

## Lifting Programs for Throwers:

**We need to remember we are throwers that lift, not lifters that throw. Stop worrying about the weight, just get the reps.**

### Rules:

1. Everything works.
2. Specificity works. . . . at a price.
  - It IS going to hurt something, somehow.
  - The Key is to stay ahead of diminishing returns.
  - With 2 week blocks.
  - Alternate heavy and quick.

Two Week Programs:

1 <sup>st</sup> Week	Monday	Tuesday	Wednesday	Friday	Saturday
Front Squat	2x5	5-3-2	2x5	6x1	2x5
Snatch Grip Dead Lift	2x5	5-3-2	2x5	6x1	2x5
Military Press	2x5	5-3-2	2x5	6x1	2x5
2 <sup>nd</sup> Week					
<b>FS</b>	2x5	5-3-2	2x5		2x5
<b>SN DL</b>	2x5	5-3-2	2x5	MAX?	2x5
<b>MP</b>	2x5	5-3-2	2x5		2x5

### Rule of Ten:

Maximum of ten repetitions per day five times a week  
(For example: 3x3, 5x2, 2x5 (light), 6x1, 5-3-2)

\*\*\*For these workouts, choose any scheme from the “Rule of Ten.”

Keep Tuesday and Friday as heavy lifting days

Choose two days a week for rest. Try to hold three workdays then rest and then two workdays and then rest.

1 <sup>st</sup> Week	Monday	Tuesday	Wednesday	Friday	Saturday
Swings	20 and up	20 and up	20 and up	20 and up	20 and up
Push Press	2 x5	5-3-2	2 x5	6x1	2 x5
Pwr Clean from Hang	2 x5	5-3-2	2 x5	6x1	2 x5
2 <sup>nd</sup> Week					
S	20 and up	20 and up	20 and up	20 and up	20 and up
PP	2 x5	5-3-2	2 x5	Max?	2 x5
PC from Hang	2 x5	5-3-2	2 x5	Max?	2 x5

1 <sup>st</sup> week	Monday	Tuesday	Wednesday	Friday	Saturday
Back Squats	2x5	5-3-2	2x5	6x1	2x5
Clean grip Dead Lift	2x5	5-3-2	2x5	6x1	2x5
Incline Press	2x5	5-3-2	2x5	6x1	2x5
2 <sup>nd</sup> week					
BS	2x5	5-3-2	2x5		2x5
CG/DL	2x5	5-3-2	2x5	MAX?	2x5
IP	2x5	5-3-2	2x5		2x5

### **Mike Stulce Workout:**

Day One:

- Incline Bench Press
- Bench Press

Day Two:

- Cleans
- Squats. Between squats do some jumps across the room. (Boing Boing Boing...)

### **Pavel's Workout:**

Two weeks:

- Do Swings and Get Ups with Kettlebells

Next Two weeks:

- Deadlift
- Side Press

Words to describe Olympic champion-styled workouts:

BORING

HARD WORK

...but there is a big payoff. (medals).