

Metamorphosis
By Luke Thornley

Thanks to Damian Marsh (DM) for the really ingenious 'Special Hip Conditioning Primer' and the 4x6 cluster sets I used for the upper body and adapted for the lower body.

If people knew how hard I have had to work to gain my mastery it wouldn't seem wonderful at all (Michelangelo)

And it begins...

Week1: Connect to programme

Mon	Tues	***Weds	Thurs	Friday	Sat
Speed + Lower	Upper Vert.	Conditioning (+Skills)	Upper Horiz.	Speed + Lower	Recovery

Week2: Intensification continues

Mon	Tues	***Weds	Thurs	Friday	Sat
Speed + Lower	Upper Vert.	Conditioning (+Skills)	Upper Horiz.	Speed + Lower	Recovery

Week3: Break records from week 2

Mon	Tues	***Weds	Thurs	Friday	Sat
Speed + Lower	Upper Vert.	Conditioning (Skills)	Upper Horiz.	Speed + Lower	Recovery

Week4: Down load (reduced Volume)

Mon	Tues	Weds	Thurs	Friday	Sat
Speed + Lower	Upper	Off	***Conditioning (+Skills)	Off	Off

Week5: Christmas break: Alternate Conditioning Programme Issued

***** Conditioning Options (athlete depended)**

- Anaerobic games
- Hill repeats
- Intervals
- Cardio Circuit
- Boxing/ Wrestling
- Water base e.g. Surfing, Aqua jogging, Swimming intervals

Metamorphosis
By Luke Thornley

Speed/Power Complex 1

Warm up

Ladder forward Series	5min
Mobility	5min
Hurdles into accelerations (Mobility)	5min

Plyos/Acceleration

SPECIAL HIP CONDITIONING PRIMER

Repeat circuit x 3-5 with 30sec rest b/n exercises

Stiff Legged Bound x 15m
Sprint x 10
Power Skip Up x 15m
Sprint x 10
Speed Bound
Sprint x 10
Zig Zag Bound
Sprint x 10-

Another ingenious conditioning method courtesy of DM

Gym

**Power Snatch From Block	5x3
Hurdles Jumps	5x3

Alactate Power (run reps until speed starts to slow down)

Resisted harness release (10m) - 20m sprint (can add step and ball)

Gym

Get strength Front Squat Harness	4x6 Expressed W1 6,6, 1(2x3)- 1(2,2,2) cluster 10secs W2 6, 1(2x3)- 1(2,2,2)- 1(3,2,1) cluster 10secs W3 1(2x3)- 1(2,2,2) - 2(3,2,1) cluster 15secs W4 3X6
GHR	6x4

**Can be replaced with

- Jumps Squats @ 30% of total system
- ¼ Explosive Squats @ 50-70%
- Chain or Band Box squats @ 50-70%
- Heavy KB swings

Metamorphosis
By Luke Thornley

Speed/Power Complex 2

Warm up

Ladder forward Series 5min
Mobility 5min
Hurdles into accelerations 5min
(Mobility)

Acceleration/Power Circuit format x 3

(Increase ball weight from last programme)

1x –MB squat + Chest throw + *Accel 10m
1x –MB caber toss from knees –drop to push up position -*Accel out 10m
1x –MB squat + Chest throw + Accel +Reverse throw + *Accel (this takes practise)
*Touch MB before the 2nd bounce.

OR

Short bungee acceleration x 8-10

Gym

*Power Cleans	5x3
Depth jumps on to Box	5x3

Max velocity (run reps until speed starts to slow down)

Straight sprint over 30-40m / Mostly drill

Gym

Power sprinter	4x6 <u>Expressed</u> W1 6,6, 1(2x3)- 1(2,2,2) cluster 10secs W2 6, 1(2x3)- 1(2,2,2)- 1(3,2,1) cluster 10secs W3 1(2x3)- 1(2,2,2) - 2(3,2,1) cluster 15secs W4 3X6
Combo Good mornings Or RDL	6x4

*Can be replaced with

- Jumps Squats @ 30% of total system
- ¼ Explosive Squats @ 50-70%
- Chain or Band Box squats @ 50-70%
- Heavy KB swings

Metamorphosis
By Luke Thornley

Adapted Rule of 24 (Strength and Size):
Upper Body Push /Pull Super sets

Horizontal (Same exercise for 4 weeks)

	Week 1	Week 2	Week 3	Week 4	Examples
Barbell	4x6 Step Loading	4x6 Set 1: Straight set Set 2: Step load Set 3: 2x3 cluster (15s) Set 4: 3x2 cluster (15s)	4x6 Set 1: Straight set Set 2: 2x3 cluster (15s) Set 3: 3x2 cluster (15s) Set 4: 6x1 cluster (15s)	2x6 Constant Load	Chain Bench SS Log Row
D/B	3x8 Step Loading	3x8 Step Loading First weight-W1, Set 2	3x8 Constant Load First weight-W2, Set 3	3x8 Week 1- loads	Incline press SS Single Arm Row
Body weight	2x12	2x12 Add load	2x12 Step loading	2xMax Body weight only	Fat man chin SS Hindu push up

Vertical (Same exercise for 4 weeks)

	Week 1	Week 2	Week 3	Week 4	Examples
Barbell	4x6 Step Loading	4x6 Set 1: Straight set Set 2: Step load Set 3: 2x3 cluster (15s) Set 4: 3x2 cluster (15s)	4x6 Set 1: Straight set Set 2: 2x3 cluster (15s) Set 3: 3x2 cluster (15s) Set 4: 6x1 cluster (15s)	2x6 Constant Load	Band Military SS High row
D/B	3x8 Step Loading	3x8 Step Loading First weight-W1, Set 2	3x8 Constant Load First weight-W2, Set 3	3x8 Week 1- loads	Seated Shoulders SS KB High Row
Body weight	2x12	2x12 Add load	2x12 Step loading	2xMax Body weight only	Chins SS Dips

Possible 3rd Phase! (2009)
Adapted Rule of 24 (Strength & Power):
Upper Body Push /Pull Super sets

Next Block: Horizontal

	Week 1	Week 2	Week 3	Week 4	Examples
Barbell	4x6 Step Loading	6x4@ 55% Speed Intent!	8x3@60% Speed Intent!	12x2@65% Speed Intent!	Band Bench SS Bent row
D/B	3x8 Step Loading	4x6	6x4	8x3	Floor press SS Single arm Row
Body weight	2x12 Med ball cross overs SS Fat man chins	3x8 Clap push ups SS Fat man chins Variation	4x6 Low plyos push up SS Fat man chins Variation	6x4 Plyo push up SS Fat man chins Variation	As per table

Metamorphosis
By Luke Thornley

Next Block: Vertical Power

	Week 1	Week 2	Week 3	Week 4	Example
Barbell	6x4@ 55% Speed Intent!	8x3@60% Speed Intent!	12x2@65% Speed Intent!	6x2@55% Speed Intent!	Push Press or Jerk SS Clean pull from hang
D/B	4x6	6x4	8x3	4x3	Single arm Jammer SS Seated Snatch
Body weight Or Med Ball	3x8	4x6	6x4	3x4	Band Chins SS OH Throw

Possible Weekly schedule

Mon	Tues	Weds	Thurs	Friday	Sat
Skills + Speed/Lower Weights	Upper	Conditioning (+Skills)	Weights (Strongman?)	Conditioning (+Skills)	Recover Activity

Conditioning options

- Anaerobic games
- Intervals
- Boxing/Wrestling