



STRENGTH TRAINING FOR STAGE RACING

COACH TAMMY LEE

PREP ANATOMICAL / FORM

Frequency: 3 x per week
Intensity: <50% of 1 RM
Time: 1 - 3 sets, 12 - 15 reps, 4-0-4-0 tempo
Type: focus on form, neutral spine in every rep, stability, correctives, imbalances
Rest: 1 minute between sets

BASE 1 - 2 MUSCULAR ENDURANCE

Frequency: 3 x per week
Intensity: 50-70% of 1 RM
Time: 3 sets, 12 - 15 reps, 2-1-4-0 tempo
Type: muscular endurance, high rep with low weight, straight sets, supersets, etc.
Rest: 30 - 60 seconds between sets

BASE 2 - 3 ME TO MAX STRENGTH

Frequency: 2 x per week
Intensity: 70-80% of 1 RM
Time: 1-4 sets, 8-12 reps, 2-0-3-0 tempo
Type: max strength, big lifts, apply force, straight sets
Rest: 90 - 120 second between sets

COMP 1 & 2 MAX TO POWER

Frequency: 2 x per week
Intensity: 80-100% of 1 RM
Time: 1-6 sets, 1-8 reps, 1-0-3-0 tempo
Type: power, dynamic, plyometrics
Rest: >120 seconds between sets

PEAK POWER

Same as previous, maybe reduce volume but keep intensity

RACE WEEK NO LIFTS

No more benefits can be reaped so save your energy for the race

this is NOT a good time to take up lifting or doing any other type of activity that is not specific to your sport.

RECOVERY DELOAD

Take a break!
You deserve it.
Lift with 50% reduced volume (less sets and only a few key exercises)
After recovery, revisit goals / structure

EXERCISE
PHASE
HINGE

Romanian Deadlift
 Sumo Deadlift
 Conventional Deadlift

AA / ME
 MS
 P

SQUAT

Goblet Squat
 Barbell Back Squat / Box Squat
 Barbell Back Squat / Box Jumps

AA / ME
 MS
 P

LUNGE

Split Squats / Reverse Lunge
 Bulgarians / Reverse Lunge
 Front Lunge / Jump Lunge

AA / ME
 MS
 P

PUSH

Push-Ups, Dumbbell Flyes
 Bench Press
 Bench Press / Plyo Push-Ups

AA / ME
 MS
 P

PULL

Seated Row / Lat Pull Down
 Barbell Rows / Chest Supported Rows
 Barbell Rows / Pull-Ups / Chip-Ups

AA / ME
 MS
 P

CORE

McGill curl-up, Beginner
 side planks, Intermediate
 bird-dog Advanced

AA / ME
 MS
 P

More for Core: various forms of the carry is also highly recommended - suitcase carry, farmer's walk, barbell carry, dumbbell cross-over carry - KEEP SPINE NEUTRAL!