

Presentation Materials

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Wifi Password:



Iowa NHSSCA Clinic - December 1, 2018

Mount Vernon Mustang - Summer Program -

ALL STANGS, ALL SPORTS, ALL IN.

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Mount Vernon
MUSTANG
STRENGTH & CONDITIONING



FACTA NON VERBA

What is our WHY?

Our mission is to provide our student-athletes the means by which they can grow and develop life-long wellness and leadership skills, while pursuing their full potential in competition.

We will make a positive impact on all of those we interact with, epitomizing enthusiasm, passion, and purpose.



Core Values

The training program is the vehicle that delivers what really matters. What are the values that we want our student-athletes to learn?

1. RESPECT – Yourself, others, and the team (Culture Wins)
2. ACCOUNTABILITY – Own and be responsible for your actions (ATD)
3. SELFLESSNESS – Servant-Hearted Leadership (We > Me)
4. CONSISTENCY – Positive Attitude & Outstanding Effort (Commit)
5. DETERMINATION – Never give up, push through and finish (All In)

Weekly Leadership Emphasis

- Monday – I present the topic, usually a short story or parable.
- Tuesday – A coach speaks about the topic, usually drawing on past experiences.
- Wednesday – Athletes watch a related short video.
- Thursday – An athlete speaks about what that topic means to them.

Example Topics: Ownership, Overcoming Adversity, Facta Non Verba,

Where do you want to go?



Where are we now?

Importance of a year-round Strength & Speed Program

- “There’s a huge difference between athletes that train year round for multiple years versus those that only train a couple times per week in-season because their coaches make them do it. It takes commitment to reap the benefits.” – Scott Meier
- Strength training is nothing more than General Physical Preparedness (GPP) for athletes. The basic movements that are learned and performed in weight room and help athletes in one sport will assist them in others. This is especially true with young athletes.
- Strength is the glass and “everything” else is the liquid.



Have a Plan Believe in the Process


- **ALWAYS** have a plan! Your program should be written out weeks in advance.
- **HOWEVER**, nothing ever goes to plan so you must be flexible and smart enough to deviate from the plan and still get where you are going.



Building a Long Term Plan

- Everyone starts at the beginning (no matter how much they have trained with others). Training age starts when they started training with me.
- When athletes develop **quality** technique and movement patterns they can progress.
- We follow a progression, which reduces over-training and builds a better foundation for heavy loads.



A large black triangle is centered on a white background. Inside the triangle, the text "The bigger the base, the higher the peak." is written in white, bold, sans-serif font, arranged in four lines.

**The bigger
the base,
the higher the
peak.**

Annual Plan

- An annual plan is the blueprint required to maximize the improvement of an athlete's performance.
- Each annual plan needs to be seen as part of a 4 year process (and even longer if can get junior high on board).
- **Telescope** (big picture in mind) and **Microscope** (detail oriented)
- An annual plan needs to be in place to improve strength and also speed.



Yearly Breakdown

- **Macrocycle** (1 Year)
 - 2018-2019 School Year
- **Mesocycle** (3 Phases)
 - We split the year into 3 sections
 - Phase #1 = 9, 10, 11, 12
 - Phase #2 = 1, 2, 3, 4
 - Phase #3 = 5, 6, 7, 8
- **Microcycle** (4 Week Cycle)
 - 3 training sessions per week during Phase 1 & 2 (School Year)
 - 4 training sessions per week during Phase 3 (Summer)
 - Volume and Intensity (Periodization, Progressive Overload)
 - Exercise Choice and Order



Summer Program

4 Day – WS4SB

“The time will come when fall will ask you what you were doing all summer.”

Designing the Program

1. Needs Analysis

- A process that considers training age, sports, and common weaknesses (core, posterior chain, and posterior shoulder).
- Every sport involves the application of force. Increasing strength is the best way to make an athlete faster and more powerful, as it allows them to transfer force more efficiently.
- We must focus on improving strength because it is the foundation of all other athletic qualities.



Designing the Program

2. Exercise Selection

- Deals with choosing exercises that reflect the needs of high school aged athletes with consideration paid to their training history.
- Novice lifters need a base of strength.
 - Movement Based
 - Core Activation
 - Fundamental Relative Strength
- Can I teach the exercise?
- Do I have enough equipment available for exercises chosen?
- Can all members of training group complete the workout in allotted time?



Designing the Program

3. Training Frequency

- Refers to the number of training sessions in a given period of time. Again, the goals of training and experience of the athlete must be taken into consideration when planning training frequency.
- We are usually 3 times a week (4 times in the summer).
- If athlete is In Season, I plan workouts so that heaviest day (most stress on CNS) is worked furthest from competition.



Designing the Program

4. Exercise Order

- Involves the sequencing of exercises during a training session.
- Decisions should be based upon how the athlete responds to specific exercises and how the exercises performed first will affect exercises performed later.
- Usually explosive movements first (there are exceptions).



Designing the Program

5. Training Load and Repetitions

- Refers to the amount lifted and the number of times the weight is lifted.
- Never overthink this training variable. Consider your program goals.



Designing the Program

6. Volume

- Refers to the total amount of weight lifted during a training session.
- General Idea (Sets x Reps x Weight = Volume)

Designing the Program

7. Rest Intervals

- Refers to the amount of time between exercises. This is determined by the desired training outcome.
 - Strength/Power Training = 3 to 5 minutes between sets
 - Hypertrophy Training = 1 to 2 minutes between sets
 - Endurance Training = 30 seconds to 2 minutes between sets



Westside for Skinny Bastards Basics

- A basic training template with modified Westside principles.
- Strength Training is done 4 days a week
 - Max Effort Upper Body (Monday)
 - Max Effort Lower Body (Tuesday)
 - Repetition Upper Body (Wednesday)
 - Dynamic Effort Total Body (Thursday)
- Original articles by Joe DeFranco
 - [WS4SB - Part 1](#)
 - [WS4SB - Part 2](#)
 - [WS4SB - Part 3](#)



Out of Season Program

Sample

4 Day – WS4SB

“Under pressure, you don’t rise to the occasion, you sink to the level of your training.”

What about in season athletes?

- In season is not a time to just maintain... All 3 or 4 sport athletes would be the same strength from freshman to senior year.
- HOWEVER, this doesn't mean they will make strength gains at the same pace as an out of season athlete.
- Once athletes develop their base of training, they will experience less soreness from training. This allows the athletes to train in season, make progress, and still are able to compete at a high level of their given sport.



In Season Thoughts Continued...

- Obviously, volume is going to be reduced. The program can be modified at any moment without missing a beat.
- I am in constant communication with the athletes and sport coaches and attend some practices to see what the kids are doing and what changes need to be made to the strength & speed program.
- Training must compliment, not detract from, the sport.



Modified Tier System Basics

- If the athlete is going to utilize their entire body in competition then why should we train any differently in the strength program?
- Strength Training is done 3 days a week
- Train the whole body in each workout
- Train movements, not muscles
- Train athletically = ground based movements



Modified Tier System Layout

Tier/Emphasis	Session U Day 1	Session L Day 2	Session T Day 3
One/Priority	Upper Body DB Bench	Lower Body Front / Back Squat	Total Body Hang Clean
Two/Major	Total Body Jump Variation	Upper Body Hor. Push / Pull	Lower Body Posterior Chain
Three/Minor	Lower Body Unilateral Squat	Total Body Jump Variation	Upper Body Vert. Push / Pull

*All tiers have super set or tri-set exercise pairings.



In Season Program

Sample

3 Days – Modified Tier System

“Always do your best. What you plant now, you will harvest later.”

Speed, COD, & Agility Program Samples

“Any coach can make you tired. It’s the easiest thing in the world to do. But it takes a true professional to make you better.” - Joe DeFranco

What do we measure?

- Key Performance Indicators (KPI) – What you measure matters!
 - Hang Clean
 - Back Squat
 - Bench Press
 - Weighted Pull Up
 - Push Up
 - Pull Up
 - Vertical Jump
 - Standing Long Jump
 - 10 Yard Dash
 - 5-10-5



Final Thoughts

- [Be a builder.](#) - “Nobody cares how much you know, until they know how much you care.”
- “Your actions speak so loudly, I can’t hear what you say.”
- Ralph Waldo Emerson
- Help them set a goal and then push them to get there.
- Original definition of our job = **Coach**
 - A covered carriage that takes a person of importance from where they are to where they want or need to go.





Thank You!

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