

## Time Ladders Program

This 8 week program is based on time ladders with short timed sets. It is designed to get people into Kettlebell Sport.

Do not skip steps in the progression.

You may take a step down once in a while to help you recover if you feel you need it. It is also OK to repeat a level a few times in a row. The limiting factor will always be how your body respond to training, so listen to your body and do not push on mindlessly.

Aim to keep the same tempo on all sets. Do not go at maximum speed on the first sets, and die on the following sets...

You may use this program to train LC or Jerk. The only thing that will change will be tempo.

6-10 Reps per Minute for LC and 8-14 RPM for Jerk is a realistic tempo for most people, depending of course on bodyweight, strength and fitness levels, and weight of the kettlebell.

Start with a light weight and easy tempo and see how it goes.

After you finish this 8 week program, you'll have 2 options:

- Repeat the program at a faster tempo
- Repeat the program with the next size kettlebell

### **Part 1: warm up**

Do a general warm up followed by a specific warm up.

Warm up with 1 arm swings and a few reps of LC, increasing the weight and decreasing the reps as you move up.

## Part 2: Long Cycle/ Jerk Training

Unless specified, keep the work to rest ratios about 1:1.

Week	Session 1	Session 2	Session 3
1	Set 1: 30 sec Set 2: 1 min Set 3: 1 min 30 Set 4: 2 min	Set 1: 30 sec Set 2: 1 min Set 3: 1 min 30 Set 4: 2 min Set 5: 30 sec Set 6: 1 min	Set 1: 30 sec Set 2: 1 min Set 3: 1 min 30 Set 4: 2 min Set 5: 30 sec Set 6: 1 min Set 7: 1 min 30
2	Set 1: 1 min Set 2: 1 min 30 Set 3: 2 min Set 4: 30 sec Set 5: 1 min Set 5: 1 min 30 Set 6: 2 min	Set 1: 1 min Set 2: 1 min 30 Set 3: 2 min Set 4: 30 sec Set 5: 1 min Set 6: 1 min 30 Set 7: 2 min Set 8: 30 sec Set 9: 1 min	Set 1: 1 min Set 2: 1 min 30 Set 3: 2 min Set 4: 1 min Set 5: 1 min 30 Set 6: 2 min Set 7: 30 sec Set 8: 1 min Set 9: 1 min 30
3	Set 1: 1 min Set 2: 1 min 30 Set 3: 2 min Set 4: 1 min Set 5: 1 min 30 Set 6: 2 min Set 7: 1 min Set 8: 1 min 30 Set 9: 2 min	Set 1: 1min Set 2: 1 min 30 Set 3: 2 min Set 4: 2 min 30 Set 5: 1 min Set 6: 1 min 30 Set 7: 2 min	6-10 sets of 1 min, sprint tempo with good form. Stop after the set when your pace drops by 3 rpm.
4	Set 1: 1 min Set 2: 2 min Set 3: 3 min	Set 1: 1 min Set 2: 2 min Set 3: 3 min Set 4: 1 min	<b>Test day:</b> 5-6 min Rest 5 min  Do 1 more set at 50% of your test result.

5	Set 1: 1 min Set 2: 2 min Set 3: 3 min Set 4: 1 min Set 5: 2 min	Set 1: 1 min Set 2: 2 min Set 3: 3 min Set 4: 1 min Set 5: 2 min Set 6: 3 min	Set 1: 1 min Set 2: 2 min Set 3: 3 min Set 4: 1 min Set 5: 2 min Set 6: 3 min Set 7: 1 min
6	Set 1: 2 min Set 2: 3 min Set 3: 4 min Set 4: 1 min Set 5: 2 min Set 6: 3 min Set 7: 2 min	Set 1: 1 min Set 2: 2 min Set 3: 3 min Set 4: 1 min Set 5: 2 min Set 6: 3 min	4-6 sets of 2 min, faster tempo (+1-2 rpm) than normal sets, but not sprint!
7	Set 1: 2 min Set 2: 3 min Set 3: 4 min Set 4: 2 min Set 5: 3 min Set 6: 4 min	Set 1: 1 min Set 2: 3 min Set 3: 5 min	Set 1: 2 min Set 2: 4 min Set 3: 6 min
8	Set 1: 2 min Set 2: 4 min Set 3: 6 min Set 4: 3min	Set 1: 1 min Set 2: 3 min Set 3: 5 min Set 4: 3 min Set 5: 1 min	<b>Test day:</b> 7-10 min Rest 5-10 min  Do 1 more set at 30-50% of your test result.
<b>Week</b>	<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>

On test days, start a little slower than the pace you use when training. Speed up towards the end and try to last as long as possible.

### **Part 3: assistance strength training - optional**

Pick 2 compound lifts each session, using a resistance 6-12RM for 3-4 supersets.

The goal is to increase work capacity in the major muscle groups, not so much dramatically increase strength or bulk up. If you want to stick to one of your routines, that's fine, but the idea is to not do too much total volume so that you can still focus on kettlebell training.

#### Example of supersets:

- Squats / Push press
- Romanian Deadlift / Close grip bench press
- Lunges / Dips
- Sumo deadlift/ Incline press

#### Finish with :

- 1 max set of pull ups, pull downs, rows...
- Abs: 2-3 set, including flexion, side and rotation exercises.
- End each session by hanging from a chin up bar or rings for a combined time of 1-2 minutes to decompress joints and spine.

Another option would be to set up 3-6 exercises in a circuit fashion, and work 30-60 sec per station with a short rest in between stations. Repeat for 3-5 rounds.

### **Part 4: Recovery and Stretch**

Recovery cardio at 60-70% aerobic zone, for 10-40 min. Run, bike, swim...

Stretch your spine, hips and everything else you feel the need for.