



Athletic Based Strength Training

The TIER SYSTEM

A Systematic Program Design Model

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Note: This was the first major presentation on the Tier System



Athletic Based Strength Training

Establish the Goal[s] of Your Strength/Conditioning Program:

- ❑ Work
- ❑ Team Building
- ❑ Injury Prevention
- ❑ ***DEVELOP A FOOTBALL PLAYER/ATHLETE***

Athletic Based Strength Training



RATIONALE:

Our program is derived on giving each individual a chance to become the best football athlete he can be. Not a “lifter”, but a football player.

Football is a not just a contact sport, it is a violent sport. The body and mind must be prepared for the furious collisions that will occur numerous times during a game. The type of program we have developed takes this into account.



Athletic Based Strength Training

What game do we play in the strength training facility?

- **Bodybuilding**
- **Weightlifting**
- **Powerlifting**



Athletic Based Strength Training

Answer:

Athletic Based Training[ABT]

Athlete versus “Strength” Athlete

Components:

- ☐ **Complex Movements**
- ☐ **Multiple Joint Actions**
- ☐ **Functional Strength**
- ☐ **Free Weight Dominated Approach**
- ☐ **Remember who you are training:
Football Player/Athlete First**



5 Main Bullet Points of ABT

Number 1

Train Movements versus Training Body Parts

- ❑ **Football is a game of movement**
- ❑ **Closed Chain Movements**
- ❑ **Nobody cares how big your arms are!**



5 Main Bullet Points of ABT

Number 2

Explosive Exercises versus Non Explosive Exercises

- ❑ Application of Force**
- ❑ Maximum Concentric Acceleration**



5 Main Bullet Points of ABT

Number 3

Variety of Exercise

- ❑ Free Weight Oriented Approach
- ❑ Multiple Planes and Angles



5 Main Bullet Points of ABT

Number 4

Whole Body Training Sessions versus the Split System

(upper/lower body training sessions)

- ❑ **Every play the body uses a synchronized movement pattern that involves all the major joints of the body**



5 Main Bullet Points of ABT

Number 5

TEMPO

- ❑ **Rapid recovery versus timed rest intervals**
- ❑ **35 seconds between plays**
- ❑ **Anaerobic Conditioning Effect**
- ❑ **Increase Work Capacity**

Athletic Based Strength Training Program Model: The Tier System



Program Keys

- ❑ **Moderate Load Principle versus Heavy/Light**
- ❑ **Whole Body Training Sessions**
- ❑ **Structured Weekly Rotation of Movement Categories**
 - Total Body Movement**
 - Lower Body Movement**
 - Upper Body Movement**
- ❑ **Prioritize Movements per Category**



Athletic Based Strength Training Program Model: The Tier System

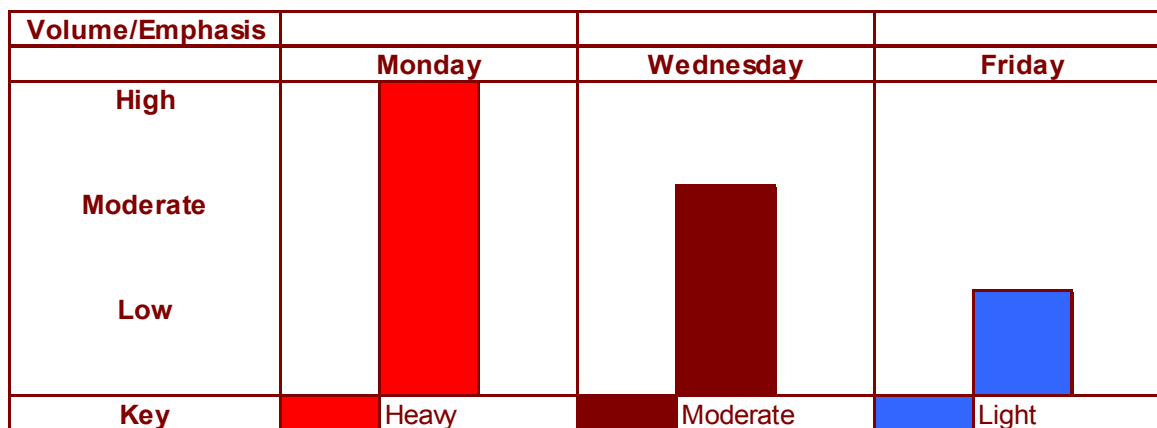
Program Derivatives

Principles and Exercise techniques of:

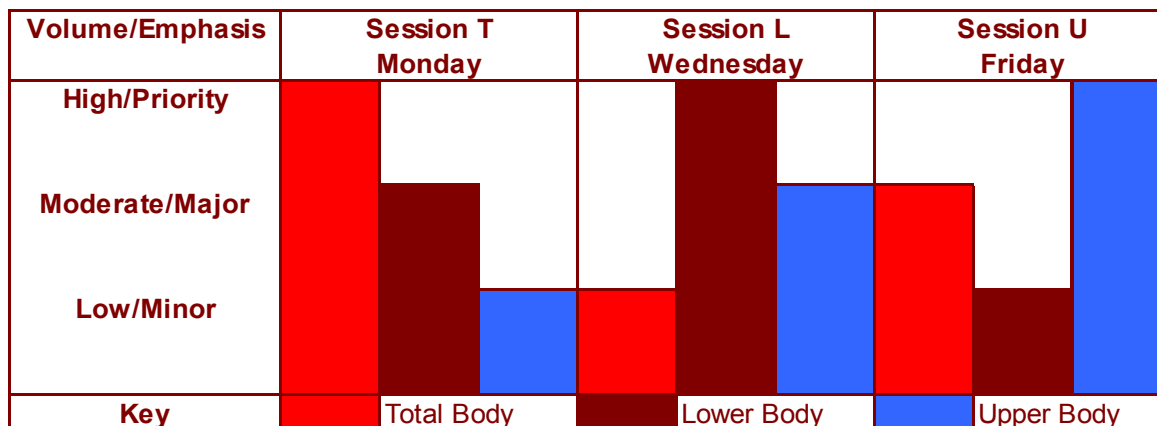
- ❑ Olympic Lifting**
- ❑ Power Lifting**
- ❑ Body Building**
- ❑ Strongman Training**
- ❑ High Intensity Training**
- ❑ Westside Barbell Club**

Athletic Based Strength Training Program Model: Moderate Load/Intensity Principle

Single Peak Microcycle Based on Intensity



Three Peaked Microcycle Based on Movement Category

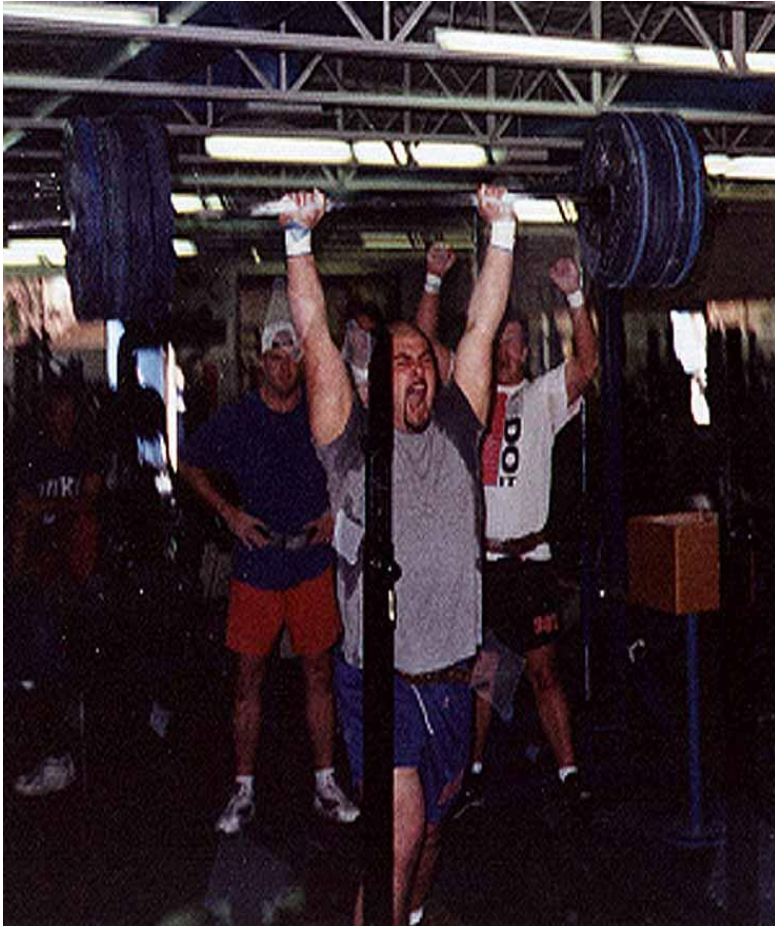




Athletic Based Strength Training Program Model: Movement Category Rotation

Tier/ Emphasis	Session T Monday	Session L Wednesday	Session U Friday
One/ Priority	Total Body	Lower Body	Upper Body
Two/ Major	Lower Body	Upper Body	Total Body
Three/ Minor	Upper Body	Total Body	Lower Body
Four	Total Body	Lower Body	Upper Body
Five	Lower Body	Upper Body	Total Body

Athletic Based Strength Training Program Model: Total Body Movements



The **Olympic Movements** and their *variations* are the key to developing total body strength. These exercises train the body as a complete unit. Explosive triple extension of the ankle, knee, and hip is one of the most critical elements in all strength-power sports.

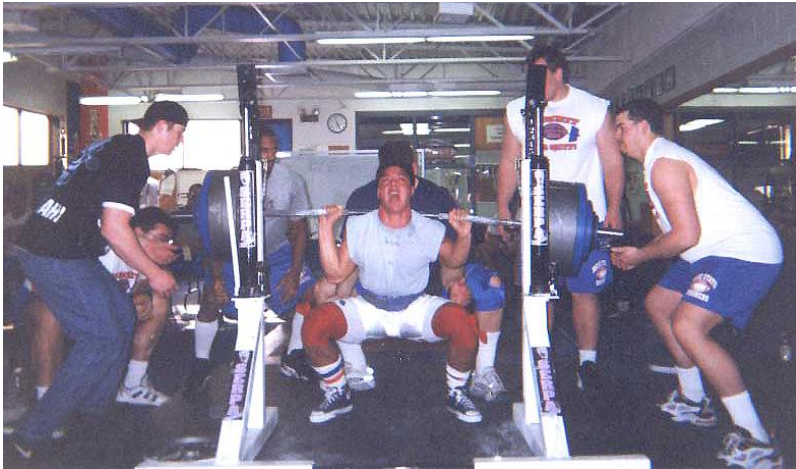
Desired Athletic Traits developed through Olympic Style Lifting Movements

- **Speed**
- **Strength**
- **Coordination**
- **Balance**
- **Flexibility**

Athletic Based Strength Training Program Model: Total Body Movements

Pulling Movements	Pushing Movements	Combination Movements
<u>Full Pull and Catch</u> Hang Clean Clean from the Deck <u>Triple Extension</u> Clean Power Pull from Hang	<u>Presses</u> Hammer Jammer Push Press <u>Jerks</u> Split Jerk Push Jerk	Hang Clean to Front Squat Power Snatch to Overhead Squat Dumbbell Clean to Push Press

Athletic Based Strength Training Program Model: Lower Body Movements



MISSION STATEMENT:

SQUAT BIG and KICK BUTT! (Eric Fields '01)

Squatting is the focal point of our program.

There is no exercise better for the development of strength in the hips, glutes, hamstrings, and quadriceps than squats.

Single Leg Multiple Joint Movements

Balance

Coordination

Torso Stability

Balance

Open and Closed Chain Movement – similar to the pattern of running

Note – alert for muscle imbalances

Posterior Chain Movements

Perform Exercises that Extend the Hip and Flex the Knee

Athletic Based Strength Training

Program Model:

Lower Body Movements

Squat Variation	Linear Movements Single Leg Multiple Joint	Non Linear Movements Single Leg Multiple Joint	Posterior Chain
Back Squat Front Squat Safety Squat Bar Squat Zercher Squat	<u>Squat Variation</u> Single Leg Squat off Bench <u>Up and Down-Perpendicular</u> High Step Up <u>Front and Back-Parallel</u> Standard Lunge	<u>Squat Variation</u> <u>Lateral Up and Down</u> Crossover Step Up <u>Side to Side/Angular</u> Lateral Lunge	Glute Ham Raise Reverse Hyperextension Good Mornings with bands Romanian Deadlift Standing Leg Curl

Athletic Based Strength Training Program Model: Upper Body Movements

Upper Body Pressing Movements

improve the athletes upper body strength and round out the development of a functionally stronger football athlete. Pressing Movements are beneficial because football requires separation from the opposition rather than pulling the opponent towards you.

Note: muscular balance

Dumbbell Training

Independent Action of Arms –
similar advantages to single leg movements

Stabilization of the Shoulder

Torso Stabilization

Balance

Body Awareness

Note – alert for muscle imbalances





Athletic Based Strength Training Program Model: Upper Body Movements

Parallel Press	Parallel Pulls	Perpendicular Press	Perpendicular Pulls
Bench Press Incline Press	Bent Over Row Hammer Low Row	Barbell Press Dumbbell Press	Pull Up Hammer Pulldown

Elbow Extension	Elbow Flexion	Shoulder Matrix
Triceps Extension	Dumbbell Curl	Lateral Raise Bent Over Raise

Athletic Based Strength Training

Progam Model:

Power Zone Movements

This area of the body become a more integral part of our daily plan. Without a Power Zone it is irrelevant how strong your limbs are.

Power Zone = everything from the mid thigh to the bottom of the chest

- ☐ **Hamstrings**
- ☐ **Glutes**
- ☐ **Erectors**
- ☐ **Oblique**
- ☐ **Abdominal**

Posterior Chain

(reference Mike Boyle, www.bodybyboyle.com)



Athletic Based Strength Training Program Model: BLITZ PACKAGE

Extra Work Outs will:

- ✓ **Increase Work Capacity**
- ✓ **Improve General Physical Preparedness**
- ✓ **Improve Weak Points PreHab**
- ✓ **Aid In Recovery**
- ✓ **Improve Performance**

Blitz Packages are short highly intense work outs that are done in addition to your 3 main strength training sessions of the week. Each Blitz Package session is a maximum of 20 minutes.

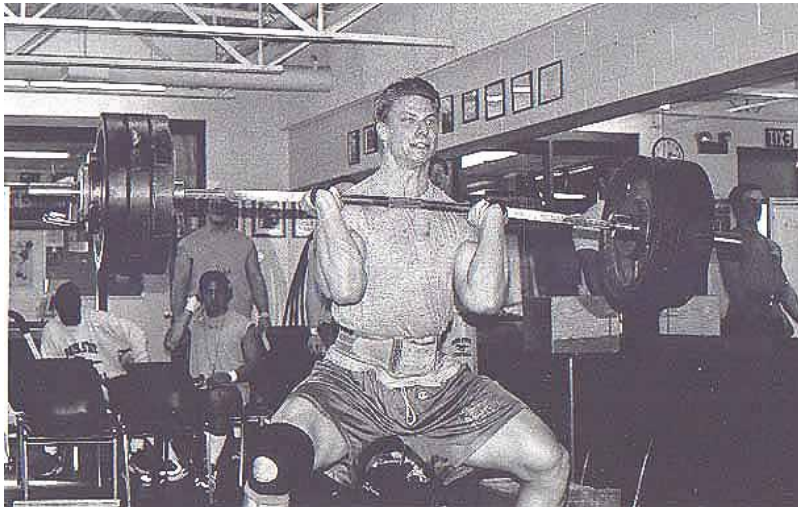
Blitz Package work can be done 5 days per week, preferably 3 hours after your main training session. Blitz Package training sessions are developed based on the principles of High Intensity Training or H.I.T.

Those who chose to implement Blitz Package training into their weekly training cycle will meet with the strength staff to strategically choose what programs should be implemented.

Blitz Package work is scheduled by individual sign up and work best with a ratio of 2-3 athletes per coach.

Blitz Packages are voluntary

SUN DEVIL Strength Session Outline



- ❑ **Pre Work Out**
- ❑ **5 Strength Exercises**
- ❑ **1 Posterior Chain Exercise**
- ❑ **Post Work Out**
- ❑ **Pre and Post Announcements**



Pre Work Out

▣ **Quickness** – Jump Rope Routine or Ladder Drills

▣ **Power Zone**– 3-7 exercises consisting of Flexion/Extension, Lateral Flexion, Stability, Rotation, Low Back

▣ **NECK** – Manual, Band, or 4 Way Neck

▣ **Mobility Drills** – Lateral Step Over and Lateral Duck Under

▣ **Active Drill** – Snatch Grip Overhead Extension to Overhead Squat

▣ **Shoulder Flex** – Horizontal Internal/External Rotation, Chest Press, Upright Row





"TOTAL BODY"

□ Tier 1 Total Body

Full Pull and Catch
Hang Clean

□ Tier 2 Lower Body

Squat Variation
Band Squat

□ Tier 3 Upper Body

Flat Press
DB Bench Press

□ Tier 4 Total Body

Press
Hammer Jammer

□ Tier 5 Lower Body

Forward and Back
Reverse Lunge

□ Posterior Chain

Back Extension

□ Note: Tri Set – Pull/Row





"LOWER BODY"

□ Tier 1 Lower Body

Squat Variation
Back Squat



□ Tier 2 Upper Body

Lying Press
Chain Bench Pr



□ Tier 3 Total Body

Triple Extension
Clean Power Pull

□ Tier 4 Lower Body

Up and Down
Lateral Step Up



□ Tier 5 Upper Body

Vertical Press
DB Press



□ Posterior Chain **Good Morning**

□ Note: Tri Set – Pull/Row



"UPPER BODY"

❑ Tier 1 Upper Body

Flat Press

Bench Press

❑ Tier 2 Total Body

Overhead

Split Jerk

❑ Tier 3 Lower Body

Linear Squat

Single Leg Squat

❑ Tier 4 Upper Body

Overhead Press

Standing Press

❑ Tier 5 Total Body

Full Pull and Catch DB

DB SA Snatch

❑ Posterior Chain **RDL**

❑ Note: Tri Set – Pull/Row





"Post Work Out"

- ▣ **Shoulder Matrix** – Blackburn Exercises
- ▣ **TRAPS** – Shrug Variations, Upper Back Exercises
- ▣ **Active Drill** – combination Good Morning to Pressing Snatch Balance
- ▣ **TEAM DISCIPLINE** – Perfect Push Up

SAMPLE WORK OUT CARD

	SPORT Rotation SESSION T	FOOTBALL								TM	CORE Train Max SESSION L	CL	SQ	BP		STAGE PROGRAM SESSION U	DEVELOPMENTAL													
		T/L/U										300	500	400			SESSION U	SPRING II/SUMMER												
		wk	7	8		wk	7	15				wk	7	10					wk	7	17		wk	7	12		wk	7	19	
TM	MONDAY	%	GR	WT	RA	%	GR	WT	RA	TM	WEDNESDAY	%	GR	WT	RA	%	GR	WT	RA	TM	FRIDAY	%	GR	WT	RA	%	GR	WT	RA	
T1	Hang Clean	55% x5		170		55% x5		170		T1	Back Squat	55% x5		170		55% x5		170		T1	Bench Press	55% x5		230		55% x5		230		
104%	c = cluster set 20 second rest between each rep of the set then partner rotation	61% x2		190		64% x2		200		104%	c = cluster set 20 second rest between each rep of the set then partner rotation	61% x2		190		64% x2		200		104%	c = cluster set 20 second rest between each rep of the set then partner rotation	61% x2		255		64% x2		265		
312		70% x1		220		73% x1		230		520		70% x1		220		73% x1		230		416		70% x1		290		73% x1		305		
		76% x1		235		79% x1		245				76% x1		235		79% x1		245				76% x1		315		79% x1		330		
		82% x3c		255		85% x3c		265				82% x5c		255		85% x4c		265				82% x5c		340		85% x4c		355		
		82% x3c		255		85% x3c		265				82% x5c		255		85% x4c		265				82% x5c		340		85% x4c		355		
		82% x3c		255		85% x3c		265				82% x5c		255		85% x4c		265				82% x5c		340		85% x4c		355		
		82% x3c		255		85% x3c		265				82% x5c		255		85% x4c		265				82% x5c		340		85% x4c		355		
		82% x3c		255		85% x3c		265				82% x5c		255		85% x4c		265				82% x5c		340		85% x4c		355		
		82% x3c		255		85% x3c		265				82% x5c		255		85% x4c		265				82% x5c		340		85% x4c		355		
C	ADVANCED - COUPLED SET OPTION				T2 T3		NO		T2	Grip 3 Bench Press	45% x5		180		45% x5		180		T2	Snatch Grip Power Pull	82% x5		210		85% x5		215			
T2	Back Squat	52% x5		260		49% x5		245		100%	mini bands	45% x5		180		45% x5		180		85%	from deck	82% x5		210		85% x5		215		
100%	2 ct pause	52% x5		260		49% x5		245		400		45% x5		180		45% x5		180		255		82% x5		210		85% x5		215		
500	green bands	52% x5		260		49% x5		245				45% x5		180		45% x5		180				82% x5		210		85% x5		215		
		52% x5		260		49% x5		245				45% x5		180		45% x5		180				82% x5		210		85% x5		215		
		52% x5		260		49% x5		245				45% x5		180		45% x5		180				82% x5		210		85% x5		215		
T3	DB Press Balance Board	x10e		0		x10e		0		0%	Jammer Extension alternate leg purple bands	x8ea		0		x8ea		0		C	ADVANCED - COUPLED SET OPTION				T3 T4		YES			
0%	/Pull Up	x10e		0		x10e		0		0		x8ea		0		x8ea		0		0%	Bear Squat - BIGS Split Squat - SKILL back leg elevated	x8ea		0		x8ea		0		
0	COMBO SET	x10e		0		x10e		0				x8ea		0		x8ea		0		0		88-176#	x8ea		0		x8ea		0	
		x10e		0		x10e		0		C		ADVANCED - COUPLED SET OPTION				T4 T5		YES					x8ea		0		x8ea		0	
T4	SG Shrug Pull	82% x6		220		85% x6		230		T4	Lateral Step Up - BIGS	x8ea		0		x8ea		0		T4	DB Row	x10e		0		x10e		0		
90%	from deck	82% x6		220		85% x6		230		0%	Lat Lunge - Lat Step Up	x8ea		0		x8ea		0		0%	supinated	x10e		0		x10e		0		
270		82% x6		220		85% x6		230		0		SKILL	x8ea		0		x8ea		0			0	alternate arm	x10e		0		x10e		0
T5	DB Combo Lunge-BIGS	x3mi		0		x3mi		0		T5	DB Muscle Clean - Press	x10		0		x10		0		T5	DB SA Snatch	x6ea		0		x6ea		0		
0%	Band Hip Ext - SKILL			0				0		0%		x10		0		x10		0		0%	below knee	x6ea		0		x6ea		0		
0				0				0		0				0				0		0					0			0		
PC	Pull Thru	x15		0		x15		0		PC		Glute Ham Raise	x15		0		x15		0		PC	Clean Grip RDL	x15		0		x15		0	
100%	green band	x15		0		x15		0		0%	x15			0		x15		0		0%	with bands	x15		0		x15		0		
500		x15		0		x15		0		0	x15			0		x15		0		0			x15		0		x15		0	



SAMPLE TRAINING WEEK- SUMMER

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Running Program</u> Plyometric/ Speed Development	<u>Running Program</u> Agility/ Conditioning		<u>Running Program</u> Agility/ Conditioning	<u>Running Program</u> Plyometric/ Speed Development
<u>Strength Training</u> Total Body		<u>Strength Training</u> Lower Body		<u>Strength Training</u> Upper Body
<i>Blitz - +3 hours</i>	<i>Blitz - +3 hours</i>	<i>Blitz - +3 hours</i>	<i>Blitz - +3 hours</i>	<i>Blitz - +3 hours</i>



5 Main Bullet Points of Athletic Based Strength Training

- 1. Train Movements versus Training Body Parts**
- 2. Explosive Exercises versus Non Explosive Exercises**
- 3. Variety of Exercise**
- 4. Whole Body Training Sessions versus the Split System**
- 5. TEMPO**