

# SPORT SPECIFIC TRAINING – TODD RONLAKE

## FUNCTIONAL TRAINING

*“The ability to display strength in conditions of instability is actually the highest expression of strength” Mike Boyle*

Functional Training typically has 5 main characteristics:

- 1) Sport/Activity Specific
- 2) Requires Balance
- 3) High emphasis on the Core
- 4) Produces no effective muscle overload
- 5) Difficult to measure

Typical Functional Training Equipment: Dumbbells, Kettlebells, Medicine Balls, Bungee Cords, Swissballs, Chains, Balance Boards, Cables & Sandbags.

### Functional Drills:

Bungee Over/Unders	Side Shuffle
Ice Skaters (bungee)	Side Lunge
Swimmers	Crab Walk (front, side & backward)
Bear Crawls	Monster Crawls
Slithers	Reach Thru T-Push up
Lateral Monster Crawls	Walking Inch Worms
Hopping Inch Worms	Duck Walks (forward)
Duck Walks (multi-directional)	Low Hops (Duck hops)
Low Hops to Front Lunge	Low hops to Knee Tucks
Directional Long Jumps	1-Leg Dot Drill (jumps)
Box Step-up w/ Knee Raise	Rotate to Box Step-up

### **Functional Drills- Cont.**

Renegade Lunge

1-Leg Cone Touch Drill

Lateral Bungee Shuffle (out & back)

Single leg Dumbbell Rows

Lateral Bench Overs w/ Med-ball(hold or pass)

5-Way Rotator Cuff

Side Plank w/ front and side shoulder raise

Law Mowers

Push-up High/Low hand switches

Push-up In/Out hands

Suitcase Deadlift

### **Speed Related Functional Drills (Mechanics):**

Karaoka's (high knee cross-over)

Power Skips (height & distance)

Crazy Legs (alternating)

Crazy Legs (foot strikes)

Single Leg Runs (same side & alternating)

Speed Arms (seated)

X-Runs

# SPORTS SPECIFIC TRAINING

## WORKOUT DESIGN

Designing a workout should account for factors such as time of season, specific program objectives, athlete's age group, outside activities and overall workload. This segment will help layout the components for designing a balanced sport specific workout.

### Components:

**Warm-up** – compound movements to stimulate the circulatory, muscular & nervous systems (core-prep).

**Prehab** –specific movements to strengthen areas that maybe susceptible to injury.

**Core** –multi-directional movements that target the abdominal and mid-back muscles.

**Functional** –a system of athletic movements that focus on training the body to imitate competition.

**Primary** – a strength or power based movement that involves multiple joints.

**Secondary** –a strength based movement that typically isolates a single joint.

**Cool down** – tapering of intensity and duration to complete an exercise session.

### Quickness Workout : Sample

**Warm-up**.....bungee over/unders - 2 sets of 10 reps each leg

**Warm-up**.....jump rope - 4 sets of 30 second intervals

**Core-prep**.....medicine ball giant circles -2 sets of 10 revolutions, each direction

**Plyometric**....box quick jumps – 4 sets of 15 jumps (12" box, forward or lateral jumps).

**Functional**....lateral bench overs – 3 sets of 20 reps (or timed intervals)

**Functional**....medicine ball lunge jump chest pass – 4 sets of 10 reps

**Functional**....romanian deadlift to squat jumps – 4 sets of 12 reps

**Core**.....chinnies – 4 sets of 40 reps

### **Speed / Power Workout: Sample**

- Warm-up.....jog – 5 minutes**
- Warm-up .....windmill lunge walk – 2 set of 20 reps**
- Warm-up.....leg swings (front to back & side to side) 2 sets of 15 reps each leg**
- Functional.....renegade lunge – 2 sets of 20 reps**
- Plyometric.....forward bounds – 3 sets of 15 jumps (or specific distance)**
- Plyometric.....tuck jumps – 3 sets of 15 reps**
- Primary.....shoulder push press – 4 sets of 6 reps**
- Primary.....high pulls – 4 sets of 6 reps**
- Core.....deadbugs – 3 sets of 40 reps**

### **Strength Workout: Sample**

- Warm-up....jumping jacks – 3 sets of 30 seconds**
- Core.....5 way abs – 1 set of 20 reps each (med-ball throws, hand touches, push-downs, Leg throws & reverses)**
- Primary.....deadlift – 5 sets of 8 reps**
- Primary.....military Press – 5 sets of 8 reps**
- Primary.....dumbbell squats – 4 sets of 10 reps**
- Secondary...single leg , medicine ball hip raises – 3 sets of 8 reps each**
- Secondary...lateral dumbbell shoulder raises – 4 sets of 12 reps**

### **Endurance Workout: Sample**

- Warm-up....squat touches – 2 sets of 20 reps**
- Core.....angels – 3 sets of 30 reps**
- Core.....angel twists – 3 sets of 20 reps**
- Compound Circuit....box jumps, medicine ball push-ups, lateral bungee jumps, & barbell curls (1X20 ea)**
- Compound Circuit.....frogs, leg press, upright row, ice skaters, cable pull down, & tuck jumps(45 sec. ea)**
- Compound Circuit.....modified pull-ups, deadlifts, push-ups, box jumps, wipers & dumbbell clean & press (15-20 reps each)**

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## CORE DRILLS

### Anterior Torso Flexion (Front):

- 1) Toe Touches
- 2) Bicycles
- 3) Reach Thru's
- 4) Double Tucks
- 5) Chinnies
- 6) Dead Bugs
- 7) Swiss Ball Crunch
- 8) Barbell/Plate Pull-over Crunch
- 9) V-Ups
- 10) Single Leg Lowering
- 11) Sab's
- 12) Single Leg Raises
- 13) Reverse's (Hip Raises)
- 14) Jackknife's
- 15) Swiss Ball Bicycles

### Posterior Torso Extension (Back):

- 1) Back Spiders
- 2) Bridges
- 3) Single Leg Bridges
- 4) Swiss Ball Bridges
- 5) Good Mornings
- 6) Hypers
- 7) Hypers w/ Twist
- 8) Reverse Hypers
- 9) Prone Leg Lift w/ Hold
- 10) Medicine Ball Side to Side
- 11) Planks
- 12) Planks w/ Arm Raise
- 13) Plank w/ Leg Raise
- 14) Supermans
- 15) Skydivers

### Lateral Torso Flexion (Side):

- 1) Side Crunch
- 2) Cable/Bungee Side Bends
- 3) Plate Side Bends
- 4) Side Bridges
- 5) Side Bridge w/ Knee Bend
- 6) Side Bridge w/ Leg Raise
- 7) Side Bridge w/ Reach Thru's
- 8) Swiss Ball Side Crunches
- 9) Side Spiders
- 10) Hanging Side Knee Raises

### Torso Rotation:

- 1) Wipers
- 2) Modified Wipers
- 3) Swiss Ball Wipers
- 4) Russian Twist
- 5) Giant Circles
- 6) Angels
- 7) Angel Twists
- 8) Seated Medicine Ball Toss
- 9) Barbell Supine Wipers
- 10) Scissor Switches
1. 11) Swiss Ball Angels

**Combination Core Drills:**

- 1) Specials
- 2) 5-Way Abs (Med-Ball Toss, Hand Touch, Pull-Downs, Leg Throw & Reverses)
- 3) Cherry Bombs
- 4) Dumbbell Get-Ups
- 5) T-Push-Up Hold

**Circuits & Combination Drills:**

**Leg Circuit** – body weight squat, lunge jumps, backward lunges, & squat jumps

**Shoulder Circuit** – bent-over shoulder raise, lateral shoulder raise, upright row, & dumbbell shoulder press.

**Push-Up & Barbell Clean**

**Single Dumbbell Press & Cable Pull-Down**

**Deadlift & Jump Rope**

**Barbell Squat & Shoulder Press**

**Lunge Walk & Dumbbell Curl**

**Bulgarian Squat & Front Plate Raise**

**Bulgarian Squat & Front/Side Dumbbell Raise**

**Cable Face Pull w/ Rotation**

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## MEDICINE BALLS

### Lower Body Emphasis:

Overhead squat	Lunge w/ overhead
Hops w/vertical throws	Front Lunge Reach
Lat. Lunge w/ Reach	Box Step-ups (front & side)
Box Jumps	Hamstring Curl Throws
Lat. Squat roll-outs	Bridges (1 leg & 2 leg)
Lunge w/ twist	

### Upper Body Emphasis:

Single arm Fan bounce	Slam Sit-ups
Push-up (1 hand on & 2 hands on ball)	Push-up roll pass
Chest Pass	Ball inchworm rolls
Push-up	Push-up w/ 1 hand & 1 foot on ball

### Total Body Emphasis:

Slams	Downward Chops
Giant Circles	Lateral Partner Throw
Starts w/ forward throws	Wood Choppers
Partner High/Low Passes	Hoists
Pro Speed Drill with repeat lat. throws	Clean-Throws (forward/backward)
Bounce Passes	Lateral Hip Throws (partner & against wall)