

TRAININGPROGRAM GERD KANTER MEZOCYCLES 2-3 PERIOD 2 HYPERTROPHY TOTAL 56 DAYS NOV-DEC 10 WEEK 1 GI

DAYS	SESSION	FORM	EXERCISE	INTENSITY	VOLUME
Mon	Morning	Warmup	Running	75% pulse	10-15 min
		Running School	High Knee Lifts	90-95%	2x20-30m
			Short Steps	"	"
			Kick Backs	"	"
			Backwards	"	"
			Straight Legs	"	"
		Yellow Ball(2.8kg)	Standing None Reverse	90%	10+5 left arm
			Standing With Reverse	"	10-15 throws
			Fulls None Reverse	"	10+5 left arm
			Fulls With Reverse	"	10-15 throws
		Rörlighet	Ham-Back-Butt-Hip F-Quad	PNF	30 sec each
	Afternoon	Warmup	Bike	75% pulse	10-15 min
		Lifting	1. Snatch Pull	120-130%	5x130,4x140,3x150,4x140,5x130
			2. Front Squats	70-80%	8x165,7x172.5,6x180,5x187.5,4x195
			a) Stiffed Legged Deadlift	Light,medium,heavy	3x10-12
			c) Good Morning	"	3x10-12
			d) Calf Raises	"	3x12-15
			e) ABS	Ups,downs,rot 3 each	9x15-20
		Rörlighet	Ham-Back-Butt-Hip F-Quad	PNF	30 sec each
Tue	Morning	Warmup	Running	75% pulse	10-15 min
		Hurdle Walk	Walk R	90-95%	2x5-10 hurdles
			Walk L	"	"
			Skipping	"	"
			Rotation	"	"
			Backwards	"	"
		Denfi Tool (2.5kg)	Fulls None Reverse	90%	20-25 throws
			Fulls Reverse	"	"
		Rörlighet	Ham-Back-Butt-Hip F-Quad	PNF	30 sec each
	Afternoon	Warmup	Bike	75% pulse	10-15 min

		Lifting	1. Bench Press	65-75%	10x145,9x150,8x155,7x160,6x165
			2. Military Press	Progressive	4-5x7-8x90-100
			a) Incline Dumbbells	Light,medium,heavy	3x10-12
			b) Sitting Rear Deltoid Rows	"	3x10-12
			c) Lat Pull	"	3x12-15
			c) ABS	Ups,downs,rot 3 each	9x15-20
		Rörlighet	Chest-Shoulders	PNF	30 sec each
Wed	Morning	Warmup	Running	75% pulse	10-15 min
		Running	Buildups	80-90%	5x75-100m
		Medicinball 6kg	Overhead U	90%	2x10 throws each
			Forward U	"	"
			Straight U	"	"
			Side L	"	"
			Side R	"	"
		Lifting	ABS Routine	STABS Program 1	15-20min
		Long Distance	Run/Walk/Bike/Swim?	75% pulse	30-45min
Thu	Morning	Warmup	Running	75% pulse	10-15 min
		Running School	Hoppsa	90-95%	2x20-30m
			Kick F	"	"
			Wrestling Walk	"	"
			Hip Flexor Arms Up	"	"
			Jum in Jack	"	"
		Yellow Ball(2.8kg)	Standing None Reverse	90%	10+5 left arm
			Standing With Reverse	"	10-15 throws
			Fulls None Reverse	"	10+5 left arm
			Fulls With Reverse	"	10-15 throws
		Rörlighet	Ham-Back-Butt-Hip F-Quad	PNF	30 sec each
	Afternoon	Warmup	Bike	75% pulse	10-15 min
		Lifting	1. Clean Pull	120-130%	5x190,4x200,3x210,4x200,5x190
			2. Back Squats	65-75%	10x187.5,9x195,8x202.5,7x210,6x217.5
			a) Leg Curl	Light,medium,heavy	3x10-12
			c) Hyperextension	"	3x10-12

			d) Adduction	"	3x12-15
			e) ABS	Ups,downs,rot 3 each	9x15-20
		Rörlighet	Ham-Back-Butt-Hip F-Quad	PNF	30 sec each
Fri	Morning	Warmup	Running	75% pulse	10-15 min
		Hurdle Walk	Walk Rythm R	90-95%	2x5-10 hurdles
			Walk Rythm L	"	"
			1 F 1 B	"	"
			Backwards R	"	"
			Run 1 step	"	"
		Denfi Tool (2.5kg)	Fulls None Reverse	90%	20-25 throws
			Fulls Reverse	"	"
		Rörlighet	Ham-Back-Butt-Hip F-Quad	PNF	30 sec each
	Afternoon	Warmup	Bike	75% pulse	10-15 min
		Lifting	1. Incline Bench Press	70-80%	8x120,7x125,6x130,5x135,4x140
			2. Press Behind Neck	Progressive	4-5x7-8x70-80
			a) Flat bench Dumbbells	Light,medium,heavy	3x10-12
			b) Reverse Fly	"	3x10-12
			c) Bent Over Row	"	3x12-15
			c) ABS	Ups,downs,rot 3 each	9x15-20
		Rörlighet	Chest-Shoulders	PNF	30 sec each
Sat	Morning	Warmup	Running	75% pulse	10-15 min
		Running	Buildups	80-90%	5x120-150m
		Medicinball 6kg	Overhead L	90%	2x10 throws each
			Overhead R	"	"
			Forward F	"	"
			Twist R	"	"
			Twist L	"	"
		Lifting	ABS Routine	STABS Program 2	15-20min
		Long Distance	Run/Walk/Bike/Swim?	75% pulse	30-45min
Sun	Rest				

GLOBAL THROWING

REST	CALCULATION	TOTAL SUM
5 min after running	2-3km	1. Warmup: Running 12-18km, 75% pulse, 6 sessions
30sec	200-300m	2. Warmup: Biking 8-12km, 75% pulse, 4 sessions
"	^	3. Running School: 10 ex, 400-600m, 90-95%, 2 sessions
"	^	4. Hurdle Walk: 10 ex, 100-200 hurdles, 90-95%, 2 sessions
"	^	5. Buildups: 10 reps, 975-1200m, 80-90%, 2 sessions
"	^	6. Yellow Ball 2.8kg: 4 ex, 80-100 throws, 90%, 2 sessions
30sec-1min/3-4	40-50 throws/10 left arm	7. Left Arm Throws 2.8kg: 2 ex, 20 throws, 90%, 2 sessions
"	^	8. Denfi Tool 2.5kg: 2 ex, 80-100 throws, 90%, 2 sessions
"	^	9. Total of Throws: 180-200 throws, 90%, 4 sessions
"	^	10. Breakdown of Throws: S NR 20, 10 left, S R, 20-30, F NR 60-70, 10 left, F R 60-80, 90%
30sec	5min/5ex	11. Olympic Lifts: 42 reps, 7000kg, 166.67kg average, 120-130%, 2 sessions
5 min after biking	2-3km	12. Breakdown of Olympic Lifts: 2 ex, 20 reps 120%, 16 reps 125%, 6 reps 130%
2-3min	21 reps/2870kg/136.67kg average	13. Power Lifts: 4 ex, 140 reps, 23350kg, 166.79kg average, 65-80%, 4 sessions
4-5min	30 reps/5325kg/177.50kg average	14. Breakdown of Power Lifts: 20 reps 65%, 18 reps 67.5%, 32 reps 70%, 28 reps 72.5%, 24 reps 75%
1min	225-288 reps	15. Symmetri Lifts: 15 ex, 900-1152 reps, light, medium, heavy, 4 sessions
"	^	16. Special Lifts: 2 ex, 56-80 reps, 4480-7200kg, progressive, 2 sessions
"	^	17. Medicinball: 10 ex, 200 reps, 6kg, 1200kg, 2 sessions
"	^	18. ABS, STABS Routine: 30-40min, program 1-2, 2 sessions
30sec	5min/5ex	19. Long Distance: 10-12km, 75% pulse, 2 sessions
5 min after running	2-3km	20. Rörlighet: 7 ex, 34min total time, 30sec/3sec v, 8 sessions
30sec	50-100 hurdles	
"	^	
"	^	
"	^	
"	^	
30sec-1min/3-4	40-50 throws	
"	^	
30sec	5min/5ex	
5 min after biking	2-3km	

4-5min	40 reps/6150kg/153.75kg average
3-4min	28-40 reps/2520-4000kg
1min	225-288 reps
"	^
"	^
"	^
30sec	2min/2ex
5 min after running	2-3km
2-3min	375-500m
1min	100 throws
"	^
"	^
"	^
"	^
30sec	15-20min
5 min relax after	5-6km
5 min after running	2-3km
30sec	200-300m
"	^
"	^
"	^
"	^
30sec-1min/3-4	40-50 throws/10 left arm
"	^
"	^
"	^
30sec	5min/5ex
5 min after biking	2-3km
2-3min	21 reps/4130kg/196.67kg average
4-5min	40 reps/8025kg/200.63kg average
1min	225-288 reps
"	^

"	^
"	^
30sec	5min/5ex
5 min after running	2-3km
30sec	50-100 hurdles
"	^
"	^
"	^
"	^
30sec-1min/3-4	40-50 throws
"	^
30sec	5min/5ex
5 min after biking	2-3km
4-5min	30reps/3850kg/128.34kg average
3-4min	28-40 reps/1960-3200kg
1min	225-288 reps
"	^
"	^
"	^
30sec	2min/2ex
5 min after running	2-3km
2-3min	600-750m
1min	100 throws
"	^
"	^
"	^
"	^
30sec	15-20min
5 min relax after	5-6km

, 10 reps 77.5%, 8 reps 80%