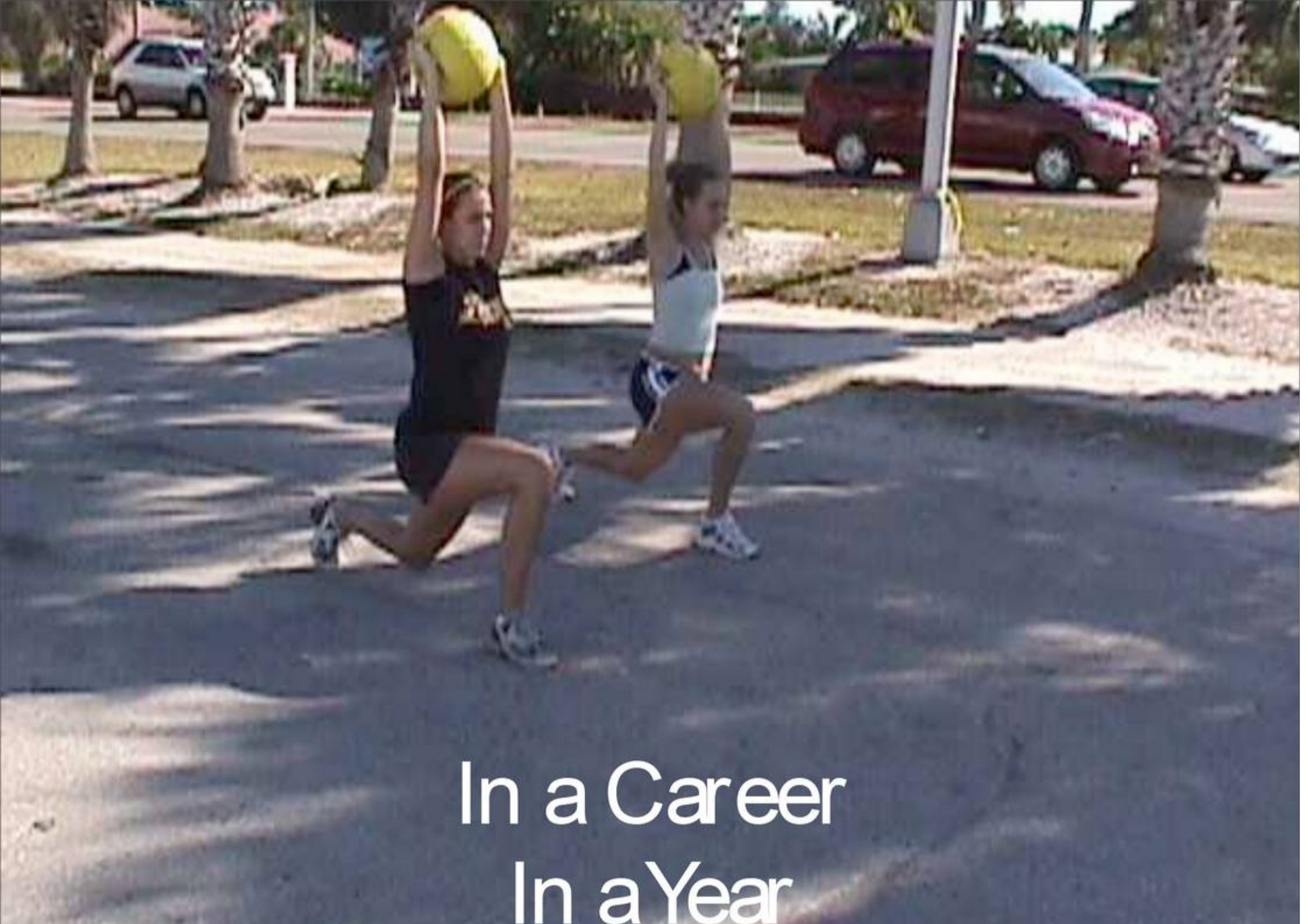


# Strength Training

Coordination training with appropriate resistance to handle bodyweight, project an implement, resist gravity and optimize ground reaction forces







In a Career  
In a Year



A photograph of two women performing a lunge exercise outdoors on a paved surface. They are holding large yellow medicine balls above their heads with both hands. The woman in the foreground is wearing a black t-shirt and black shorts, while the woman behind her is wearing a white tank top and blue and white patterned shorts. In the background, there are trees, a sidewalk, and parked cars, including a red SUV and a silver car.

**Bodyweight Before  
External Resistance**

**In a Career  
In a Year**

# Training Components

Strength Training - Phases

Foundational

Basic Strength

Power Endurance

Max Strength

# Training Components

Strength Training

# Training Components

## Strength Training

Total Body

DB High Pull

DB Snatch

Jump Shrug (Db)

Dumbbell Complex



# Training Components

## Strength Training

### Total Body

DB High Pull

DB Snatch

Jump Shrug (Db)

Dumbbell Complex

### Lower Body

SLS

BW Squat

Lunge

Step-up

Mini Leg Circuit

☐ Leg Circuit

Full Leg Circuit

# Training Components

## Strength Training

### Upper Body

Push-ups

Pull-ups

Pullovers

Rows

Front Pulldowns



# High Step-



## Mini Leg Circuit I

Squat x 3  
Lunge x 3 each  
Leg  
Step-up x 3  
each Leg  
Jump Squat



# 1/2 Leg Circuit

Squat x 10

Lunge x 5 each Leg

Step-up x 5 each Leg

Jump Squat x 5



# Leg Circuit

Squat x 20

Lunge x 10 each Leg

Step-up x 10 each Leg

Jump Squat x 10



## Dumbbell Complex

High Pull x 6

Alt Press x 6 each

Squat x 6

Row x 6 each arm

# Training Components

Power



# Training Components

## Power

### Jumps

- Stiffness Jumps

- Hurdle Jumps

- Hops

- Bounds

# Training Components

## Power

### Jumps

Stiffness Jumps

Hurdle Jumps

Hops

Bounds

### Throws

OHB

FTL

Squat Throw

Wall Series

# Training Components

Flexibility  
Dynamic  
Static





# Foundation Phase

Theme: Teach & Assemble the Pieces

Monday - SSK, SPAc, Jumps, Str - TB

Tuesday - SP End (Short), Str - LB

Wednesday - ETE (Water), Str - UB

Thursday - SSK, Jumps, Str - TB

Friday - ITE, Throws, Str - LB

Saturday - ETE (Mirror Land & Water), Str - UB

# Preparation Phase

Theme: Application & Fine Tuning

Monday - SSK, SPAbs, Jumps, Str - TB

Tuesday - SE (Short), Str - LB

Wednesday - ITE - Hills, Str - UB

Thursday - SPAc, Jumps, Str - TB

Friday - SE (Long), Throws, Str - LB

Saturday - ETE (Mirror Land & Water), Str - UB

# Competition Phase

## Theme: Refinement

**Monday** - SAb, Jumps, Str - TB & LB

**Tuesday** - SE (Short), Str - UB

**Wednesday** - SpEnd or SE (Alternate Microcycles) - Long , Throws

**Thursday** - SPAc, Jumps, Str - TB & LB

**Friday** - Warm-up

**Saturday** - Compete



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