



[16] Week Strength & Hypertrophy Training Programme

Stage 1 – Build a Base of Technique

In this phase, the emphasis is on correct technique.

Film your technique when possible and ensure key technical points are adhered to.

Some exercises can be completed until muscular failure occurs.

Others such as deadlifts should not be completed until failure unless supervised by an experienced coach. With any exercise, stop if technique breaks down before absolute muscular failure.

Day 1

Warm Up

5 minutes of steady state cardio

Mobility Exercises

For each exercise, do 2 warm up extra sets before starting the 3 working sets - with a weight 50% that of the working set.

Pause for 1 second at the top and the bottom

Take 3 seconds to complete the 'up' and the 'down' movements of each exercise

Exercise	Sets	Reps
Barbell Bench Press	3	8-12
Front Squats	3	8-12
Stability Ball Hamstring Curls	2	10-15
Stability Ball Bridge	2	10-15

Static Stretches

Day 2

Rest

Day 3

Exercise	Sets	Reps
Chin Ups*	3	8-12
Bulgarian Split Squats	2 (2 on each leg, 4 in total)	8-12
Military Press	3	8-12
Plank	2	1 minute hold

*Use band if required or lat pull down x 3 sets of 8-12 repetitions

Day 4

Rest

Day 5

Exercise	Sets	Reps
Deadlifts	5	6-8
Dumbbell Bench press	3	6-10
Dumbbell One Arm Row	3	8-12

Bent over rear-delt-fly	1	10-15 reps
Stability Ball Crunches	2	Max reps

Stage 2

Heavy Compound Exercises

Exercise	Sets	Reps
Back Squats	4	6-10
Barbell Bench Press	3	6-10
Dips	3	6-10

Day 3

Exercise	Sets	Reps
Deadlifts	5	3-6
Supinated Grip Chin ups	2	Max Reps
One Arm Row	2	6-10

Day 5

Exercise	Sets	Reps
Front Squats	4	6-10
Push Press or Military Press	3	6-10
Stability Ball Hamstring Curl	2	10-15
Hanging Leg Raises	2	Max reps with perfect form

Stage 3 - Eccentric & Unilateral Strength Training

*warning, eccentric exercises on the chest, shoulders & legs can put great strain on the shoulder joint and knees. Keep volume low to begin with and proceed with caution.

You should be able to perform eccentric reps with 10% more than you can for 'normal' concentric reps.

Eccentric exercises require a spotter to lift/pull the weight for you to then control it back to the starting position.

Alternatively, you can use some machines whereby you use half the weight, use 2 arms to push/pull the weight from the starting position and 1 arm to slowly control it back.

Day 1

Exercise	Sets	Reps
Deadlifts	5	3-6
Barbell Bench Press	2	6-10
Eccentric Barbell Bench Press*	1	6
Multidirectional Lunges	2	6 reps on each leg

*requires a partner to lift the bar, you then lower it under control – take at least 3 seconds before the partner lifts it again, and then you lower the bar again. This can be done on a machine if you have no partner – push the bar(s) away with 2 arms, and lower in back with 1 arm.

Day 3

Exercise	Sets	Reps
Negative Chin Ups	3	10
Bulgarian Split Squats	3	8-12
Negative Barbell Bicep Curls	2	8-10

Day 5

Exercise	Sets	Reps
One arm Dumbbell Push Press / Kettlebell Press	3	10
Barbell Front Squats	4	8-12
Stability Ball Reverse Hyper Extension	2	10
Stability Ball Hamstring Curl	2	10

Stage 4 – 5, 3, 1 Strength Training

Sample 5 3 1 Training Programme

You will need to work out your 1 rep max for this programme.

Take a weight that you can perform 6 repetitions with

For your upper body, find the heaviest weight you can lift 5 times and plug it into this equation: $(\text{weight-you-can-lift-5-reps} \times 1.1307) + 0.6998$.

For a lower body exercise such as squats use this equation:

For lower body use this formula: $(\text{weight-you-can-lift-5-reps} \times 1.09703) + 14.2546$. Got a decimal point? Go on, round it up.

Be very careful when going up to 85% and above of 1 rep max. Ideally you will need a coach to check technique

The exercises in **bold** are essential, the others are optional

Week 1

Monday

Exercise	Sets	Reps
Standing Shoulder Press	3	Warm Up Sets – v light weight
Standing Shoulder Press	1 (65% of 1 rep max)	5
Standing Shoulder Press	1 (75% of 1 rep max)	5
Standing Shoulder Press	1 (85% of 1 rep max)	Maximum reps
Dips	4	12-15
Chin ups	4	6-10

Wednesday

Exercise	Sets	Reps
Deadlifts	3	Warm Up Sets – v light weight
Deadlifts	1 (65% of 1 rep max)	5
Deadlifts	1 (75% of 1 rep max)	5
Deadlifts	1 (85% of 1 rep max)	Maximum reps
Good Mornings	4	10-12
Hanging Leg Raises	4	10

Friday

Exercise	Sets	Reps
Barbell Bench Press	3	Warm Up Sets – v light weight
Barbell Bench Press	1 (65% of 1 rep max)	5
Barbell Bench Press	1 (75% of 1 rep max)	5
Barbell Bench Press	1 (85% of 1 rep max)	Maximum reps
Dumbbell Chest Press	4	10-12

Dumbbell One Arm Row	4	10

Saturday

Exercise	Sets	Reps
Back Squats	3	Warm Up Sets – v light weight
Back Squats	1 (65% of 1 rep max)	5
Back Squats	1 (75% of 1 rep max)	5
Back Squats	1 (85% of 1 rep max)	Maximum reps
Split Squats	4	10-12
Single Leg Deadlifts	4	10

Week 2

– exactly the same exercises but for the main compound lift (standing shoulder press, squats, bench press or deadlifts)

Do the following weights and reps:

1 set – 70% of 1 rep max for 3 reps

2nd set – 80% max for 3 reps

3rd set – 90% for as many reps as possible

Monday

Exercise	Sets	Reps
Standing Shoulder Press	3	Warm Up Sets – v light weight

Standing Shoulder Press	1 (70% of 1 rep max)	5
Standing Shoulder Press	1 (80% of 1 rep max)	5
Standing Shoulder Press	1 (90% of 1 rep max)	Maximum reps
Dips	4	12-15
Chin ups	4	6-10

Wednesday

Exercise	Sets	Reps
Deadlifts	3	Warm Up Sets – v light weight
Deadlifts	1 (70% of 1 rep max)	5
Deadlifts	1 (80% of 1 rep max)	5
Deadlifts	1 (90% of 1 rep max)	Maximum reps
Good Mornings	4	10-12
Hanging Leg Raises	4	10

Friday

Exercise	Sets	Reps
Barbell Bench Press	3	Warm Up Sets – v light weight
Barbell Bench Press	1 (70% of 1 rep max)	5
Barbell Bench Press	1 (80% of 1 rep max)	5
Barbell Bench Press	1 (90% of 1 rep max)	Maximum reps
Dumbbell Chest Press	4	10-12
Dumbbell One Arm Row	4	10

--	--	--

Saturday

Exercise	Sets	Reps
Back Squats	3	Warm Up Sets – v light weight
Back Squats	1 (70% of 1 rep max)	5
Back Squats	1 (80% of 1 rep max)	5
Back Squats	1 (90% of 1 rep max)	Maximum reps
Split Squats	4	10-12
Single Leg Deadlifts	4	10

Week 3

Use the following reps and weights for the main lift

1 set – 75% of 1 rep max for 5 reps

2nd set – 85% max for 3 reps

3rd set – 95% for as many reps as possible

Monday

Exercise	Sets	Reps
Standing Shoulder Press	3	Warm Up Sets – v light weight
Standing Shoulder Press	1 (75% of 1 rep max)	5
Standing Shoulder Press	1 (85% of 1 rep max)	5
Standing Shoulder Press	1 (95% of 1 rep max)	Maximum reps
Dips	4	12-15
Chin ups	4	6-10

Wednesday

Exercise	Sets	Reps
Deadlifts	3	Warm Up Sets – v light weight
Deadlifts	1 (75% of 1 rep max)	5
Deadlifts	1 (85% of 1 rep max)	5
Deadlifts	1 (95% of 1 rep max)	Maximum reps
Good Mornings	4	10-12
Hanging Leg Raises	4	10

Friday

Exercise	Sets	Reps
Barbell Bench Press	3	Warm Up Sets – v light weight
Barbell Bench Press	1 (75% of 1 rep max)	5

Barbell Bench Press	1 (85% of 1 rep max)	5
Barbell Bench Press	1 (95% of 1 rep max)	Maximum reps
Dumbbell Chest Press	4	10-12
Dumbbell One Arm Row	4	10

Saturday

Exercise	Sets	Reps
Back Squats	3	Warm Up Sets – v light weight
Back Squats	1 (75% of 1 rep max)	5
Back Squats	1 (85% of 1 rep max)	5
Back Squats	1 (95% of 1 rep max)	Maximum reps
Split Squats	4	10-12
Single Leg Deadlifts	4	10

Week 4

Week 4 is the 'deload' week.

For the main exercise do:

1 set – 40% of 1 rep max for 5 reps

2nd set – 50% for 5 reps

3rd set – 60% for 5 reps

Monday

Exercise	Sets	Reps
Standing Shoulder Press	3	Warm Up Sets – v light weight
Standing Shoulder Press	1 (40% of 1 rep max)	5
Standing Shoulder Press	1 (50% of 1 rep max)	5
Standing Shoulder Press	1 (60% of 1 rep max)	Maximum reps
Dips	4	12-15
Chin ups	4	6-10

Wednesday

Exercise	Sets	Reps
Deadlifts	3	Warm Up Sets – v light weight
Deadlifts	1 (40% of 1 rep max)	5
Deadlifts	1 (50% of 1 rep max)	5
Deadlifts	1 (60% of 1 rep max)	Maximum reps
Good Mornings	4	10-12
Hanging Leg Raises	4	10

Friday

Exercise	Sets	Reps
Barbell Bench Press	3	Warm Up Sets – v light weight
Barbell Bench Press	1 (40% of 1 rep max)	5
Barbell Bench Press	1 (50% of 1 rep max)	5
Barbell Bench Press	1 (60% of 1 rep max)	Maximum reps
Dumbbell Chest Press	4	10-12

Dumbbell One Arm Row	4	10

Saturday

Exercise	Sets	Reps
Back Squats	3	Warm Up Sets – v light weight
Back Squats	1 (40% of 1 rep max)	5
Back Squats	1 (50% of 1 rep max)	5
Back Squats	1 (60% of 1 rep max)	Maximum reps
Split Squats	4	10-12
Single Leg Deadlifts	4	10