



RETURN TO TRAINING GUIDELINES



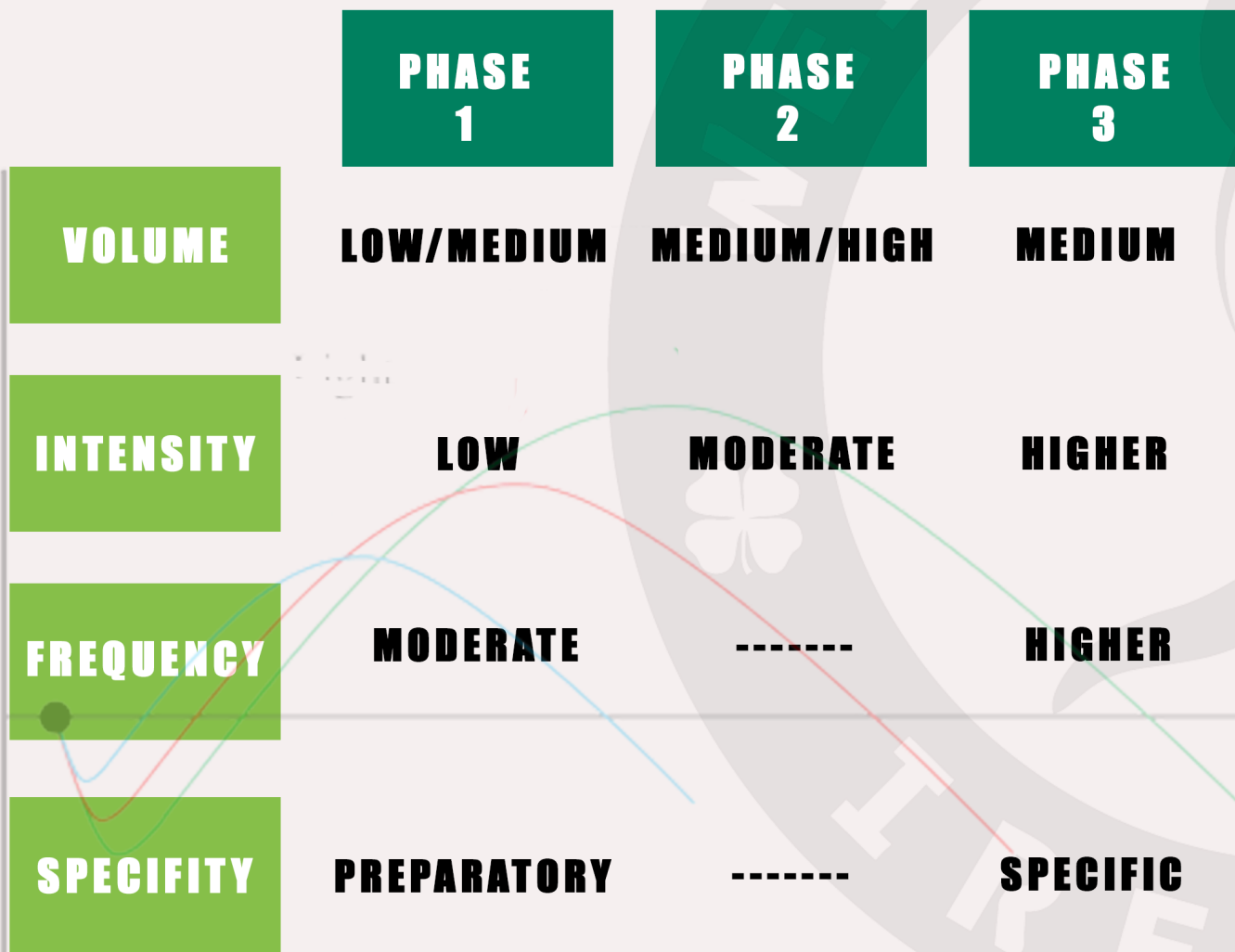
WEIGHTLIFTING IRELAND

RETURN TO LIFTING ADVICE



WEIGHTLIFTING REQUIRES ADEQUATE JOINT MOBILITY AND STABILITY. TOGETHER THESE FACILITATE THE REQUISITE NEUROMUSCULAR CONTROL TO SAFELY EXECUTE TECHNICAL LIFTS. TISSUE TOLERANCE OF MUSCLES, TENDONS, LIGAMENTS AND DISCS; MUST BE TRAINED IN ORDER TO SAFELY ACCEPT HEAVY LOADS. THE TIME TAKEN WILL BE PROPORTIONAL TO THE AMOUNT OF TIME OFF, DURING WHICH DE-CONDITIONING OCCURRED. PLANNING AND PREPARATION MUST CONSIDER BUILDING JOINT INTEGRITY AND TISSUE TOLERANCE PRIOR TO HEAVY ATTEMPTS.

NUTRITION, SLEEP, HYDRATION, WORKLOAD MANAGEMENT AND ADEQUATE WARM UP ARE IMPORTANT MODIFIABLE FACTORS IN INJURY PREVENTION THAT ATHLETES AND COACHES CAN POSITIVELY INFLUENCE.



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RESTORE

RECONDITION

REBUILD

EXERCISE EMPHASIS

ACCESSORY & LIGHT TECHNICAL

STRENGTH & POWER FOCUSED

CLASSICAL

PHASE 1: RESTORE

- **GOAL:** RESTORE MOBILITY/STABILITY, TISSUE TOLERANCE AND TECHNIQUE/NEUROMUSCULAR CO-ORDINATION.
- OPTIMISE JOINT MOBILITY AND STABILITY FOR OLYMPIC WEIGHTLIFTING. WEIGHTLIFTING WARM UP.
- RESTORE TISSUE TOLERANCE FOR TRAINING.
- RESTORE MOTOR CONTROL AND PATTERNING FOR TECHNICAL MOVEMENTS.
- MOBILISE, ACTIVATE, TECHNICAL LIFTING AT LOWER PERCENTAGES, ACCESSORY EXERCISES TO BUILD TOLERANCE TO LOAD AND TRAINING VOLUME. (SL SQUATS, SPLIT SQUATS, PRESSING VARIATIONS, POSTERIOR CHAIN SUPPORT, CORE EXERCISES ETC).
- BEGIN TO ADD LIGHTER PERCENTAGE (SLOWER TEMPO) SQUATS AND PULLS.

PHASE 2: RECONDITION

- **GOAL:** RE-CONDITION TOLERANCE TO TRAINING VOLUMES AND LOADS AND INCREASE NEURAL OUTPUT.
- CONTINUE WEIGHTLIFTING WARM UP.
- BEGIN TO INCREASE VOLUME AND INTENSITIES OF CLASSICAL LIFTS, SQUATS AND PULLS TO MODERATE LEVELS.
- UTILISE POWER VARIANTS TO RESTORE RFD AND NEURAL OUTPUT WHILE PROTECTING TENDONS AND JOINTS FROM ABSOLUTE HEAVIER LOADS IN CLASSICAL VARIANTS. PROGRESSIVE LOADING AT MODERATE VOLUMES.
- UTILISE SLOWER SQUATTING VARIANTS TO INCREASE POSITIONAL AWARENESS AND POSTURAL STRENGTH WHILE DECREASING INTRA-TENDONOUS FORCES AND SPINAL SHEAR FORCES. MODERATE LOADS WITH PROGRESSIVE VOLUMES.
- CONTINUE TO PROGRAM ACCESSORY EXERCISES FOR INJURY PREVENTION AND PROGRAM BALANCE.

PHASE 3: REBUILD

- **GOAL:** INCREASE INTENSITY IN CLASSICAL VARIATIONS AND SQUATS/PULLS TO REBUILD TOLERANCE TOWARDS COMPETITION DEMANDS.
- CONTINUE WEIGHTLIFTING WARM UP.
- INCREASE THE PERCENTAGES IN CLASSICAL LIFTS IN PREPARATION FOR COMPETITION.
- INCREASE THE PERCENTAGES IN SQUATS BUT KEEP SLIGHTLY LOWER THAN PERCENTAGES IN CLASSICAL ATTEMPTS (DUE TO THE HIGHER ABSOLUTE LOADS).
- MAINTAIN INJURY PREVENTION EXERCISES.

PREPARE TO TRAIN



The sport of Weightlifting requires adequate joint mobility across the spectrum of joints with specific importance of the ROM of hip and shoulder joints. Scapular, hip-knee-ankle complex, lumbo-pelvic stability and control are crucial to performing optimally and decreasing injury prevalence. The components of a good warm up are to raise the body temperature, mobilise the joints, activate the muscle patterns and sequences and finally potentiate the neural system for the motor patterns to be performed. The three part warm up presented is one example of what might be utilised. Individual athletes and coaches will adapt to suit their specific mobility, stability and technical needs.

SAMPLE WARM UP

MOBILISE

5 MINUTES; 20 EACH

(BASIC/ADVANCED)

- **Shoulder Circles**
- **Keyhole Slaps**
- **Bend & Reach**
- **Lizard**
- **Groin Rockers/Cossack Squat**
- **Hip Flexor with Overhead Reach**
- **Butterfly / 90:90 Rotations**
- **Prayer Squat**

ACTIVATE

5 MINUTES; 10-20 EACH

(BASIC/ADVANCED)

- **Bird-Dog/Deadbug**
- **Glute Bridge/SL Glute Bridge**
- **Modified Side Plank - Clam/Side Plank - Leg Raise**
- **Reverse Hyper/Hyper Extension**
- **Lunges/SL Squat**
- **YTWL at Wall/In Hip Flexion**
- **Squat Jumps**

BARBELL SKILL (5-10 EACH):

RDL - PRESS - SQUAT - MUSCLE SNATCH - SNATCH PRESS BEHIND NECK - OHS

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NOTES:

- RETURN TO SPORT SHOULD BE IMPLEMENTED IN CONJUNCTION WITH THE GUIDANCE OF YOUR OWN INDIVIDUAL COACH & PHYSIOTHERAPIST WHERE APPLICABLE
- LENGTH OF TIME TAKEN TO RAMP UP ACTIVITY LEVEL WILL BE PROPORTIONAL TO THE LAY-OFF TIME
- BE MINDFUL OF YOUNG ATHLETES WHO MAY HAVE HAD A GROWTH PHASE
- BE MINDFUL OF ATHLETES THAT MAY HAVE DE-CONDITIONED DUE TO THE LACK OF EQUIPMENT
- BE MINDFUL OF MASTERS ATHLETES WHO MAY HAVE DE-CONDITIONED - PAY PARTICULAR ATTENTION TO RESTORING LOWER BACK TOLERANCE IN ATHLETES THAT MAY HAVE WORKED FROM HOME IN SUB-OPTIMAL SEATING CONDITIONS
- NEURAL COMPONENTS OF STRENGTH/POWER WILL RETURN FIRST, FOLLOWED BY MUSCULAR COMPONENTS OF STRENGTH, FOLLOWED BY TENDON STRENGTH. THE TIME BETWEEN NEURAL ASPECTS OF STRENGTH RETURNING & TENDON CONGRUENCE RETURNING IS A VULNERABLE TIME TO INJURY

ENJOY THE PROCESS!

