



# Strength & Conditioning

## Part 2: Creating and Implementing a gym program

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# What does a program look like?



Classification	Initial Consideration	Final Consideration
Mobility	Type and how many exercises?	Sets and reps
Stabilisers/Smaller Muscles	Type and how many exercises?	Sets and reps
Plyometrics?	Type and how many exercises?	Sets and reps
Power	Type and how many exercises?	Sets and reps
Strength	Type and how many exercises?	Sets and reps
Supplementary Exercises	Type and how many exercises?	Sets and reps
Core	Type and how many exercises?	Sets and reps

# What does a program look like?



Classification	Examples	Exercise Example
Mobility	Global	Hurdle over and unders Spiderman Crawls
	Isolated	Thoracic (mid back) extension Hold Book Openers
Stabilisers/Small muscles	External Rotation	Hydrants Band Squats
	Abduction	Crab Walks Plate Pushes
	Glut Med as Stabiliser	SB Wall Holds Running man
Other?	Adductors	Plate Drags

# What does a program look like?



Classification	Examples	Exercise Example
Plyometrics (are they needed?)	Stiffness	Skipping Hopping on the spot
	Absorb Force	Single leg Landings
	Produce Force	Skip for height (weight)
	Drills	A-skips with.. Weightvest Med Ball in front Med ball overhead

**Poor quality plyometrics are nobodies friend!!!!**

# What does a program look like?



Classification	Examples	Exercise Example
Power (force x velocity)	High Loaded 60-80%	Hang Cleans
	Low Loaded 20-60%	Jump Squats
	Ballistic 0-20%	Repeat Jump Squats
STRENGTH (push or pull??)	Double Leg	Squats
	Single Leg	Leg Press Step-up
	Double Arm – Horizontal or vertical	Bench Pulls, Bench Press Behind Neck Press, Chins
	Single Arm – Horizontal or vertical (are they strong?)	Single Arm Cable Row Single Arm Pull-downs

**Simplicity! Specificity and complexity are not needed in early stages**

# What does a program look like?



Classification	Examples	Exercise Example
Supplementary	Hamstring - Bent	Nordic Curls
	Hamstring - Straight	Straight leg Bridge Raise
	Calf - Bent	Seated Calf Raise
	Calf - Straight	Standing Calf Raise
	Shoulder Blade	Straight arm pulls
	Rotator Cuff	Arm by side rotation

# What does a program look like?



Classification	Examples	Exercise Example
Core	(anti) Flexion – on back	Dish Hold
	(anti) Extension – on front	Prone Hold
	Sideways (coronal plane)	Side Plank
	Back	Thoracic (mid-back) Extension

# Bringing it all together



- 1) What do you want to get to/achieve? Over what time period?
- 2) Where do you need to start?
- 3) What does the training plan look like?
  - 1) Periods of high/low load? Or keep it linear?
  - 2) How are you going to advance the program?
    - 1) Frequency
    - 2) Variation
    - 3) Skill
    - 4) Capacity, Strength, Power
      - 1) Sets and reps