

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 st 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 nd Week					
FS	2x5	5-3-2	2x5		2x5
SN DL	2x5	5-3-2	2x5	MAX?	2x5
MP	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 st 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 nd 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 st 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 nd 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).