**DESIGNING A WEIGHT TRAINING PROGRAM**

**Things to keep in mind while designing your workout plan**

* How many days per week are you going to design your routine for?
  + To improve body composition, design the routine for at least 3-5 days per week.
* What type of workout is next? (Weight loss, muscle mass or sports specific)
* How much rest? Determined by the goal of the workout.
  + If you are training for muscle mass the optimum amount of rest is one minute and thirty seconds.
  + While the ideal amount of rest for losing body fat can be zero to one minute and thirty seconds.
* The level of any workout program is defined by days per week and intensity of the workout:
  + Beginner workouts~3 days with a whole body workout on each day followed by a rest day.
  + Intermediate workouts might still contain a 3 day whole body workout
    - Intensity of each workout is increased.
  + Advanced workouts~5-6 days of week
    - These plans will receive the best results in the quickest amount of time.

**Programming Example**

* **Mobility Work** 
  + The amount of time invested in any given training session to mobility work, should be related to how poorly the athlete moves. Very tight, motor-challenged athletes may need to spend up to 20 minutes on this phase of training. Highly athletic, well-trained clients may only need 5-8 minutes to get ready.
    - Neural Warm-Up
* **Injury Prevention & Visual Warm-Up**
  + Remember that the goal here is to familiarize the body with the positions, speeds and movements that the rest of the training will require. This is also an ideal time to have the client perform some basic visual warm-up drills to engage the eyes in training. Total time investment should be between 4-5 minutes.
    - Neural Warm-Up 2
    - Vision drill
* **Core Coordination + Bone Rhythm Training**
  + Many coaches advocate working the “core” at this point of a training session. Total time should be 4-5 minutes.
    - Dynamic Warm-Up
    - Planks
* **Sub-Maximal Plyometric Training (may or may not be performed depending on your goals)**
  + Begin to implement various plyometric progressions. It is ideal to perform these types of exercises at this point as the body is very coordinated and stable while still “fresh”. Focus at this point will shift to getting in very high quality repetitions of the various plyometric progressions. The primary goal here is to minimize threat response to powerful movement. In most cases, the plyometric training drills will last from 4-30 seconds per set dependent upon whether the drills are maximal or sub-maximal in nature.
    - Upper Body Plyos
    - Lower Body Plyos
* **Skill Training (may or may not be performed depending on your goals)**
  + If you are training an athlete for speed, agility or other sport specific skill, this is the time for working the technique and tactics. Generally speaking, movement specific drills emphasizing correct technique should be performed for 10-15 minutes. This will be a great anaerobic and strength session, however, it is performed early enough in the session to focus on excellent technique.
    - T-Step
    - Crossover Step
* **Resistance Training**
  + It is not until all of the above have been done that the athlete should be challenged with resistance training. Remember, that for all athletes except strength athletes, resistance training is supplemental, not primary! Also, keep in mind that by this point in the training session, the athlete will have already experienced some significant training loads. The intensity and duration of the resistance training portion of their program should then be modified to insure ultra-high quality repetitions. The total time investment here should not total more than 20-25 minutes.
    - Any Weight Training exercise
* **Energy System Development**
  + Many people refer to this portion of training as “extra stuff to do”. ESD basically refers to “cardio” work of some type. The average athlete and client can derive maximum possible benefits from sessions ranging from 12-20 minutes of work. ESD does NOT need to be done daily, nor does it need to be done during each training session. However, if it is to be included, place it at the end of the session and insure that the client understands the need for exceptional attention to form – particularly as they are likely to be fatigued at this point.
    - Running
    - Bike
    - Elliptical
* **Mobility Cooldown**
  + As training engenders significant stress on the body, it is VITAL to finish up training sessions with a short session of mobility work to insure that any joints particularly impacted by the training are mobile and relaxed. During this portion of the session, be certain to use progressively slower speeds of mobility work. Also, if the athlete has chronic areas of myofascial tension, this is an ideal time to perform release work or stretching of the indicated area. A genuinely useful cooldown should run somewhere between 8-15 minutes.
    - Neural Work
    - Walking
    - Stretching

When you tally up the time for this range of training, you see training sessions that will range from 60-90 minutes. Obviously, this is not an ideal range of training for beginners, but rather for seasoned athletes. Modifications for beginning athletes will be dependent upon their goals and threat responses to training loads.

**Resistance Training Table:**

**VARIABLE**  **TRAINING GOAL**

**Strength Power Hypertrophy Endurance**

Load (% of 1RM) 80-100 70-100 60-80 40-60

Reps per set 1-5 1-5 8-15 25-60

Sets per exercise 4-7 3-5 4-8 2-4

Rest between sets (mins) 2-6 2-6 2-5 1-2

Duration (seconds per set) 5-10 4-8 20-60 80-150

Speed per rep (% of max) 60-100 90-100 60-90 60-80

Training sessions per week 3-6 3-6 5-7 8-14

**Table reproduced from Siff, 2003**