

A large, stylized silhouette of two AFL players in mid-air, competing for a mark. The player in the foreground is in a lower, more dynamic pose, while the player behind him is higher and more upright, reaching for the ball. The background is white, and the silhouettes are in shades of grey and black.

AFL Program

17 Week Pre-Season + 5 weeks of season



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MOMENTUM FITNESS WARRNAMBOOL

TRAINING PROGRAM DETAIL – STRENGTH-POWER

Macrocycle: General preparation phase

Duration: 6 weeks

Goal: Weeks 1-6 Increase lean muscle mass & increase maximal strength

Microcycles: 5

MICROCYCLE 1

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Aerobic end							

Session 1: Max strength (1) (Main Lifts)

Goal – Inclusion of compound exercises using low repetitions and high resistance. This will maximise neural stimulation & motor unit recruitment in preparation for the power work to come.

NOTE: Always leave 2 reps in the tank, never go to fail on **ANY** sets

EXERCISE	SETS	REPS	LOAD % 1RM	RECOVERY (mins)
Warm up:				
BB Squat	3	6	80	3
Wide Grip Chin Ups	3	6	80	3
GHR	3	6		3
BB bench press	3	6	80	3
BB BOR	3	6	80	3
Hex Bar DL	3	6	80	3
Standing BB shoulder press	3	6	80	3

Total reps = 126 (excluding warm up)

Session 2: Strength endurance (Accessory Lifts)

Goal – Exercises in this session are also compound but the repetition range is higher in order to facilitate development of muscular endurance (non-linear periodisation). Accessory exercises assist in increased performance for main strength lifts. Recovery is also decreased as is the resistance used.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	LOAD	RECOVERY (mins)
Warm up:				
DB Renegade Row with push up KB Oblique twist	3	12/arm 30		1.5
Heavy bag Walking lunge	3	15/leg		1.5
BB Prone Row or bench pull	3	15		1.5
Standing hip extension	3	15/leg		1.5
BB hip thrust	3	12		1.5
Incline DB bench press	3	15		1.5
Hanging leg raises	3	20		1

Total reps = 417 (not including warm up)

MICROCYCLE 2

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Aerobic end							

Session 1: Max strength (1) (Main Lifts)

Goal – Exercises are as per the 1st microcycle but the volume has decreased whereas intensity & recovery have increased.

NOTE: Always leave 2 reps in the tank, never go to fail on **ANY** sets

EXERCISE	SETS	REPS	LOAD % 1RM	RECOVERY (mins)
Warm up:				
BB Squat	4	4	86	3-4
Wide grip chin ups (weighted)	4	4	86	3-4
GHR	3	6		3-4
BB bench press	3	4	86	3-4
BB BOR	3	4	86	3-4
Hex Bar DL	3	4	86	3-4
Standing BB shoulder press	3	4	86	3-4

Total reps = 98 (excluding warm up)

Session 2: Strength endurance/hypertrophy (2) (Accessory Lifts)

Goal – Exercises are as per the 1st microcycle but the volume has decreased and intensity has increased.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	LOAD	RECOVERY (mins)
Warm up:				
DB Renegade Row with push up KB Oblique twist	3	10/arm 30		1.5
Heavy bag Walking lunge	3	12/leg		1.5
BB Prone row or Bench pull	3	12		1.5
Standing hip extension	2	12/leg		1.5
BB Hip thrust	3	15		1.5
Incline DB bench press	3	12		1.5
Hanging leg raises	3	20		1

Total reps = 369 (not including warm up)

MICROCYCLE 3

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Aerobic end							

Session 1: Max strength (1) (Main Lifts)

Goal – Exercises are as per the 1st microcycle but the volume has decreased & pyramid sets are implemented.

NOTE: Always leave 2 reps in the tank, never go to fail on **ANY** sets

EXERCISE	SETS	REPS	LOAD % 1RM	RECOVERY (mins)
Warm up:				
BB Squat	1 1 1 1	4 3 2 4	86 89 92 86	4
Wide Grip chin ups (weighted)	1 1 1 1	4 3 2 4	86 89 92 86	3-4
GHR	1 1 1	6 6 6		3-
BB Bench press	1 1 1	4 3 2	86 89 92	3-4
BB BOR	1 1 1	4 3 4	86 89 86	2-3
Hex Bar DL	1 1 1	4 3 2	86 89 92	3-4
Standing BB shoulder press	1 1 1	4 3 2	86 89 92	3-4

Total reps = 82 (excluding warm up)

Session 2: Strength endurance/hypertrophy (2) (Accessory Lifts)

Goal – Exercises are as per the 1st microcycle but the volume has decreased and intensity has increased slightly.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	LOAD	RECOVERY (mins)
Warm up:				
DB Renegade row with push up	3	8/arm		1.5
Heavy bag walking lunge	3	10/leg		1.5
Prone Row or Bench pull	3	10		1.5
Standing hip extension	2	10/leg		1.5
BB Hip thrust	3	12		1.5
Incline DB bench press	3	10		1.5
Hanging leg raises	3	20		1

Total reps = 230 (excluding warm up)

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Aerobic end							
Anaerobic end							

Session 1: Max strength (1) (Main Lifts)

Goal – Exercises have changed and volume continues to decrease with 2 main lifts. Pyramid sets are still being used.

NOTE: Always leave 2 reps in the tank, never go to fail on **ANY** sets

EXERCISE	SETS	REPS	LOAD % 1RM	RECOVE (mins)
Warm up:				
Safety Bar squat or BB front squat	1 1 1 1	6 4 2 6	81 86 92 81	3-4
BB BOR	1 1 1 1	6 4 2 6	81 86 92 81	3-4
Seated Single leg Hammy curl	1 1 1	6/leg 4 6		2
Single leg, Leg Extension	1 1 1	6/leg 4 6		2
DB lying pullover	1 1 1	8 6 8		2
Single leg box squat	3	6/leg 4 6		2
Standing DB lateral raise (above head)	3	6/arm 4 6		2

Total reps = 122 (excluding warm up)

Session 2: Strength endurance (2) (Accessory Lifts)

Goal – Exercises have changed and volume continues to decrease. Stability is challenged through unilateral multi-plane exercises.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	LOAD	RECOVERY (mins)
Warm up:				
Alternate arm DB bench press	3	6/arm		1.5
Heavy bag on shoulder lateral lunge	3	6/leg		1.5
Standing straight arm LPD	3	8		1.5
Single leg swiss ball leg curl	3	8/leg		1.5
Prone dumbbell 3 way shoulder fly	3	6,6,6/arm		1.5
Single arm standing DB OH extension	3	8/arm		1.5

Total reps = 162 (not including warm up)

MICROCYCLE 5

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Aerobic end							
Anaerobic end							

Session 1: Max strength (1) (Main Lifts)

Goal – Exercises have changed and volume continues to decrease. Functional isometrics are now used with a 5 second isometric phase at specified joint angles. Using rack/ bench pins to rest under passive tension and explosive effort to move weight.

NOTE: Always leave 2 reps in the tank, never go to fail on **ANY** sets

EXERCISE	SETS	REPS	LOAD % 1RM	RECOVERY (mins)
Warm up:				
Safety Bar front squat (from bottom rack pos)	3	4	86	3-4
Pendlay BB row	3	4		3-4
DL rack pulls 18"	3	3	92	3-4
BB bench press (from bottom rack pos)	3	3	89	3-4
Standing barbell shoulder press (from shoulder rack pos)	3	4	89	3-4

Total reps = 54 (excluding warm up)

Session 2: Strength endurance (2) (Accessory Lifts)

Goal – Exercises are as per last microcycle. Rest period has slightly decreased.

EXERCISE	SETS	REPS	LOAD	RECOVERY (mins)
Warm up:				
Alternate arm DB bench press	3	4/arm		1
Heavy bag on shoulder lateral lunge	3	6/leg		1
Standing straight arm LPD	3	6		1
Single leg swiss ball leg curl	2	8/leg		1
Prone dumbbell 3 way shoulder fly	3	6,6,6/arm		1
Single arm standing OH DB extension	3	6/arm		1

Total reps = 136 (not including warm up)

WEEK 6

RECOVERY WEEK- RECCOMENDED FULL WEEK OFF

MOBILITY EXERCISES ONLY IF YOU NED TO

Macrocycle: Specific preparation phase

Duration: Weeks 7-11

Goal: Develop peak power & RFD

Microcycles: 5

MICROCYCLE 1

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Anaerobic end							

Session 1: Peak power & RFD (1) (Main Lifts)

Goal – Inclusion of compound exercises with the emphasis on moving weight quickly and explosively. Exercises are movement specific to AFL.

NOTE: Always leave 2 reps in the tank, never go to fail on **ANY** sets

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB Power clean	4	6		70	3
Hex Bar Squat jump	3	6		45 of squat	3
Jammer (alternate)	3	4/arm			3
DB Snatch balance	3	6/arm			3
Hex Bar jump shrug	3	6		45 of squat	3

Total reps = 90 (excluding warm up)

Session 2: Contrast loading (2) (Accessory Lifts)

Goal – Exercise in this session are also compound but each strength exercise is followed by a sport-specific power activity to take advantage of the post-activation potentiation effect.

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB Squat + Hex bar Squat jump + 20m sprint or Sled Push up/back	4	3 4 1		85 60 of squat	3-4
BB Bench + Plyo clap push up + Forward med ball throw & 20m sprint	4	3 4 2		85	3-4
Prone row/ Bench pull + Wide grip weighted Chin up + O/H backwards med ball throw-turn-20m	4	4 4 2		85	3-4

Total reps= 108 (excluding warm up)

MICROCYCLE 2

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Anaerobic end							

Session 1: Peak power & RFD (1) (Main Lifts)

Goal – Inclusion of compound exercises with the emphasis on moving weight quickly and explosively. Exercises are movement specific to AFL. Volume has increased marginally.

NOTE: Always leave 2 reps in the tank, never go to fail on **ANY** sets

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB Power clean	4	6		70	3-4
Hex Bar Squat jump	4	6		45 of squat	3-4
Jammer (alternate)	3	4/arm			3
DB Snatch balance	3	6/arm			3
DB jump shrug	4	6		45 of squat	3-4

Total reps = 90 (excluding warm up)

MFV

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Session 2: Contrast loading (2) (Accessory Lifts)

Goal – Exercise in this session are also compound but each strength exercise is followed by a sport-specific power activity to take advantage of the post-activation potentiation effect. Volume has increased marginally.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB Squat + Hex bar Squat jump + 20m sprint or Sled Push up/back	3	5 6 2		85 60 of squat	3-4
DB Bench press + Plyo clap push up + Forward med ball throw & 20m sprint	3	5 6 2		85	3-4
Prone row/ Bench pull + Wide Grip weighted chin up O/H backwards med ball throw-turn-20m	3	5 6 2		85	3-4

Total reps = 117 (not including warm up)

MICROCYCLE 3

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Anaerobic end							
SAQ							

Session 1: Peak power & RFD (1) (Main Lifts)

Goal – Inclusion of compound exercises with the emphasis on moving weight quickly and explosively. Exercises are movement specific to AFL. Volume is slightly decreased but intensity has increased.

NOTE: Always leave 2 reps in the tank, never go to fail on **ANY** sets

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB Power clean	1	4		60	3-4
	2	3		70	
	1	4		90	
Hex bar Squat jump	1	6		50 of squat	3-4
	2	4		65	
Jammer (alternate)	1	6/arm			3
	1	4/arm			
	1	6/arm			
DB Snatch balance	3	6/arm			3
DB jump shrug	1	6		45 of squat	3-4
	2	4		60	

Total reps = 76 (excluding warm up)

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Session 2: Contrast loading (2) (Accessory Lifts)

Goal – New exercises are implemented in this session but still following contrast training guidelines.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB squat + Hex Bar Squat jump + 20m sprint or Sled Push up/back	3	5 4 1		60 40	3-4
DB bench press + Plyo clap push up + Single arm KB swings	3	4 4 4/arm		85	3-4
Weighted chin ups + DB single arm bent-over row + Single arm LPD	3	4 4/arm 4/arm		85 40	3-4

Total reps = 102 (not including warm up)

MICROCYCLE 4

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Anaerobic end							
SAQ							

Session 1: Peak power & RFD (1) (Main Lifts)

Goal – Inclusion of new compound exercises with the emphasis on moving weight quickly and explosively. Exercises are movement specific to AFL.

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB Hang clean & press	2 2	4 2		90	3-4
Heavy bag Split squat jump	3	4		35 of squat	3
Single arm DB snatch	3	4/arm			3
Single leg MVP shuttle jump half squat position	3	4/leg		25-35 of squat	3
Heavy bag over shoulder and turn	3	6			2-3

Total reps = 70 (excluding warm up)

Session 2: Contrast loading (2) (Accessory Lifts)

Goal – New exercises are implemented in this session but still following contrast training guidelines. Strength is followed by explosive exercise.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB squat + Box jump 24" 32"	3	5 4		83	3-4
DB bench press+ Single arm jammer	3	3 3/arm		90	3-4
Weighted chin ups + Single arm DB rows	3	3 4/arm		90	3-4

Total reps = 66 (not including warm up)

MICROCYCLE 5

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Anaerobic end							
SAQ							

Session 1: Peak power & RFD (1) (Main Lifts)

Goal – Variables are as per the previous strength session.

The volume has decreased to 2 sessions this week as the season begins next week.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB Hang clean & press	2 2	3 1		90 100	3-4
Heavy bag Split squat jump	3	3		35 of squat	3
Single arm DB snatch	3	3/arm			3
Single leg MVP shuttle jump	3	4/leg		25-35 of squat	3
Heavy bag over shoulder with turn	3	6			2-3

Total reps = 56 (excluding warm up)

Macrocycle: Competition phase

Duration: Weeks 12-16

Goal: Continue to develop & maintain power

Microcycles: 5

MICROCYCLE 1

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Anaerobic end & SAQ							
Team							

Session 1: Peak power/RFD (Main Lifts)

Goal – Inclusion of compound exercises with the emphasis on maintaining power and RFD gains made during the specific prep phase.

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB High pull	2	5		80 of clean	3-4
BB step up & drive knee high	2	4/leg		30 of squat	3
Seated DB curl & arnold press	3	6/arm			2
Hanging Hex Bar jump & shrug	3	4		60 of clean	3
Ezy curl pullover & press	3	5			2

Total reps = 63 (excluding warm up)

MFW

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MICROCYCLE 2

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Anaerobic end & SAQ							
Team							

Session 1: Peak power/RFD (Main Lifts)

Goal – Inclusion of compound exercises with the emphasis on maintaining power and RFD gains made during the specific prep phase. The volume has increased slightly.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB High pull	3	5		80 of clean	3-4
BB step up & drive from knee	2	4/leg		30 of squat	3
Seated DB curl & arnold press	3	6/arm			2
Hanging Hex Bar jump & shrug	4	4		60 of clean	3
Ezy curl pullover & press	3	5			2

Total reps = 68 (excluding warm up)

MICROCYCLE 3

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Anaerobic end & SAQ							
Team							

Session 1: Peak power/RFD (Main Lifts)

Goal – Inclusion of compound exercises with the emphasis on maintaining power and RFD gains made during the specific prep phase. The volume and intensity have increased slightly.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	TEMPO	LOAD % 1RM	RECOVERY (mins)
Warm up:					
BB High pull	1 1 2	5 4 3		80 of clean 85 90	3-4
BB step up & drive from knee	2 1	4/leg 2/leg		30 of squat 45	3
Seated DB curl & arnold press	4	5			2
Hanging Hex Bar jump & shrug	1 1 2	5 4 3		60 of clean 65 70	3
Ezy curl pullover & press	3	5			2

Total reps = 75 (excluding warm up)

MFW

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MICROCYCLE 4

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Anaerobic end & SAQ							
Team							

Session 1: Peak power & RFD (Main Lifts)

Goal – All variables are the same as the previous microcycle except the exercises have changed.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	TEMPO	INTENSITY (% 1RM)	RECOVERY (mins)
Warm up:					
BB Hang clean	1 1 2	5 4 3		80 of clean 85 90	3-4
BB dip & jerk from rack	1 1 2	5 4 3		65 of clean 70 75	3-4
Single arm cable power row	4	4/arm			2
Explosive Box jump 24" 32"	4	4			3

Total reps = 54 (excluding warm up)

MICROCYCLE 5

	MON	TUE	WED	THU	FRI	SAT	SUN
Strength							
Anaerobic end & SAQ							
Team							

Session 1: Peak power & RFD

Goal – This is a game against lesser/greater opposition () that we will train through and further increase the volume of the power sessions. Exercises remain the same as the previous microcycle.

NOTE: Always leave 2 reps in the tank, never go to fail on ANY sets

EXERCISE	SETS	REPS	TEMPO	INTENSITY (% 1RM)	RECOVERY (mins)
Warm up:					
BB Hang clean	1 1 2	5 4 3		80 of clean 85 90	3-4
BB dip & jerk from rack	1 1 2	5 4 3		65 of squat 70 75	3-4
Single-arm cable power row	1 1 2	5/arm 4/arm 3/arm			2
Explosive Box jump 24" 32"	4	4			3
DB snatch	1 2	5/arm 3/arm			2-3

Total reps = 68 (excluding warm up)

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