

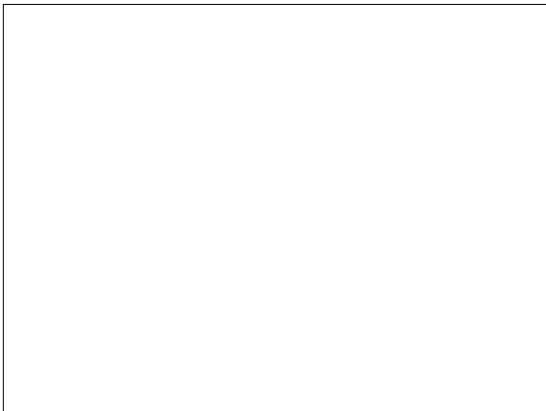


JOHN CONNOR

IRISH STRENGTH INSTITUTE

“Weight-Cutting In Combat Sports”

Twitter: @johnpicp



High Strength Institute

Who Am I?

High Strength Institute

Who Am I?

High Strength Institute

Who Am I?

High Strength Institute

Sports Performance

Category	Percentage
Mental	25%
Physical	25%
Tactical	25%
Technical	25%

High Strength Institute

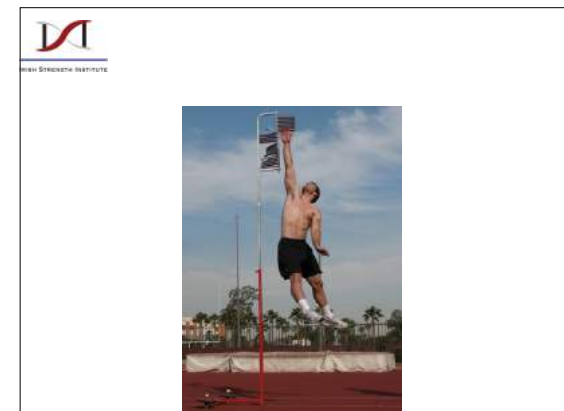
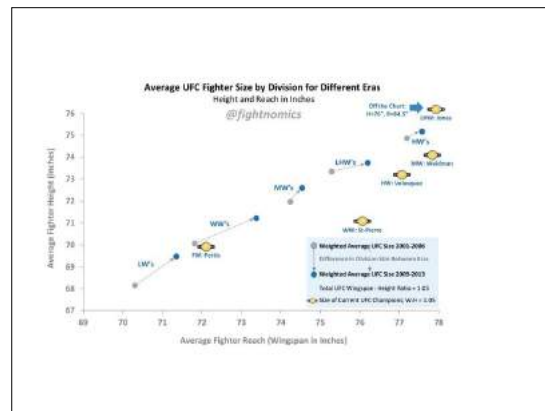
Philosophy

Maximise Volume
Minimise Fatigue

High Strength Institute

Maximising Training Combat Athletes

Dr Eric Helms

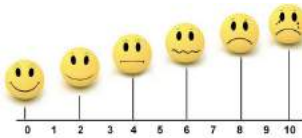
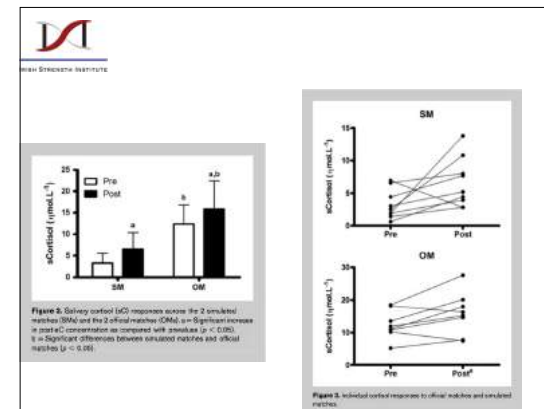


What to Measure



Elite HRV

What to Measure

Workout Sequence

- Mobility Work
- Muscle Activation
- Workout

Lower Body Matrix

General Preparation

- A1 - Step up
- A2 - Leg Curl
- B1 - Split Squat
- B2 - Posterior Chain
- C - Abs

Lower Body Matrix

Specific Preparation

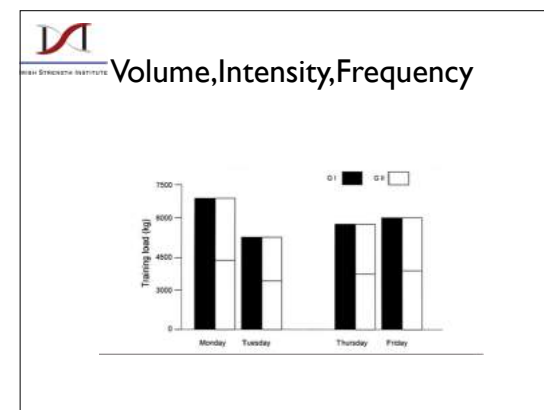
- A1 - Squats
- A2 - Leg Curl
- B1 - Split Squat/Step up
- B2 - Posterior Chain
- C - Abs

Upper Body Matrix

- A1 - DB Or BB Press (Overhead or Incline)
- A2 - Chin-up/Pull-up
- B1 - Dips/Supine DB or BB Press
- B2 - Unilateral Pulldown/Unilateral Row
- C1 - External Rotators
- C2 - Lower Trap/Mid Back
- C3 - Neck

Volume, Intensity, Frequency

- Hartman, et al. (2007) - twice daily
- Gonza Lez-Badillo et al. (2005) - MVG
- Gonza Lez-Badillo et al. (2006) - MIG
- Izquierdo et al (2006) - Reps to Failure
- Hardee et al. (2013) - Clusters

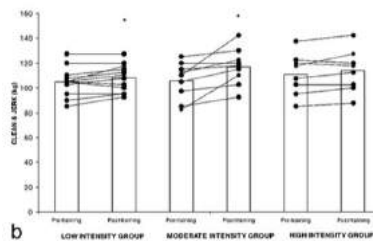


Volume, Intensity, Frequency

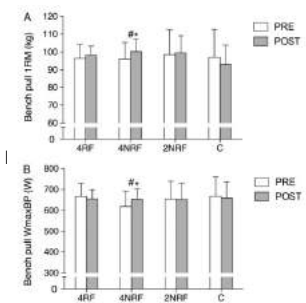
Medium Volume Group increased:

- Snatch,
- Clean & Jerk
- Squat

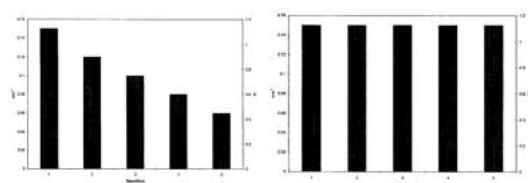
Volume, Intensity, Frequency



Volume, Intensity, Frequency



Volume, Intensity, Frequency



James et al 2013

- James et al 2013
- grappling arts have higher work-to-rest ratios than striking sports.
- A ratio of 3:1 has been determined for both judo and wrestling
- striking arts such as muay Thai and taekwondo experience work-to-rest ratios of 2:3 and 1:6 respectively.



Strongman Matrix

- A1 - Prowler
- A2 - Press Variation
- A3 - Lower Body
- A4 - Pull Variation
- A5 - Abs
- A6-A10 Repeat