

ENGLAND ATHLETICS

YTP EVENTS S&C PROGRAM

SPEED/JUMPS/MULTI-EVENTS



WARM-UP



Focus aspect	Exercise	Sets	Reps	Notes
Raise				Action as appropriate based on the environment
Activate (as a circuit)	Glute bridge	2	6	Hold for 3 seconds
	Long lever iso glute bridge	2		20 second hold 20 rest*3
	Lateral plank leg raise	2	6	
Mobilise	90/90 Thoracic rotation	1	6	
	Worlds greatest stretch	1	6	
	Downward dogs	1	6	
	Lunge and rotate	1	6	
	Single leg squat knee hug	1	6	
	Single leg RDL	1	6	
	Acceleration position (back leg calf raise) or figure of 4 (stance leg calf raise)	1	6	
Potentiate	Snap down	2	5	Emphasis on the stick and hold progress over time to 2 to 1 then 1 to 1
	CMJ	2	5	
	Stiff leg pogos	2	10	

SESSION 1



Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Push Press	3	6		Medicine ball squat to throw
Lower body push	Leg Press	3	6	Facility wise – please alter to fit the facility i.e., Bulgarian Spilt Squat	Facility wise – please alter to fit the facility i.e., Bulgarian Spilt Squat
Lower body pull	Leg Curl (with sliders) or Nordics	2	6	Single leg leg curl with sliders	SL glute bridge on box
Vertical upper body pull	Pull ups	3	6	Weighted	Band supported
Horizontal upper body push	1 arm DB press off bench	3	6	Shoulders on bench, maintain glute bridge position keeping hips up. The none lifting arm is used as a driver to guide the lifting arm	1 arm DB press on bench
Rotary Stability	Pal off Press	3	6		Prone plank holds for 30 seconds

SESSION 2



Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Trap bar jumps or DB jumps	3	6	Complete as able to related to the	
Lower body push	Goblet squat	3	6	Safety bar squat	Supported stability ball squat
Horizontal upper body pull	SL arm DB row	3	6	Bird dog stance	Three points of contact
Lower body pull	RDL	3	6		
Vertical upper body push	DB tall kneeling shoulder press	3	6	Half kneeling	sitting
Rotary propulsion	Cable chop	3	6	SL stance	Use a medicine not a pulley machine

SESSION 3



Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Jerk	4	4	On each set; 2 left leg lead then 2 right leg lead	Use a dowel not a Barbell
Lower body push	Hip thrust	4	5	Tempo of lift: 2, 2, 3	Complete the hip thrust with a DB
Lower body pull	SL RDL Contralateral	4	5	SL RDL Ipsilateral	Use cueing and if needed implements to support correct execution
Vertical upper body pull	Wide arm pull ups	4	5	Weighted	Chin ups
Horizontal upper body push	Bench Press	4	5	Tempo of lift: 3, 2, 1	
Rotary Stability	Prone, Lateral left and right plank	3	3*20 secs holds	30 seconds hold with 20 seconds rest between each, 1 minute rest between each set	Wide legs on the prone plank to provide enhanced stability for each

SESSION 4



Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Jerk	4	4	On each set; 2 left leg lead then 2 right leg lead	Use DB instead of BB
Lower body push	Bulgarian split squat	4	6	Tempo: 2, 2, X	Split squat
Horizontal upper body pull	Renegade row	4	6		Spread legs further apart to provide stability
Lower body pull	SL Ipsilateral RDL with DB	4	6	Tempo: 2, 2, X	Complete contralaterally
Vertical upper body push	DB half kneeling shoulder press	4	6	Split kneeling	Seated
Rotary Stability	Prone, Lateral left and right plank	3	3*20 secs holds	30 seconds hold with 20 seconds rest between each, 1 minute rest between each set	Wide legs on the prone plank to provide enhanced stability for each

SESSION 5



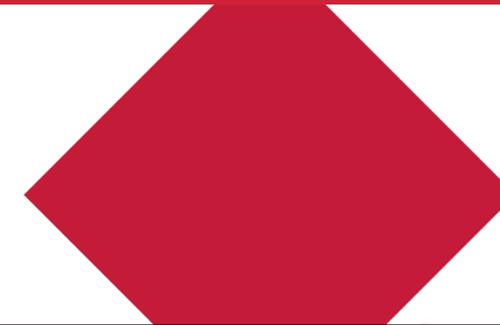
Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Hang clean	4	4	Break down the lift into sections and coach the components to build understanding	Use a dowel
Lower body push	Back squat	4	6		Goblet squat or use of a safety bar if possible
Lower body pull	Single leg foot elevated hamstring bridge	4	6	Single leg hamstring bridge between boxes/benches	Feet elevated hamstring bridge
Vertical upper body pull	Lat pull down	4	6	Explain rational of why to pull to chest and not behind neck	
Horizontal upper body push	DB Glute bridge off bench press	4	6	SL DB Glute bridge off bench press	Bilateral DB half on bench half off press
Rotary Propulsion	Barbell roll out	4	6	Coaching point to get the athletes to slightly get in to an	

SESSION 6



Movement classification	Exercise	Sets	Reps	Notes/progression	Notes/regression
Total Body	Clean & Jerk	4	4	Break down the lift into sections and coach the components to build understanding	Use a dowel
Lower body push	OH Squat	4	6		Use a dowel
Lower body pull	Nordics	4	6	The aim here is to show and coach how to complete these correctly	Bilateral leg curl with sliders
Vertical upper body pull	Pull ups	4	6	Wide arm Pull ups	Chin ups
Horizontal upper body push	Bird Dog 1 arm DB pull	4	6	Engage pillars and maintain leg in extension parallel with the ground	
Rotary Stability	Plated Russian twists	4	12 ea		

END GOALS/OBJECTIVES



Movement classification	Exercise
Squat (Goblet 50% BW → Front 100%BW → Back)	Back Squat (>1.5xBW) for 1 rep
Hinge (RDL, SL, Trap bar deadlift)	RDL >1xBW for 5 reps Trap Bar Deadlift (>1.5xBW) for 1 rep
Lunge (Goblet Split Squat, BB Split Squat, Reverse Lunge, Step Up)	
Vertical upper body pull (SA row, Bent over DB/BB row, chin-ups)	Chin-ups > 5 reps of bodyweight
Horizontal upper body push (Press-ups, DB Bench, BB Bench, Incline DB/BB Bench)	Incline Bench Press 0.5xBW for 5 reps
Rotary Stability (Side planks, lateral trunk holds)	Lateral trunk holds >60s