

Strength Speed Program by Johan Stål

8 week program for Musclemass

Workout 1 - Lowerbody

	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
3x5/5/5 - Complex3 - OH Squat / Good morning / Squat (Do 5 OH, 5 GM, 5 SQ, same weight)			
3x5 - Cleans, work on catching the bar low			
Rotatorcuff exercises			
A1 - Frontsquat	5 x 3-5	3 / 1	10sec
A2 - Squats (<i>same weight as FS</i>)	5 x 5-15	0 / 0	1½min
A3 - Hamstring glides	5 x MAX	2 / 2	1½min
B1 - Seated Calf	4 x 8-12	2 / 2	1min
B2 - Lying Hamstring machine	4 x 8-12	2 / 2	1min
<i>EXTRA - Neck exercises and AB Joy-Stick 3x10-15</i>			

Workout 3 - Lowerbody

	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
3x5 - OH Squat (increase weight every set)			
3x5 - Muscle Cleans, FAST ARMS! GET ELBOWS UP			
Rotatorcuff exercises			
A1 - One-leg Squats in Smith Machine	5 x 4/4	3 / 1	10sec
A2 - Lunges	5 x 10-15	0 / 0	1½min
A3 - Straight leg deadlifts	5 x 8	3 / 1	1½min
B1 - Standing Calfs	4 x 8-12	2 / 2	1min
B2 - Lowerback Raises	4 x 8-12	2 / 2	1min
<i>EXTRA - AB Plank and Side Plank 4xMAX</i>			

Workout 2 - Upperbody

	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
3x4/4/4 - OL-3way - Power Clean / Frontsquat / Jerk (same weight 1PC,1FS,1J, repeat)			
3x5 - High pulls, start from the ground			
Rotatorcuff exercises			
A1 - Wide Chins (<i>or LatPulldown</i>)	5 x 4	3 / 1	10sec
A2 - Close-Grip Chins	5 x MAX	0 / 0	1½min
A3 - One-leg/One-arm dumbbell Row	5 x 8/8	1 / 1	1½min
B1 - Shoulder dumbbell presses	4 x 8	2 / 2	45sec
B2 - Shrugs	4 x 10-15	2 / 2	45sec
B3 - Triceps with rope	4 x 10-15	2 / 2	1min
<i>EXTRA - Neck exercises and 100 sit-ups</i>			

Workout 4 - Upperbody

	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
3x5/5 - OH Squat with Snatch Presses			
3x5/5/5 - Deadlift / High Pulls / Power Clean			
Rotatorcuff exercises			
A1 - Benchpress	5 x 4	3 / 1	10sec
A2 - Dumbbell Flies	5 x 10	1 / 1	1½min
A3 - One-arm incline dumbbell press	5 x 8/8	2 / 2	1½min
B1 - Shoulder side raises	4 x 8-12	2 / 2	45sec
B2 - Triceps skull-crushers	4 x 8-12	2 / 2	45sec
B3 - Biceps	4 x 8-12	2 / 2	1min
<i>EXTRA - Neck exercises and Russian Twist 4x20sec</i>			

*Beside these 4 strength programs you should also do 1 low-cardio day minimum 30min

* All red exercises are warm-ups, do not rest long, have a high tempo and light weights

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9 week program for Strength

Week 1 & 2

Strength 1	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
Bearcrawls 4x10 yards			
3x5 - OH Squat wth Shoulder width grip			
One arm Kettbellswings 2x10/10			
High Pulls on one leg	4 x 5/5	1 / 0	2min
Frontsquat (<i>AssToGrass</i>)	4 x 5	2 / 0	2min
A1 - Benchpress	4 x 6	2 / 0	2min
A2 - Chins	4 x 6	1 / 0	2min
B1 - One-arm shoulderpress	4 x 6	1 / 0	2min
B2 - Triceps-Skull crushers	4 x 6	1 / 0	2min
Neck front/back	3 x 10/10	1 / 1	1min
Shoulder 360	3 x 4/4	0 / 0	1min

Strength 3	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
3x5/5/5 - Complex 3 on one-leg (Straight leg deadlifts/High Pulls/jerk)			
3x4 - Cleans			
Kettlebell snatches 4x10			
Jerk on one-leg	3 x 4/4	0 / 0	2min
Backward Lunges	4 x 5/5	0 / 0	2min
A1 - Bar row	4 x 6	1 / 0	2min
A2 - One-arm tight dumbbellpress	4 x 6/6	1 / 0	2min
B1 - One-leg Straight leg deadlifts	4 x 6/6	1 / 0	2min
B2 - Shrugs	4 x 10	1 / 0	2min
One-leg Back raises	4 x 8/8	1 / 0	1min
<i>Neck sides</i>	3 x 10/10	1 / 0	1min

Strength 2	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
3x4/4 - One-leg/One-arm dumbbell Snatch (diagonal)			
3x5 - High pulls from ground			
Kettlebell swings 4x15			
Hang cleans	3 x 3		2min
One-leg Hang Cleans	2 x 4/4	1 / 0	2min
Oneleg Squat/Smith machine (<i>deep</i>)	4 x 6/6	2 / 0	2min
A1 - One-arm dumbbell press	4 x 6/6	1 / 0	2min
A2 - One-arm dumbbell row	4 x 6/6	1 / 0	2min
B1 - Hip Thrusters	4 x 8	1 / 0	2min
B2 - One-leg Standing Calf	4 x 8/8	1 / 0	2min
Hamstring glides	4 x MAX		

Speed/Power 1
Ladder agility drills 10 minutes
Broadjump x8
Trippeljump x2
One-leg Trippeljump x2 per leg
30 yard positionsstart 75% of max speed x10 (1min rest)
10 yards positionsstart 100% x10 (1min rest)
One-leg side jumps over 5 hurdles x3 per leg
Ice-Skate jumps 4 jumps x6
Battleropes Double Snatch 10sec x4

Speed/Power 2
100 yards sprint 70% of Max speed x10
Here you can also work on positiondrills after the sprints

* Also do 3 or 4 mobility programs during the week

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9 week program for Strength

Week 3 & 4

Strength 1	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
Bearcrawls 4x10 yards			
3x5 - OH Squat wth Shoulder width grip			
One arm Kettbellswings 2x10/10			
High Pulls on one leg	4 x 3/3	1 / 0	2min
Frontsquat (<i>AssToGrass</i>)	4 x 3	2 / 0	2min
A1 - Benchpress	4 x 4	2 / 0	2min
A2 - Chins	4 x 4	1 / 0	2min
B1 - One-arm shoulderpress	4 x 4	1 / 0	2min
B2 - Triceps-Skull crushers	4 x 5	1 / 0	2min
Neck front/back	3 x 8/8	1 / 1	1min
Shoulder 360	3 x 6/6		1min

Strength 3	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
3x5/5/5 - Complex 3 on one-leg (Straight leg deadlifts/High Pulls/jerk)			
3x4 - Cleans			
Kettlebell snatches 4x10			
Jerk on one-leg	3 x 3/3	0 / 0	2min
Backward Lunges	4 x 4/4	0 / 0	2min
A1 - Bar row	4 x 4	1 / 0	2min
A2 - One-arm tight dumbbellpress	4 x 5/5	1 / 0	2min
B1 - One-leg Straight leg deadlifts	4 x 4/4	1 / 0	2min
B2 - Shrugs	4 x 15	1 / 0	2min
One-leg Back raises	4 x 6/6	1 / 0	1min
<i>Neck sides</i>	3 x 10/10	1 / 0	1min

Strength 2	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
3x4/4 - One-leg/One-arm dumbbell Snatch (diagonal)			
3x5 - High pulls from ground			
Kettlebell swings 4x15			
Hang cleans	3 x 2		2min
One-leg Hang Cleans	2 x 3/3	1 / 0	2min
Oneleg Squat/Smith machine (<i>deep</i>)	4 x 4/4	2 / 0	2min
A1 - One-arm dumbbell press	4 x 5/5	1 / 0	2min
A2 - One-arm dumbbell row	4 x 5/5	1 / 0	2min
B1 - Hip Thrusters	4 x 6	1 / 0	2min
B2 - One-leg Standing Calf	4 x 10/10	1 / 0	2min
Hamstring glides	4 x MAX		

Speed/Power 1
Ladder agility drills 10 minutes
Broadjump x4
Trippeljump x4
One-leg Boxjumps (smooth landing) 4x4 per leg
40 yard positionsstart 80% of maxspeed x10 (45sec rest)
10 yard positionsstart 100% x10 (1½min rest)
I-test x3
Prowler 15 yards (light weight) x6
Battleropes Double Snatch 10sec x4

Speed/Power 2
100 yards sprint 75% of Max speed x12
Here you can also work on positiondrills after the sprints

* Also do 3 or 4 mobility programs during the week

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9 week program for Strength

Week 5 & 6

Strength 1	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
Bearcrawls 4x10 yards			
3x5 - OH Squat wth Shoulder width grip			
One arm Kettbellswings 2x10/10			
High Pulls on one leg	4 x 2/2	1 / 0	2min
Frontsquat (<i>Half depth</i>)	4 x 1-2	2 / 0	2min
A1 - Benchpress	4 x 1-2	2 / 0	2min
A2 - Chins	4 x 1-3	1 / 0	2min
B1 - One-arm shoulderpress	4 x 2-3	1 / 0	2min
B2 - Triceps-Skull crushers	4 x 4	1 / 0	2min
Neck front/back	3 x 8/8	1 / 1	1min
Shoulder 360	3 x 8/8		1min

Strength 3	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
3x5/5/5 - Complex 3 on one-leg (Straight leg deadlifts/High Pulls/jerk)			
3x4 - Cleans			
Kettlebell snatches 4x10			
Jerk on one-leg	3 x 2/2	0 / 0	2min
Backward Lunges	4 x 3/3	0 / 0	2min
A1 - Bar row	4 x 3	1 / 0	2min
A2 - One-arm tight dumbbellpress	4 x 4/4	1 / 0	2min
B1 - One-leg Straight leg deadlifts	4 x 2/2	1 / 0	2min
B2 - Shrugs	4 x 20	1 / 0	2min
One-leg Back raises	4 x 4/4	1 / 0	1min
Neck sides	3 x 10/10	1 / 0	1min

Strength 2	Set x Reps	Tempo	Rest
5-10min cardio			
Foamroller 5-10min			
3x4/4 - One-leg/One-arm dumbbell Snatch (diagonal)			
3x5 - High pulls from ground			
Kettlebell swings 4x15			
Hang cleans	2 x 1		2min
One-leg Hang Cleans	3 x 2/2	1 / 0	2min
Oneleg Squat/Smith machine (<i>half</i>)	4 x 3/3	2 / 0	2min
A1 - One-arm dumbbell press	4 x 4/4	1 / 0	2min
A2 - One-arm dumbbell row	4 x 4/4	1 / 0	2min
B1 - Hip Thrusters	4 x 4	1 / 0	2min
B2 - One-leg Standing Calf	4 x 8/8	1 / 0	2min
Hamstring glides	4 x MAX		

Speed/Power 1
Ladder agility drills 10 minutes
Dropjump + Trippeljump x5
20m sprint 100% x5 (2-3min rest)
I-test x5 (2-3min rest)
Kneeling explosive med-ball throws 5x5
Battleropes Double Snatch 10sek x4

Speed/Power 2
80 yards sprint 85% of Max speed x15
Here you can also work on positiondrills after the sprints

* Also do 3 or 4 mobility programs during the week

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9 week program for Strength

Week 7

Strength 1	Set x Reps	Tempo	Rest		Speed/Power 1	Set x Reps	Rest
5-10min cardio					Trippeljump	4 x	2min
Foamroller 5-10min					5 yard sprint (work on start-technique)	4 x	1min
Bearcrawls 4x10 yards					10 yard Prowler heavy	5 x	2min
3x5 - OH Squat with Shoulder width grip					Kneeling explosive med-ball throws	4 x 5	2min
One arm Kettlebellswings 2x10/10					Battleropes Double Snatch	6 x 10sec	1min
Half Squats (REAL HEAVY)	4 x 3	2 / 0	3min	<i>after each set do 1 set trippeljump</i>			
Benchpress	4 x 4-5	2 / 0	3min	<i>after each set do 3 push-up with clap</i>			
Straight leg deadlift with trap-pull	4 x 4-5	2 / 0	3min				
LatPulldown or Weighted Chins	4 x 4-5	2 / 0	3min				
Active Rest 5min					Speed/Power 2		
Hip Thrusters	4 x 5	2 / 0	3min		3 high hurdle jump + 5 yard sprint	4 x	2min
					One-leg jump over 5 hurdles	3 x per ben	1min
					20 yard sprint with lighth sled	5 x	2min
					10 yard sprint with heavy sled	3 x	2min
					Battleropes Double Snatch	4 x 15sek	1min
Strength 2	Set x Reps	Tempo	Vila				
5-10min cardio							
Foamroller 5-10min							
3x5/5/5 - Complex 3 on one-leg (Straight leg deadlifts/High Pulls/jerk)							
3x4 - Cleans							
Kettlebell snatches 4x10							
One-leg Squat Smith Machine (quarter)	4 x 4/4	2 / 0	3min	<i>after each set do 2 reps one-leg boxjumps</i>			
One-arm dumbbellpress	4 x 2-3	2 / 0	3min				
Hamstring glide with weights	4 x 6-8	2 / 0	3min				
One-arm dumbbellrow	4 x 3-4	2 / 0	3min				
Lätt Crosstrainer 5min							
Hip Thrusters	4 x 4	2 / 0	3min				
One-leg Back raises	4 x 4/4	1 / 0	1min				

* Also do 3 or 4 mobility programs during the week

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Week 8

Strength 1	Set x Reps	Tempo	Vila		Speed/Power 1		
5-10min cardio					Trippeljump	4 x	2min
Foamroller 5-10min					5 yard sprint (work on start-technique)	4 x	1min
Bearcrawls 4x10 yards					10 yard Prowler heavy	5 x	2min
3x5 - OH Squat with Shoulder width grip					Kneeling explosive med-ball throws	4 x 5	2min
One arm Kettbellsings 2x10/10					Battleropes Double Snatch	6 x 10sek	1min
Half Squats (REAL HEAVY)	4 x 3	2 / 0	3min	<i>after each set do 1 set trippeljump</i>			
Benchpress	4 x 4-5	2 / 0	3min	<i>after each set do 3 push-up with clap</i>			
Straight leg deadlift with trap-pull	4 x 4-5	2 / 0	3min				
LatPulldown or Weighted Chins	4 x 4-5	2 / 0	3min				
Active Rest 5min					Speed/Power 2		
Hip Thrusters	4 x 5	2 / 0	3min		3 high hurdle jump + 5 yard sprint	4 x	2min
					One-leg jump over 5 hurdles	3 x per ben	1min
					20 yard sprint with lighth sled	5 x	2min
					10 yard sprint with heavy sled	3 x	2min
					Battleropes Double Snatch	4 x 15sek	1min
Strength 2	Set x Reps	Tempo	Vila				
5-10min cardio							
Foamroller 5-10min							
3x5/5/5 - Complex 3 on one-leg (Straight leg deadlifts/High Pulls/jerk)							
3x4 - Cleans							
Kettlebell snatches 4x10							
One-leg Squat Smith Machine (quarter)	4 x 4/4	2 / 0	3min	<i>after each set do 2 reps one-leg boxjumps</i>			
One-arm dumbbellpress	4 x 2-3	2 / 0	3min				
Hamstring glide with weights	4 x 6-8	2 / 0	3min				
One-arm dumbbellrow	4 x 3-4	2 / 0	3min				
Active Rest 5min							
Hip Thrusters	4 x 4	2 / 0	3min				
One-leg Back raises	4 x 4/4	1 / 0	1min				

* Also do 3 or 4 mobility programs during the week

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9 week program for Strength

Week 9

Strength 1	Set x Reps	Tempo	Vila		Speed/Power 1		
5-10min cardio					Trippeljump	5 x	2min
Foamroller 5-10min					5 yard sprint (work on start-technique)	6 x	1min
Bearcrawls 4x10 yards					10 yard Prowler heavy	4 x	2min
3x5 - OH Squat wth Shoulder width grip					Kneeling explosive med-ball throws	5 x 5	2min
One arm Kettbellswings 2x10/10					Battleropes Double Snatch	8 x 10sek	1min
Half Squats (REAL HEAVY)	4 x 2	2 / 0	3min	<i>after each set do 1 set trippeljump</i>			
Benchpress	4 x 2-3	2 / 0	3min	<i>after each set do 3 push-up with clap</i>			
Straight leg deadlift with trap-pull	4 x 2-3	2 / 0	3min				
LatPulldown or Weighted Chins	4 x 2-3	2 / 0	3min				
Active Rest 5min					Speed/Power 2		
Hip Thrusters	4 x 5	2 / 0	3min		3 high hurdle jump + 5 yard sprint	5 x	2min
					One-leg jump over 5 hurdles	4 x per ben	1min
					20 yard sprint with lighth sled	2 x	2min
					10 yard sprint with heavy sled	6 x	2min
					Battleropes Double Snatch	5 x 15sek	1min
Strength 2	Set x Reps	Tempo	Vila				
5-10min cardio							
Foamroller 5-10min							
3x5/5/5 - Complex 3 on one-leg (Straight leg deadlifts/High Pulls/jerk)							
3x4 - Cleans							
Kettlebell snatches 4x10							
One-leg Squat Smith Machine (quarter)	4 x 2/2	2 / 0	3min	<i>after each set do 2 reps one-leg boxjumps</i>			
One-arm dumbbellpress	4 x 2-3	2 / 0	3min				
Hamstring glide with weights	4 x 6-8	2 / 0	3min				
One-arm dumbbellrow	4 x 3-4	2 / 0	3min				
Active Rest 5min							
Hip Thrusters	4 x 4	2 / 0	3min				
One-leg Back raises	4 x 4/4	1 / 0	1min				

* Also do 3 or 4 mobility programs during the week

REST WEEK!

Strength Speed Program by Johan Stål

3 week program for Power

Power 1	Set x Reps	Tempo	Vila	% of 1RM
5-10min cardio				
Foamroller 5-10min				
Bearcrawls 4x10 yards				
3x5 - OH Squat with Shoulder width grip				
One arm Kettlebellswings 2x10/10				
Hang Clean and Jerk	4 x 5	0 / 0	3min	50%
Jumps, weight on first rep *1	4 x 5	0 / 0	3min	
One-arm dumbbellpress	4 x 5	0 / 0	3min	50%
One-arm dumbbellrow with rotation	4 x 5/5	0 / 0	3min	50%
Anklejumps with straight legs	3 x 10	0 / 0	3min	
Neck forward/backward	4 x 6	1 / 0	2min	

Power 3	Set x Reps	Tempo	Vila	% of 1RM
5-10min cardio				
Foamroller 5-10min				
3x5/5/5 - Complex 3 on one-leg (Straight leg deadlifts/High Pulls/jerk)				
3x4 - Cleans				
Kettlebell snatches 4x10				
One-leg/arm dumbbell snatch	4 x 4/4	0 / 0	3min	
One-leg quarter squats *2	4 x 5	0 / 0	3min	50%
One-leg straight leg deadlifts	4 x 5/5	0 / 0	3min	
Incline dumbbell press	4 x 5	0 / 0	3min	50%
One-arm shoulderpress with rotation	4 x 5	0 / 0	3min	50%
Explosive hanging row with TRX bands	4 x 5	0 / 0	3min	
Neck sides	4 x 6	1 / 0	2min	

Power 2	Set x Reps	Tempo	Vila	% of 1RM
5-10min cardio				
Foamroller 5-10min				
3x4/4 - One-leg/One-arm dumbbell Snatch (diagonal)				
3x5 - High pulls from ground				
Kettlebell swings 4x15				
Jump with Trap-bar	4 x 5		3min	40-130lbs
Benchpress legs in air	4 x 5	0 / 0	3min	50%
Chins/LatPulldown	4 x 5	0 / 0	3min	
One-leg/arm standing shoulder press	4 x 5	0 / 0	3min	50%
Hamstring glides	4 x MAX	0 / 0	3min	
One-leg seated Calf	4 x 5	0 / 0	3min	

*1 Make one heavy lift with Trap-Bar, then release it and do the jumps

*2 After one set do 5 fast and high one-leg jumps

Pass 1 Sprint

20 yard sprint 100% x6

10 yard sprint 100% x6

5 yard sprint 100% x6

I-test x6

Pass 2 sprint

Tripplejump x5

Dropjump + Boxjump 5x5 (smooth landing)

From knees, jump up and sprint 10 yards x5

Battleropes Double Snatch 10sec x5

Med-ball rotation throws 5x5 each side