

STARK STRONG

EMPOWERING LIFELONG ATHLETES

THRURINE

GETTING ATHLETES FAST AND EXPLOSIVE...
THEN KEEPING THEM THERE

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WHAT IS THE 13ROUTINE

- >>A tool we utilize with our 1 on 1 Mentorship athletes to help them create a forever developing and long term plan that will allow them results BEYOND their time with us
- >>We work together to craft a program specific to their needs following the 12 week program with us
- >>Essentially, they got better in 12 weeks with us... but what are they doing come week 13 and beyond?

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WHAT IS THE ROUTINE FOR YOU

- >>A tool that will challenge you to create your own routine that is sustainable throughout your career without needing to rely on coaches or anyone besides yourself
- >>Taking the tools you learn with us (and with every other coach and team you have) to craft a plan specific to your needs that will apply into your whole athletic career

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ROUTINE PLANNING

- >> Look this over in depth and refer back to it as you not only go through the videos, but as you begin to create your plan
- >> Build on the education here and allow it to develop as you look it over a 2nd, 3rd, etc time

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ROUTINE PLANNING

>>Creative liberty with how in depth you go: may chose 1 simple routine, may chose different phases, etc

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WHY?

>>How many times have you spent hours training in April then had no results to show in October?

>>What we do needs to be consistent



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NOT ONE SIZE FITS ALL

>>The best program is a program you adhere to

>>10 minutes vs 1 hr

>>In season vs out of season (high level)



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NOT ONE SIZE FITS ALL

>>Each athlete will have a different threshold

>>Some will want to do 3 hours a week forever, others might want 5 different 10 minute warmups

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THERE IS SUCH THING AS TOO MUCH

>>Some athletes will want to do TOO much

>>Too much will put you on the bench with an overuse injury

>>You must recover HARDER than you train

>>Active recovery (foam roll, massage, etc.) is NOT an alternative to a rest day. Both are imperative

>>Even for the next day of training, we need to find the optimal work/
rest ratio

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OBJECTIVES

>>Daily

>>Weekly

>>Monthly

>>Yearly/Seasonally (end goal- all objectives lead to this)



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DAILY OBJECTIVE

- >>DO NOT FORGET... each session has a goal. What is it and how can you best accomplish it?
- >>When improving acceleration, there's no need to run 10 suicides because it involves "acceleration"
 - >that would be conditioning

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DAY 1: QUESTIONS

- >>Start by brainstorming WHAT you want to accomplish, WHY you want to accomplish it, and HOW you will accomplish it
- >>Examples on the next slide, but this list could and should go on forever. Never stop asking yourself what's missing and what's next

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QUESTIONS TO ASK YOURSELF - BRAINSTORM

- >What are the physical demands of my sport?
 - >What does my schedule look like?
- >What are my strengths? (do NOT neglect in 13Routine)
 - >What are my areas of improvement?
- >What can I do to strengthen my areas of improvement?
- >What MUST be done throughout the year regardless of time of season?
 - >How can I apply what I've learned in my athletic career into my forever growing 13Routine?
 - >Were the reps I completed producing quality results?
 - >If not, what can/should I do to change that?

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DAY 2 AND BEYOND

>>Continue to answer all questions AND ask more

>>Create a never ending exercise library

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CREATION

>> Takes Reflection and Time
-Should NOT be done in a week or even 3-4 weeks

>> Exercise Library

>> Outline (work our way backwards with objectives)

>> Forever Growing

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EXAMPLE CATEGORIES

- >>Acceleration
- >>Top End Speed
- >>Strength
- >>Change of Direction
- >>Vertical

- >>Sport Specific Skills
- >>Conditioning

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EXERCISE LIBRARY

>>Each category has drills

>>Example: Acceleration:

-Hip Projection/Load Lift

-1, 2, 3 Step Acceleration

-Banded March, Bound, Sprint

-Etc

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OUTLINE/PROGRAMMING

- >>End goal and work backwards
- >>Example: Championships in May
 - Peak in May
 - Mid Season: Heavy skill focus
- Beginning of Season: Maintain condition and bring in skill work
 - Preseason: Conditioning, injury prevention, and form work
- >What weekly and daily objectives match

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3D WORLD

- >>We work in a 3D environment (even track athletes who only compete in a forward direction)
- >>Make sure we are covering all planes of motion, not just forward
 - >Strength and more importantly: INJURY PREVENTION
- >>Example: for lower body performance, instead of only doing lunges and squats (both 1D) add in 3D strength such as curtsy lunges and rotational movements with a significantly lighter load

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HOW WE ENCOURAGE OUR 1:1 ATHLETES TO BEGIN PROGRAMMING

1. Collect thoughts and ideas about what has worked/not worked, been beneficial, what they learned, what they specifically need, etc.
2. Complete thoughts from 1st assignment and start formatting to take with them long term
3. Go back to step one and think more in depth
4. Continue formatting with realism
5. Repeat throughout your entire athletic career

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FLOW OF A WORKOUT

1. T.S.A: Torso Stability and Alignment
2. P.A.P. : Low Level Plyos, Store Energy
3. Mobility
4. Vertical Drills
5. Horizontal Drills
6. Lesson/Pattern
7. Close/Apply

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EXAMPLE WORKOUT - FORWARD ACCELERATION

1. T.S.A: Posture Hold 3x30 seconds
2. P.A.P. : Pogos 3x5 yds
3. Mobility: Mobility 5 moves x10
4. Vertical Drills: A Drills 1x10 yds each drill
5. Horizontal Drills: Hip Projection x6 each drill each leg
6. Lesson/Pattern: 1,2,3 Step Acceleration x4 each drill each leg
7. Close/Apply: 10 yd Sprint x5



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WANT HELP SPECIFIC TO YOUR NEEDS?

If you would like personalized and specific help crafting your 13Routine and you think we are a good fit to work together in our Speed Enhancement Mentorship, reach out to us today to schedule a call and create a roadmap to help you reach your goals

<https://starkstrongperformance.com/15-min-call/>