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![U_of_A_Hog[1]]()Head Strength and Conditioning Coach For Olympic Sports

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 3-Phase Athlete Development Program. Email to get more information and to purchase a copy of our excel layout for your own 3-Phase Athletic Development Program for only $175.

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**IRON HOG 3-Phase Athletic Development Program**

**Phase #1 Rookies Program (Green Sheets)**

**Goals:**

* Increase Work capacity
* Identify limitations:
* Movement Pattern Based:
	+ High Volume & Low Variety in exercises
	+ Focus on Foundation Exercises for YOUR program
	+ Teach Teach Teach
* Program design, terminology, methodology, coaching cues
* Teach Recovery Methods
	+ Simple nutrition facts
	+ Soft tissue recovery methods
	+ Hot & Cold water therapy
* Teaching these young student athletes how to Train outside their comfort zone. Making them very uncomfortable with both physical stress and mental stress.

**Phase #2 Developmental Program (White Sheets)**

**1st – 3rd year athletes with a sound developed training background**

**Goals:**

* Lower Relative Volume and Increased Variety in our exercises
* Solid at our Foundation Exercises
	+ Good technique
	+ Understands cues and feels the difference between a Good rep and a Bad rep
* Increase Strength and Explosive Power
	+ Introduce Velocity Based Training (VBT)
	+ TriPhasic Training methods
* Increase %LMM and decrease BF%
* Increase work capacity
* Continue to Learn and start to Lead

**Phase #3 Advanced Program (Red Sheets)**

**Mature athletes 2nd – 5th year in our program and very mature training age.**

**Goals:**

* Lowest Relative Volume and Increase Variety in all exercises
* Recovery
* Increase Power
	+ VBT
* Increase Strength
* Increase %LMM
* LEAD

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| --- | --- | --- | --- | --- | --- |
| Your foundation of strength |  |  |  |  |  |
| More force you can apply to the ground the higher you will jump and faster you will run.  |  |
| Match that with increased rate of force development, how fast you apply that force, you will jump higher and run faster. |
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| **Strength is the foundation of any successful program** |  |  |  |
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| 1. Get Stronger |  |  |  |  |  |  |
| 2. Increase rate of Force Development |  |  |  |  |
| 3. improve jumping mechanics |  |  |  |  |  |
| 4. improve flexibility |  |  |  |  |  |  |
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| **Dynamic Effort Days:** |
| Squat x 2reps |
| Deadlift x 1reps |
| Press x 3reps |
| x 8 Sets |
| x 10 Sets |
| x 12 Sets |
| Rotate % from 50-55-60-65% |
| Max Effort Lift 72 hours after Dynamic effort lift |
|  |
|  |
| **Repetitive Effort Days:** |
| 60% x 50reps |
| 65% x 40reps |
| 70% x 30reps |
| 75% x 25repsor65-75% x 2-4 Sets of Max Reps  |
| All reps done at working weight |
|  |
| **Max Effort Days:** |
| x 5RM 85-88% |
| x 4RM 88-92% |
| x 3RM 90-94% |
| x 2RM 95-98% |
| x 1RM 95-100+% |

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