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Mill Hill

**Instilling values, inspiring minds**

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Mill Hill School

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Scholars Workout Plan  
Spring 2018

# Mill Hill School - Strength and Conditioning



## Green Programme

Programme Focus:

- 1. Bodyweight Strength
- 2. Stability
- 3. Movement Mechanics

	Exercise	Week	Sets x Reps	Rest (s)	Very Light 1/5	Light 2/5	Moderate 3/5	Heavy 4/5	Maximal 5/5	COACHING POINTS
1	ACTIVATION	1	2 rounds	NA						
	Warm Up Cards	2		NA						
		3		NA						
		4		NA						
2	MOVEMENT & MOBILITY	1	2 x 10	NA						a) - Hips back and down - neutral spine - heels down  b) - Plate as counter balance - hips back and down - chest forwards.
	a) BW Squat b) Lateral Squat	2	3 x 10	NA						
		3	3 x 10	NA						
		4	3 x 8 (add load?)	NA						
3	ATHLETIC DEVELOPMENT 1	1	2 x 10	30-60						a) - Keep DB/KB in contact with sternum and stomach - elbows to thighs - weight in heels  b) - A shape at shoulders - Chest to fist on floor - Brace the core - Full extension at elbows
	a) Goblet Squat b) Press Up	2	3 x 10							
		3	3 x 8							
		4	4 x 8							
4	ATHLETIC DEVELOPMENT 2	1	2 x 10	30-60						a) - Hips control the movement and chest follows - Slight bend in knee - Neutral spine  b) - Start in glute bridge position - progress to straight legs - pull chest to bar - keep hips up
	a) Good Morning b) Inverted Row	2	3 x 10							
		3	3 x 8							
		4	4 x 8							
5	ATHLETIC DEVELOPMENT 3	1	2 x 10	30-60						a) - Ensure chest stays tall - long stride to allow knee to go down not forwards  b) - Elbows under shoulders - Hips in line with shoulders - brace.
	a) Lunge b) Plank	2	3 x 10							
		3	3 x 8							
		4	4 x 8							
Extras	<b>Core:</b> a) Plank x 30secs b) 1/2 Deadbug x 10 reps c) Pallof Press x 10 reps			<b>Mobility:</b> a) T-Spine Rotation x 10reps b) Pigeon Hold x 10reps c) Knee to Wall x 10reps			<b>Stability:</b> a) Single Leg Clock Face x 10 reps b) Press Up Shoulder Taps x 10 reps c) Single Leg Box Squat x 6 reps			

# Mill Hill School - Strength and Conditioning



## Amber Programme

Programme Focus:

1. General Strength
2. Jump and Land
3. Loading through movement

	Exercise	Week	Sets x Reps	Rest (s)	Very Light 1/5	Light 2/5	Moderate 3/5	Heavy 4/5	Maximal 5/5	COACHING POINTS
1	ACTIVATION	1	2 rounds	NA						
	Warm Up Cards	2		NA						
		3		NA						
		4		NA						
2	MOVEMENT & MOBILITY	1	2 x 10	NA						a) - Bar above crown of head elbows extended - neutral spine - heels down  b) - Plate as counter balance hips back and down - chest forwards. -
	a) OH Squat b) Lateral Squat	2	3 x 10	NA						
		3	3 x 10	NA						
		4	3 x 8 (add load?)	NA						
3	ATHLETIC DEVELOPMENT 1	1	2 x 8	30-60						a) - box has to be parallel or lower if competent - tap and go!  b) - Full extension at elbows - no swinging (squeeze your core!)
	a) Box Squat b) Chin Up	2	3 x 8							
		3	3 x 8							
		4	3 x 6							
4	ATHLETIC DEVELOPMENT 2	1	2 x 10	30-60	Hop and Hold Always Body weight	RDL				a) - Hips control the movement and chest follows - Slight bend in knee - squeeze shoulder blades into back pockets  b) - land on opposite leg - soft landing - still look for distance + height
	a) RDL b) Hop and Hold	2	3 x 10			RDL				
		3	3 x 8				RDL			
		4	4 x 8				RDL			
5	ATHLETIC DEVELOPMENT 3	1	2 x 10	30-60						a) - Ensure chest stays tall - long stride to allow knee to go down not forwards  b) - Brace the core - feet push through floor - elbows tight to body
	a) Lunge b) DB Bench Press	2	3 x 10							
		3	3 x 8							
		4	4 x 8							
Extras	<b>Core:</b> a) Plank x 45secs b) Deadbug x 10 reps c) Pallof Press x 10 reps			<b>Mobility:</b> a) T-Spine Rotation x 10reps b) Pigeon Hold x 10reps c) Knee to Wall x 10reps			<b>Jump and Land:</b> a) Broad Jumps (for distance) x 5 reps b) Depth Landing x 5 reps c) CMJ x 5 reps			

# Mill Hill School - Strength and Conditioning



## Red Programme

**Programme Focus:**

1. Advanced Strength
2. Jump, Land and Rebound
3. Unilateral Competency

	Exercise	Week	Sets x Reps	Rest (s)	Very Light 1/5	Light 2/5	Moderate 3/5	Heavy 4/5	Maximal 5/5	COACHING POINTS
<b>1</b>	ACTIVATION	1	2 rounds	NA						
	Warm Up Cards	2		NA						
		3		NA						
		4		NA						
<b>2</b>	ATHLETIC DEVELOPMENT 1	1	2 x 8/4	30-60	CMJ Always Body weight	Squat				a) - Weight in heels - Hips back and down - Must reach parallel  b) -Start in athletic position, jump as high as possible - Soft landing, set and jump again.
	a) Back Squat b) CMJ	2	3 x 8/4				Squat			
		3	3 x 6/5					Squat		
		4	3 x 5/5					Squat		
<b>3</b>	ATHLETIC DEVELOPMENT 2	1	2 x 5	30-60	Depth Jump Always Body weight	Thrust				a) - shoulder blades on bench -Feet hip width apart - push through heels, hips to sky.  b) - Start on step - rapid ground contact and maximal jump.
	a) Hip Thrust b) Depth Jump	2	3 x 5				Thrust			
		3	3 x 5					Thrust		
		4	3 x 4					Thrust		
<b>4</b>	ATHLETIC DEVELOPMENT 3	1	2 x 8	30-60						a) Palms facings you - neutral spine - Chin past bar Full elbow extension.  b) Push feet into the floor - back pushing into bench - Bar stays over chest.
	a) Chin Up b) Barbell Bench Press	2	3 x 8							
		3	3 x 6							
		4	3 x 6							
<b>5</b>	ATHLETIC DEVELOPMENT 4	1	3 x 8	30-60						a) Neutral spine - elbows lead - squeeze shoulder blades together - full extension at elbow  b) Back flat on bench - DBs stop at 90 degrees - wrists in line with elbows
	a) Prone Row b) DB Overhead Press	2	3 x 8							
		3	3 x 6							
		4	3 x 6							
<b>Extras</b>	<b>Core:</b> a) Plank x 60secs b) Deadbug with Load x 10 reps c) Pallof Press x 10 reps			<b>Mobility:</b> a) T-Spine Rotation x 10reps b) Pigeon Hold x 10reps c) Knee to Wall x 10reps			<b>Jump and Land:</b> a) Broad Jumps (for distance) x 5 reps b) Depth Landing x 5 reps c) CMJ x 5 reps			

**Gold Clean Programme**

Programme Focus:

- 1. Speed Strength and Power
- 2. Olympic Lift Movement Fundamentals
- 3. Specific Mobility

	Exercise	Week	Sets x Reps	Rest (s)	Very Light	Light	Moderate	Heavy	Maximal	COACHING POINTS
					1/5	2/5	3/5	4/5	5/5	
1	ACTIVATION	1	2 rounds	NA						In power position rest a bar across upper thigh, and move hands accordingly until it sits correctly.
	Warm Up Cards + Determine Grip	2		NA						
		3		NA						
		4		NA						
2	ATHLETIC DEVELOPMENT 1	1	2 x 4/15secs	60	Hollow Hold Always Body weight	1st Pull				a) Start with toes under bar and weight in the midfoot - grip is just outside shoulder width. Transfer weight to heels and move bar back into you - Hips and chest rise together - ends with bar just above patella.
	a) 1st Pull Deadlift b) Hollow Hold	2	3 x 4/20secs			1st Pull				
		3	3 x 5/25secs				1st Pull			
		4	3 x 5/30secs				1st Pull			
3	ATHLETIC DEVELOPMENT 2	1	2 x 4/10	60	Stick Transition	2nd Pull				a) Accelerate the bar vertically through triple extension of the ankles, knee and hip - heels will leave the floor, the hips, knee and arms are extended - Second pull finishes with a forceful shrug
	a) 2nd Pull From Blocks b) Stick Transition	2	3 x 4/10			2nd Pull				
		3	3 x 5/8 with hold				2nd Pull			
		4	3 x 5/10 with hold				2nd Pull			
4	ATHLETIC DEVELOPMENT 3	1	2 x 4/3	60	Front Squat					a) Start with 1st pull then (transition) weight moves from heel to the front of the foot -Knee re-bends under the bar - the bar stays close to the body - bar makes contact with the lifter at the the inguinal crease (snatch) (2nd pull)
	a) Clean High Pull b) Front Squat	2	3 x 4/3							
		3	3 x 5/3			High Pull	High Pull			
		4	3 x 5/3					High Pull		
5	ATHLETIC DEVELOPMENT 4	1	2 x 4/6	60	Clean					a) Elbows bend once lower limbs are fully extended - then a rapid drop under and catch ( rotating elbows under bar into front rack ) in at least a quarter squat position- Recover into standings posture
	a) Power Clean b) Lat Stretch	2	3 x 3/6		Clean					
		3	3 x 2/6			Clean				
		4	3 x 1/6				Clean			
Extras	<p><b>Core:</b> 3 rounds a) Plank x 60secs b) Deadbug with Load x 10 reps c) Pallof Press x 10 reps</p>			<p><b>Mobility:</b> 3 rounds a) T-Spine Rotation x 10reps b) Pigeon Hold x 10reps c) Knee to Wall x 10reps</p>			<p><b>Strength:</b> a) Back Squat 3 x 6 reps b) Split Squat 3 x 6 reps each leg c) Pull Ups 3 x 6 reps d) DB Bench Press 3 x 6 reps</p>			