

Resistance Training Session Template

Athlete & Sport Details	Jen – Elite Javelin Thrower				
Mesocycle details	Session from week one of General Preparation 1 mesocycle				
Component of Fitness Targeted	Strength/hypertrophy – Session 1 of 3 (Legs and Chest)				
Equipment Required	Barbells, weight plates, squat rack, bench press bench, Dumbbells, cable machine, calf raise machine				
Session notes	Alternate between a set of leg exercises and a set of chest exercises then rest. This is to increase the efficiency of the session. Strength focus to start, then hypertrophy.				
Session Plan					
Warm-up (10 mins)	<p>R = 3 minutes jogging, side stepping, and skipping</p> <p>A = 10 x air squats, 10 x elevated push-ups (repeat for 3 sets each)</p> <p>M = 10 x Arm circles (forward and back), 10 x cross-body flaps, 10 x leg swings (forward & back, side to side) – repeat sequence x 2</p> <p>P = 5 x jump squats, 5 x jump lunge, 5 inchworms (x 2 rounds)</p> <p>Finish warm-up with light pressing (squat and bench press) – build up to 5RM weight for 1 rep over 5 minutes)</p>				
Exercise Order	Sets	Reps	Load (%)	Tempo	Rest
Exercise Pairing 1 Barbell Squat Bench Press	5	5	80-85% 1RM	2-1-ALAIT	3-5 mins after 2nd exercise
Exercise Pairing 2 Barbell Lunge DB Chest Press	4	10,9,8,8	75% 1RM	2-1-2	2 mins after 2nd exercise
Exercise Pairing 3 Calf raises Cable chest flies	3	10,9,8	75% 1RM	2-1-2	2 mins after 2nd exercise
Cool Down	A series of stretches targeting the calves, hamstrings, quads, glutes, chest and anterior shoulder. Each stretch held for 30 seconds each side and repeated x 2.				
Training units calculated (RPE scale x duration (mins))	RPE of 6 x duration 70 minute = 420 training units				

Resistance Training Session Template

Athlete & Sport Details	Jen – Elite Javelin Thrower				
Mesocycle details	Session from week 3 of General Preparation 1 mesocycle				
Component of Fitness Targeted	Strength –Session 1 of 3 (Legs and Chest)				
Equipment Required	Barbells, weight plates, squat rack, bench press bench, dumbbells, calf raise machine				
Session notes	Alternate 1 wave of the leg exercise with 1 wave of the chest exercise. Then repeat for wave 2 Complete calf raises as their own set (focus on eccentric phase)				
Session Plan					
Warm-up (10 mins)	<p>R = 3 minutes jogging, side stepping, and skipping</p> <p>A = 10 x air squats, 10 x elevated push-ups (repeat for 3 sets each)</p> <p>M = 10 x Arm circles (forward and back), 10 x cross-body flaps, 10 x leg swings (forward & back, side to side) – repeat sequence x 2</p> <p>P = 5 x jump squats, 5 x jump lunge, 5 inch-worms (x 2 rounds)</p> <p>Finish warm up with light pressing (squat and bench press) – build up to 5RM weight for 1 rep over 5 minutes)</p>				
Exercise Order	Wave	Reps	Load (%)	Tempo	Rest
Exercise Pairing 1 Barbell Squat Bench Press	Wave 1	5	82% 1RM	2-1-ALAIT	3 mins after 2 nd exercise is completed
		4	85%1RM		
		3	87% 1RM		
	Wave 2	5	85%1RM		
		4	87%1RM		
	3	90%1RM			
Exercise Pairing 2 Barbell Lunge DB Chest Press	5	5	80-85%1RM	2-1-ALAIT	3-5 mins after 2 nd exercise
	5	5			
Calf Raise	5	5	80-85%1RM	5-1-ALAIT	3-5 mins
Cool Down	A series of stretches targeting the calves, hamstrings, quads, glutes, chest, and anterior shoulder. Each stretch held for 30 seconds on each side and repeated x 2.				
Training units calculated (RPE scale x duration (mins))	RPE of 7 x duration 80 minute = 560 training units				