

ATHLETE ALPHA

TRAIN LIKE AN ALPHA ATHLETE

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ALPHA^{ATHLETE}

The Alpha program lays out a challenging but fun training program designed exclusively for higher-level athletes like you.

Over 4-week training blocks and 3-month phases, you will progressively build upon the levels of fitness — strength, capacity, balance, power, mobility, flexibility, etc.

PHASES OF THE PROGRAM

Alpha is written as a yearlong program.

PHASE 1 MONTHS 1-3	PHASE 2 MONTHS 4-6	PHASE 3 MONTHS 7-9	PHASE 4 MONTHS 10-12
ENERGY SYSTEM DEVELOPMENT / GENERAL PREP PHASE	BACK TO BASICS: STRENGTH BLOCK	STRENGTH POWER	PRE SEASON PREP INCREASE INTENSITY

HERE'S WHAT YOU CAN EXPECT:

- **Advanced training methodologies.** Alpha has been tested and proven by collegiate and professional athletes.
- **Well Rounded program.** From strength, multi planar movements, explosive power, plyometrics, endurance and energy system development - Alpha is a complete program that will help you build a rock-solid foundation and take your athleticism to new heights.
- **Progressive Overload and Periodization.** Alpha takes a scientific approach to training. Through progressive overload and periodization, you'll experience continuous gains in strength, power, and endurance.

The Way This Works

THESE ARE EXACT WORKOUTS TAKEN FROM THE ALPHA PROGRAM.

The first training phase of Alpha is focusing on Aerobic Capacity. Conditioning can actually improve strength and power gains. It's all a matter of how you set things up from the start.

You will see your first block ("A" set) of training each day begins with a conditioning focus. There is always strength work to be done (duh), but we are going to focus on building a powerful engine.

The role of a strength and conditioning program IS NOT just to improve strength or conditioning...it is to increase the potential to produce energy. This increase in energy is what provides the foundation for an athlete to perform their skills faster and more efficiently.

You can choose to do the Performance Testing or not. It's meant to give a baseline of where you are currently at. You can choose to do all of them, some of them, or none of them. It depends on your goals.

Your Warm up is also included for your workouts.

There are short Demo videos for each exercise. These are quick demonstrations only — not full coaching or technique cues.

You will notice that most of the time, you are in charge of choosing your weight. This is by design. You are the authority on your body. Autonomy is something we practice and nobody knows better about your body than YOU. This allows you to scale and customize the workout for you on each day. Typically I suggest leaving 1–2 reps in the tank unless otherwise specified on your training day.



What You Won't Find Inside Alpha

- Guaranteed results of any kind. That's on you, my friend.
- Weight requirements (what to lift) or weigh-ins of your body
- Before/after pics
- Nutrition help or guidance on food
- Shame for missing a workout
- Pressure to push through a workout when you are not feelin' it
- Making you 'good' or 'bad' for adhering to the program

Equipment Needs

- Barbell and Weight Plates
- Bench
- Dumbbells and/or Kettlebells
- Stability Ball
- Cable Machine and/or Bands
- Pull-Up Bar
- TRX and/or Cable Machine Trainer
- Cardio Equipment (at least one) rower, bike, assault bike, treadmill, or run outside





Performance Testing

Performance Testing will allow you to get a baseline of different training aspects. Strength, Speed, Endurance, Power - these are all elements we are going to be working on improving.

It's totally your choice if you want to do the performance tests. I have provided some options as well, so (for example), if you can't run as an aerobic test, you can do the row test instead.

AEROBIC FITNESS

Get baseline of Resting Heart Rate.

Your resting heart rate will give you a good estimate of improved aerobic fitness. A lower resting heart rate is usually correlated with a greater stroke volume and better aerobic fitness. Your aim will be a resting heart rate below 60 bpm (beats per minute). This will be specific to each individual.

Make sure you are checking your resting heart rate in the same position each time and I recommend using a heart rate monitor. The goal is to see your resting heart rate drop about 5 beats over the first training block, as your aerobic endurance improves.

(Choose one)

1. MODIFIED COOPER TEST

Record your total distance covered in 6 min. You will run as fast and as hard as you can. If you have a heart rate monitor, look at your average heart rate as well. This will give you a really good idea of what your lactate threshold is.

2. 5:00 ROW

Record your distance covered in the 5:00 on the rower.



Performance Testing

3. LOWER BODY EXPLOSIVE POWER:

Standing Broad Jump (measure distance)

The measurement is taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts.

4. UPPER BODY STRENGTH CAPACITY

Max Push Ups - The maximum number of consecutive correctly performed push-ups is recorded.

Max Pull Ups - Using an overhand grip (palms facing away from the body), start in the hanging position. Pull your body up to the bar so your chin clears the bar.

OR

Isometric Hang for time - Using an overhand grip (palms facing away), jump up to the bar so your chin is over the bar. Hold this position for as long as you can (shaking is normal). Once your chin drops below the bar, your time is done.

5. STRENGTH TESTING

Back Squat - 5 Rep Max

Bench Press - 5 Rep Max

Deadlift - 5 Rep Max

Use your 5 Rep Max to calculate your 1RM. Performing an actual 1RM for strength testing is VERY taxing on the nervous system. We can get "close enough" to your 1RM by using your 5RM to calculate your 1RM, and not totally crush your nervous system, putting you at greater risk of injury.



Performance Testing

RECORD SHEET

DATE	RESTING HEART RATE	BROAD JUMP	AEROBIC TEST 5:00 ROW 6:00 RUN	MAX PUSH UPS	MAX PULL UPS / ISO HANG	5 REP MAX: BACK SQUAT BENCH DEADLIFT

ALPHA

DAY 1

WARM UP			
1. <u>Bodyweight Squat Tempo</u> - 0.3.2.0, 2 x 5 reps			
2. <u>Lateral Lunge with knee hug</u> , 2 x 5 each			
3. <u>Spiderwoman Crawl</u> , 2 x 5 each			
WORKOUT	SET 1	SET 2	SET 3
A. Conditioning: 3 x 1:00 hops: jump rope or mini hops THEN 2 x 10:00: bike, row, or jog (Rest 2:00 in between sets) RPE 7/10			
B1. <u>Barbell Bench Press</u> , 3 x 10 (Tempo; 4-0-4-0)			
B2. <u>Lat Pull Down</u> , 3 x 10 (Tempo; 4-0-4-0)			
B3. <u>Half Kneeling KB Press to Windmill</u> , 3 x 4 each			
B4. <u>Push Ups</u> , 3 x AMRAP (as many as pretty)			

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DAY 2

WARM UP			
1. <u>Toe touch/Squat to Stand/OH Reach</u> , 2 x 5 reps			
2. <u>Spiderwoman</u> , 2 x 5 each side			
3. <u>Gorilla Walks (fwd)</u> , 2 x 10 reps			
WORKOUT	SET 1	SET 2	SET 3
A. Conditioning: 10 intervals 60 sec Work / 60 sec Rest RPE 8/10 Can bike, row, or run			
B. <u>Barbell Back Squat</u> , 3 x 8 (RPE 7/10)			
C1. <u>Step Ups</u> , 3 x 8 each (rest 60 sec)			
C2. <u>Bear Crawl</u> , 3 x 8 fwd/back			

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DAY 3

WARM UP			
1. <u>Alternating Curtsey Lunge</u> , 2 x 6 each			
2. <u>High Plank Shoulder Taps</u> , 2 x 5 each			
3. <u>Split Squat Hold</u> , 2 x :20 each			
WORKOUT	SET 1	SET 2	SET 3
A. Conditioning: 15 - 20 min steady state RPE 5/10 Can use bike, rower, or run			
B. <u>Barbell Deadlift</u> , 3 x 4, Rest 90 sec. RPE 8/10			
C1. <u>Push Ups</u> , 3 x AMRAP			
C2. <u>Lat Pull Down</u> , 3 x AMRAP (Choose weight at 7/10 RPE)			
D. <u>Side Plank</u> , 3 x :30 each			

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DAY 4

WARM UP			
1. <u>Quadruped Single Arm Y Raise</u> , 2 x 5 each			
2. <u>Single Leg RDL with knee hug</u> , 2 x 5 each			
3. <u>Inchworm + Scap Push Up</u> , 2 x 5			
WORKOUT	SET 1	SET 2	SET 3
A. Conditioning: 3 x 1:00 mini hops or jump rope THEN 2 x 4:00 Intervals :20 Work / :40 Rest (2:00 rest in between sets) Can bike, run, or row			
B1. <u>Barbell Bent Over Row</u> , 3 x 10 (Tempo 4-0-4-0)			
B2. <u>DB Bench Press</u> , 3 x 10 (Tempo 4-0-4-0)			
C1. <u>Standing Pallof Rotations</u> , 3 x 4 each			
C2. <u>Push Ups</u> , 3 x AMRAP			

ALPHA ATHLETE

DAY 5 (RECOVERY)

WARM UP			
1. <u>Toe touch/Squat to Stand/OH Reach</u> , 5 reps			
2. <u>Spiderwoman</u> , 5 each side			
3. <u>Gorilla Walks (fwd)</u> , 10 reps			
WORKOUT	SET 1	SET 2	SET 3
20:00 Walk This can be outside or on a treadmill. Don't want to walk? Hop on a bike, rower, or elliptical and keep an easy peasy pace.			
A1. <u>Supine Hamstring Floss</u> , 3-4 sets, 5 each			
A2. <u>Elevated Pigeon</u> , 3 - 4 sets, :20 hold each side			
A3. <u>Mini Band Marching</u> .(band around feet), 3-4 sets, 6 each			
A4. <u>Adductor Rocks with KB</u> , 3-4 sets, 6 each			



Become An Alpha Athlete

Alpha is a hybrid program that provides coaching along with your workouts. This is not a PDF (like this one) that you download and are on your own.

All workouts are delivered through an online mobile coaching platform called TrueCoach where you can submit videos for feedback, ask questions, interact with your Coaches, and get the support and compassionate care/accountability you need.

If you're an experienced lifter seeking to amplify your athletic prowess, Alpha is the program you've been waiting for.

Please contact me with any questions! allisontenneyfitness@gmail.com

I WOULD LOVE FOR YOU TO BE PART OF THE PACK. [JOIN HERE.](#)