

BSC Mystics Summer Training 2020

Program overview:

Building off-season workouts has always been a bit challenging. I have no idea what facilities you ladies and gentleman have access to and I certainly do not know your training background. This puts me at a huge disadvantage when building your summer plan. If you train at a training center or college that has quality CERTIFIED strength coaches (CSCS, USA-W, SCCC) and are working with a bunch of athletes who have 1 goal, and that is to become the best athlete this summer I would encourage you to stay put in your local program. If you have found a place like that stay put and get ready for late August. If you do not have access to a training center or college here is an effective program that you can follow using a very basic weight room, this is not always easy but we will do our best. Enough talk, LETS GO!

We will use 3 warmups. They are very standard and designed to:

1. Heat the body up before training
2. Use pre-hab drills to hopefully prevent injuries
3. Dynamically warm up and mobility needed in the lifts and runs
4. Activate muscle groups and CNS prior to training.

Warm up 1

1. Thermo-Spin, row, skip, shuffle, jump rope, MOVE for 5 min prior to workout. (this is for heat)
2. Shoulder Pre-Hab.
 - a. Band pull apart 20 reps
 - b. Internal/external band work 20 for each exercise
 - c. Codman stretch 20 clockwise, 20 counterclockwise (look it up on YouTube)
 - d. Subscapular push-ups 20 reps
3. Hip Pre-Hab
 - a. Multi-directional lunges (forward, lateral, reverse) 3 lunges in each direction
 - b. Scorpions 5 per leg
 - c. Sit to stand- push knees out at the bottom 10 reps
4. Activation of Glute Med and CNS
 - a. Banded monster walks Forward 10 yards down and back 1 set
 - b. 2 sets of 5 squat jump with light DB's

Warm up 2

1. Thermo-Spin, row, skip, shuffle, jump rope, MOVE for 5 min prior to workout. (this is for heat)
2. Shoulder Pre-Hab
 - a. Wand stretch (look it up on You-Tube)
 - b. Bear crawls, small little crawls forward 10 yards, backward 10 yards
 - c. Diagonal pull apart

3. Hip Pre-Hab
 - a. Hip fire hydrants 5 each direction
 - b. Spider lunges
 - c. Duck walks with pipe PVC pipe overhead
4. Activation
 - a. Banded monster walks sideways 10 yards back 10 yards
 - b. Med ball slams 2 x 5 reps

Warm up 3

1. Thermo-Spin, row, skip, shuffle, jump rope, MOVE for 5 min prior to workout. (this is for heat)
2. Shoulder Pre-Hab
 - a. YTWI 2 sets of 10 each
3. Hip Pre-Hab
 - a. Banded Abduction 2 x 20 reps
 - b. Groiners 2 x 5 reps
4. Activation
 - a. Banded hip ups

Sanford Knee Injury Prevention Program (SKIPP) will be our warmup before we do any Speed or CODS workout. We will not really focus on CODS until we get to Bismarck and we are in a controlled environment so our main focus will be SPEED this summer. The warm-up in red will be used prior to our Tuesday speed days.

Dynamic Warm-up

- A. Single-leg RDL Stretch
- B. Quad Stretch
- C. Knee Hugs
- D. Leg Cradle
- E. High Knees
- F. Butt Kicks
- G. Carioca
- H. Normal Skip
- I. Skip for Height
- J. Backpedal
- K. 75% Run

Activation

- A. Clamshell (30 sec. hold; each side)
- B. Quadruped fire hydrant (30sec. hold; each side)
- C. Plank + side plank (30 sec. plank; 15 sec. side plank; each side)

D. Standing fire hydrant (30 sec. hold; each side)

Strengthening

- A. Bodyweight squats with band (10 x)
- B. Lateral band walks (20 steps; each side)
- C. Walking lunges – forward (10 steps; each direction)
- D. Walking lunges – backward (10 steps; each direction)
- E. Walking lunges – lateral (5 steps; each direction)

Plyometrics (15 – 30 sec. REST between each exercise)

- A. Lateral squat jumps over line (6 x)
- B. Forward/backward squat jumps over line (6 x)
- C. Squat jumps + 90-degree turn (3 x; each direction)
- D. Lunge jumps (4 x; each side) **DO NOT ALTERNATE!**
- E. 2 to 1 hop (4 x; each side)
- F. Single-leg side-to-side hop (4 x; each side)

Agilities (15 – 30 sec. REST between each exercise)

- A. Forward run with three step deceleration (2 x; 5 yd. or 15 ft.; each side)
- B. Three-step shuffle (2 x)
- C. Zig-zag cutting (3 x; 5 yd. or 15ft.; each side)

Workouts

Ok now with warm ups out of the way we can begin the first 2 weeks of programming. These first two weeks are nothing more than a basic GPP phase. This means the intensity is very low but the volume extremely high. The point of this phase is to prepare your body for what is going to come. We just can't throw you to the wolves, and please understand this phase must be taken serious. The better you do in this phase the better your numbers will be when it's time to move some heavier weight. It sucks but do it! Please record your weight values from week to week to track your progress!

Week 1 and 2

Monday:

Warm up 1

- Contralateral Single leg Bulgarian squat to single arm press- 4 x 10 reps REST must be between 60- 90 sec.
(This is very important so the weight need not be heavy, we need perfect form. This will be extremely fatiguing, and it is meant to be so don't go grab a 35 lb. db. I would likely use a 15 lb. db for this workout.)

*After all sets of 4 have been completed rest 2 minutes

- Contralateral Reverse lunge to Band pull 4 x 10 each leg.
(Make sure to reverse lunge back then row the band. So if right leg lunges back right arm will row band back. 60-90 sec rest between sets)

*Rest 2 min

- DB squat to press 4 x 10: only bilateral exercise so these can be a bit tougher

*Rest 2 min

- DB push up to row 4 x 10 these are often times called renegade rows if you need to look them up.
- DeadBugs 4 x 20

*Foam Roll, and static stretch only if need

Tuesday: Linear speed work

*Warm up in red

10 reps of 120 yd. sprint turnovers

*This is a very basic drill. Find a football field and start at the goal line and the second you start sprinting hit the stopwatch start button. Sprint to other goal line, watch the clock and sprint again when the clock reaches 1 minute. Repeat this process until you get to 9 min on the stopwatch. Week 2 you should increase to 12 reps

Wednesday:

Warm up 2

- Contralateral step up to press 4 x 10reps, right leg steps up left arm presses DB

*Rest 1 min between sets
- Single leg RDL to DB row. Very light boys remember this is to prepare you to train. I would use a very light DB (15 to 20lb) single leg RDL on right leg row with left hand.

*Rest 1 min between sets
- DB Goblet squat but press out DB out as you squat 4 x 10

*Rest 1 min between sets
- Pistol squat with 1 arm row 4 x 10
- Planks 10sec on 10 sec off x3reps
X 4 sets
(Spread floor apart with elbows press balls of feet into ground as hard as possible only 10 second bursts.)

THURSDAY OFF

Friday:

Warm up 3

- Pushups-10 to 15reps

Superset w/
Pull ups (all grips) 5+ reps
4 sets 90 sec between
- Bilateral RDL with Barbell Row-4 x 10reps
*Rest 2 min
- Reverse lunge to DB press-3-4x8 reps
(1 DB lunge with right press with left. Think core stiffness. These drills are all core!!!!!!!!!!)
- Rotational med-ball slams 4 x 2 each way

Week 3 and 4 - GPP is now over you are ready to train!!!! Next couple of weeks is the beginning of our strength development for the summer.

Monday: the number of reps is a simple way we can program percentages without knowing your actual 1 RM lifts. Please follow the reps closely as they will change every two weeks. This provides the foundation for this program so work up to your best prescribed sets and reps for that day with good form.

WARM UP 1

1. POWER Hang clean or POWER Hang Clean Pull 4 x 4reps (power simple means receive bar above 90 degrees of knee flexion) we will explain why when you get here.
(Work up to a last set of 4 reps that is challenging but speed and form are still the most important)
*Rest times between each set should be at least 3 min.
2. Front squat 5 x 5reps
(Work up to last set of 5 that is challenging but let's not burn the candle down just yet)
*Rest at least 3 min between sets
3. DB strict press 4 x 8reps
Superset with
Pull ups 4 x 3-8reps—pronated grip
(we all know pull-ups can vary a lot so find a rep scheme that is challenging but make sure you are not kipping and for the love of the good lord make sure you go all the way down and up)
4. Knee to Elbow 4 x 10 ea. side pair w/ banded triceps (NO DIPS OF ANY KIND)

Tuesday:

*Warm up in red

1. If you can find a prowler 5 sets of 5 yard pushes. Focus on the first 2 or 3 steps with each leg. Be explosive.
2. 5 sets of 10 yard prowlers with lighter weight. Focus on first 5 steps of each leg.
3. 10 sets of 10 yard sprints with 1 min between reps. Time them if possible, you will run harder!!

Wednesday:

WARM UP 2

1. Barbell push press 4 x 4
2. Single Leg Bulgarian split squat with BB 4 x 8 per leg
3. Barbell Bench press 5 x 5
Superset
Single arm row x 8 ea.
4. Rotational crow hop med-ball throws 4 x 2 per side
5. Zottman curls 4 x 10

Thursday OFF

Friday:

WARM UP 3

1. Barbell RDL 5 x 5
2. Incline DB Press 4 x 8-12
Superset with
Inverted row (TRX or using BB) x10
3. Unilateral reverse lunge 4 x 8
4. Scaption raises 4 x 10 (light weight, do them right!!!) LOOK UP IF YOU NEED TO
5. Dead Bugs 4 x 10 using band or sandbag

Week 5 and 6

Monday

WARM UP 1

1. POWER Hang clean or Power Hang Clean Pull 4 x 3reps
(Work up to a last set of 2 reps that is challenging but speed and form are still the most important)
*Rest times between each set should be at least 3-4 min.
2. Front squat 5 x 3 reps
(Work up to last set of 3 that is challenging but let's not burn the candle down just yet)
*Rest at least 3-4 min between sets
3. DB strict press 4 x 6-8reps
Superset with
NEUTRAL GRIP PULL-UPS 4 x 3-8reps
(we all know pull-ups can vary a lot so find a rep scheme that is challenging but make sure you are not kipping and for the love of the good lord make sure you go all the way down and up)
4. Knee to Elbow press 4 x 10 ea. side pair w/ banded triceps (NO DIPS OF ANY KIND)

Tuesday

*Warm up in red

3-Light 5 yard prowler push (1st 3-4 steps)

3-Light 10 yard prowler push

5-10 yard dash

WEDNESDAY

WARM UP 2

1. Barbell push press 4 x 3
2. Single Leg Bulgarian split squat with BB 4 x 6 per leg
3. Barbell Bench press 5 x 3
Superset
Single arm row x 8 ea.
4. Rotational crow hop med-ball throws 4 x 2 per side
5. Zottman curls 4 x 10

Friday:

WARM UP 3

1. Barbell RDL 4 x 4
2. Incline DB Press 4 x 6-8
Pair
3. Inverted row (TRX or using BB)
4. Unilateral reverse lunge 4 x 6
5. Scaption raises 4 x 10 (light weight boys, do them right!!!) LOOK UP IF YOU NEED TO
6. Dead Bugs 4 x 10 using band or sandbag

Week 7 and 8- ISOMETRIC Strength Phase

Monday:

WARM UP 1

1. Iso POWER Hang clean or ISO Power Hang Clean 4 x 2reps (hold for 3 sec. in power position)
(Work up to a last set of 4 reps that is challenging but speed and form are still the most important)
*Rest times between each set should be at least 3 min.
2. Front squat 5 x 3reps
(These are now done with a 3 sec. Iso pause at the bottom of the squat)
*Rest at least 3 min between sets
3. DB strict press 4 x 5reps (Iso Hold @ top of press)
Superset with
Pull ups 4 x 3-8reps—pronated grip
(we all know pull-ups can vary a lot so find a rep scheme that is challenging but make sure you are not kipping and for the love of the good lord make sure you go all the way down and up)
4. Knee to Elbow press 4 x 10 ea. side pair w/ banded triceps (NO DIPS OF ANY KIND)

Tuesday-Speed

*Warm up in Red

- 3- 5 yard dash (work on start and projecting hip out)
- 3-10 yard dash (1 min rest)
- 2-20 yard dash (2 min rest)
- 2-40 yard dash (5 min rest)

Wednesday

WARM UP 2

1. Barbell push press 4 x 3
2. Single Leg Bulgarian split squat with BB 4 x 5 per leg (Iso Hold 3 sec. @ Bottom of ea. rep)
3. Barbell Bench press 5 x 3 (Iso Hold 1" above chest 3 sec.)
Superset
Single arm row (Iso pause @ top) x8ea.
4. Rotational crow hop med-ball throws 4 x 2 per side
5. Zottman curls 4 x 10

Friday:

WARM UP 3

1. Barbell RDL 4 x 4reps
2. Incline DB Press 4 x 5 (Iso Hold 3 sec 1" above chest)
Pair
3. Inverted row (TRX or using BB+ 3 sec pause at top)
4. Unilateral reverse lunge 4 x 6
5. Scaption raises 4 x 10 (light weight boys, do them right!!!) LOOK UP IF YOU NEED TO
6. Dead Bugs 4 x 10 using band or sandbag

Week 9 and 10 - Reactive Phase

Monday:

WARM UP 1

1. POWER Hang clean or Power Hang Clean Pull 4 x 2reps (Fast and Explosive as possible-imagine 70% 1RM)
Pair & rest 45 sec.
3-5 Consecutive Broad Jumps
*Rest times between each super set should be at least 3 min.
2. Front squat 5 x 3reps
Pair w/ & rest 1 min.
Squat Jump x5 reps
(These are now done explosively)
*Rest at least 3 min between sets
3. DB strict press 4 x 5reps
Superset with
Chin ups 4 x 3-8reps—Supinated grip
(we all know pull-ups can vary a lot so find a rep scheme that is challenging but make sure you are not kipping and for the love of the good lord make sure you go all the way down and up)
4. Knee to Elbow 4 x 10 ea. side pair w/ banded triceps (NO DIPS OF ANY KIND)

Tuesday-Speed

*Warm up in Red

5 yard Prowler Push
Pair (rest 1 min)
10 yard Sprint
X6 sets

WEDNESDAY

WARM UP 2

1. Barbell push press 4 x 3reps
2. Single Leg Bulgarian split squat Jump 4 x 5 per leg
3. Barbell Bench press 5 x 3reps (Reactive-think 70% 1RM)
Superset
Single arm row 5x6 reps
4. Rotational crow hop medball throws 4 x 2 per side
5. Bicep curls 4 x 10reps

Friday:

WARM UP 3

1. Barbell RDL 4 x 4reps
2. Incline DB Press 4 x 2 right/2 left/2 together (Explosive)
Pair
3. Inverted row x8-10
4. Lunge Jump 4 x 5 (Don't switch legs)
5. Scaption raises 4 x 10 (light weight, do them right!!!) LOOK UP IF YOU NEED TO
6. Dead Bugs 4 x 10 using band or sandbag

Repeat weeks 1 and 2

You will drop back down to higher volume and lower intensity (% 1RM), but now you should be able to complete the higher volume workouts with also higher intensities (% 1RM).

Repeat weeks 3 and 4

Back to a strength phase— now working @ a higher %1RM.

Repeat week 5 and 6

This is still a strength accumulation phase with the isometric holds now added back in.