Mission Statement

Johnston Strength & Conditioning is a total body strength and conditioning program intended to enhance a student’s physical ability through a structured training program that includes physical development and injury prevention.

Philosophy

It is our aim to work with student-athletes to enhance their physical ability and athletic performance to reach his or her physical potential. Each and every student has the opportunity to impact his or her performance, health and physical ability by being committed to put forth the time and effort necessary to achieve desired success.

Goals:
The following are the areas to be improved through the Johnston Strength & Conditioning program.

Work:
Strive to increase...
- Work capacity
- Work effort
- Work ethic
- Work intensity

Team building & Cooperation:
Strive to build...
- Confidence
- Accountability
- Unity
- Competitiveness
- Camaraderie
- Peer Review

Development:
Strive to utilize...
- Strength training as a way to improve student’s level of athletic performance, physical fitness and physical ability.

Injury Prevention:
Strive to prevent injury through...
- Strength
- Conditioning
- Flexibility
- Nutrition guidance
- Rest & Recovery
The Principles of Johnston Strength & Conditioning:

1. Functional & Systematic:
Our Strength & Conditioning program is a functionally based strength and conditioning program. We focus on training human movement rather than isolating body parts. Recognizing that the body functions as a coordinated system, it is vital that the body is trained in a systematic manner. People who are better able to control their bodies and their body’s movements are physically more successful.

2. Ground Based:
We utilize closed chain exercises. That is, 85 % or more of the exercises in Johnston Strength Program are ground based. The majority of physical movement involves force production while contacting the ground. The more force an individual can apply to the ground the faster they can run, jump, change direction etc.

3. Multi-joint:
All physical movement involves multiple joints in the body. Therefore, training needs to include multi-joint exercise. Our program employs exercises that involve multiple joints, especially extension of the ankle, knee and hip joints.

4. Three Dimensional Movement:
Human movement and athletic skill involve movement in three planes. Utilizing free weight exercise allows movement in three dimensions, thus making the transfer and application of strength and power easier and more beneficial.

   Unilateral Lower Body:
   Unilateral lower body exercise is essential to injury prevention and physical strength development. When the body is in motion, rarely are we on both legs simultaneously. Because of this, it is essential to train on a single leg. Unilateral lower body (single leg) exercises are emphasized during training. Understanding that the body is supported on one leg 80% of the time it becomes vital that single leg lower body strength is an emphasis.

   Unilateral Upper Body:
   Unilateral upper body exercise is also an important part of program. The use of dumbbells, stability balls and other equipment is done as a means to develop upper body strength, proprioception and core stability.

5. Train Explosively:
We focus on training explosively with free weights and body weight to develop fast-twitch muscles fibers and improve power and performance potential. There is a difference between being strong and powerful, our program trains for both.

6. Progressive Overload:
Progressively increased loads (weight) make for continual improvement. Overload occurs when the body responds to training loads greater than normal. The body adapts by developing more strength or endurance to handle the overload. Applying the overload principle develops muscular strength by adapting to the work imposed on the body.
7. Periodization:
Research shows that as an individual gains training experience the rate of progression decreases. We utilize periodization or cycling to allow strength gains to continue. Periodization progressively varies the training load which prevents strength gains from leveling off. We use a variety of exercises and change and/or modify exercises every 2-4 weeks to keep training fresh both physically and mentally.

8. Specificity of Training:
The primary objective of a strength & conditioning program is to increase energy capacity and performance. Speed, acceleration, explosive power & agility are attributes of almost all physical performance. We strive to incorporate acceleration, speed, power & agility in our training regime simulating the actual physical performance as much as possible.

9. Interval Training:
Interval training is used to ensure the body’s energy system is being trained properly. Intervals are work or exercise followed by a short rest period. The prescribed rest allows the body’s energy system to recover between bouts of work or exercise, allowing intensity of performance to remain at a high level.

*Tempo:*
Tempo is used to increase work capacity. We do this by decreasing rest time. By reducing rest time between sets requires more muscle fibers to be recruited. The following are utilized to facilitate an increase in anaerobic conditioning

- Standing during workout (especially during rest intervals)
- Pairing, combining or super-setting exercises
- Strive to complete workout in 40-55 minutes
Program Philosophy

Emphasize Big, Multi-Joint Movements

Beginners have been told to do this for years, and advanced lifters swear by these movements. Multi-joint lifts are lifts that involve more than one muscle – i.e., not an isolation exercise like leg extensions – and allow more muscle to be built. These lifts are the most efficient for building muscle and strength.

- Examples are the squat, deadlift, bench press and hang/power clean.

Start Too Light

Starting too light allows for more time for you to progress forward. It’s easy for anyone – beginner or advanced – to want to get ahead of themselves. Lifts will go up for a few months, but then they’ll stall – and stall, and stall some more. Frustration can set in and athletes don’t understand that the way around this is to prolong the time it takes to get to the goal. They want to start heavy, and they want to start now. This is nothing more than ego, and nothing will destroy a lifter faster, or for longer, than ego.

Progress Slowly

This goes hand in hand with starting light. Slow progress might not get the best rewards today, but it will tomorrow. The longer an athlete can progress, even if it’s by one rep or 2.5 pounds the more it means that they’re actually making progress. Athletes need to focus on getting those 5 extra pounds rather than 50. If an athlete bench press 225 pounds and want to get 275, they have to bench 230 first.

Break Personal Records (PR’s)

This is where the fun of this – and any – program begins and ends. Our program allows athletes to break a wide variety of rep records throughout the entire year. Often too much emphasis is placed on an athlete’s 1-rep max. If an athlete’s squat goes from 225x6 to 225x9, they’ve gotten stronger. If they are continually setting and breaking rep records, they’ll get stronger.

Breaking personal records is a great motivator, and it’s also a great way to add some excitement into training. When this is done, the sets and reps carry much more meaning. There’s something on the line. Which can create greater focus and purpose in your training and focus will be on beating the number and beating the weight
References


