



STRONGEST WARRIOR TRAINING PROTOCOL

COMPETITION EVENTS AND POSSIBLE SUBSTITUTION EXERCISES

Tire Flip: Exercises best suited for such an event: Front Squats and Deadlifts, Sumo-Style Deadlifts, Cleans

Farmer's Walk: Exercises best suited for such an event: Deadlifts, Farmer's Walks w/ Dumbbells.

Standing Overhead Press: Exercises best suited for such an event: Push Press, Standing Overhead Press

Hummvee Pull: Exercises best suited for such an event: Standing Cable Rows, Sprint Sled, Hack Squats, Lunges, Hammer Style (Neutral Grip) Pull-Ups

Stone Carry: Exercises best suited for such an event: Dumbbell Bench Press, Cable Flyes, 45lbs. weight plate carry (securely fasten plates together, as you get stronger and better at this movement, you can add additional 45lbs. plates.), Heavy medicine ball carry.

Training Concepts

S.A.I.D. (Specific Adaptation to Imposed Demands) This principle is at the heart of any training program. It states that the body will only adapt to the demands placed upon it. The movements performed in the gym or on the practice field should as much as possible resemble those of a sport or competition in which the person wishes to improve.

PERIODIZATION: The trick to performing well on the Strongest Warrior events is to have a combination of strength and muscle endurance. The best protocol to reach goals of muscle strength and muscle endurance is called Periodization. Essentially, this means you must have phases of training during which you are trying to achieve a particular goal (either strength or muscle endurance).

Length of each (Periodized) phase: Every 6-8 weeks, or whenever you begin to plateau.

SPECIFICITY OF TRAINING: Train Movements, not muscle groups. It is important to train for particular movements, not muscles. A bodybuilding type of routine will do very little to increase your chances of success in these five events. In fact, too much muscle mass, which is the goal in a bodybuilding type of routine, can be quite counterproductive for Strongest Warrior type events.

WARM-UP: Prior to beginning the actual workout always perform a general warm-up by performing light cardio to the point of light sweat, and Stretching all of the basic muscle groups to be utilized in the workout.

You must realize that the protocol given here is only an example. Each person will have slightly different needs and should adjust their workouts to their body types, personalities, total training experience and recovery abilities.

RI=Rest Intervals (or rest between sets)

Sample Program

Muscle Endurance Phase

Monday/Tuesday/Thursday/Friday

Monday

Front Squats: 3 Sets of 20 Reps, RI 30 Seconds
Hamstring Curls: 3 Sets of 20 Reps, RI 30 Seconds
Standing Calves Raises: 3 Sets of 20 Reps, RI 30 Seconds
45lbs. Weight Plate Carry: 3 Sets for Distance (40 Yards), RI 30 Seconds
Crunches: 3x20

Tuesday

Cleans: 3 Sets of 20 Reps, RI 30 Seconds
Deadlifts: 3 Sets of 20 Reps, RI 30 Seconds
Dumbbell Bench Press: 3 Sets of 20 Reps, RI 30 Seconds
Standing Overhead Press: 3 Sets of 20 Reps, RI 30 Seconds
Tricep Pushdowns: 3 Sets of 20 Reps, RI 30 Seconds
Cable Flyes: 3 Sets of 20 Reps, RI 30 Seconds

Wednesday: Rest

Thursday

Hack Squats: 3 Sets of 20 Reps, RI 30 Seconds
Lunges: 3 Sets of 20 Reps, RI 30 Seconds
Farmer's Walk: 3 Sets for Distance (40 Yards), RI 30 Seconds
Hamstring Curls: 3 Sets of 20 Reps, RI 30 Seconds
Standing Calves Raises: 3 Sets of 20 Reps, RI 30 Seconds
Crunches: 3x20

Friday

Sumo-Style Deadlifts: 3 Sets of 20 Reps, RI 30 Seconds
Standing Cable Rows: 3 Sets of 20 Reps, RI 30 Seconds
Dumbbell Bench Press: 3 Sets of 20 Reps, RI 30 Seconds
Standing Overhead Press: 3 Sets of 20 Reps, RI 30 Seconds
Tricep Pushdowns: 3 Sets of 20 Reps, RI 30 Seconds
Cable Flyes: 3 Sets of 20 Reps, RI 30 Seconds

Transitioning Phase

The point of a Transition Phase is to move from one workout goal to another slowly. You will want to move from the Muscle Endurance Phase to the Muscle Strength Phase over a 2-3 week period.

Slowly begin to add resistance (weight) to each of the exercises, until you reach the recommended repetition range for each exercise in the new phase, while simultaneously increasing the rest intervals between each set.

(The highlighted variables were manipulated as an example)

Example: Monday

Front Squats: 4 Sets of 15 Reps, RI 45 Seconds
Hamstring Curls: 4 Sets of 15 Reps, RI 45 Seconds
Standing Calves Raises: 4 Sets of 15 Reps, RI 45 Seconds
45lbs. Weight Plate Carry: 4 Sets for Distance (30 Yards), RI 1 Min.
Crunches: 3x15

Tuesday

Deadlifts: 4 Sets of 15 Reps, RI 45 Seconds
Dumbbell Bench Press: 4 Sets of 15 Reps, RI 45 Seconds
Standing Overhead Press: 4 Sets of 15 Reps, RI 45 Seconds
Tricep Pushdowns: 4 Sets of 15 Reps, RI 45 Seconds
Cable Flyes: 4 Sets of 15 Reps, RI 45 Seconds

Muscle Strength Phase

Monday/Tuesday/Thursday/Friday

Monday

Front Squats: 4 Sets of 5 Reps, RI 3-4 Min.

Hack Squats: 4 Sets of 5 Reps, RI 3-4 Min.

Hamstring Curls: 4 Sets of 5 Reps, RI 3-4 Min.

Standing Calves Raises: 3 Sets of 10 Reps, RI 1 Min.

45lbs. Weight Plate Carry: 3 Sets for Distance (20 Yards), RI 3-4 Min.

Farmer's Walk: 3 Sets for Distance (20 Yards), RI 3-4 Min.

Tuesday

Cleans: 4 Sets of 5 Reps, RI 3-4 Min.

Deadlifts: 4 Sets of 5 Reps, RI 3-4 Min.

Dumbbell Bench Press: 4 Sets of 5 Reps, RI 3-4 Min.

Standing Overhead Press: 4 Sets of 5 Reps, RI 3-4 Min.

Crunches: 3x10 (Resistance used that causes fatigue at the given rep range)

Wednesday: Rest

Thursday

Hack Squats: 4 Sets of 5 Reps, RI 3-4 Min.

Lunges: 4 Sets of 5 Reps, RI 3-4 Min.

Farmer's Walk: 3 Sets for Distance (20 Yards), RI 3-4 Min.

Hamstring Curls: 3 Sets of 10 Reps, RI 1 Min.

Standing Calves Raises: 3 Sets of 10 Reps, RI 1 Min.

Friday

Sumo-Style Deadlifts: 4 Sets of 5 Reps, RI 3-4 Min.

Standing Cable Rows: 4 Sets of 5 Reps, RI 3-4 Min.

Dumbbell Bench Press: 4 Sets of 5 Reps, RI 3-4 Min.

Standing Push Press: 4 Sets of 5 Reps, RI 3-4 Min.

Crunches: 3x10