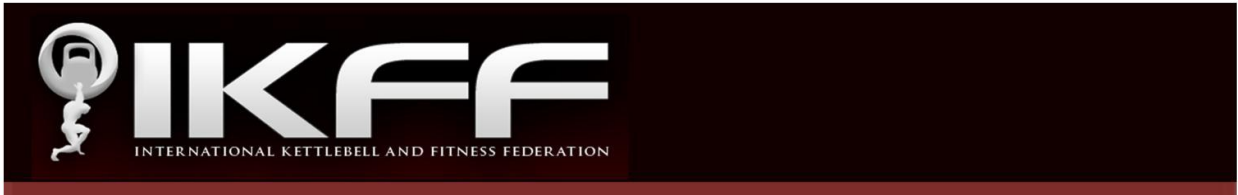




Program Design Notes for K-bell Sport



Key Points

LC = Long cycle

BB = Barbell

DL = Deadlift

KB = Kettlebell

% = percentage of max lift in listed exercise

LC 2x24kg x 10 x 10 = two 24kg k-bells x 10 reps x 10 sets

*At end of each session, do 1 set of dips for max reps (develops lock out)--stop dips after 4th week

*Do 1 set of max pull-up's every day (20 reps or more). On k-bell days, do earlier in the day (k-bell workout in the evening). Use a band, kipping etc. – do what you have to do to get a minimum of 20 reps. Will develop grip in addition to conditioning the lats and pulling muscles.

*Jog on non k-bell training days for at least 30 min

*Use wet t-shirt during k-bell training (helps with maintaining rack)

*Keep shoulders loose

*Relax whenever possible (physically & mentally)

*Keep hands deep into handle/handles (hand position is very important)

Heart rate info for determining recovery time

* 65-70% of max heart rate = recovery HR for endurance training (get to this level between sets before starting next set. Take more or less rest between sets in order to stay in the 65-70% zone). *Thus, use the below suggested times as guidelines. Based on heart rate, you may need to rest shorter/longer.*

Example: Max HR= 180

$180 \times .65 = 117$ (65%)

$180 \times .7 = 126$ (70%)

Take 10 second pulse x 6 = HR per minute

Below are two possible templates that can be followed. However, these are specific programs and are related to a specific level and goal. Thus, you may have to adjust the number/weights accordingly depending on your goals, conditioning, abilities etc.

6 Week Long Cycle Program

Week 1:

Workout # 1:

- Warm up - LC 2x16kg x 10, 2x24kg x 10, 2x32kg x 5 x 3
- LC 2x24kg x 10 x 10 (rest 1:00 to 1:30 between sets)
- BB Squat 60% x 8-10 x 4 (rest 3.00 between sets) or 2x40kg x 15 x 4 (up on toes each rep)
- BB DL 60% x 8-10 x 4 (rest 3:00 between sets) or 2x40kg+16kg each hand x 15 x 4

Workout # 2:

- Warm up - Clean 2x16kg x 10, 2x24kg x 10, 2x32kg x 10
- Clean 2x24kg x 20 x 8 (rest 2:00 min between sets)
- Jerk 2x24kg x 15 x 4 (rest 2:00 min between sets)
- BB Jump Squat 50% x 15 x 4 (rest 2:00 min between sets)

Workout #3

- Warm up (use warm-up for workout 1)
- LC 2x24kg x 10, 35, (rest 1:00 between sets), rest 5:00 2x24kg x 20
- Jerk specific Squat. 2x24kg x 40
- KB DL 2x24kgx40

Week 2:

Workout #4

- Warm up - LC 2x16kg x 15, 2x20kg x 15, 2x32kg x 5,6,7
- LC 2x24kg x 15 x 8 (rest 2:00 between sets)
- BB Squat 65% x 8-10 x 4 (rest 3.00 between sets)
- BB DL 65% x 8-10 x 4 (rest 3:00 between sets)

Workout #5

- Warm up - Clean 2x16kg x 10, 2x24kg x 10, 2x32kg x 10
- Clean 2x24kg x 30 x 6 (rest 2:00 min between sets)
- Jerk 2x24kg x 20 x 3 (rest 2:00 min between sets)
- BB Jump Squat 60% x 15 x 4 (rest 2:00 min between sets)

Workout #6

- Warm up (use warm-up for workout 1)
- LC 2x24kg x 10, 45, 2x28kg x 15 (rest 1:00 between sets), rest 5:00 2x24kg x 20
- Jerk specific Squat. 2x24kg x 55
- KB DL 2x24kgx55

Week 3:

Workout #7

- Warm up LC 2x16kg x 15, 2x20kg x 15, 2x32kg x 6, 7, 8
- LC 2x24kg x 20 x 6 (rest 2:30 between sets)
- BB Squat 70% x 8-10 x 4 (rest 3.00 between sets)
- BB DL 70% x 8-10 x 4 (rest 3:00 between sets)

Workout #8

- Warm up Clean 2x16kg x 10, 2x24kg x 10, 2x32kg x 10
- Clean 2x24kg x 35 x 4 (rest 2:00 between sets)
- Jerk 2x24kg x 10, 30, 20, 10 (rest 2:00 between sets)
- BB Jump Squat 70% x 15 x 4 (rest 2:00 between sets)

Workout #9

- Warm up (use warm-up for workout 1)
- LC 2x24kg x 10, 55, 20(rest 1:00 between sets),rest 5:00 2x28kg x 25
- Jerk specific Squat. 2x24kg x 65
- KB DL 2x24kgx65

Week 4:

Workout #10

- Warm up LC 2x16kg x 15, 2x20kg x 15, 2x32kg x 7, 8, 9
- LC 2x24kg x 25 x 5 (rest 3:00 between sets)
- BB Squat 75% x 8-10 x 4 (rest 3.00 between sets)
- BB DL 75% x 8-10 x 4 (rest 3:00 between sets)

Workout # 11

- Warm up Clean 2x16kg x 10, 2x24kg x 10, 2x32kg x 10
- Clean 2x24kg x 40 x 3 (rest 2:00 between sets)
- Jerk 2x24kg x 30 x 2 (rest 2:00 between sets)
- BB Jump Squat 70% x 15 x 4 (rest 2:00 between sets)

Workout # 12

- Warm up
- LC 2x24kg x 10, 60, 20(rest 1:00 between sets),rest 5:00 2x20kg x 50
- Jerk specific Squat. 2x24kg x 70
- KB DL 2x24kgx70

Week 5:

Workout #13

- Warm up LC 2x16kg x 15, 2x20kg x 15, 2x32kg x 8, 9, 10
- LC 2x24kg x 30 x 3 (rest 3:00-4:00 between sets)
- BB Squat 80% x 8-10 x 4 (rest 3.00 between sets)
- BB DL 80% x 8-10 x 4 (rest 3:00 between sets)

Workout #14

- Warm up Clean 2x16kg x 10, 2x24kg x 10, 2x32kg x 10
- Clean 2x24kg x 70 x 1 (rest 2:00 between sets)
- Jerk 2x24kg x 50 x 1 (rest 2:00 between sets)
- BB Jump Squat 80% x 15 x 4 (rest 2:00 between sets)

Workout # 15

- Warm up
- LC 2x24kg x 10, 40, (rest 1:00 between sets), rest 4:00-5:00, 2x20kg x 60 x 1
- Jerk specific Squat. 2x24kg x 80
- KB DL 2x24kgx80

Week 6:

Workout #16

- Warm up
- LC 2x24kg x 20

Workout # 17

- Warm up
- LC 2x24kg x 15
- Snatch 24kg x 15/15

Workout #18 - Test day

- Warm up
- LC 2x24kg x 80-90% of max rep goal (example – 110 reps)

*LC training program alternatives

- 1) 2x24kg x 10, 2x28kg x 10, 2x32kg x 10, 2x20kg x 10, 2x24kg x 10, 2x28kg x 10, 2x32kg x 10
- 2) 2x28kg x 10, 15, 20, 25, 30
- 3) 2x32kg x 10, 15, 20, 25, 20, 15, 10
- 4) 2x24kg x 30,25,20,15,10

***between sets, rest until HR is 120 bpm, but do not let HR drop below 120 bpm (or 65-70% of YOUR max HR)

4 Week Biathlon Program

Key

* jerk:16+16/10,25;20+20/15;24+24/15;32+32/15 (2'),24+24/15x6(1'30") = two 16kg k-bells x 10 reps and then 25 reps; two 20kg k-bells x 15 reps; two 24kg's k-bells x 15 reps; two 32kg k-bells x 15 reps; two 24kg k-bells x 15 reps x 6 sets.

*(1;30") = 1 minute and 30 seconds recovery time between sets.

Week 1

Workout #1

- jerk:16+16/10,25;20+20/15;24+24/15;32+32/15 (2'),24+24/15x6(1'30")
- snatch:16/10+10; 20/15+15; 24/20+20; 32+32/15+15(2')
- Jerk specific squat:24+24/25x3(2')
- Stretching

Workout #2

- Snatch:16/15+15; 20/15+15; 24/15+15; 32/15+15(2'); 24/15+15x6(1'30")
- Jerk specific squats 24+24/10,20 (2')
- BB DL 60%/8x4(2')
- K-bell jump squats 24kg x 15x4(1')
- Stretching

Workout #3

- Jerk:16+16/10; 20+20/10; 24+24/10; 32+32/10(1'30"); rest for about 4' 20+20/70, rest for about 1' 20+20/30
- BB Squat 60%/9x4(2')
- Jerk specific squat 32+32/17x3(2-3')
- Stretching

Workout #4

- Snatch:16/10+10; 20/10+10; 24/10+10; 32/10+10(1'30") FRA 4' 20/80+80, rest for about 1' 20/35+35
- BB DL:60%/10x4(2-3')
- Snatch specific DL:40/18+18x3(3')
- K-bell jump squats:16/30,25,20(1')
- Stretching

Week 2

Workout #5

- Jerk:16+16/15; 20+20/15; 24+24/15; 32+32/20(2');28+28/18x5(1'30")
- Snatch:24/20+20; 28/20+20; 32/15+15(2')
- Jerk specific squat: 24+24/35x3(2')
- Stretching

Workout #6

- Snatch:16/20+20; 24/15+15; 32/20+20 (1'); 28/20x5(1'30")
- Jerk: 24+24/10,30(2')
- BB DL: 70%/6x4(3')
- K-bell jump squats 28/15x4(1')
- Stretching

Workout #7

- Jerk:20+20/10; 24+24/15; 28+28/10 (1'); rest for about 4' 24+24/70 rest for about 1' 20+20/30
- BB Squat:70%/6x4(3')
- Jerk specific squat:24+24/50
- Stretching

Workout #8

- Snatch:16/20+20; 24/20+20; 28/10+10(1'); rest for about 4' 24/70+70; rest for about 1' 20/30+30
- Snatch specific DL:40/18+18x3(2'), 20/30+30
- K-bell jump squats 20/25,20,15(1')
- Stretching

Week 3

Workout # 9

- Jerk:16+16/10;24+24/10;32+32/10;28+28/18,32+32/18,24+24/18,28+28/18,32+32/18,24+24/18(2-3')
- Snatch:16/20+20,24/20+20,32/15+15 (2')
- Jerk specific squat: 28+28/50,24+24/30 (2')
- BB DL: 32+32/40, 24+24/30 (2')
- Stretching

Workout #10

- Snatch:16/10+10,24/10+10,32/10+10,28/20+20,32/20+20,24/20+20,28/20+20,32/20+20,24/20+20 (2-3')
- Jerk:24+24/20,20+20/20(2')
- K-bell jump squats:32/12x4(1')
- Double Swing:20+20/8x4(2')

Workout #11

- Jerk:20+20/10,24+24/10,32+32/10(1') fra 4' 28+28/60; rest for about 1' 24+24/30
- Jerk specific squat:28+28/60
- Stretching

Workout #12

- Snatch:20/10+10,24/10+10,32/10+10(1') fra 4' 28/60+60; rest for about 1' 24/30+30
- BB DL:28+28/60
- Stretching

Week 4

Workout #13

- Jerk:20+20/10,24+24/10,32+32/10,28+28/30 (2')
- Snatch:20/10+10,24/10+10,32/10+10,28/35+35 (2')
- Stretching

Workout #14

- Jerk:16+16/20,24+24/15,28+28/20 (2')
- Snatch:16/20+20,24/20+20,28/25+25 (2')
- Stretching

Workout #15

- Jerk:16+16/15,24+24/20(2')
- Snatch:16/20+20,24/25+25 (2')

Workout #16 (Test day)

- Test with 28kg k-bells for jerk
- Rest 30 -45 min
- Test with 28kg k-bell for snatch