



## Principles of the Program

In order to get the results you are looking for with it is critical we are executing the program consistently and correctly.

Here is a simple guide to make sure you are performing correctly.

### Step 1: Dynamic Warm Up (10 Minutes)

As a base of mobility and general warm up I highly suggest following my Dynamic Warm Up located in the Exercise Database, even if you are at a commercial gym.

The Dynamic Warm Up once understood should only take 10-12 minutes but will act as a great base to prepare your body for the rest of the workout.

### Step 2: Mobilization and Activation (5 Minutes)

The next phase of the workout is the mobilization and activation through static stretching and dynamic movements.

Muscle Imbalances are the leading cause of injury in athletes. In this portion we want to lengthen muscles that are commonly tight or muscles that will support the movements you are about to perform.

Each time we stretch make sure to intuitively relax into the stretch and focus on increasing the range of motion through out the time of stretch for each individual set.

Each phase builds on each other so it is paramount to not skip any of these stretches or movements and continue to focus on the mobility of these muscles.

### Step 3: Speed and Power Movements (20 minutes)

- **Warm up Sets** - At this point you should be fully warm and ready to compete in every rep. This means every rep is of the highest quality and intensity.
- **Intensity** - When performing any form of athletic movement always make sure to progress to a technical max. This means you are maximally performing the drill but not sacrificing any technique. If it is a sprint we want to perform maximally but make sure technique is sound. If it is a jump and we need to increase height of box we want to build up to the highest we can go without sacrificing form.

# OTA

- **Sets & Reps** - The sets and reps are given so make sure to record your bests for that particular day if they can be measured. When performing an athletic movement make sure that each rep and set given is performed maximally.
- **Rest** - The rest for each athletic drill is very intuitive. Choose the amount of rest where you can perform each drill with 100% quality. The muscles should not be fatigued unless I have noted otherwise. The standard rest period for a movement in this section is anywhere from 60 - 120 seconds but can be lengthened depending on your conditioning level.
- **Recording** - Track your progress from week to week for the drills that can be measured. Example would be if you are performing a 10 yard start make sure to time a few of them and record your best time to track progress in the accompanied Excel Sheet.

## Step 4: Strength Movements (10-15 minutes)

- **Warm up Sets** - I usually advise 2-3 warm-up sets when performing the main compound movement for strength or power and then lead into the instructed working sets in the table.
- **Load** - Make sure that you choose a weight that you can not perform more than the number of reps given but can complete the full amount of reps with. Typically I suggest building up to your technical max lift. For instance if it calls for a 3 rep max the prior 2 sets should be a consistent build up. So say you ended at a 300lb 3RM. It should look something like this...

- Warm Up - 135 x 5
- Warm Up - 225 x 3
- Warm Up - 250 x 3
- Set 1 - 275
- Set 2 - 285
- Set 3 - 300

- **Sets & Reps** - The amount of sets and reps is given in each table to show the athlete what they must perform for each movement on each and every day. This means if you are performing a Deadlift for your Strength Movement and it calls for 3 sets of 3 reps you would complete 2-3 warm up sets. Then from here you would progress each of the 3 sets until you reach your heaviest 3 repetitions while maintaining proper technique.
- **Tempo** - The tempo for each particular rep will be displayed with a bracket next to the movement. (Example: [3|1|X]) Where the first number is the Eccentric tempo or

# OTA

portion where you will lower the weight for the given seconds. ([3|1|X] in this case 3 seconds). The next number is the Isometric portion and finally the Concentric is the last. The letter X represents “explode” as in you will produce force as fast as possible in this phase of the lift. So to go with the example of [3|1|X] on say a bench press you would lower the weight to your chest in 3 seconds. Then you would come to a hard pause at the bottom of the motion for 1 second then explode the bar up as fast as you can.

- **Rest** - Sets of reps >5 = 2 - 3 minutes rest between sets. Sets of reps <5 = 60 - 90 seconds rest between sets. The exception to this is when the program calls for a superset.
- **Eccentric Training** - When performing an eccentric lift we will focus on a controlled tempo for the lengthening of the movement or the “down” phase. The overall volume to receive this stimulus is low so it’s important to execute each set at a high level. As opposed to focusing on a percentage here we will focus on a weight we can control for that day. As a start think typically dropping weight from your last strength set by 10-20% and then performing the controlled eccentric with no transitional pause and exploding with as much force as possible. For the next sets if you can climb in weight without sacrificing form you should do so.
- **Recording** - Make sure to write down the weight that you performed the lift with in the table to keep track of progress. This is paramount because each week you will be building on the previous from last week. Track these in the actual Excel Sheet for me to view and strategize the next program.

## Step 5: Auxiliary Movements

- **Sets and Reps** - Make sure that you are performing each movement with maximal intensity. If the set calls for 10 reps that you are performing that set with a weight that you can do only between 8 - 12 reps with. If you can do more than 12 reps with that weight then you need to move up. Remember we call these “Heavy 10’s” and want to receive that stimulus from these auxiliaries.
- **Rest** - Rest during the Build Phase will try to be minimized. If possible try to stick closely to 30 - 60 seconds rest between each exercise. If you switch body parts you can take up to 2 - 3 minute rest. Remember we want to keep this phase short and intense.

## Deload

Every 3 - 6 weeks you will be assigned a Deload week in your training. During this period we are attempting to recover the muscle tissue and nervous system fatigue. This week typically mimics the same program you are following but with reduced volume and intensity overall.

# OTA

- **Speed and Power Deload** - During these movements in a deload we want to focus more on technique than intensity. I like to cue my guys to have mental reps by pulling back the reigns and having them focus on perfect reps for each drill. In addition, volume will typically be reduced.
- **Strength Deload** - During this portion we will cut the intensity of the movement to 50% of your estimated or calculated 1 rep max to reduce nervous system fatigue and allow it to recover. A race car can't be driving with the pedal to the floor forever or it will breakdown. Use this time to recover and tune up.
- **Auxiliary Deload** - During the auxiliaires we want to reduce the intensity to an estimated 70% of what you were performing the movements in the prior week. As a simple example, if you were performing single arm row with a 100 lb dumbbell we simply want to reduce to a 70 lb dumbbell.