

# STRENGTH AND CONDITIONING

PROGRAMME FOR GOOD TO GREAT  
INDIVIDUALS



# RATIONALE

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This programme has been designed to develop your levels of Strength and Conditioning to enhance your sporting performance.

If followed correctly, this programme will develop your speed, strength, power and endurance whilst reducing the likelihood of injury.

We look to strengthen the whole body from head to toe, spotting and improving weaknesses along the way. We strive for longevity and constructing a body that is going to last a lifetime, not just a season.

The Strength part refers to getting you stronger in order for you to handle the physical demands of your sport safely and competently.

This is partnered with Conditioning: increasing your capacity for exertion through movement, so that you can perform better for longer.

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## TESTS

- **Height and Weight**
  - **10m Sprint**
  - **20m Sprint**
  - **T-Test**
  - **Vertical Jump Test**
  - **YOYO Test**
  - **Sit and Reach Test**
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# STRENGTH AND CONDITIONING GOOD TO GREAT PROGRAMME FOR INDIVIDUALS

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## Prep Work / Warm Up / Glute Activation

The importance of this cannot be ignored. We use this section to get the body fully ready to train at optimum level – this is to allow individuals to achieve maximum performance and progression.



## Speed / Power

Speed and power is vital for any sport, whether that be the speed and power to beat an opponent or generate force in the mechanics of the sport, it remains an essential component of any sport.

## Strength / Power

Lower and upper body strength is important in the majority of sports. A strong core, lower body and upper body gives any sportsman the strong base required when performing the mechanics of any match.



## Flexibility / Cool Down

Flexibility is vital in all sports; the range of motion through an athlete's thoracic spine and hips affects their ability to perform at optimal level. Constantly stretching and cooling down properly after each session can increase flexibility and aid injury prevention.

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# STRENGTH AND CONDITIONING

<b>INDIVIDUALS</b>			
<b>PREP WORK / WARM UP</b>			
Pulse Raiser of your choice			
Yoga mobilisation sequence: Press up, Downward dog, Cobra x5			
Complete glute activation work			
Build up of speed / power work from 50% to 100%			
<b>SPEED / POWER</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>% OF 1RM</b>
1). Ladder Single Step	3		100%
2). Ladder Double Step	3		100%
3). Ladder Double Step (2sq. For, 1Sq. Back)	3		100%
4). Pogos	3	10	100%
5). Single Leg Pogos	3	5 (Each)	100%
6). Broad Jumps	3	5	100%
7). MB Horizontal Shot	3	5	100%
8). Sprints (10m, 20m, 30m)	3	1 (each)	100%
<b>STRENGTH / POWER</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>% of 1RM</b>
1). Deadlift	3	5	80-90%
2a). Squat	2-3	6-8	80-90%
2b). Single Arm Row	2-3	8-10 (each side)	70-80%
3a). Bulgarian Split Squat	2-3	10-12 (each side)	70-80%
3b). Alt Dumbell Shoulder Press	2-3	10-12 (each side)	70-80%
4a). Hip Thrusters	2-3	6-8	80-90%
4b). Reverse Lunges	2-3	10-12 (each side)	70-80%
<b>CORE / STRETCHES</b>			
2x45s Bicycle Crunches	Hamstrings		
	Quadriceps		
2x45s Leg Raises	Calves		
	Glutes		
<b>NOTES</b>			
Squat and Deadlift variations are to be judged on the technical ability of the athlete			
All athletes must complete pre-screening demonstrating variations of squats before adding any additional weight			
Any efforts of 80% and over must have a spotter			
<b>IF YOU ARE UNSURE ON ANY EXERCISES PLEASE SPEAK TO MR JONES</b>			



# STRENGTH AND CONDITIONING

## INDIVIDUALS

### PREP WORK / WARM UP

Pulse Raiser of your choice

Yoga mobilisation sequence: Press up, Downward dog, Cobra x5

Complete glute activation work

Build up of speed / power work from 50% to 100%

### SPEED / POWER

Exercise	Sets	Reps	% OF 1RM
1). Ladder Single Step	3		100%
2). Ladder Double Step	3		100%
3). Ladder Double Step (2sq. For, 1Sq. Back)	3		100%
4). Pogos	3	10	100%
5). Single Leg Pogos	3	5 (Each)	100%
6). Broad Jumps	3	5	100%
7). MB Horizontal Shot	3	5	100%
8). Sprints (10m, 20m, 30m)	3	1 (each)	100%

### STRENGTH / POWER

Exercise	Sets	Reps	% of 1RM
1). KB Swings	3	10	60-70%
2a). Deadlift	2-3	6-8	80-90%
2b). Alt Dumbell Chest Press	2-3	10-12 (each side)	70-80%
3a). Split Squat	2-3	6-8 (each side)	80-90%
3b). Pull Up (Horizontal if needed)	2-3	10-12	70-80%
4a). Bear Crawls	2-3	10m-20m	70-80%
4b). Resistance Band High to Low Woodchop	2-3	10-12 (each side)	70-80%

### CORE / STRETCHES

2x45s Plank Up / Downs	Hamstrings
	Quadriceps
2x45s Cable Pallof Press	Calves
	Glutes

### NOTES

Squat and Deadlift variations are to be judged on the technical ability of the athlete

All athletes must complete pre-screening demonstrating variations of squats before adding any additional weight

Any efforts of 80% and over must have a spotter

**IF YOU ARE UNSURE ON ANY EXERCISES PLEASE SPEAK TO MR JONES**



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