

POWERLIFTING LONG TERM TRAINING PLAN



**SPECIAL OLYMPICS
NORTH CAROLINA**



2018 Special Olympics USA Games Long Term Training Plan

Powerlifting

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POWERLIFTING LONG TERM TRAINING PLAN

Objectives for training plan: Provide athlete(s) and local coach with clear guide of trainings, reporting, and drill expectations.

Time	Specific Objectives/Training Activities	Training Focus/Goals/Reminders
January	<ul style="list-style-type: none"> • Initial Fitness Testing • Training Camp • Team/Athlete Assessments (sport specific) • Practice 2xs a week with additional accessory work 3 days a week <p>Communicate with local coach weekly about training progress</p>	<ul style="list-style-type: none"> • Sport specific training items/drills for local coaches to work on with athlete/s. • Introduce teammates and build rapport amongst team. • Gain a baseline on current health status and habits. • Provide athletes with health and training expectations.
February	<ul style="list-style-type: none"> • Practice 2xs a week with additional accessory work 3 days a week • Communicate with local coach weekly about training progress 	<ul style="list-style-type: none"> • 2/17/2018: coaches collect healthy habits data via Fitness and Nutrition Google form
March	<ul style="list-style-type: none"> • Fitness Test #2 • Practice 2xs a week with additional accessory work 3 days a week • Communicate with local coach weekly about training progress 	<ul style="list-style-type: none"> • 3/3/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) • 3/17/2018: coaches collect healthy habits data via Fitness and Nutrition Google form
April	<ul style="list-style-type: none"> • Fitness Test #3 • Practice 2xs a week with additional accessory work 3 days a week • Communicate with local coach weekly about training progress • Will have a “Max Out” training session to build 2nd 12 week program- at this session athletes will be handed a 3 ring binder to track information needed for the coach. 	<ul style="list-style-type: none"> • 4/7/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) • 4/21/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (health metrics and lifestyle survey collected)
May	<ul style="list-style-type: none"> • Fitness Test #4 • Practice 2xs a week with additional accessory work 3 days a week • Communicate with local coach weekly about training progress 	<ul style="list-style-type: none"> • 5/5/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) • 5/19/2018: coaches collect healthy habits data via Fitness and Nutrition Google form
June	<ul style="list-style-type: none"> • Fitness Test #5 • Practice 2xs a week with additional accessory work 3 days a week • Communicate with local coach weekly about training progress • Prep for USA Games! 	<ul style="list-style-type: none"> • 6/2/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) • 6/16/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Final Health Metrics and lifestyle survey collected) • 6/30/2018: coaches collect healthy habits data via Fitness and Nutrition Google form

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Communication Plan

1. Contact athletes at least once a week to check in on trainings and collect health tracking information.
2. Have athletes be ready to report on health activity via provided trackers at each communication.
3. Communicate any questions concerns or awesome news to SONC.

Working with local coach

1. Provide information to local coach on exact training, reps, weights, sets required at each practice.
2. E-mailing local coach weekly to provide updated practice plan.

Athlete Progress

1. Collection of health tracker sheet data bi weekly.
2. Fitness testing to be completed every month.
3. Health data submitted via google form bi weekly.

Plans for Getting the Team Together

1. Training with athletes April 7th to check on form, create a new 1RM, prepare for USA Games, set goals.

Sample Training Week:

Monday:

Accessory work to include a variation of the following depending on % of weight being programed for the week: BoR, RDL, Jump Squat, KB Squat, Burpees, Push Ups, Sit ups, zotts curls, zotts presses, BTN PP, PP, GHD, Single Leg RDLs, Step ups, Pull ups, Shrugs, Good Mornings, Glute Bridges, Side Bends, Front Raises, Lat Raises, Flies, Curls, Dips, Lunges

Tuesday:

Powerlifting- Warm up as prescribed Squat, Deadlift, Accessory Work

Wednesday:

Walk/cardio

2018 Special Olympics USA Games Team NC



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Accessory work to include a variation of the following depending on % of weight being programmed for the week: BoR, RDL, Jump Squat, KB Squat, Burpees, Push Ups, Sit ups, zotts curls, zotts presses, BTN PP, PP, GHD, Single Leg RDLs, Step ups, Pull ups, Shrugs, Good Mornings, Glute Bridges, Side Bends, Front Raises, Lat Raises, Flies, Curls, Dips, Lunges

Thursday:

Powerlifting- Warm up as prescribed Bench, Accessory Work

Friday:

Rest/Walk

Saturday:

Accessory work to include a variation of the following depending on % of weight being programmed for the week: BoR, RDL, Jump Squat, KB Squat, Burpees, Push Ups, Sit ups, zotts curls, zotts presses, BTN PP, PP, GHD, Single Leg RDLs, Step ups, Pull ups, Shrugs, Good Mornings, Glute Bridges, Side Bends, Front Raises, Lat Raises, Flies, Curls, Dips, Lunges

Sunday:

Rest/Walk