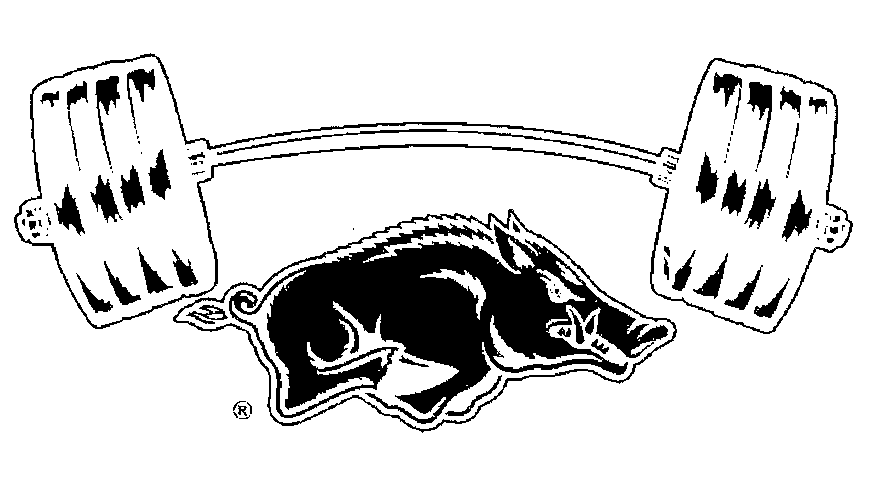
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3-Phase Athlete Development Program. Email to get more information and to purchase a copy of our excel layout for your own 3-Phase Athletic Development Program for only $175.

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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

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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. | | | | | | | | |
|  |  |  |  | |  |  |  |  |
| **Strength is the foundation of any successful program** | | | | | |  |  |  |
|  |  |  |  | |  |  |  |  |
| 1. Get Stronger | |  |  | |  |  |  |  |
| 2. Increase rate of Force Development | | | | |  |  |  |  |
| 3. improve jumping mechanics | | |  | |  |  |  |  |
| 4. improve flexibility | |  |  | |  |  |  |  |
|  |  |  |  | |  |  |  |  |
|  |  |  |  | |  |  |  |  |
| **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 25reps  or  65-75% 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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