



BRIAN DANLEY FITNESS

SPORT PERFORMANCE CONDITIONING

Purpose: To increase power and optimize athleticism for sport

RESISTANCE TRAINING:

BEGINNER (< 8 MO)

PERIOD =	1 - 2 MO
EXERCISES / MUSCLE =	1
FREQUENCY =	2 - 3 X / WK
LOAD =	> 85 or < 45% 1-RM
SETS =	1 - 6
REPS =	< 6 or > 30
REP SPEED =	SLOW or FAST
SET DURATION =	10s - 1 MIN
REST DURATION =	1 - 5 MINS
WORKOUT DURATION =	30 - 60 MINS

INTERMEDIATE (8 - 18 MO)

PERIOD =	1 - 2 MO
EXERCISES / MUSCLE =	1 - 2
FREQUENCY =	3 - 4 X / WK
LOAD =	> 85 or < 45% 1- RM
SETS =	2 - 6
REPS =	> 6 or > 30
REP SPEED =	SLOW or FAST
SET DURATION =	10s - 1 MIN
REST DURATION =	1 - 5 MINS
WORKOUT DURATION =	30 - 70 MINS

ADVANCED (> 18 MO)

PERIOD =	1 - 2 MO
EXERCISES / MUSCLE =	1 - 3
FREQUENCY =	4+ X / WK
LOAD =	> 85 - < 45% 1-RM
SETS =	2 - 6
REPS =	> 6 or > 30
REP SPEED =	SLOW or FAST
SET DURATION =	10s - 1 MIN
REST DURATION =	1 - 5 MINS
WORKOUT DURATION =	30 - 90 MINS

WORKOUT PROGRAMS:

- **CIRCUIT TRAINING**
- **SUPERSET TRAINING**
- **PUSH-PULL TRAINING**
- **SPEED TRAINING**
- **UPPER-LOWER BODY TRAINING**
- **PLYOMETRIC TRAINING**
- **KETTLEBELL TRAINING**

CARDIO TRAINING:

PERIOD =	1 - 3 MO
FREQUENCY =	3 - 5 X / WK
INTENSITY =	60 - 85% HRR
WORKOUT DURATION =	20 - 45 MINS

WORKOUT PROGRAMS:

- **HIIT TRAINING**
- **ACCELERATION TRAINING**
- **HOLLOW SPRINTS**