



# ***2019 COACHES CONFERENCE***

**JANUARY 10 – 12**  
INDIANAPOLIS, IN  
2.0 CEUS

**#COACHES19**



# CONFLICT OF INTEREST STATEMENT

**I CURRENTLY HAVE, OR I HAVE HAD IN THE PAST 2 YEARS AN AFFILIATION OR FINANCIAL INTEREST WITH POWER ATHLETE AROUND THIS PRESENTATION, INCLUDING:**

- **EMPLOYMENT**

# PROGRAMMING FOR THE NOVICE ATHLETE

TEX MCQUILKIN, MS, CSCS



# OUR MISSION

# EMPOWER YOUR PERFORMANCE



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# PRESENTATION OBJECTIVE

# LAY OUT PROGRAM TO ACCELERATE ADAPTATION AND UNLOCK ATHLETIC POTENTIAL

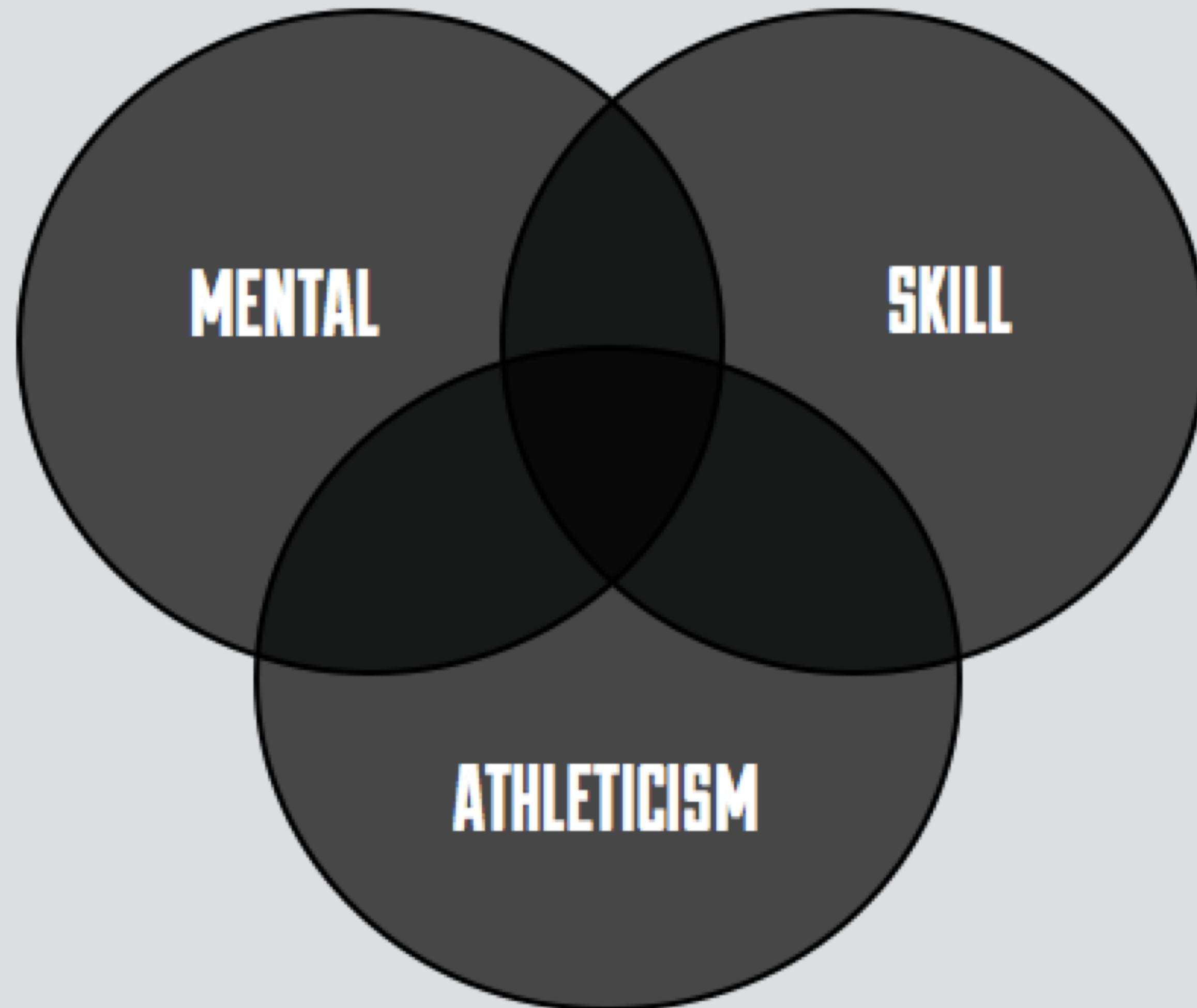
# ATHLETIC POTENTIAL



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# THE PERFORMANCE DEVELOPMENT MODEL



# ATHLETICISM

**THE ABILITY TO SEAMLESS AND EFFORTLESSLY  
COMBINE PRIMAL MOVEMENT PATTERNS  
THROUGH SPACE TO ACCOMPLISH  
A KNOWN OR NOVEL TASK**

# PRIMAL MOVEMENT PATTERNS

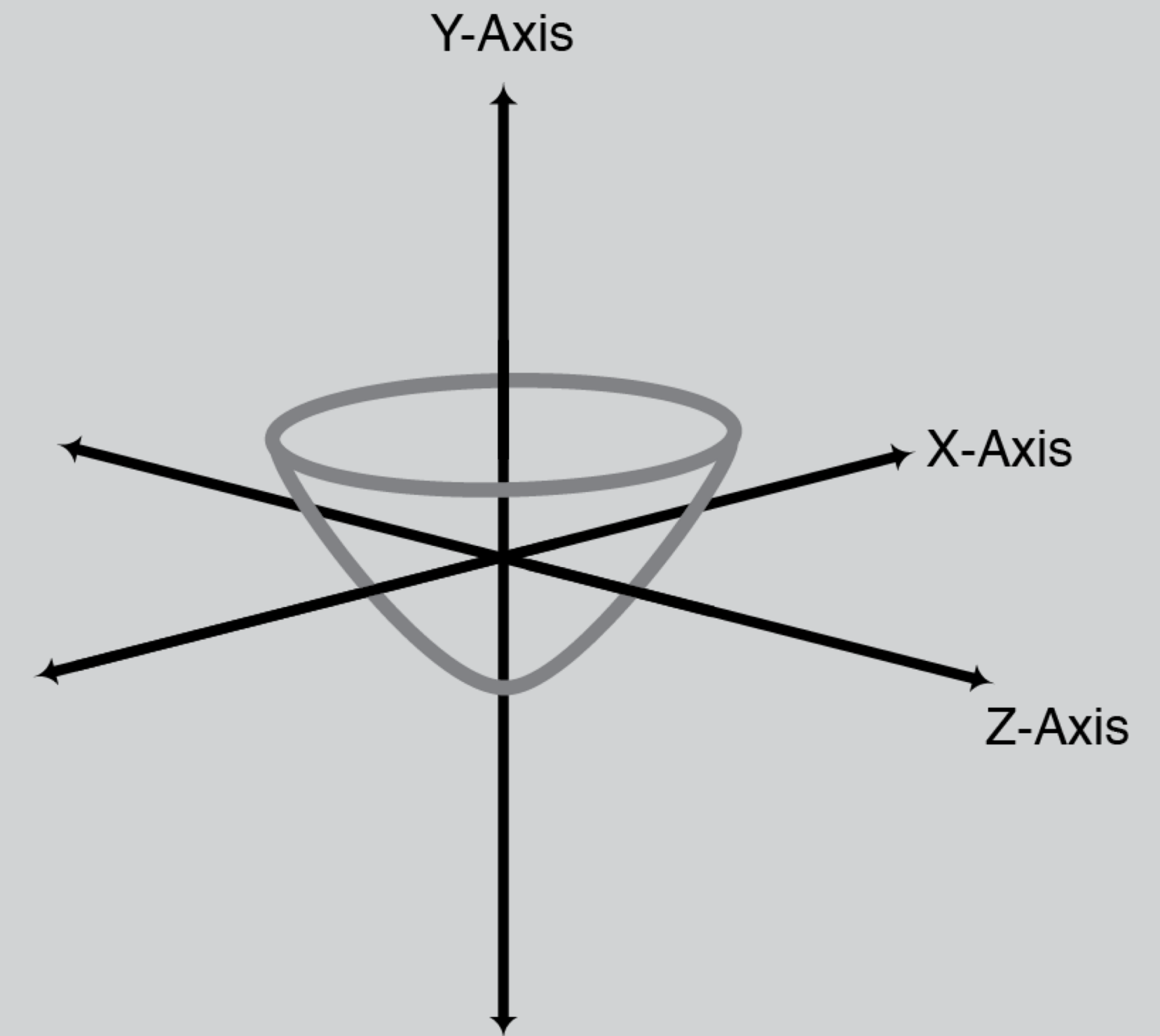
# PRIMAL MOVEMENT PATTERNS

## UPPER

V-PUSH  
V-PULL  
H-PUSH  
H-PULL

## LOWER

X - SQUAT  
Y - LUNGE  
Z - STEP UP



**SEAMLESS AND EFFORTLESS**



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# COMPETENCY MODEL

**UNCONSCIOUS  
INCOMPETENCE**

**CONSCIOUS  
INCOMPETENCE**

**CONSCIOUS  
COMPETENCE**

**UNCONSCIOUS  
COMPETENCE**

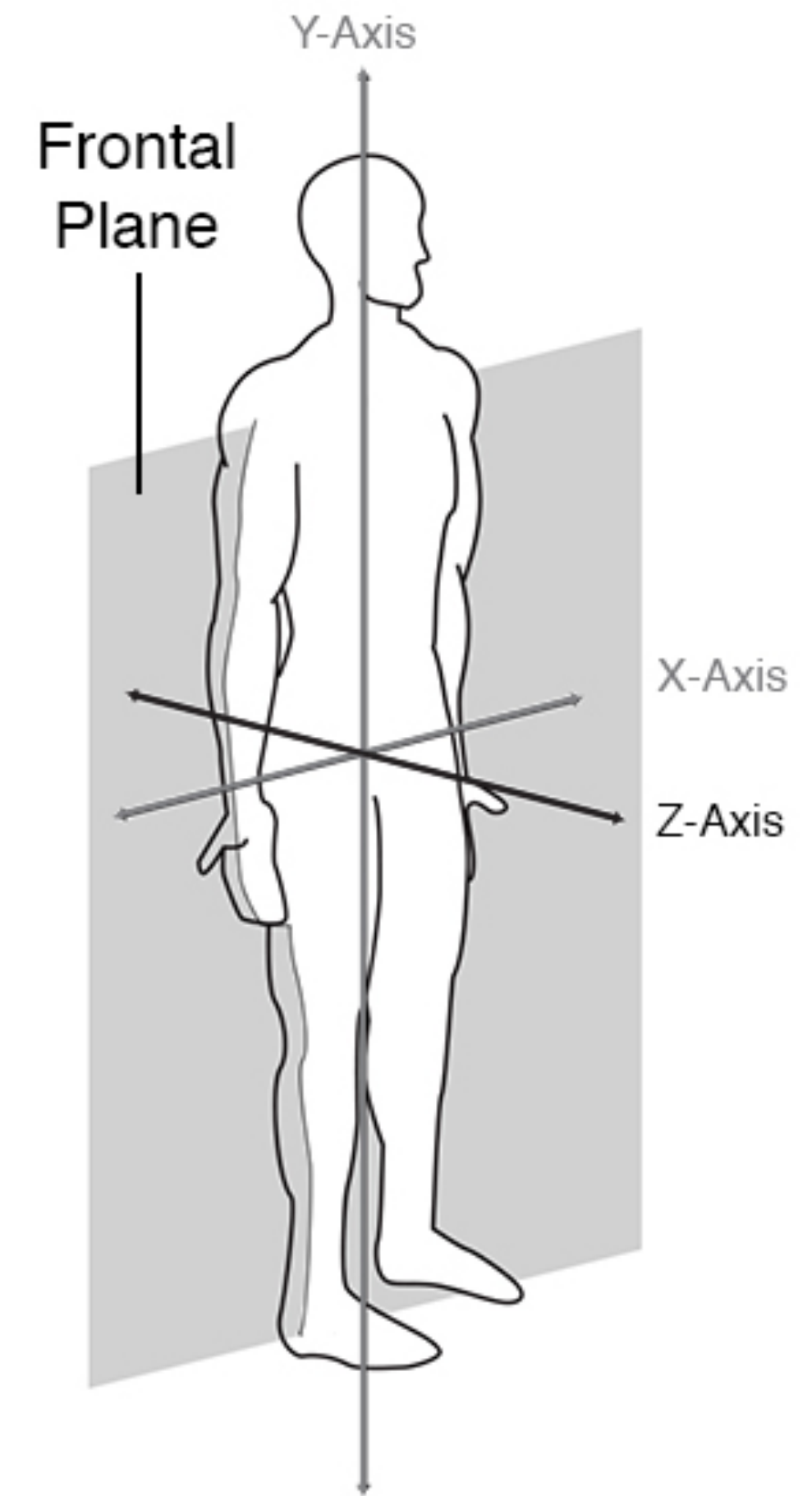
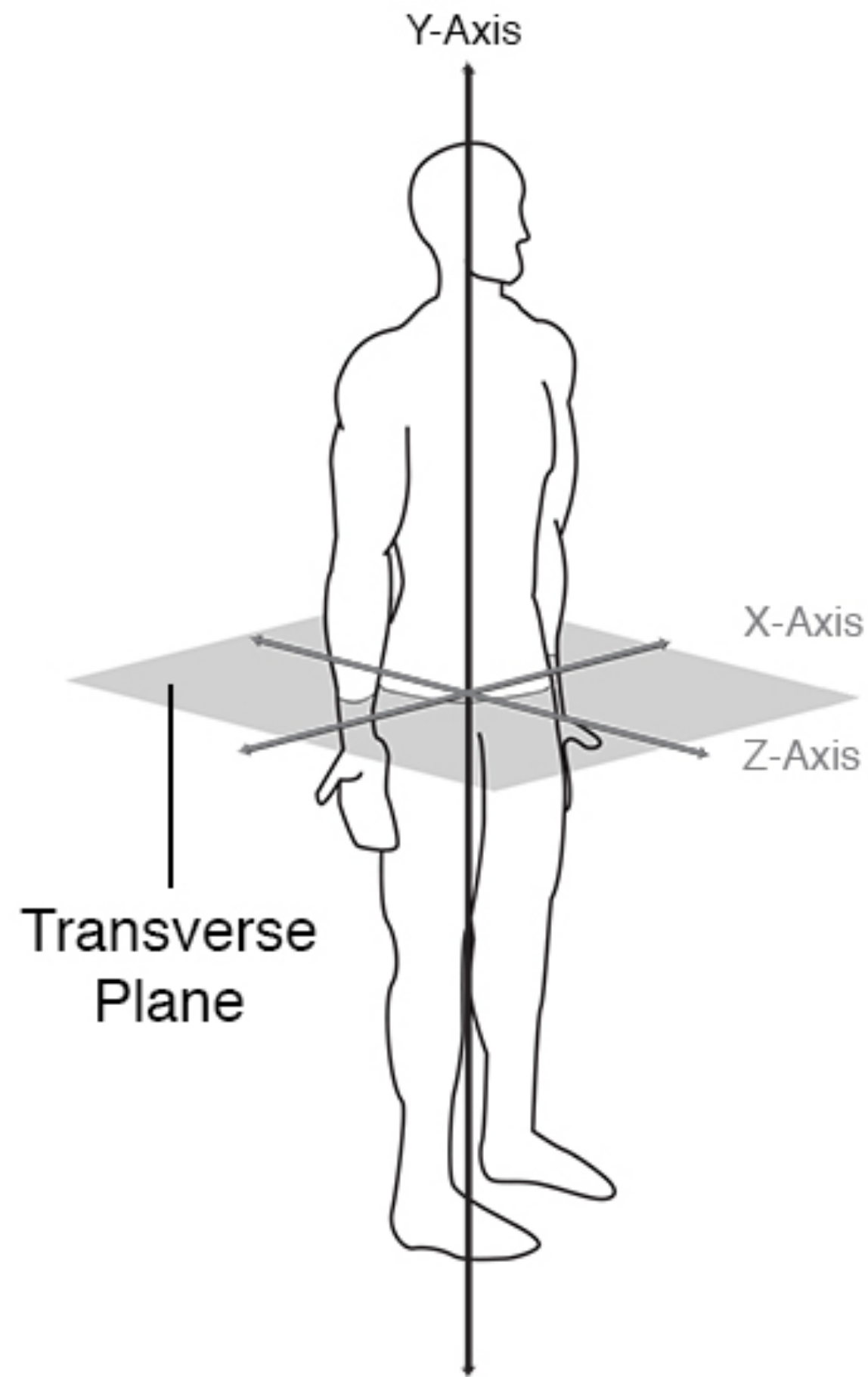
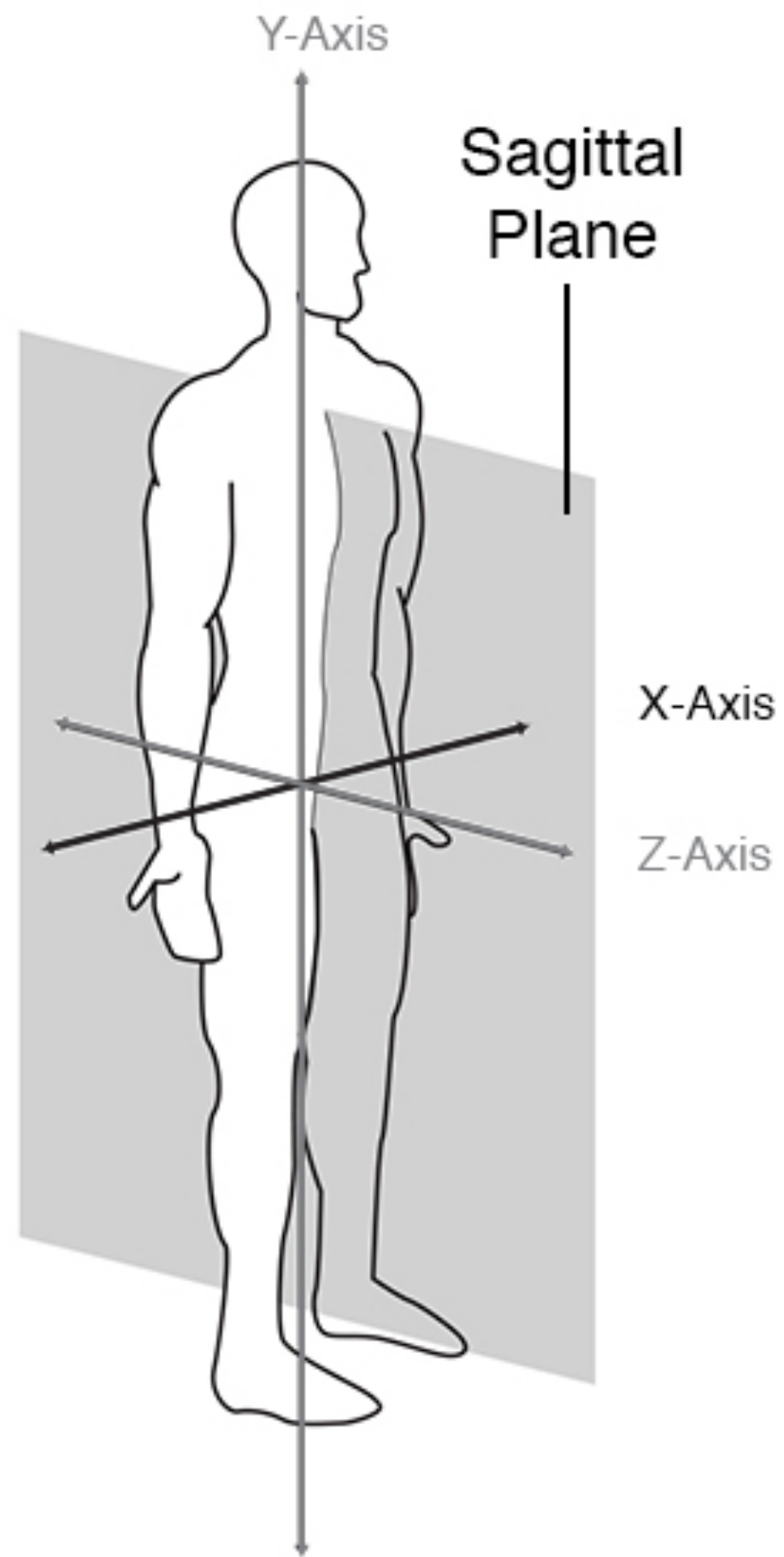
# THROUGH SPACE



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# PLANES OF MOTION



# KNOWN AND NOVEL TASK

# KNOWN VS NOVEL

## CLOSED-LOOP

SET START & SET FINISH  
NO EXTERNAL STIMULUS  
YOU VS YOU

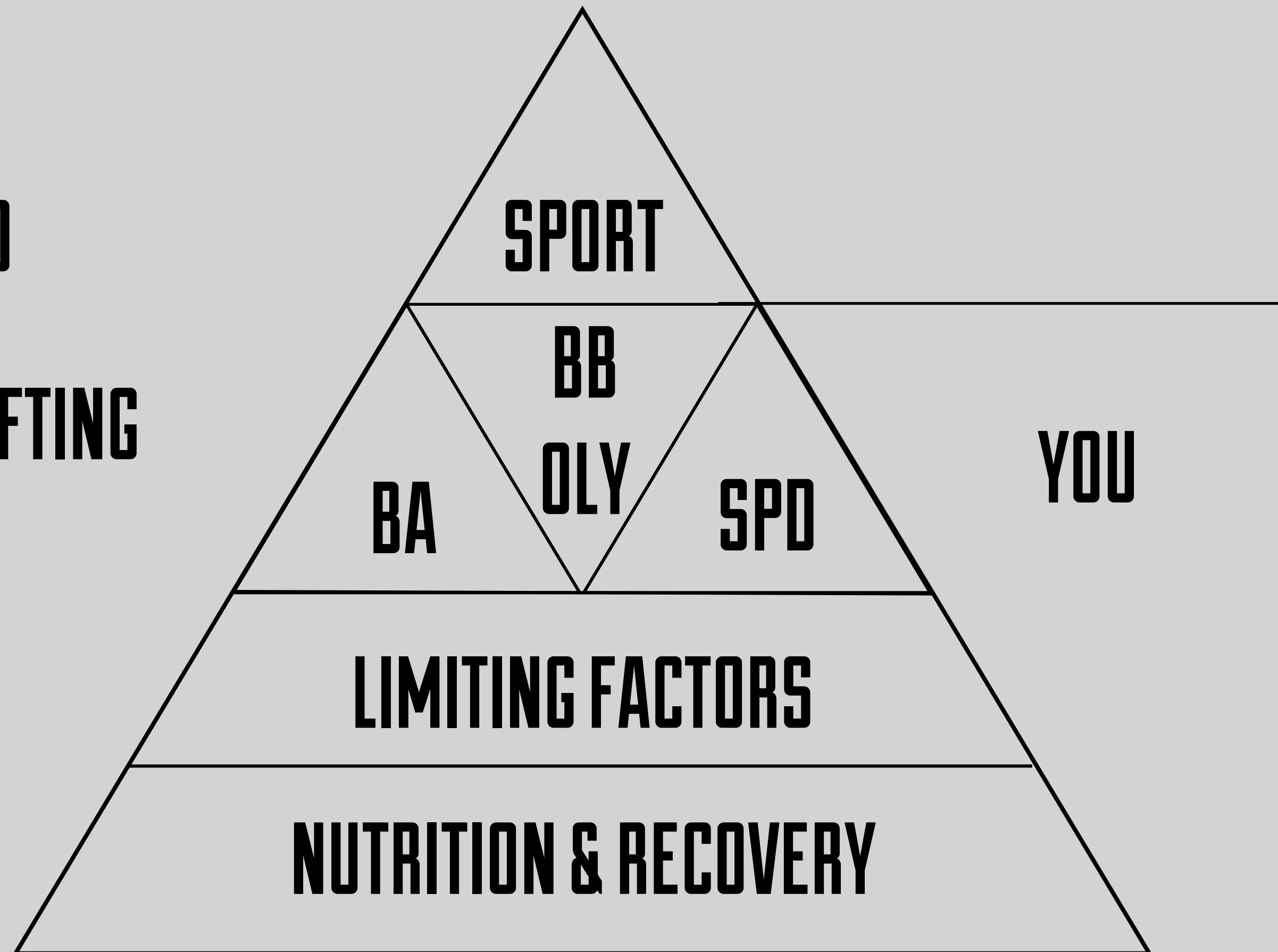
## OPEN-LOOP

NO SET START OR FINISH  
EXTERNAL STIMULUS  
YOU VS OPPONENT

# ATHLETE PREPARATION

# POWER ATHLETE PYRAMID

REPLICATION OF SPEED  
SPEED  
BARBELL & OLYMPIC LIFTING  
BODY AWARENESS  
PRIMAL PROFICIENCY  
STABILITY  
MOBILITY



# ATHLETE PREPARATION MODEL

## DEMANDS OF SPORT

IDENTIFY REQUIRED  
PHYSICAL & MENTAL  
REQUIREMENTS

## ATHLETE ASSESSMENT

IDENTIFY CURRENT  
PHYSICAL & MENTAL  
ATTRIBUTES &  
LIMITING FACTORS

## DEVELOP PROGRAM

FORM PLAN TO  
EMPOWER  
PERFORMANCE

PREPAREDNESS

# NOVICE ATHLETE

# NOVICE ATHLETE LIMITING FACTORS

**BIOMECHANICAL  
EFFICIENCY**

**NEUROMUSCULAR  
EFFICIENCY**

**PSYCHOLOGICAL  
FACTORS**

**TENSILE  
STRENGTH**

**BASE LEVEL OF STRENGTH**

# NOVICE PROGRAMMING

# BEDROCK

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
<b>INTENSITY RUN</b> SQUAT 3 x 5 PRESS 3 x 5	DL 1 x 5 PU 3 x MAX PRIMAL Z	SPP	SQ 3 x 5 (+5 LBS) BENCH 3 x 5 VOLUME RUN	PC 5 x 3 CU 3 x MAX PRIMAL Y

**DRIVING PRINCIPLES:**

**SAID PRINCIPLE**

**ACCELERATED ADAPTATION**

# BEDROCK: WEEK 1 WALKTHROUGH

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
<b>INTENSITY RUN</b> SQUAT 3 x 5 PRESS 3 x 5	DL 1 x 5 PU 3 x MAX PRIMAL Z	SPP	SQ 3 x 5 (+5 LBS) BENCH 3 x 5 VOLUME RUN	PC 5 x 3 CU 3 x MAX PRIMAL Y

## VOLUME RUN

REPS: 8 - 12 REPS

DISTANCE: 60 - 120 YARDS

REST: SET

## INTENSITY RUN

REP RANGE: 4 - 7 REPS

DISTANCE: 10 - 60 YARDS

REST: AS NEEDED!

# BEDROCK: WEEK 2 WALKTHROUGH + PROGRESSIONS:

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
<b>INTENSITY RUN</b> SQ 3 x 5 (+5 LBS) PR 3 x 5 (+2.5)	DL 1 x 5 (+10 LBS) PU 3 x MAX PRIMAL Z	SPP	SQ 3 x 5 (+5 LBS) BN 3 x 5 (+2.5) VOLUME RUN	PC 5 x 3 (+2.5) CU 3 x MAX PRIMAL Y

SQUAT: +5 LBS

BENCH: +2.5 LBS

PRESS: +2.5 LBS

POWER CLEAN: +2.5 LBS

DL: +10 LBS

PRIMAL Z: WK1: 3 x 5R 5L BW

WK2: 3 x 7R 7L BW\*

WK3: 3 x 10R 10L BW\*

4: 3 x 5R 5L +5-10 LBS\*

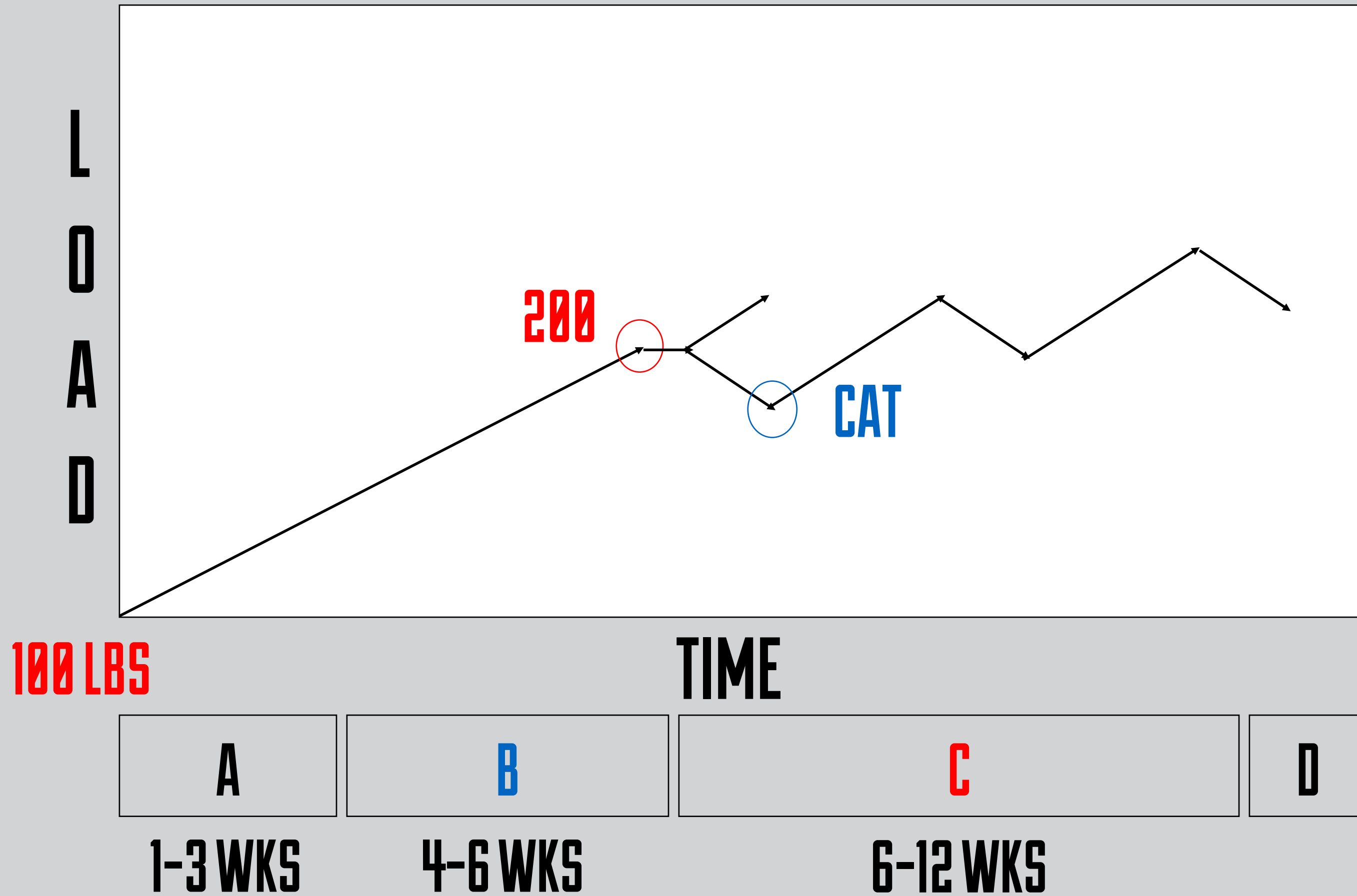
PRIMAL Y: 1: 3 x 10YD BW\*

2: 3 x 10YD BACK RACK\*

3: 3 x 10YD DUMBBELLS\*

\* = PROFICIENCY

BEDROCK				
MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
<b>INTENSITY RUN</b> SQ 3x5 (+5 LBS) PR 3x5 (+2.5)	DL 1x5 (+10 LBS) PU 3x MAX PRIMAL Z	SPP	SQ 3x5 (+5 LBS) BN 3x5 (+2.5) <b>VOLUME RUN</b>	PC 5x3 (+2.5) CU 3x MAX PRIMAL Y



## BEDROCK PROGRESS

5, 5, 5 = 15

PROGRESS

5, 4, 4 = >13

RELOAD

3, 2, 1 = <13

RESET

RESET = 3 WEEKS OF

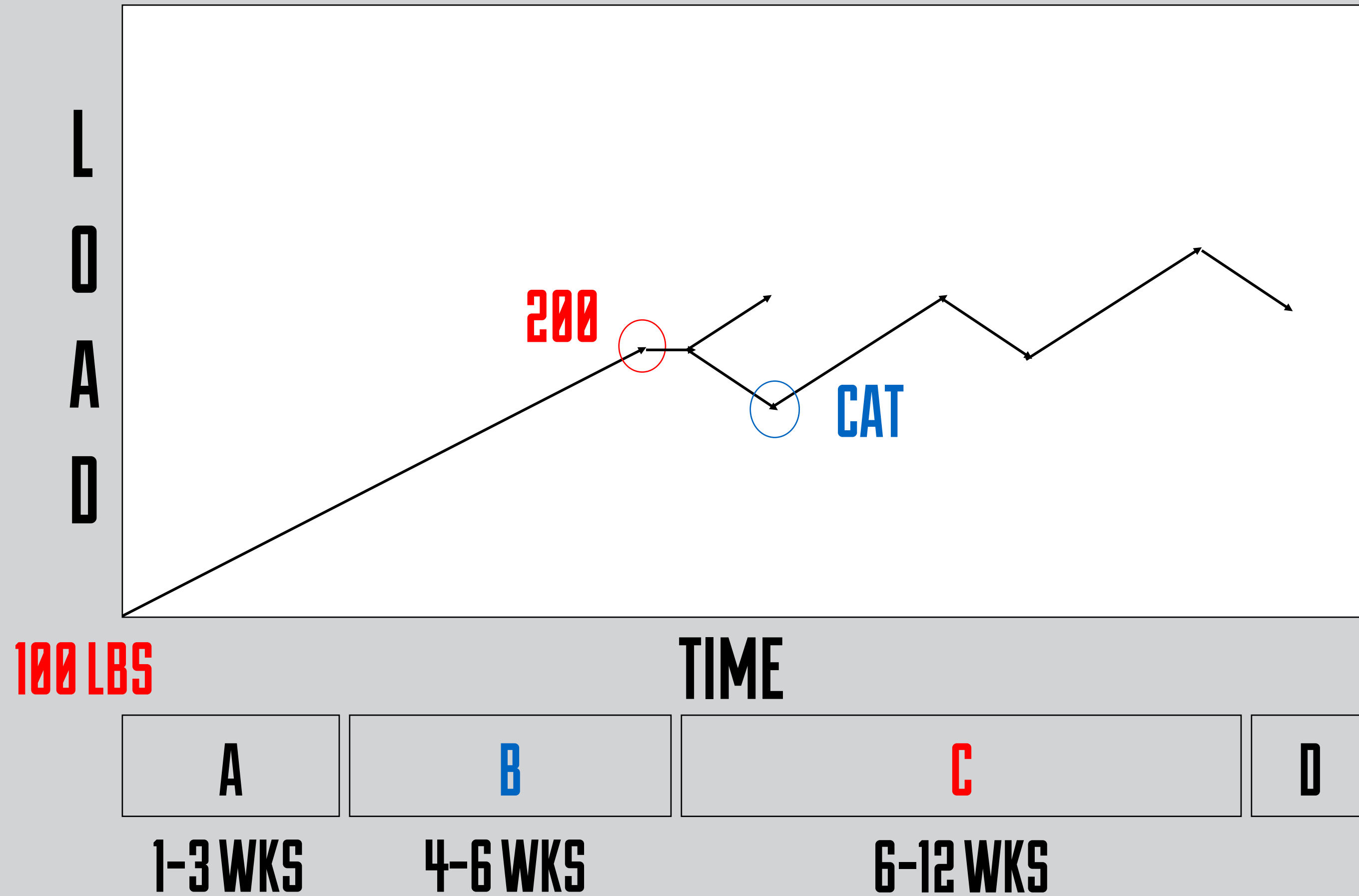
PROGRESSIONS

BEDROCK =

3 RESETS ON SQUAT

3 RESETS ON DL

BEDROCK				
MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
<b>INTENSITY RUN</b> SQ 3x5 (+5 LBS) PR 3x5 (+2.5)	DL 1x5 (+10 LBS) PU 3x MAX PRIMAL Z	SPP	SQ 3x5 (+5 LBS) BN 3x5 (+2.5) <b>VOLUME RUN</b>	PC 5x3 (+2.5) CU 3x MAX PRIMAL Y



## SAID PRINCIPLE

**REPS**

**1-3**

**4-7**

**8-12**

**12+**

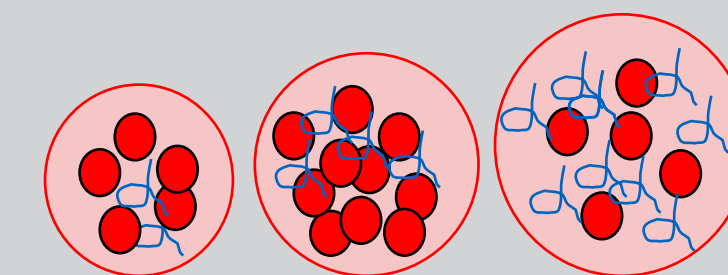
**ADAPTATIONS**

**CNS EFFICIENCY**

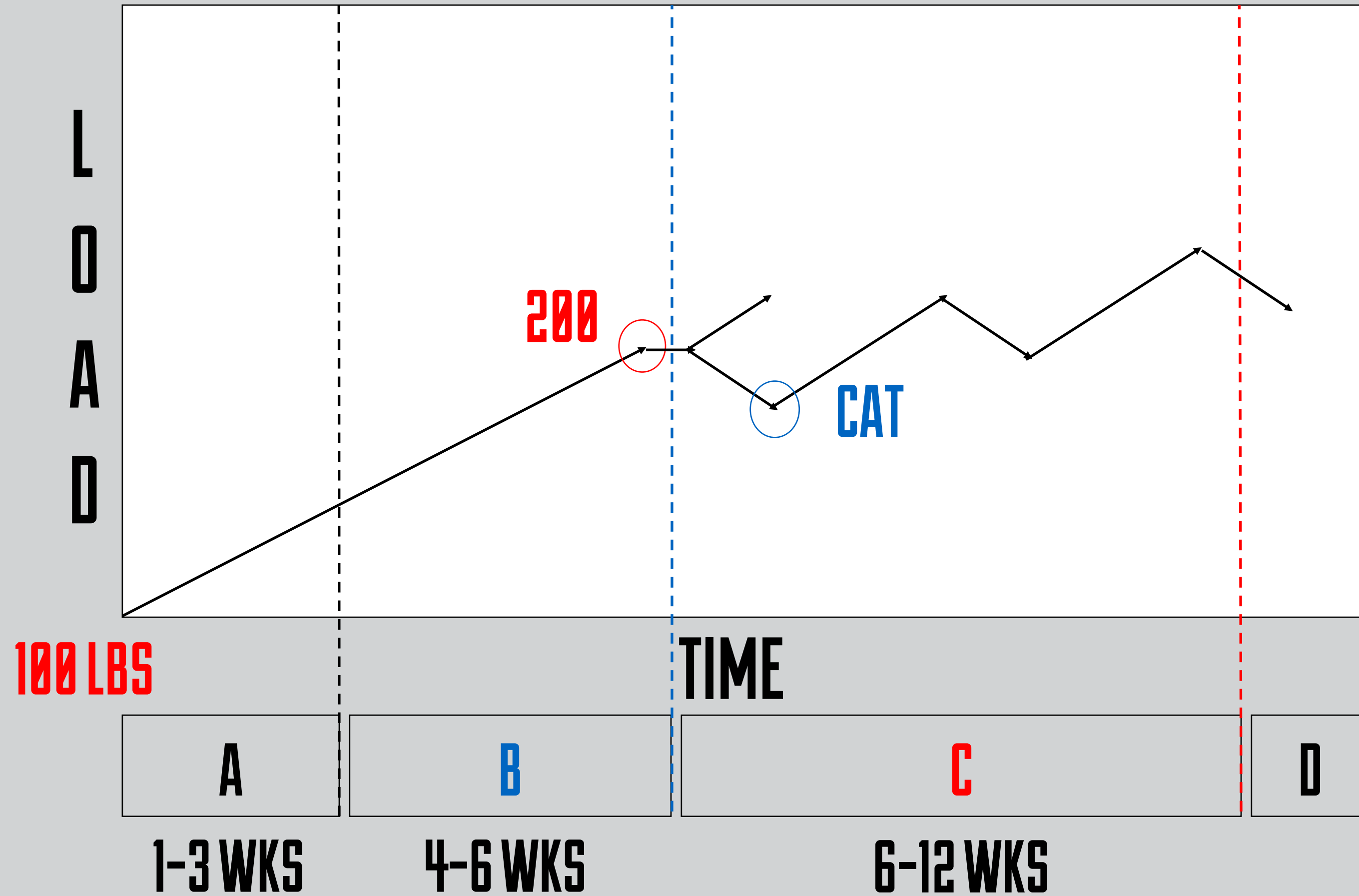
**MYOFIBRILLAR**

**SARCOPLASMIC**

**ENDURANCE**



BEDROCK				
MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY
<b>INTENSITY RUN</b> SQ 3x5 (+5 LBS) PR 3x5 (+2.5)	DL 1x5 (+10 LBS) PU 3x MAX PRIMAL Z	SPP	SQ 3x5 (+5 LBS) BN 3x5 (+2.5) <b>VOLUME RUN</b>	PC 5x3 (+2.5) CU 3x MAX PRIMAL Y



## THE NOVICE WINDOW

- A** INTERMUSCULAR COORDINATION
- B** INTRAMUSCULAR COORDINATION
- C** HYPERTROPHY
- D** STAGNATION = BASE LEVEL OF STRENGTH

# THE WARM UP

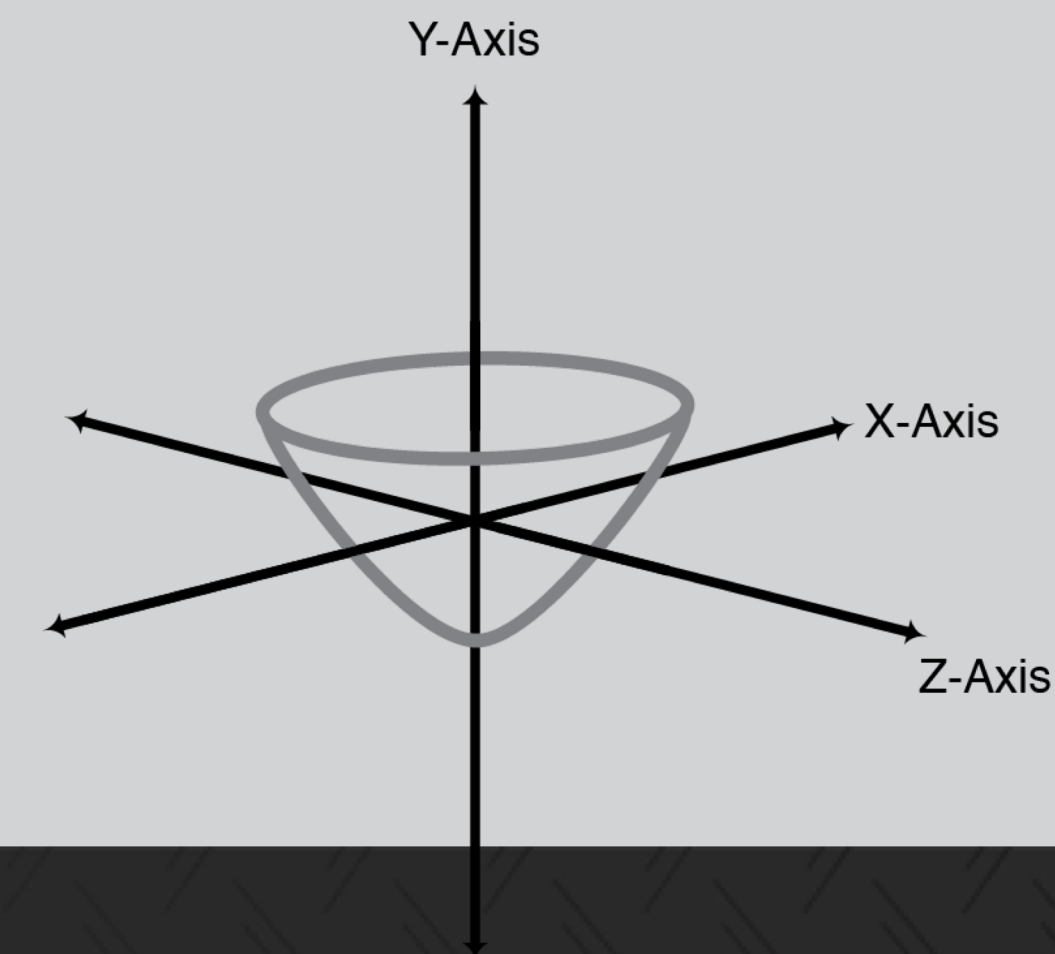
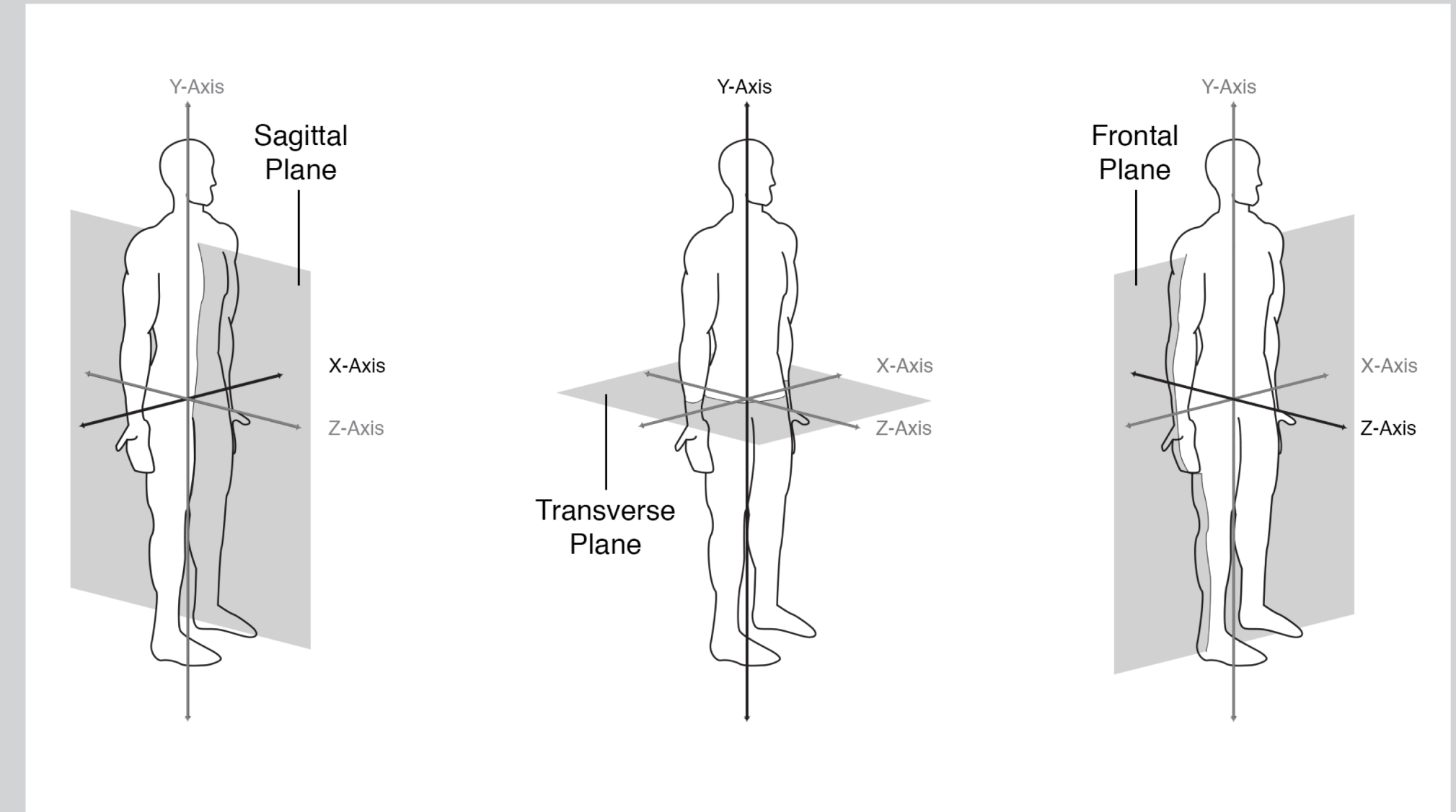
## WHY

1. Biomechanical
2. Neurological
3. Primal Proficiency
4. Psychological

## WARM UP ANATOMY

1. Pre Warm Up Warm Up
2. Iso-Stability
3. Dynamic Warm Up
4. Energy Systems
5. X FACTOR

## TRAINING vs TESTING



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# THANK YOU

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