## **RPE 7-8**

Vigorous Activity - Borderline uncomfortable, short of breath. Can speak a few words at a time.

### **RPE 9-10**

Max Effort Activity - Extremely intense, cannot maintain for long. Unable to talk, focusing entirely on the exercise.

## Reps In Reserve (RIR):

### RIR Scale

(Reps In Reserve)

RIR indicates how many more repetitions you could perform in a set before reaching muscular failure. It's particularly useful for strength training.

### RIR 5+

Very Easy - You could do 5 or more additional reps. This is light work for you.

### **RIR 3-4**

Moderate - You have 3-4 reps left in the tank. The weight feels challenging but manageable.

#### RIR 1-2

Hard - Only 1-2 reps left. You're pushing yourself, but could still do a bit more if you had to.

### RIR 0

Maximum Effort - You couldn't do another rep with good form if you tried. You've reached muscular failure.

Remember: Listen to your body and adjust your intensity as needed. If you're new to exercise or have any health concerns, consult with a fitness professional or your doctor before starting a new program.

# **Training Zones:**

# **Exercise Intensity Guide**

Understanding your workout intensity helps you train more effectively and safely. Use this guide to gauge your effort level during exercise.

## Intensity Zones

Based on percentage of your maximum heart rate

### Zone 1

50-60% Max Heart Rate

Very Light - Easy recovery, warm-up. You can easily hold a conversation and feel very comfortable.

### Zone 2

60-70% Max Heart Rate

Light - Aerobic base building. Breathing is slightly elevated, but you can still hold a full conversation.

#### Zone 3

70-80% Max Heart Rate

Moderate - Aerobic endurance. Breathing becomes heavier, but you can still speak in short sentences.

#### Zone 4

80-90% Max Heart Rate

Hard - Lactate threshold training. Breathing is heavy and speaking is difficult. You're pushing your limits.

#### Zone 5

90-100% Max Heart Rate

Very Hard - VO2 max, anaerobic training. Maximum effort, can only maintain for short periods. Speaking is nearly impossible.

# **Program Goals and Mindset:**

Our program is designed to progressively enhance your physical capabilities through a combination of strength training, hypertrophy, and conditioning. The mindset you bring to each workout is crucial to your success. Embrace the challenge, stay consistent, and focus on form and technique. Remember, progress is not just measured in the weights you lift, but in the consistency, effort, and mindset you bring to each session.

**Consistency Over Perfection:** Results come from consistent effort over time. Trust the process, and don't be discouraged by setbacks. Each day is an opportunity to improve, no matter how small the progress may seem.

**Listen to Your Body:** While it's important to push yourself, it's equally important to listen to your body. Use RPE and RIR to gauge your effort, ensuring that you challenge yourself without risking injury.