

# WOODRIDGE STRENGTH

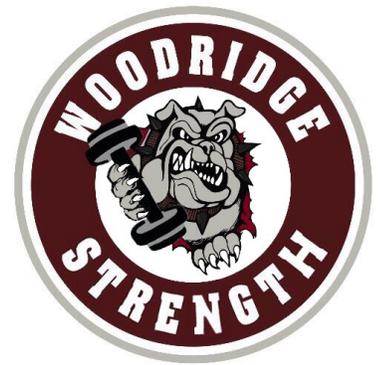
"How" of Strength and Conditioning by Mark Lowery

## Overview

The goals of the Strength and Conditioning Program at Woodridge are to prevent injury, improve sports performance and to promote lifelong fitness. The purpose of this newsletter is to talk about the three principles that help the program achieve the goals.

## SPECIFICITY OF IMPOSED DEMANDS

The principle of specificity of imposed demands basically states that to train effectively every exercise, set, repetition and weight are done for specific purposes to get specific results. At Woodridge, we train all athletes to be multiple sports athletes, therefore, all the workouts are designed with that purpose in mind. In the emails to follow, I will highlight each exercise and explain why we use it.



## PROGRESSIVE OVERLOAD

The principle of progressive overload states that in order to make continued gains, one must change the stimulus over time. Woodridge follows a linear progression. We start the linear progression by performing four sets of 12 repetitions in week one of training and steadily lower the repetitions to four sets of six repetitions before repeating the cycle.

# OVERLOAD

The principle of overload states that to achieve muscular gains, one must challenge themselves beyond what they are normally capable. This is also known as overreaching. We use a self-regulating system where the athlete is given the tools to know when to move up in weight. There is a two-method system depending on what lift is being performed. The first is called APRE. In this method, an athlete performs a light warm-up set. In the second set, the athlete will perform as many repetitions as they can. (The weight is depended on the goal repetitions but will range from six to 10 repetitions.) For the next two sets the athlete will keep the weight the same and perform two fewer repetitions than the previous set.



The other self-regulating system is performing a repetition range. An example being, if I ask an athlete to perform four sets of 12 repetitions, the acceptable range is between 10 and 12 repetitions. When an athlete can perform all 12 repetitions for all four sets they need to move up in weight. If they ever drop below 10 repetitions they need to lower the weight.

