

Reading the Training Sheet

What follows is a descriptive breakdown of how to read the workout sheets. For the sake of consistency, all the workout sheets are made using an imaginary athlete who has a 1RM of 500 pounds in the back squat, 300 pounds in the bench press, 300 pounds in the clean, and 200 pounds in the snatch. Using these four lifts, a coach can calculate an athlete's estimated 1RM for his assistance exercises by taking the numbers and putting them into the *max and reps calculator* (xlathlete.com). If you wish to know the loads used for a given exercise, simply divide the prescribed load by the athlete's 1RM to get his working percentage. For example, if an athlete's prescribed load in the bench press is 215–230 pounds, you would divide 215/300 and 230/300. This gives you 72 to 77, so the athlete is to perform sets at 72–77 percent of his 1RM.

The List of Six Numbers in the note section is as follows.

1. The 1st number is the **Eccentric Phase** of the Lift
2. The 2nd number is the **Isometric Phase** of the lift
3. The 3rd number is the **Concentric Phase** of the lift
4. The 4th number is the **Time in between Cluster Reps.**
5. The 5th number is the **Time/Duration of the Set.**
6. The 6th Number is the **Time/Rest Between Unilateral Movements** -
Example Rest between Right leg & Left leg Single leg squat

0:0:0:0:7:10

BENCH PRESS	▼	60 - 70	4	0:0:0:0:7:10
Pair w/	ED		ED	OC+1
Med Ball Chest Pass	T	SN/A .. SN/A	4	0:0:0:0:7:10
Pair w/	EU			
Delt Lat Rebound Drop	T		4	0:0:0:0:7:10

- Figure 4.6

1) The first column shows the athlete's 1RM in the programmed exercise, that is to say his 100 percent effort for that given lift. In this case, the athlete has a bench press max of 300 pounds.

100%	Monday	22-Jun-10			
		REPS	LOAD	SETS	NOTES
300	BENCH PRESS	6	225 - 240	4	0:2:0:0
	Pair w/				
	Med Ball Chest Pass	4		4	
	Pair w/rest 30				
	Infraspinatus	10		4	

- Figure 4.7

2) The second column tells the athlete the day of the training week and the exercises to be performed. In this case, the athlete is lifting on Monday, performing the bench press, medicine ball chest pass, and infraspinatus.

100%	Monday	22-Jun-10			
		REPS	LOAD	SETS	NOTES
300	BENCH PRESS	6	225 - 240	4	0:2:0:0
	Pair w/				
	Med Ball Chest Pass	4		4	
	Pair w/rest 30				
	Infraspinatus	10		4	

- Figure 4.8

3) The reps column specifies how many repetitions should be completed per workout set. In this case, the athlete is performing sets of six repetitions in the bench press, sets of four repetitions in the medicine ball chest pass, and sets of ten repetitions for the infraspinatus.

100%	Monday	22-Jun-10			
		REPS	LOAD	SETS	NOTES
300	BENCH PRESS	6	225 - 240	4	0:2:0:0
	Pair w/				
	Med Ball Chest Pass	4		4	
	Pair w/rest 30				
	Infraspinatus	10		4	

4) The load column specifies the weight to be used while completing the exercise. As mentioned earlier, simply divide these numbers by the athlete's 1RM (found in column one) to find the percentages used for the lift. *Hint: You should already know these, with relative accuracy, from reading the book if you know which mesocycle and block you are in.*

- Figure 4.9

100%	Monday	22-Jun-10			
		REPS	LOAD	SETS	NOTES
300	BENCH PRESS	6	225 - 240	4	0:2:0:0
	Pair w/				
	Med Ball Chest Pass	4		4	
	Pair w/rest 30				
	Infraspinatus	10		4	

5) The sets column indicates how many groups of repetitions the athlete will perform with that particular exercise. For example, the athlete will complete four sets of the bench press, each set consisting of six repetitions.

- Figure 4.10

100%	Monday	22-Jun-10			
		REPS	LOAD	SETS	NOTES
300	BENCH PRESS	6	225 - 240	4	0:2:0:0
	Pair w/				
	Med Ball Chest Pass	4		4	
	Pair w/rest 30				
	Infraspinatus	10		4	

6) The notes column is where you will find extra information needed to perform the exercise. Some examples of notes include tempos (6:2:0:0), alternating (one arm/leg at a time), or bands/chains (applied method). There will also be rest intervals

- Figure 4.11

100%	Monday	22-Jun-10			
		REPS	LOAD	SETS	NOTES
300	BENCH PRESS	6	225 - 240	4	0:2:0:0
	Pair w/				
	Med Ball Chest Pass	4		4	
	Pair w/rest 30				
	Infraspinatus	10		4	

labeled in this column. In this case, the bench press has a tempo of 0:2:0:0, meaning the athlete should pause for two seconds during the isometric phase of the movement. All other phases should be reactive.

- Figure 4.12

7) The "pair w/" and "pair w/rest" notations in column two tell an athlete the sequence and rest intervals that should be applied to the exercises in a given box. For example, in the box below, the athlete would complete one set of bench presses for six

100%	Monday	22-Jun-10			
		REPS	LOAD	SETS	NOTES
300	BENCH PRESS	6	225 - 240	4	0:2:0:0
→	Pair w/				
	Med Ball Chest Pass	4		4	
→	Pair w/rest 30				
	Infraspinatus	10		4	