

A System for Success in the Weight Room

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Why I chose Conjugate Training?

Years of Coaching- Developing Weight Training Plans- Never Happy.

Wanted a System in Weight Room that helped control the chaos.

Wanted a system that could pull all the different ideas together.

Wanted all of the coaches working together for the athletes best interest.

Wanted the weight training classes to be consistent.

Fit in a 25-30 min. class period.

Wanted to help the athletes in and out of season.

Flexibility of choosing new exercises and manipulating days.

Longer planning time frame, more time to see progressions.

Conjugate Training Resources

Louie Simmons- Westside Barbell

[History of Conjugate Training](https://www.westside-barbell.com/blogs/february-2018/conjugate-system) <https://www.westside-barbell.com/blogs/february-2018/conjugate-system>

Matt Wenning, NSCA

[Explains His Why?](https://www.youtube.com/watch?v=kmH75hOQu6I) <https://www.youtube.com/watch?v=kmH75hOQu6I>

[Wenning Strength Videos](https://www.youtube.com/channel/UCy7yy0MfVV_bl9xB7Ny1ykQ) https://www.youtube.com/channel/UCy7yy0MfVV_bl9xB7Ny1ykQ

Coach Matt Ellis- <https://www.elitethrowscoaching.com/>

Youtube- [Rules for Conjugate Training](https://www.youtube.com/watch?v=Khi4V2uUcU8) <https://www.youtube.com/watch?v=Khi4V2uUcU8>

EliteCoaching.com [Throws/Weight Videos](https://www.youtube.com/c/EliteThrowsCoaching/videos) <https://www.youtube.com/c/EliteThrowsCoaching/videos>

Dr. Jeff Messer <https://slideplayer.com/slide/12568624/>

Jason Hettler, Altis World [Youtube Videos](https://www.youtube.com/channel/UCYfsFxZZamCEVM6VDjID_ng/videos) https://www.youtube.com/channel/UCYfsFxZZamCEVM6VDjID_ng/videos

[Max Effort](https://www.youtube.com/watch?v=LQCKY5IsIx8) <https://www.youtube.com/watch?v=LQCKY5IsIx8>

[Dynamic Effort](https://www.youtube.com/watch?v=D_sW09W9U4Y) https://www.youtube.com/watch?v=D_sW09W9U4Y

[Repeated Effort](https://www.youtube.com/watch?v=hopr0UhZOaY) <https://www.youtube.com/watch?v=hopr0UhZOaY>

Jimmy Ratcliffe- Validates needing Max Strength and Power (Dynamic Strength) Development

Greg Everett Catalyst Athletics <https://www.catalystathletics.com/>

Catalyst Athletics Warm Ups

[Dynamic Warmup](https://www.youtube.com/watch?v=XF5LLh7kmfk) <https://www.youtube.com/watch?v=XF5LLh7kmfk>

[Clean Warm Up](https://www.youtube.com/watch?v=oaUrbXs5fe0) <https://www.youtube.com/watch?v=oaUrbXs5fe0>

[Snatch Warm Up](https://www.youtube.com/watch?v=IN4wmP0n9do&mc_cid=77c181bdd0&mc_eid=02c93ae7fb) https://www.youtube.com/watch?v=IN4wmP0n9do&mc_cid=77c181bdd0&mc_eid=02c93ae7fb

[Split Jerk Warm Up](https://www.youtube.com/watch?v=OCMVkEKOj0w) <https://www.youtube.com/watch?v=OCMVkEKOj0w>

Weight Room Expectations

1. Dress Out.
2. Effort Everyday.
3. Have a Positive Attitude.
4. Have Good Work Ethic.
5. Weights put back on original rack.
6. Benches/Bars/Clips back in racks.
7. Everything has its place....Put it in its proper place.

Weight Room Techniques/Strategies

Olympic Lifts- No Spotters

Drop the bar when at your belly.

Spotting- Covid- Ends of Bar/Safety Racks

Squat- Spotters will spot the athlete under the armpits on the ribcage.

Belts- Positional Statement

Bench- Spotters will keep the bar moving.

Underhand/Overhand grip

Breathing Technique-

INHALE on lowering (Eccentric Phase)

HOLD (breath) at the bottom,

HOLD on way up (Concentric Phase), EXHALE $\frac{2}{3}$ of the way up.

FALL GENERAL OVERVIEW

2 Days each week

Max Strength Lower

Max Strength Upper

2 Days each week

Dynamic Upper

Dynamic Lower

1 Day recover alternate Training/Game on Wed. except Max weeks (every 5 weeks).

		MAX		DYN	REP
WEEK 1	A	4x8	60-65%	4x4	2X10
	B	4x5	70-75%	40%	
	C	4x3	80-85%	6x3	
WEEK 2	A	4x6	70%	45%	2X12
	B	4x4	80%		
	C	6x2	90%	8x2	
WEEK 3	A	4x5	75%	50%	3X10
	B	6x3	85%		
	C	8x2	92-95%	4x5	
WEEK 4	A	5x4	75%	40%	2X12
	B	6x2	85%		
	C	8x1	95%		
WEEK 5			MAX		

MON	TUES	WED	THUR	FRI
Max Strength Lower	Max Strength Upper	GAME DAY	Dynamic Strength Lower	Dynamic Strength Upper
Push-Back/Front Squat	Push-Bench Press		Pull-Olympic Lift	Push-Bench Press
Push-Glute Hamstring	Push Upper-Deeper		Push-Core Squat	Push-Olympic
Pull-Glute Hamstring	Pull-Upper		Pull-Glute Hamstring	Pull-Upper
Lower Leg Push	Push-Upper		Lower Leg Push	Push-Upper
Core-Abs-Front	Core Lower Back		Core-Abs-Front	Core Lower Back
	Possible Pick			Possible Pick

<u>MON-</u>	Max Effort LOWER		<u>TUES-</u>	Max Effort UPPER	
Front Squat	x8		Bench Warm Up pick 65-95-135	x8	
Box Squat- Group A- New	4x8	60-65%	Bench Press-Group A New	4x8	60-65%
Box Squat-Group B- Class	4x5	70-75%	Bench Press-Group B Class	4x5	70-75%
Box Squat-Group C-Athlete	4x3	80-85%	Bench Press-Group C Athlete	4x3	80-85%
Bulgarian Split Squat w/DB each leg	2x10		Push Press/Incline Press	4x3	65% Bench
Glute Ham Raise/Nordic Curl	2x10		Pullups/Lat Pulldowns	2x10	65% BW
Calf Raises	2x10		Tricep DB Ext (Kickback) or Curls	2x10	
Hanging Knee/Leg Lifts or Bupkas			Back Hyper extension	2x10	

<u>THUR-</u>	Dynamic Effort-Lower		<u>FRI</u>	Dynamic Effort-Upper	
Warm Up Clean High Pull/Catch/Front Squat	x2 Each		Bench Warm Up pick 65-95-135	x8	
Power Clean-Pull	4x4	80% Clean/2	Bench Press (Narrow grip)	4x4	35%
Back Squat- Explode on Way Up	4x4	40% Squat	Push Jerk	4x4	40% Bench
Bulgarian Split Squat w/DB each leg	2x12		Face Pull (Cable/Band/XT)	2x12	
Jungle XT Hamstring Curl	2x12		DB Tri Extension/Skull Crushers	2x12	
Hanging Knee/Leg Lifts or Bupkas	2x12		Back Hyperextension	2x12	

1st 5 Weeks

Because we didn't max we used RPE as our guide.

2nd 5 Weeks

We used the max from week 5 to guide our intensities.

3rd 5 Weeks

We used the max from week 10 to guide our intensities.

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<u>CLEAN WARM UP</u>	x5 Each	RPE 4
Back Squat	x8	RPE 4
A -Pause (2 sec) Squat or SL Box Squat 2x12	4x6	RPE 7
B-Pause (2 sec) Squat or SL Box Squat 2x12	4x4	RPE 8
C-Pause (2 sec) Squat or SL Box Squat 2x12	6x2	RPE 8.5
Lunges (2x each leg)	2X12	RPE 6
Nordic Curl-decelerating-lowering only	2x12	RPE 6
MAQ SITUP	2X12	RPE 6

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Bench Press Warmup 45-65-95-135	x8	RPE 4
A -Pause (1-2 sec) Bench Press	4x5	RPE 7
B-Pause (1-2 sec) Bench Press	4x4	RPE 8
C-Pause (1-2 sec) Bench Press	6x2	RPE 8.5
Incline Press	3x5	RPE 7
Tricep Pressdown (Cable, Band, XT)	2x12	RPE 6
Kneeling SA Row	2x12	RPE 6
Pick own Exercise-Back	2x12	RPE 6

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<u>Warm Up SNATCH</u>	x5	
Power Snatch-Pull	6x3	RPE 6
Back Squat (Explode on way up)	6x3	RPE 4
Bulgarian Split Squat w/DB each leg	2x12	RPE 6
Jungle XT Hamstring Curl	2x12	RPE 6
Jungle XT Superman	2x12	RPE 6
Jungle XT Pike	2X12	RPE 6

WWarmup Split Jerk

x5 Each

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Bench Warm Up pick 45-65-95-135

x8 RPE 4

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Bench (Wide Grip) Move Wt Quick!

6x3 RPE 4

Push Jerk

6x3 RPE 5

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Face Pull (Cable/Band/XT)

2x12 RPE 6

DB Tri Extension or Skull Crushers

2x12 RPE 6

Curls-DB or Barbell or Cable

2x12 RPE 6

Good Morning (Hip Hinge w/ Wt on shoulders)

2x12 RPE 6

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<u>WARMUP</u>	x5 Each	RPE 4
Warmup Front Squat	x8	55% Back Squat
Drop Step Hop- 1 Set of Squat then x3 Hops for A,B,C	3x3	
A -Wide Stance Squat	4x5	75%
B -Wide Stance Squat	6x3	85%
C- Wide Stance Squat	8x2	92%
Side Lunges (2x each leg)	4x10	
Nordic Curl or Glute Ham Raise	3x10	
<u>Jungle XT Fallout</u> /Superman (Kinda hard, really hard)	3x10	

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Bench Warm Up pick 45-65-95-135	x8	60%
MB Drops- 1 Set of Bench then x3 Chest Throw for A,B,C	3x3	
Group A Feet on Bench Press	4x5	75%
Group B Feet on Bench Press	6x3	85%
Group C Feet on Bench Press	8x2	92%
Standing Military Press	3x5	50% Bench
Pull Ups- (or Use bands) or Lat Pulldown (50% BW)	3x10	
Back Hyperextension Iso Hold (hold 3-5 sec.)	3x10	
Tricep Dips- Bench or Machine (10lb plate on Thighs)	3x10	

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<u>CLEAN WARM UP</u>	x5 Each	RPE 4
Warm Up Clean (High Pull/Catch/Front Squat)	x2 Each	
Hang Clean-Pull	8x2	60%
Drop Step Hop- 1 Set of Squat then x3 Hops for A,B,C	3x3	
Back Squat (Rapid Ecc, Explosive Conc)	8x2	50%
Scissor Jumps (Split Jumps) w/ lt. DB	2x10	
Good Morning w/ bar or DB	3x10	
Jungle XT Crunch	3x10	

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Bench Warm Up pick 45-65-95-135	x8	
Bench Press	8x2	50%
Split Jerk (4x R, 4xL)	8x2	50% Bench
St. Upright Barbell Row	3X10	
DB Reverse Flys	3X10	
Curls-DB or Barbell or Cable	3x10	
Tricep Dips- Bench or Machine (10lb plate on Thighs)	2x12	
Ab Exercise of Choice	3x10	

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DYN COMBO

Warm Up Clean (High Pull/Catch/Front Squat)	x2	each
Power Clean-Pull or Single Leg Clean onto Box	4x4	45%
Box Hops- x3 Hops after each set of squat	4x3	
Squat (Rapid down (Ecc) Explode up (Conc)	4x4	40%
Bench (Narrow Grip)	4x4	35%
Scissor Jumps (Split Jumps)	2x10	
Back Hyperextension	1x20	
Hanging Side to Side Knee Tucks	1x20	

Teaching Progressions

POWER CLEAN PROGRESSION

<https://docs.google.com/presentation/d/1LfQZeVRm2R0PsCqZp4QboaraSPgTGKT6eHtG2Scde0/edit?usp=sharing>

BENCH PRESS PROGRESSION

<https://docs.google.com/presentation/d/18V1fhigVtdT9oJOsZMS1qTNjDfQDuGUOESKIOj9wa9M/edit?usp=sharing>

SQUAT PROGRESSION

<https://docs.google.com/presentation/d/1Kr8YA9iiep3vwXFQYBJ5WjNSHSW8e2III7-fryZkDw/edit?usp=sharing>

REPETITION PROGRESSION

https://docs.google.com/presentation/d/11e-Tjxlys40_CiYSpxQdFofCIOXWycr5v0IJMK7Dt6w/edit?usp=sharing

Week 5,10,15 Progress Evaluation

You will be tested in the following lifts:

10 points per lift completed -80 points total

MON-	Hang Clean (3 reps early 1 rep-later phases)	Dips
TUES-	Squat (3 reps)	
WEDS-	Bench (3 reps)	Pullups
THURS-	Vertical SLJ	
FRI-	MAKEUP or Game Day	

WEEK 5 TESTING- MON

Warm Up- CLEAN WARM UP

Hang Clean (1 rep)

x3 Hang Clean (Pick a wt.)

x3 Hang Clean (add wt.)

x2 Hang Clean (add wt.)

x1 Hang Clean (add wt.)

(Class Goal: 75% of BW)

(Athletic Goal: 100% of BW)

Dips or Bench Dips (complete dips- all the way down/up)

Total # in 1 min. without stopping **Use machine or bench**

WEEK 5 TESTING-TUES

General Arm Warm Up-

BENCH PRESS (3 rep MAX)

Warmup (pick wt) x8 65/95/135/150

x3 Bench Press (RPE 7)

x3 Bench Press (RPE 8)

x3 Bench Press (add a little wt.)

x3 Bench Press (add a little wt.)

(Class Goal: 1x BW)

(Athletic Goal: 1.25x BW)

PULL UPS Overhand Grip- Bar

or Lat. Pulldown (70lb (2x35lb) Girls 105lb (3x35lb) Boys)

All the way down

Total # in 1 min. without stopping

WEEK 5 TESTING- WED

PARALLEL BACK SQUAT (3 REPS)

Warm Up SNATCH

BACK SQUAT (pick wt) x8 45/65/95/115/135

x3 Parallel Back Squat (RPE 7)

x3 Parallel Back Squat (RPE 8)

x3 Parallel Back Squat (add wt.)

x3 Parallel Back Squat (add wt.)

(Class Goal: 1xBW-G 1.25x BW-B)

(Athletic Goal: 1.5x BW-G 1.7xB)

**Correct
Depth!**

Body Weight Coach will record based on the scale.

WEEK 5 TESTING- THURS

Warmup

Vertical Jump Test

(Class Goal: 24" male 16" female)

(Athletic Goal: 30" male 20" female)

Standing Long Jump Test

(Class Goal: 6'11" (2.10m) male 5'3" (1.60m) female)

(Athletic Goal: 7'7" (2.31m) male 5'11" (1.80m) female)

MAKEUP ANY MISSED TEST

WEEK 5 TESTING- FRI

MAKEUP TEST or Game Day

MAX WEEK

FIRST NAME	LAST NAME	HOUR	GOAL: CLASS OR ATHLETIC	GRADE	M/F	BW	Hang Clean	Bench Press	Squat	Dips	Dips Bench	Pull ups	Lat Pulldown	Vert	SLJ	20 yds.	Deadlift	Push Press	WEEK OF
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<i>Athlete 2nd Hour</i>	Clean	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	Squat	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	Bench	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%
ATHLETE 1	80	40	44	48	52	56	60	64	68	72	76	155	78	85	93	101	109	116	124	132	140	147	90	45	50	54	59	63	68	72	77	81	86
ATHLETE 2	120	60	66	72	78	84	90	96	102	108	114	225	113	124	135	146	158	169	180	191	203	214	105	53	58	63	68	74	79	84	89	95	100

Coach Hunter Wood -Apopka Football Strength and Conditioning