

A

# **SAVAGELY**

# **SIMPLE**

APPROACH TO STRENGTH & CONDITIONING





# PHILOSOPHY

“ We use a ground based three-dimensional training system that blends cutting edge science with proven methods.

**Our Mission** is to assess each athlete individually, meet them where they are, and deliver the optimal training stimulus to maximize genetic potential and reduce injury risk. ”

## OUR DAILY CULTURE DRIVERS:



DISCIPLINE



ACCOUNTABILITY



CONSISTENCY



TOUGHNESS



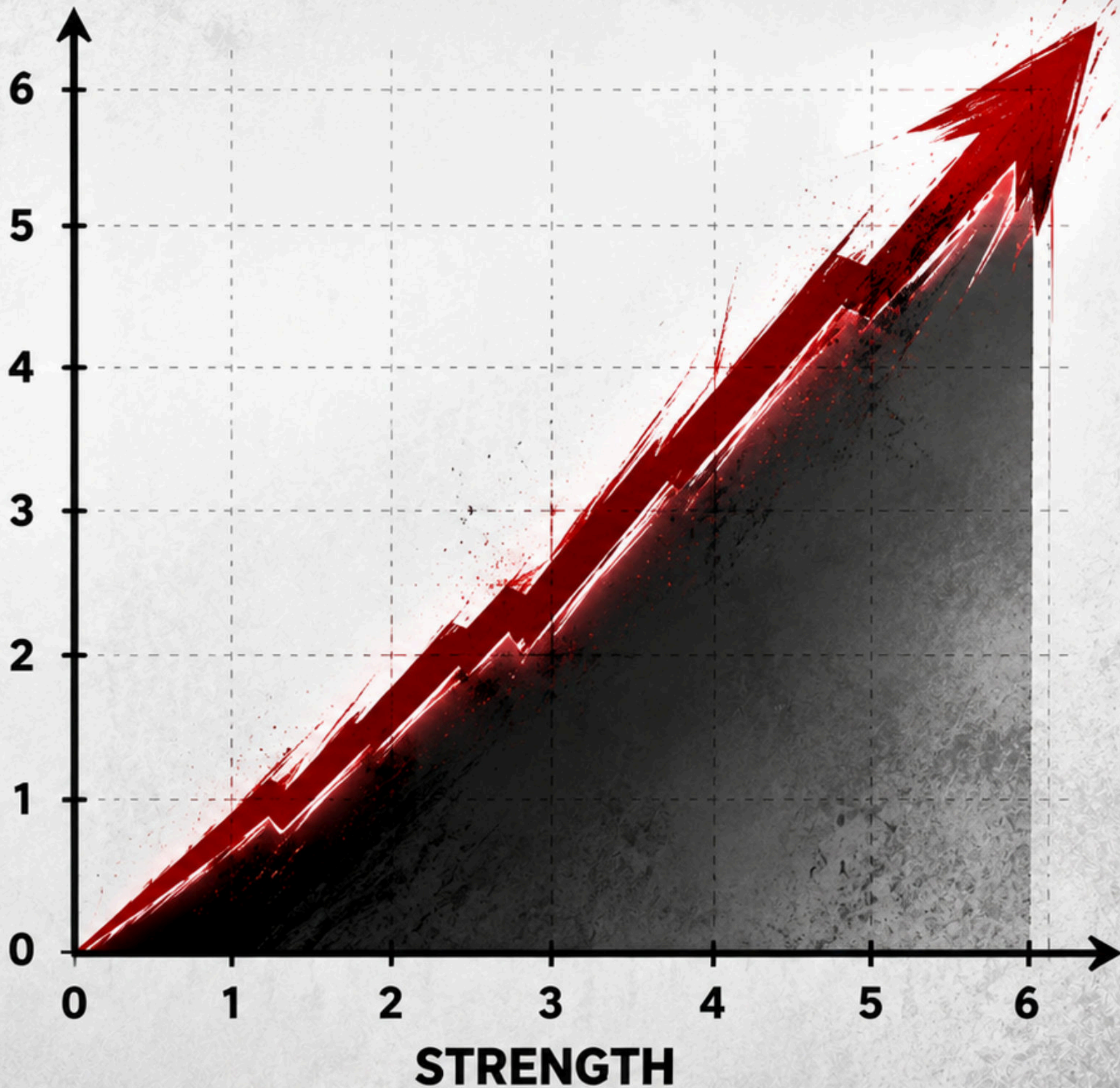
# THE GOAL

OUR PURPOSE  
IS SIMPLE :

*INCREASE STRENGTH,  
INCREASE MOVEMENT.*



MOVEMENT



# **ELIMINATE** **THE NOISE**



**GET STRONG**



**PRODUCE FORCE**



**OWN POSITIONS**



**RECOVER**



**REPEAT**



# WHAT'S IN YOUR *TOOLBOX?*

“ As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble. ”



# SAMPLE *OUTLINE*



**N**



A1. POWER DEVELOPMENT



A2. 3D - MOVEMENT



B1. LOWER BODY STRENGTH



B2. PLYO



C1. UPPER BODY PUSH



C2. UPPER BODY PULL



D1. SINGLE LEG ACCESSORY



D2. UPPER BODY ACCESSORY



E1. POSTERIOR CHAIN



E2. CORE

## SAMPLE TRAINING WEEK

DAY

1

FULL

DAY

2

ESD

DAY

3

FULL

DAY

4

ESD

DAY

5

FULL + FINISHER

# PRE ACTIVITY **PREP**



## 1. **WORK FROM THE GROUND UP**

Create a stable foundation before developing speed, power, and force.



## 2. **MOBILIZE WHAT SHOULD MOVE**

Great Toe • Ankle • Hip (Local Mobility)



## 3. **PREPARE THE TISSUES**

Improve tissue quality where motion is restricted.



## 4. **INTEGRATE MOVEMENT**

Integrate movement with dense, multi-planar patterns.



## 5. **FUNCTIONAL DENSITY**

Choose movements that provide the greatest return on investment.

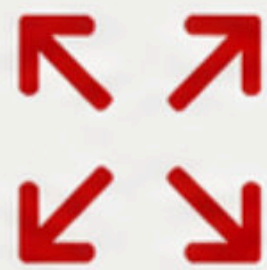


# ***TRAINING* *IN 3D***

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***STRENGTHEN YOUR SPHERE***



***DOMINATE YOUR SPACE***



***OWN POSITIONS***



***TRAINING IN THE SAGITTAL,  
TRANSVERSE AND FRONTAL PLANE  
USING MASS MOMENTUM***

# POWER DEVELOPMENT

WHY CHOOSE ONE  
WHEN YOU CAN DEVELOP THEM ALL?



**SPRINT**



**JUMP**



**THROW**



**LIFT**



**VARIETY BREAKS MONOTONY**



**SPRINT**



**JUMP**



**THROW**



**LIFT**

# ***GET STRONG***



***PROGRESSIVE OVERLOAD IS KEY***



***DON'T GET TOO FANCY***



***MAKE THEM EARN THE NEXT PHASE***



***DON'T FORGET TO SET YOUR BASE  
(WORK CAPACITY)***

**STRENGTH  
— AND —  
DURABILITY**



# ***FILL THE GAPS***

***Accessory work  
has one job:  
support your  
primary lifts—  
not replace them.***

## **GIRDER**

PRIMARY STRUCTURAL MEMBER  
CARRIES THE MAJOR LOAD

## **BEAM**

SECONDARY SUPPORT  
DISTRIBUTES LOAD TO THE GIRDER

***BUILD THE FOUNDATION. ELEVATE THE STANDARD.***

# ***ENERGY SYSTEM DEVELOPMENT***



## ***BUILD AN AEROBIC BASE***

Increase engine. Improve work capacity.



## ***TRAIN REPEAT SPRINT ABILITY***

Explode → Recover → Repeat.



## ***EFFORT BASED CONDITIONING***

High intent. Match the demands.



## ***MATCH THE DEMANDS OF PRACTICE***

High days stay high. Low days stay low.



## ***CONDITION WITH PURPOSE***

Every drill has an objective—not just fatigue.

***“ WE’RE NOT TRYING TO MAKE ATHLETES TIRED.  
WE’RE TRYING TO MAKE THEM BETTER AT PERFORMING LONGER. ”***



# COACHING 101



THIS IS THE MOST **IMPORTANT** SLIDE IN THIS PRESENTATION



ARE YOU **GIVING** THEM YOUR ALL?



ARE YOU **PROVIDING** THEM WITH WHAT THEY NEED?



DO YOU **HOLD** THE STANDARD?



DOES EVERYONE **KNOW** THE OBJECTIVE?



DID YOU **COACH** EVERY REP, EVERY SET, AND EVERY PLAYER?



THE **LESSON** IS ONLY AS GOOD AS THE **TEACHER**.

★ *THIS IS WHERE GREAT TEAMS ARE BUILT.*

# Savage Principles

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- ***DOES IT MAKE THEM STRONGER?***
- ***DOES IT MAKE THEM FASTER?***
- ***DOES IT REDUCE INJURY RISK?***
- ***DOES IT MAKE THEM BETTER AT THEIR SPORT?***



# ***ACKNOWLEDGEMENTS***



***MY FAMILY***



***TODD WRIGHT***



***CAM DAVIDSON***



***GAYLE HATCH***



***DANIEL MARSHALL***



***BRANDON MCGLYNN***



# THANK

# YOU

APPRECIATE YOUR TIME



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*ANY QUESTIONS?*

**LET'S CONNECT.**

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