

## 2020 Para Strength and Conditioning Programs

### Program Description:

Sport Manitoba Performance offers year-round developmentally specific training programs for Wheelchair Sport Athletes looking to maximize their athletic potential. Strength and Conditioning Program has been shown to be of great benefit to Wheelchair Athletes enhancing functional ability, mobility, increased muscular strength and endurance, prevention of injury and improved performance capacity in Paralympic Sports.

Every training athlete will run through specific warm up procedures designed for shoulder mobility and activation, followed by technical work for core strength and power movements. Participants will learn movement preparation procedures, paired with speed, agility, quickness and wheelchair hand eye coordination and conditioning work.

Para Strength and Conditioning Program is designed mostly for Wheelchair Sport Athletes including: Wheelchair Basketball, Wheelchair Tennis, Wheelchair Rugby, Sledge Hockey, Wheelchair Curling and Wheelchair Badminton.

### Strength and Conditioning Services Include:

- Testing and Assessments of strength, power, endurance and agility
- Free consultation, two walk through sessions per month, program design
- Program delivery and hands-on coaching of exercise technique
- Personal Training Monday to Friday (10:00 am – 5:00 pm)
- All athletes will receive an individual TeamBuildr training account to complete their workouts, which allows our Performance Specialists the ability to view workloads, track progress, and customize the programs.

### Location:

145 Pacific Avenue, Winnipeg, MB R3B 2Z6  
Located on L3 of Sport Manitoba  
204-925-5751

### Fees:

#### **Personal Training:**

1 x week – \$45.00/hour  
2 x week - \$40.00/ hour

**Strength and Conditioning Programs** – includes a free consultation, two walk through sessions per month, program design, and Teambuildr access, 3-month and 6-month programs include facility access during non-peak or set hours. Times are subject to change.

	1month	3 months	6 months
1-2 workouts/week	\$200	\$375	\$650
3-5 workouts/week + load management	\$300	\$475	\$750

**Training Sessions** – includes programs, coaching, facility access, and individual Teambuildr accounts. Rates are per athlete.

60 – minutes sessions	1-9 athletes	10-19 athletes	20-30 athletes
1/week	\$14	\$13	\$12
2/week	\$12	\$11	\$10
3/week	\$10	\$9	\$8

75 – minutes sessions	1-9 athletes	10-19 athletes	20-30 athletes
1/week	\$17.50	\$16.25	\$15
2/week	\$15	\$13.75	\$12.50
3/week	\$12.50	\$11.25	\$10

90 – minutes sessions	1-9 athletes	10-19 athletes	20-30 athletes
1/week	\$21	\$19.50	\$18
2/week	\$18	\$16.50	\$15
3/week	\$12.50	\$13.50	\$12

**Semi-Private Training** – during set hours only, groups of 2-6, includes custom workout and coaching. Rates are per athlete.

60 – minutes sessions	1-9 athletes	10-19 athletes	20-30 athletes
Monthly Flex Pack	\$100	\$180	\$260
Single Sessions	\$30/session		

Contact [performance@sportmanitoba.ca](mailto:performance@sportmanitoba.ca) to book your 2 free sessions (valid January-February 15<sup>th</sup> only)!

## 2020 Para Strength Program

### SAMPLE PROGRAM

Phase	Training Components	Duration
<b>Warm-up</b>	Continuous movement for 3-5 mins consisting of: Wheelchair Alternate Push (Forward and Backward) Forward and Backward Arm Circumduction Arm Hugs Marching Arm Swing 1-2 Pushes then move the Wheelchair by using the movements of hips Wheelchair Double Push and Stop Wheelchair Double Push Forward, Stop, 180 Turn, Double push Backwards	5 mins
<b>Mobilization/ Activation</b>	PVC Pipe – Hand Roll PVC Pipe – Scapula Retraction and Protraction PVC Pipe – High Pull PVC Pipe – Dislocation/ Hip Rotation Elastic Band – External Rotation Elbow at 90 Shoulder External Rotation Pull Apart Arms Extended in front Overhead behind the back pull-apart Triceps Extension Scaption Raise Mini Band Arm Raises  Medicine Ball Lateral Scoop Toss with	5 mins 8-10 reps for each exercise
<b>Post-Activation Potentiation</b>	Medicine Ball Overhead Toss with  Medicine Ball Chest Pass with	10 mins 8x2 for each exercise 30 sec rest for each set
<b>Speed/Agility</b>	2 m Push Backward/Power Stop/Sprint 10 m/ Power Stop Figure 8 Drill – Two Cones  5-5-10 Sprint, 10 m Slalom, 5 m Backward Push, 180 Turn, Sprint	10 mins 3 sets for each 30 sec rest for each set

**Strength/  
Core**

8x3 Incline Dumbbell Press  
8x3 Landmine Single Arm Row  
8x2 Kettle Bell Bottoms Up Press  
8x3 Cable Torso Rotation  
8x3 Inlined Wheelchair Russian Twist  
8x2 Cable Shoulder External Rotation  
8x2 Cable Shoulder Internal Rotation  
8x2 Cable Wood Chop  
8x2 Cross Arm Overhead Abduction  
2 sets Sled Push  
2 sets Sled Pull

25-30 mins  
30 sec rest for  
each set

**Cool down**

Light Pushes Around the Track  
Total Body Stretch

