

ESCAPE OCTAGON LOAD TRAINING.

WORKOUT SEVEN – STRENGTH AND CONDITIONING.

OVERVIEW: This session uses a combination of strength and power to achieve a conditioning response with a sports focus. Using a strength exercise and then swiftly performing the same movement pattern with lower resistance and greater speed develops a level of strength, speed and power simultaneously as the session structure focusses on different parts of the Force Velocity Curve. The combination of these exercises with limited rest stresses the metabolic system more and puts the body in a situation more similar to many sporting situations, where multiple energy systems and parts of the force velocity curve are used.

	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Drive	One Arm Drive - Ipsilateral	Neutral	Split	75%
EXERCISE 2.	Drive	One Arm Drive - Ipsilateral	Hand Release Neutral	Split	10%

RECOVERY BETWEEN EXERCISES: 90 seconds

RECOVERY AFTER EACH SET: 60 seconds

SET 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	10kg/22lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	0kg/0lb + 1 band
SET 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	10kg/22lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	0kg/0lb + 1 band
SET 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	10kg/22lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	0kg/0lb + 1 band

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	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Lift	Deadlift - Two Hands	Neutral	Neutral	75%
EXERCISE 2.	Lift	Jump - Two Hands	Neutral	Neutral	10%

RECOVERY BETWEEN EXERCISES: 90 seconds

RECOVERY AFTER EACH SET: 60 seconds

SET 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	60kg/132lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	5kg/11lb + 1 band
SET 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	60kg/132lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	5kg/11lb + 1 band
SET 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	60kg/132lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	5kg/11lb + 1 band

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	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Press	Two Arm Press	Overhead	Split	75%
EXERCISE 2.	Press	Two Arm Drop Press	Overhead	Neutral to Split	10%

RECOVERY BETWEEN EXERCISES: 90 seconds

RECOVERY AFTER EACH SET: 60 seconds

SET 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	20kg/44lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	0kg/0lb + 1 band
SET 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	60kg/132lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	0kg/0lb + 1 band
SET 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	60kg/132lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	0kg/0lb + 1 band

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	STATION.	EXERCISE NAME.	GRIP POSITIONING.	STANCE.	% OF 1 RM.
EXERCISE 1.	Lift	Bulgarian Split Squat - Two Hands	Neutral	Split	75%
EXERCISE 2.	Lift	Single Leg Jump - Two Hands	Neutral	Neutral to Split	10%

RECOVERY BETWEEN EXERCISES: 90 seconds

RECOVERY AFTER EACH SET: 60 seconds

SET 1.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	30kg/66lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	0kg/0lb + 1 band
SET 2.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	30kg/66lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	0kg/0lb + 1 band
SET 3.	REPS.	TEMPO.	REST.	EXAMPLE LOAD/BANDS.
EXERCISE 1.	8	3 - 1 - 1	90 seconds	30kg/66lb + 3 bands
EXERCISE 2.	6	Explosive	60 seconds	0kg/0lb + 1 band