

INTRODUCING OUR

SETANTA COLLEGE

SPECIALISED ATHLETE & TEAM PROGRAMME

sportslab



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Programme Design

Basics come first

The ability to design an effective and safe training programme is one of the main skills a trainer must possess.

There are many (many!) pages of notes, lectures, theory and practical lessons we cover when showing our students the most effective way of programming exercise to achieve an athlete or players **goals**. One key message to remember throughout, and particularly to start with, is to remember these 5 words:

“How well. Not how much!”

The temptation to **overcomplicate** is always there as a trainer no matter how experienced you are. Renowned S&C Coach Mike Boyle uses an analogy comparing trainers to chefs; from when they start out to when they become more experienced.

As Boyle puts it; when you begin to design and plan exercise programmes think of yourself as a cook.

- As a young cook you **follow the recipe**, you don't start chopping and changing and adding and subtracting ingredients right off the bat.
- After lots of practice of writing programs you are a sous chef or second in command of the kitchen. You have now developed the ability to **alter the recipe** without damaging the meal but can't yet cook to your own taste
- After years of practice you are a chef. You can now contemplate **bold changes to the recipe**.



Where to Begin

Building towards a goal

Strength and Conditioning is more than lifting weights – it covers the entire development of an athlete and what is required to improve their physical performance. Strength is just one piece of the jigsaw; you must also incorporate plyometrics, speed and agility, flexibility, endurance and core stability.

Performance, training and personal **goals** will vary between sports and individuals. It is vitally important to identify, measure and track key physical traits so you can roll out specific interventions. It is only through proper planning that an S&C programme will be effective in achieving these goals.

You must first take a step back and take note of:

1. Consultation with the Client/Player/Team
2. Perform a Needs Analysis
3. Take Posture, Movement and Functional Screening assessments
4. Identify appropriate Fitness Tests to measure current and future performance



TEAM PROGRAMME

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Programme Prescription & Warm Up Guide

Example of a Warm Up guide:

Warm Up Guide		
Exercise Sequence	Exercise	Reps
Exercise 1	IWT (Mobility Movements)	10
Exercise 2	Lunge Walk	10
Exercise 3	Facepulls	10
Exercise 4	Side Lying Leg Raises	10
Exercise 5	Push-Ups	10
Exercise 6	Kettlebell Squat Hold	30 secs
Repeat the sequence 2 times		

Programme Prescription

Turning Theory into Reality

After studying the theory, it is about putting what you have learned into practice. Once we understand the sports-science that underpins the programme we can now take responsibility for the design, planning, implementation and management of a comprehensive programme of fitness development. As follows are two programmes submitted to us by actual students showing a block of training for a team, and an individual fitness programme.

Intensity / Effort Guide for Team Programme

Intensity / Effort Guide		
Use this guide to establish what weight to lift for each set		
Rate of Percieved Exertion (RPE Scale)	Reps Left in the Tank	Description
10	0	Maximum effort set. Could not do 1 more rep
9	1	Nearly max effort but could do 1 more rep
8	2 to 4	A tough set but a couple reps short of muscle failure
7	5 to 8	Not near muscle faillure at the end of the set and weight can be moved quite quickly
6	8-12+	Weight moves quickly when moderate force is applied
5	12-15 +	Warm-ups weights
4	20+	Recovery or warm-ups weights

Setanta College 4 Week Team Programme

*Exercises to be done in sequence			Week 1				Week 2				Week 3				Week 4				
Movement type	Exerchise	Total Set Time	Reps (Aim)	Reps (Done)	Load	Set RPE	Reps (Aim)	Reps (Done)	Load	Set RPE	Reps (Aim)	Reps (Done)	Load	Set RPE	Reps (Aim)	Reps (Done)	Load	Set RPE	
Hip / Knee	Box Jumps	3 min	5				5				5				5				
			5				5				5				5				
			5				5				5				5				
Hip	Romanian Deadlift	2.5 min	8			8	8			8	8			8	8	8		9	
			8			8	8			8	8			9	6	6		9	
			8			9	8			9	6			9	6	6		9	
			8			9	8			9	6			9					
Vertical Press	Military Press	3 min	8			8	8			8	8			8	8			8	
			8			8	8			9	9			9	8			9	
			8			8	8			9	8			9	8			9	
Vertical Pull	Kneeling Band Pulldowns		8			8	8			8	8			8	8			8	
			8			8	8			9	8			9	8			9	
			8			9	8			9	8			9	8			9	
Super Set																			
Hip / Knee	Step-ups	4 min	8 per leg			8	8 each leg			8	8 each leg			8	6 each leg			8	
			8 per leg			8	8 each leg			8	6 each leg			9	6 each leg			9	
			8 per leg			9	8 each leg			9	6 each leg			9					
Hip	Barbell Hip Thrust		8			8	8			8	8			8	8			8	
			8			8	8			8	8			9	8			9	
			8			9	8			9	8			9					
Super Set																			
Core	Paloff Press	2.5 min	10				10				10				10				
			10				10				10				10				
			10				10				10				10				
Core	Single Arm Kettlebell Walk		30 sec				30 sec					40 sec				40 sec			
			30 sec				30 sec					40 sec				40 sec			
			30 sec				30 sec					40 sec				40 sec			
Super Set																			

↓ Super Set: Complete the two exercises together.

↓ Reps Done and Load to be filled in by the athlete.

ATHLETE PROGRAMME

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Par Q Form

The PAR-Q form (Physical Activity Readiness Questionnaire) is a tool for exercise professionals to determine if a person is safe to start an exercise program. It enables a coach to get to know your athlete and conduct an initial assessment of their health status and medical history.

Par Q Form Results			
Name: John Maguire	Sex: Male	Height: 187cm	Weight: 75kg
Exercise & History Goals			
Past experience	Years training individually and with a team		
Previous training	Resistance Training - all aspects		
How often you train per week:	5 times per week		
Type of training:	Resistance Training & Anaerobic Training		
Level of fatigue post training	8 out of 10		
Fitness goals:	Strength gain & improve sports performance		
Previous Injury & Illness			
Arthritis: No	Asthma: No	Heart problems: No	High cholesterol: No
Diabetes: No	Stroke: No	Epilepsy: No	Osteoporosis: No
Chest pain: No	Dizziness: No	High/low blood pressure: No	Other: No
Joint Problems & Pains			
Ankles/feet: No	Shoulders: No	Muscle pain: No	Knees: No
Neck: No	Hips/pelvis: No	Elbows: No	Lower back: No
Nutritional Information			
Regular meals	Yes	Portions of veg	3
Fast eater	No	Portions of protein:	4
Vitamins/supplements	Creatine	Dairy produce	2
Portions of fruit	3	Sweets/ salts/ sugar (added)	No
Drinks	Tea: 1 Coffee: 2 Fruit Juice: 1 Water: 4 litres Soft Drinks: 0		
Allergies: No	Binging: No	Smoke: No	Overeating: No
Alcohol: Yes	How much: Occasionally		

Functional Movement Screen & Testing

FMS Testing Results	
FMS	Score/Weight
Inline Lunge	2
Overhead Squat	2
Shoulder mobility	3
Trunk Stability Push Up	3
Rotary Stability	2
Leg Raise	2
Core Strength	
Plank Test	3 minutes
3RM Test	
Bench	90kg
Squat	170kg
Deadlift	220kg
Snatch	N/A
Clean	100kg
Anaerobic Power	
30m Sprint	4.2 sec
Vertical Jump Test	55 cm
Other Tests	
Step Up Test	N/A
Beep Test	N/A
Ankle Mobility	N/A
Thomas Test	N/A

Functional Movement Screen

A cornerstone of our coaching philosophy here at Setanta College is to instil a knowledge and understanding of the principles underpinning human movement. You can't train somebody unless you know them! From an athlete's posture, to their movement patterns, compensations and limitations we must first consult, assess, screen and test.

FMS is commonly used, as you see here, but there are a wide variety of screening and testing protocols that form the very first module of all our S&C courses.

Body Composition Measurements		
Hip: N/A	Chest: N/A	Stomach: N/A

→ Not applicable to this performance programme.

Exercise Program				
Phase: Competition phase		Goal: Power building / Performance		
Exercise	Sets	Reps	Rest	Info
A1 Squat Jump	3	5	120 sec	Fast down fast up
B1 Power Clean	6	1	120 sec	Max Strength
B2 Dynamic Hip Flexor	6	5	120 sec	Simulates knee drive
C1 Dumbell Bench	4	8	90 sec	
D1 Pullups	3	10	90 sec	

← Exercise B1 & B2 is a Super Set. The two exercises must be performed together.

Notes:

- Focused on max strength with heavy weight of 90-95%.
- Progression below is moving from a strength based session to a power based session.

Progression				
Phase: Competition phase		Goal: Power building / Performn		
Exercise	Sets	Reps	Rest	Info
A1 Squat Jump	3	3	120 sec	Fast up fast down
B1 Power Clean	4	4	120 sec	Move as fast as possible
B2 Dynamic Hip Flexor	4	5	120 sec	Simulates knee drive
C1 Dumbell Bench	3	6	90 sec	
D1 Pullups	3	8	90 sec	

← Super Set

- Session 2 has the same exercises with less weight.
- The power clean will move to about 70% of 1RM and the focus will be on moving the weight as fast as possible to increase power output.
- Volume is not very high as the focus is on strength/power and volume is sometimes counterproductive to this.
- Overall reps in the assistance exercises decreases and the aim is not to fatigue the client as



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