

# XL Athlete.com

## Using XL Athlete Workouts With Your Teams

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### Introduction

There are many different XL Athlete workouts to choose from, with more being added routinely (Figure 1). With such a diverse offering, it may become confusing as to know when and how to use each type of workout. This instructional article will provide guidance for optimal utilization of the workout section.

**Workout Sheets**

Workout sheets are custom pages that you can print. They contain information on the best way for you to work out. We build each workout sheet based on your personal maxes. The workout sheet will contain the correct number of reps, and the right weights to use during your workout.

[How to read your workout sheets](#)

**Sports:**

(All)	Women's Hockey	Hockey
Sport	Football	Golf
Baseball	Track	Soccer
Basketball	Weightlifting	Wrestling
Volleyball	Tennis	Swimming

  

<a href="#">Sport Advanced Lower Body Weeks 1-3</a>	<a href="#">Sport Advanced Lower Body Weeks 4-6</a>
<a href="#">Sport Advanced Lower Body Weeks 7-9</a>	<a href="#">Sport Advanced Olympic Weeks 1-2</a>
<a href="#">Sport Advanced Olympic Weeks 3-4</a>	<a href="#">Sport Advanced Upper Body Weeks 1-3</a>
<a href="#">Sport Advanced Upper Body Weeks 4-6</a>	<a href="#">Sport Advanced Upper Body Weeks 7-9</a>
<a href="#">Sport Clean and Jerk Max Load Weeks 1-4</a>	<a href="#">Sport Clean and Jerk Weeks 1-4</a>
<a href="#">Sport Clean and Jerk Weeks 5-8</a>	<a href="#">Sport Extreme Mass Training</a>
<a href="#">Sport In-Season Squat Weeks 1-4</a>	<a href="#">Sport In-Season Training Weeks 1-5</a>
<a href="#">Sport In-Season Training Weeks 6-10</a>	<a href="#">Sport In-Season Training Weeks 11-15</a>
<a href="#">Sport In-Season Training Weeks 16-17</a>	<a href="#">Sport Load-Dependent Olympic</a>

Figure 1: Workout Section of XL Athlete

### Determining Goals

Prior to initiating training, it is important to decide which goals must be pursued in order to ensure that the workouts will have the desired effect. For example, if a coach seeks to establish a base level of strength or add body mass to a group of young athletes, workouts such as [Youth Strength Training](#), [Russian Squat Program Weeks 1-6](#), or [Extreme Mass Training](#) may be chosen.

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### Determining Goals (Continued)

On the other hand, if a coach looks to improve the speed-strength and explosiveness of his or her athletes, non-Olympic workouts (not involving cleans or snatches) such as [Sport Off-Season Strength Training](#) will work quite well. Similarly, if the goal is to improve speed-strength and explosiveness with the Olympic lifts, a coach can choose [Advanced Olympic Weeks 1-2](#) or [Load-Dependent Olympic](#) workouts. If the coach already has a strength program, and is looking to supplement it with the Olympic lifts, he or she may choose to add in [Clean and Jerk Weeks 1-4](#) or [Power Snatch Weeks 1-4](#) as part of weekly training. See Table 1 below.

Guidelines For Choosing Workouts Based Upon Goals								
Goal	Beginners & Base Strength	Increase Size	Work Capacity	Non-Olympic Speed-Strength		Olympic Speed-Strength	Individual Olympic Lifts	
Workout	Youth Strength Training	Extreme Mass Training	Super Endurance 1	Off-Season Strength Training		Advanced Olympic Weeks 1-2	Clean and Jerk Max Load Weeks 1-4	Power Clean Weeks 5-8
	Russian Squat Program Weeks 1-6		Super Endurance 2	Advanced Upper Body Weeks 1-3		Advanced Olympic Weeks 3-4	Clean and Jerk Weeks 1-4	Power Snatch Max Load Weeks 1-4
	Weightlifting Beginner Program		Work Capacity Training Weeks 1-4	Advanced Upper Body Weeks 4-6		Load-Dependent Olympic	Clean and Jerk Weeks 5-8	Power Snatch Weeks 1-4
				Advanced Upper Body Weeks 7-9			Olympic-Combo Max Load Weeks 1-4	Power Snatch Weeks 5-8
				Advanced Lower Body Weeks 1-3			Olympic-Combo Weeks 1-4	Snatch Max Load Weeks 1-4
				Advanced Lower Body Weeks 4-6			Olympic-Combo Weeks 5-8	Snatch Weeks 1-4
				Advanced Lower Body Weeks 7-9			Power Clean Max Load Weeks 1-4	Snatch Weeks 5-8
							Power Clean Weeks 1-4	

Table 1: Guidelines For Choosing Workouts Based Upon Goals

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### Setting Up The Training Week

Once a workout program has been chosen, each week needs to be set up in a manner that allows for optimal training and recovery. Novice athletes tend to take longer to recover from workouts than their more experienced counterparts. Similarly, large muscle groups that undergo intense training need a period of restoration before they can be adequately trained again. With these parameters in mind, the training week should allow for non-lifting days, or at the very least, days of reduced weight training. It is possible, and encouraged, that athletes undertake different types of training (such as general preparation or conditioning) on non- or reduced-lifting days to both enhance recovery as well as to diversify training. An example of setting up a training week may be seen in Table 2.

*Table 2: Setting Up The Training Week*

Weeks 1-3				
Monday	Tuesday	Wednesday	Thursday	Friday
Sport Advanced Lower Body Weeks 1-3	Sport Advanced Upper Body Weeks 1-3	Off or Other Training	Sport Advanced Lower Body Weeks 1-3	Sport Advanced Upper Body Weeks 1-3
1st day of program	1st day of program		2nd day of program	2nd day of program

Weeks 4-6				
Monday	Tuesday	Wednesday	Thursday	Friday
Sport Advanced Lower Body Weeks 4-6	Sport Advanced Upper Body Weeks 4-6	Off or Other Training	Sport Advanced Lower Body Weeks 4-6	Sport Advanced Upper Body Weeks 4-6
1st day of program	1st day of program		2nd day of program	2nd day of program

Weeks 7-9				
Monday	Tuesday	Wednesday	Thursday	Friday
Sport Advanced Lower Body Weeks 7-9	Sport Advanced Upper Body Weeks 7-9	Off or Other Training	Sport Advanced Lower Body Weeks 7-9	Sport Advanced Upper Body Weeks 7-9
1st day of program	1st day of program		2nd day of program	2nd day of program

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## **Using XL Athlete Workouts With Your Teams**

### **Adding Extra Workouts**

Coaches may want to schedule extra workout sessions or other types of training aside from weight room activities. These may include circuits, speed development drills, and conditioning. It is best to plan these extra sessions outside of regular training, so that it does not interfere with the main workouts or required recovery time. This may mean scheduling these sessions on off-days or even weekends. The athletes may also be encouraged to perform these types of workouts on their own in order to encourage team activity and increase ownership over their own training. The following will provide examples of extra workouts.

### **Sample Extra Workouts - Purpose**

[Adaptability Training Collection For Sport](#) – Increasing work capacity  
[Big Arm and Grip Circuit For Sport](#) – Increase size of arms and strength of grip  
[Big Arm Circuit For Sport](#) – Increase size of arms  
[Big Arm Team Circuit For Sport](#) – Increase size of arms – suitable for a team lift  
[Cone Agility Drills](#) – Improve speed and agility  
[Core Workouts With Equipment For Sport](#) – Improve core strength  
[Forearm Circuits For Sport](#) – Increase strength of grip  
[Get Huge Circuit For Sport](#) – Increase body mass  
[GPP Ultimate Single Lift Workout For Sport](#) – Increase work capacity  
[Injured Hand and Wrist Workout For Sport](#) – Workout for those with an injured hand/wrist  
[Injured Knee - Limited Bending Workout For Sport](#) – Workout for those with an injured knee  
[Isolated Adaptability Collection For Sport](#) – Increase work capacity  
[Leg Injury Adaptability Collection For Sport](#) – Increase work capacity in injured athletes  
[Medicine Ball and Plyometric Circuits For Sport](#) – Improve explosiveness  
[Medicine Ball Total Body Circuits For Sport](#) – Training variety  
[Non-Spinal Loading Workout For Sport](#) – Workout for those with an injured back  
[Plate Workout For Sport 1](#) – Training variety  
[Plyometric Workout For Sport 1](#) – Improve explosiveness  
[Rotational Core Workout For Sport](#) – Improve core strength  
[Stadium Step Workouts](#) – Increase work capacity  
[Strip Set Circuits For Sport](#) – Increase muscle mass  
[Tabata Intervals For Sport: Total Body Training](#) – Increase work capacity  
[Team Core Workout For Sport 1](#) – A team core workout

**Many More Extra Workouts Available On XL Athlete Website**

(Follow Link Below)

**[Extra Workouts at XL Athlete](#)**