

# JON APGAR TRAINING RECAP



Train with a purpose

Strength & Speed Training



Jon Apgar came to Performance Training Center with one goal in mind and that was making it the professional free agent combine in Indianapolis, Indiana June 16&17. With Jon coming from a relatively small school, Western Oregon University his combine numbers had to be much higher than initial testing for him to qualify. Jon did qualify at the regional combine try out June 12 in Southern California. Here is a look inside of Jon's training and how he got there.

<u>Beginning Stats:</u>	<u>Goals:</u>	<u>Qualify for Combine</u>	<u>Final Stats:</u>
Weight: 246	256lbs	244lbs	262.5lbs
Height: 6'x2 3/4"	N/A	6'x2"	6'x2"
VJ: 32 1/2"	36-38"	32 1/2"	36.5"
STLJ: 9'x5"	10'	N/A	9'11"
1RM Bench Press: 335	365lbs	N/A	375lbs
1RM Squat: 415	500lbs	N/A	530lbs
40yd D: 4.79	under 4.7	4.76	4.71sec
5/10/5: 4.42	under 4.2	4.42	4.15sec
225lb bench rep: 20	24+	24	26 reps

**Jon's Strengths:** Extremely hard worker. Very dedicated. Alactic and anaerobic index on metabolic test on the Omega wave show huge potential. High work capacity and exceptional recovery. Will be able to have massage 1-2 times per week.

**Jon's weaknesses:** May tend to over work if we don't keep him under wraps. Most performance training done under the direction of SAQ protocols. Comes from a small college. He must drive 1 hour to train at PTC 3 times per week.

<b>First 4 weeks:</b>	
<p><b>Strength program:</b> Started with concentrated loading phase of maximal weights in both squat and bench. Traditional back squats and bench press were used. Repetition work was performed on day 3 for bench only. Starting weight was 210lbs on weeks 1&amp;2 Weeks 3&amp;4 the weight was changed to 225lbs. This lasted 4 weeks. There was no speed strength work done during this time for either squat or bench.</p>	<p><b>Speed program:</b> Since weather was an issue and we had no access to an indoor facility no speed work was performed during the first 3 weeks.</p>
<p><b>Tempo sessions:</b> Were performed on T/Th starting with a volume of 500m and over the next 4 weeks extended out to 1000 meters. These were done under 19 seconds per 100m.</p>	

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## Weeks 5-7:

**Strength program:** Was now mixed regimes of max effort work and speed strength work (Jump squats using 20-40% of 1RM). During week 7 back squats were eliminated altogether and only jump squats and depth jumps were performed. With the bench press max effort work was kept in and complex training of 3 additional exercises was integrated. On day 3 repetition work started back at 210lbs and the goal was to break records established in weeks 1-2.

**Speed program:** Was performed 2 times per week on Monday and Friday prior to strength sessions. Volume was kept between 160-220m. 10-40 were performed during every session.

**Tempo sessions:** Volume was now going between 800-1200 and the time was still under 19 seconds to complete 100m.

## Weeks 8-9:

**Strength program:** Intensity of jump squats is now at its highest level. Jon's tendo speeds continue to rise during this period signaling positive adaptation and progress. We now are at 42" for depth jumps and Jon sets a PR by touching 10'x6" on VJ after depth jump.

**Speed program:** Is now reduced to 160-200m per session. This to compensate for the increase in jumps squats and depth jumps. Jon sets a new PR of 4.65 in week 9.

**Tempo sessions:** Volume is now reduced to 600m twice per week.

## Weeks 10-12:

**Strength program:** Volume is now reduced by 25% from previous week during week 10. Jump squats and depth jumps are still employed. During week 11 a 35% reduction from week 9 in volume is put into place. On the Friday before week 12, Jon performed his first max effort squat in over 7 weeks. He breaks his 1RM by 115lbs by squatting 530lbs. Week 12 on Monday he only performs 4x10 of jump squats with 180lbs tendo speeds are right on. Wednesday he works up to 95% of 1RM on bench and destroys the weight. This will be his last workout prior to Sunday June 12<sup>th</sup> Free agent combine in Los Angeles. Depth jumps stopped 10 days prior to competition.

**Speed program:** Tightness developed in Jon's right hamstring. After an evaluation during massage it is determined that we will eliminate any more speed work until the actual day of the combine.



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**Notes on Jon's training:** We tested Jon prior to each session on the Omega wave system, Jon is the first athlete who I have trained who over this 12 week period was ready for any level of activity for every session based on his heart rate variability. We then tested Jon's neuromuscular system using the VJ, if Jon fell under 95-98% of previous 1RM then volume/intensity was adjusted.

**Jon's recovery:** During the first two weeks of training Jon used no recovery techniques. Weeks 3-4 we introduced contrast showers on his off days along with games in the park like Frisbee and softball. Weeks 5-7 saw the introduction of Epson salt baths on off days and contrast showers after training. Once a week we also performed massage on Jon. The main purpose of this was to indicate any problem areas for injury which could be corrected in training. Weeks 8-10 saw massage pick up to twice per week and the timing of Jon's training was changed from 11-9:00 a.m. to begin preparation for the timing of the combine. Jon began waking up at 6:00 a.m. Weeks 11-12 saw massage go back to once per week for maintenance work. Epson salt baths and contrasts shower along with hot tubs once per week was now the staple of recovery. Jon's last massage was Wednesday June 8th with the massage therapists telling us his tone was just where it needed to be. His last Omega test showed that his HRV was at "optimal level" and his alactic/anaerobic system had super-compensated above baseline levels.