Saint John's Strength and Conditioning
General Strength Program

The following workout is designed to give you a level of conditioning to start the season. It provides considerably more running in the anaerobic energy system than the typical workout of the day posted on the weight room door. If strength increases are desired it should be coupled with the Wendler 5-3-1 system described below.

Strength Program

The following program is designed to increase you're the strength of your skeletal muscles as well as improve your bone density. If followed as written you will be able to document strength gains on a 4 week basis, that is, every 4 weeks you will document your strength gains. In order for it to work you must do the following:

- Learn the exercises and become flawless with them.
- This is not negotiable. Without perfect form you are likely to do harm to your body.
- Keep a notebook.
- This is not negotiable. Without one you will not document anything.

If you are unwilling to follow the standard above do not waste anyone's time. If you follow the rules you will get stronger more safely.

The system itself is based on a program designed by Jim Wendler, a renowned powerlifter. Consisting of only 3 exercises per day, it is short enough to allow one to practice on a regular basis. Exercises are selected to build balance to the body ensuring that physical asymmetries will not be built. It is asymmetry that is the greatest cause of injury in athletics. Loads are selected to ensure that maximal lifts are not attempted in a "go for broke" manner.

Each session consists of a core lift with two accessory lifts. The core lift is performed with weights prescribed based on your maximal capability that is determined from testing. Once the "max" is calculated, it is scaled back to 90%. From that 90% the prescribed sets and reps are performed at the percentages listed. The last set of each week is performed at the listed percentage for the maximum number of reps (for example, week 1 is 5 reps in the first set, 5 in the second and 5+ in the third; week 2 is 3, 3, 3+; week 3 is 5, 3, 1+). The only week that holds reps at 5, 5, and 5 without any + is the fourth week. This week aids in recovery and percentages are kept low for that reason. Upon completing week 4, 10 pounds are added to the maximum weight, and all percentages are recalculated. This allows the athlete to compare the last set of week 5 to that of week 1, seeing increases in loads moved and reps achieved.

The biggest mistake occurs when the 90% rule is not followed. Muscles are worked too hard on a weekly basis, they don't recover adequately, and the athlete fails to make gains. A pilot group was formed early this academic year in which every athlete that followed the rules of the program as written did indeed document substantial gains on a 4 week basis.

Program Design

1. Warm up (see bulletin board in the weight room for ideas if needed)
2. High pulls 3 x 5 at submaximal load, moving the bar with fast hips
3. Wendler workout (M/T/H/F, Wednesday is off)
4. Anaerobic or cardio workout of the day if desired*
5. Stretch (see bulletin board in the weight room for ideas if needed)

*On these days, if volume is going to be large, then only do the high pulls and core lift.
## Workout 1

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>% 1RM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Squat (for example: using 90% of 315 or 285)</td>
<td>3</td>
<td>5</td>
<td>65,75,85</td>
</tr>
<tr>
<td>Week 1</td>
<td></td>
<td>3</td>
<td>70,80,90</td>
</tr>
<tr>
<td>Week 2</td>
<td></td>
<td>5/3/1</td>
<td>75,85,95</td>
</tr>
<tr>
<td>Week 3</td>
<td></td>
<td>5</td>
<td>40,50,60</td>
</tr>
<tr>
<td>2) Walking Lunge</td>
<td>5</td>
<td>20 step</td>
<td></td>
</tr>
<tr>
<td>3) Hip extension</td>
<td>5</td>
<td>10</td>
<td></td>
</tr>
</tbody>
</table>

## Workout 2

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>% 1RM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Bench press (for example: using 90% of 260 or 234)</td>
<td>3</td>
<td>5</td>
<td>65,75,85</td>
</tr>
<tr>
<td>Week 1</td>
<td></td>
<td>3</td>
<td>70,80,90</td>
</tr>
<tr>
<td>Week 2</td>
<td></td>
<td>5/3/1</td>
<td>75,85,95</td>
</tr>
<tr>
<td>Week 3</td>
<td></td>
<td>5</td>
<td>40,50,60</td>
</tr>
<tr>
<td>2) Dumbbell chest press</td>
<td>5</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>3) Pull Ups (band assist if necessary)</td>
<td>5</td>
<td>Max reps w/ 3 min. rest</td>
<td></td>
</tr>
</tbody>
</table>

## Workout 3

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>% 1RM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Deadlift (using 90% of 405 or 365)</td>
<td>3</td>
<td>5</td>
<td>65,75,85</td>
</tr>
<tr>
<td>Week 1</td>
<td></td>
<td>3</td>
<td>70,80,90</td>
</tr>
<tr>
<td>Week 2</td>
<td></td>
<td>5/3/1</td>
<td>75,85,95</td>
</tr>
<tr>
<td>Week 3</td>
<td></td>
<td>5</td>
<td>40,50,60</td>
</tr>
<tr>
<td>2) Good morning</td>
<td>5</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>3) Hanging leg raise</td>
<td>5</td>
<td>15</td>
<td></td>
</tr>
</tbody>
</table>

## Workout 4

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>% 1RM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Standing shoulder press (using 90% of 150, or 135)</td>
<td>3</td>
<td>5</td>
<td>65,75,85</td>
</tr>
<tr>
<td>Week 1</td>
<td></td>
<td>3</td>
<td>70,80,90</td>
</tr>
<tr>
<td>Week 2</td>
<td></td>
<td>5/3/1</td>
<td>75,85,95</td>
</tr>
<tr>
<td>Week 3</td>
<td></td>
<td>5</td>
<td>40,50,60</td>
</tr>
<tr>
<td>2) Dip</td>
<td>5</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>3) Chin-up (band assist if necessary)</td>
<td>5</td>
<td>Max reps w/ 3 min. rest</td>
<td></td>
</tr>
</tbody>
</table>
3. For time
   Run 1200M mile
   20 Goblet lateral lunge
   20 pull ups
   Run 800M
   16 lunges/16 pullups
   Run 400M
   12/12

Cycle 4

1.) As many round in 12 min. (post rounds and loads)
   7 Hang Squat Clean
   7 Pull ups
   115-135#  75-95#  45-65#
   Green band

2.) Three rounds 21-15-9 (post time and loads)
   Squat 135 or 165 or 195 or 225
   Ring Dip or regular dip
   (rest as needed, sets can be broken, but finish each set before advancing to the next)
   205-225#  165-185#  115-135#

3.) 5 rounds of 3 min. each w/ 1 min. rest between rounds (19 min. workout)
   AMRAP in 3 min. of:
   3 Hang Clean
   6 Push ups
   9 Air Squat
   post work per round
   135#/ 95-115#/ 65-85#

**Warning**

Although these workouts are scaled as rx'd, scaled, novice, it is only accurate to base your scaling level on your experience. Everyone starts out as novice for the first week. If you are a Senior who has never been in the gym before then you must realize that, as far as this training page goes, you are a Novice. Deal with it and work to improve. If you try to begin at the rx level, with no training background then it is very likely that you will get injured!

Learn the movements and get strong. No-one has ever been cut from a team for being too strong and too conditioned!

Cycles can be completed as follows:
M/W/F for 4 total weeks (Build in Circuit on T/Th after the 1st 4 weeks)
   This would work well for the beginner who is entirely untrained.

or

1.2.3 - rest day - 4.5.6 - rest day 7.8.9 - rest day - 10.11.12 for 15 total days (Build in Circuits on 21 afternoon / 3 d cycle)
   This would work well for an advanced athlete who has a gym available 7 days a week for a 3 on / 1 off

or

1.2.3 - rest - 4 - Sat/Sun - 5.6 - rest - 7.8 - Sat/Sun - 9 - rest - 10, 11, 12 - Sat/Sun - 1,2,3 (Build in Circuit 2 afternoons a week)
   This would work well for an athlete who needs the SJ gym, which is only available Monday through Friday.
Week/Cycle 1

1.) 21-15-9 (for time)
   Medball Box jumps  
   Pull ups Chest to bar  
   Rxrd  
   Scaled  
   Novice  
   20# ball 24” box  
   Bodyweight  
   16# ball 18-24”  
   Green band  
   12# ball 18” box inverted row

2.) Run 4 x 400M with 3 min. rest between rounds  
   Score fastest and slowest 400  
   As rxd.  
   As rxd.  
   As rxd.

3.) 7 rounds (for time)
   6 reps of 1.25x bodyweight squats  
   (rest as needed, sets can be broken, but finish squats before jumps-with perfect form!)  
   8 standing broad jumps of > 6’ each  
   As rxd.  
   Bodyweight  
   0.75% bodyweight

Week/Cycle 2

1.) 21-18-15-12-9-6-3 (for time)
   Lateral Lunge, goblet hold  
   Rear-Squared Sit Ups  
   40#  
   30#  
   bodyweight#  
   (rest as needed, but finish squats before situps)

2.) 15 Rounds, Each Minute on the minute (5 sets each)
   10 Body weight Bench Press  
   10 Pull Ups  
   10 Body weight Rear Squats  
   As rxd.  
   As rxd.  
   As rxd.  
   0.80x bodyweight  
   0.67x bodyweight  
   Purple band  
   0.85  
   0.75  
   Bodyweight
   If you have never learned to squat, leave it out for now (just do bench and pull-ups) and get coached
   (rest as necessary for best performance/most reps on every set)

3.) 5 Rounds of 9 reps ea. (for time)
   Burpee  
   90 degree box jumps  
   Slam Ball  
   Push Ups  
   Sit ups  
   Jump Rope Double-Unders  
   30”  
   24”  
   18”  
   20#  
   16#  
   12#  
   30  
   25  
   20

Week/Cycle 3

1.) For time
   Run 400 M  
   Run 400 M  
   Varsity  
   JV  
   Frosh  
   400M  
   20 Pull Ups  
   15 KB/DB Swing  
   10 Overhead Squat (active shoulders!)  
   50#  
   (PVC-65#)  
   (PVC-65#)  
   green band  
   35#  
   (PVC-65#)  
   (PVC-65#)  
   25#  
   Run 400 M

   Or  
   Run 400 M  
   10 OH SQT  
   15 Swings  
   20 Pull Ups  
   Run 400 M  
   50#  
   (PVC-65#)  
   (PVC-65#)  
   (PVC-65#)  
   35#  
   25#  
   25#  
   400M

2a.) 5 rounds for time
   50 ft OH lunge walk  
   with 1 DB overhead (25 ea. Way)  
   12 burpees  
   30#  
   20#  
   10#

   or

2b.) 5 rounds, For Time
   Dumbbell Walking Lunge  
   10 step ea. leg (one only, held at chest)  
   10 Dumbbell Swings (same DB)  
   55#  
   35#  
   25#