

DAY	OCT	NOV	DEC	JAN	FEB
Mon	1				
Tue	2			1	
Wed	3			2 PROGRAM 5	
Thu	4	1		3	
Fri	5	2		4	1 PROGRAM 6
Sat	6	3	1	5	2 VXO IK
Sun	7	4	2	6	3 VXO IK
Mon	8	5	3 PROGRAM 2 B	7	4
Tue	9	6	4	8	5
Wed	10	7	5	9	6
Thu	11	8	6	10	7
Fri	12	9	7	11 TC Potch or QA	8
Sat	13	10	8	12 -----	9
Sun	14	11	9	13 -----	10
Mon	15 PROGRAM 1	12 PROGRAM 2 A	10	14 -----	11
Tue	16	13	11	15 -----	12
Wed	17	14	12	16 -----	13
Thu	18	15	13	17 -----	14
Fri	19	16	14	18 -----	15
Sat	20	17	15	19 -----	16 ISM Norrköp.
Sun	21	18	16	20 -----	17 ISM Norrköp.
Mon	22	19	17	21 -----	18
Tue	23	20	18	22 -----	19
Wed	24	21	19	23 -----	20
Thu	25	22	20	24 -----	21
Fri	26	23	21	25 -----	22
Sat	27	24	22	26 -----	23
Sun	28	25	23	27 -----	24
Mon	29	26 PROGRAM 3	24 PROGRAM 4	28 -----	25
Tue	30	27	25	29 -----	26
Wed	31	28	26	30 -----	27
Thu		29	27 PROGRAM 5	31 TC Potch or QA	28
Fri		30	28		
Sat			29		
Sun			30		
MON			31 PROGRAM 4		

17 Trainingprograms during the training year 15 October 2018 to 20 October 2019, all based on

Yellow means Base muscle building programs, reps between 5-12 in main exercises, 10-20 reps in other exercises, sets 3-6, intensity 70-80%, 2 times a week
Main exercises: Back Squats, Front Squats, Deadlift, Sumo Deadlift, Bench Press, Incline Bench Press, Clean Pulls, Snatch Pulls
Throwing 2.0kg Discus, 2.5-2.8kg Denfi Tool, total amount of throws between 40-100 a day, intensity 90-100%, 4-6 times a week

Red means Active Rest weeks, reps 5 on main exercises and 10-20 reps on other exercises, sets 5, intensity 50-60%, 2 times a week
Main exercises: Back Squats, Dedlift, Bench Press + Circuit Training
Throwing 1.75-2.0kg Discus, total amount of throws between 20-30 a day, intensity 80-90%, 2 times a week

Green means Strength or maximum capacity programs, reps between 1-8 in main exercises, 8-15 reps in other exercises, intensity 85-95%, 2 times a week
Main Exercises: Power Clean, Power Snatch, Push Press, Jerk, Back Squats, Front Squats, Deadlift, Bench Press, Pulls + SPEC
Throwing 2.0kg Discus, 2.5-2.8kg Denfo Tool, total amount of throws between 30-70 a day, intensity 95-100%, 3-6 times a week

Blue means Power & Speed programs, reps between 1-5 in main exercises and 6-12 reps in other exercises, sets 3-5, intensity 90-95%, 2 times a week
Main Exercises: Hang Clean, Hang Snatch, Jerk, Reaction Jerk, Back Squats, Front Squats, High Bench Squats, Bench Press + SP
Throwing 1.75-2.0kg Discus, 2.5kg Denfi Tool, total amount of throws between 20-40 a day, intensity 95-100%, 3-4 times a week

MAR	APR	MAY	JUN	JUL
	1			1 PROGRAM 13
	2			2
	3	1 PROGRAM 10		3
	4	2		4
1	5	3 DL Doha?		5 DL Lausanne?
2	6	4 IAAF Kingston?	1 Halle	6
3	7	5	2 DL Sthlm? Halle	7 IAAF Madrid?
4 PROGRAM 7	8 PROGRAM 9	6 PROGRAM 11	3 PROGRAM 12	8 PROGRAM 14
5	9	7	4	9
6	10 TC SD or TUR	8	5	10
7	11 -----	9	6 DL Rome?	11
8	12 -----	10	7	12 DL Monaco?
9	13 -----	11	8	13
10	14 -----	12	9 IAAF Hengelo?	14
11 PROGRAM 8	15 -----	13	10	15
12	16 -----	14	11 IAAF Turku?	16
13	17 -----	15	12	17
14	18 -----	16	13 DL Oslo?	18
15	19 -----	17	14	19
16	20 -----	18 IAAF Brasil?	15	20 DL London?
17	21 -----	19 IAAF Osaka?	16 DL Rabat?	21
18	22 -----	20	17	22
19	23 -----	21	18	23
20	24 -----	22	19	24
21	25 -----	23	20 IAAF Ostrava?	25
22	26 -----	24	21	26
23	27 -----	25 DL Shanghai?	22	27
24	28 -----	26	23	28
25	29 -----	27	24	29
26	30 TC SD or TUR	28	25	30
27		29	26	31
28		30	27	
29		31	28 DL Eugene?	
30			29	
31			30	

on 3-5 weeks cycles, SIMON PETERSSON

Intensity 50-87.5%, 4 times/week + ECC Shoulder Presses + SPEC week
week
Intensity 70-100%, sets 3-5, 4-6 times/week week + MEETS
Intensity 70-90%, 3-4 times a week + CON ECC week + Meets

AUG	SEP	OCT
		1 PROGRAM 17
1		2
2		3
3		4
4	1 SM	5
5 PROGRAM 15	2 PROGRAM 16	6
6	3 IAAF Zagreb?	7
7	4	8
8	5	9
9	6 DL Brussels?	10
10	7	11
11	8	12
12	9	13
13	10	14
14	11	15
15	12	16
16	13	17
17	14	18
18 DL Birmham?	15 Meet?	19
19	16 TC Rome	20
20	17 -----	21
21	18 -----	22
22	19 -----	23
23	20 -----	24
24 DL Paris? Finnk	21 -----	25
25 Finnkampen	22 -----	26
26	23 -----	27
27	24 -----	28
28	25 -----	29
29 DL Zurich?	26 TC Rome	30
30	27	31
31 SM	28 WC Doha Q	
	29	
	30 WC Dona F	