

Basketball Max Effort Black Box

by: Brandon Simpson

Credit for this program goes first to Coach Mike Rutland for coming up with the idea of the Max Effort Black Box training protocol and second to Coach Greg Glassman for developing the CrossFit methodology.

This is a 24 day program that is intended to be used to prepare an athlete for a basketball season. It can be repeated indefinitely and modified based on the needs and desires of the athlete or coach. Depending on the recovery habits of the athlete, it may be more than they can recover from during the season when compounded with regular practice and game schedules. It goes without saying that you should record both performances for each day and how the athlete feels to gauge recovery. You should scale the work to the particular athlete. Most high school basketball players will not be able to complete the work as prescribed the first time through the program although they will make excellent gains.



Athletes should use as much weight as possible with good form on Max Effort (ME) days, hence the name. Using ascending sets means that the athlete will add weight each set and attempt to hit the target rep range. After the first 24 day cycle, the athlete will simply rotate to the next ME lift. For example, on the first rotation Day2 will be a ME Power Clean because it is a Total Body day. On the next rotation, the Power Clean would be replaced with the Hang Power Clean and so on and so forth for the other lifts in the rotation.



Total Body (T): Power clean, Hang Power Clean
Lower Body (L): Back Squat, Front Squat
Upper Body (U): Standing Press, Weighted Chin Ups

Day1: Tabata* Squats, Pull-Ups, Box Jumps 24" Box, Push-Ups (Chest to Ground)
Day2: (T) Power Clean 3 ascending sets of 5, 3 ascending sets of 3
Day3: Run 6x400m rest as needed between runs.
Day4: REST
Day5: "Annie" Sets of 50,40,30,20,10 of Double-Unders followed by Sit-Ups for time.
Day6: (L) Back Squat 3 ascending sets of 5, 3 ascending sets of 3
Day7: 10 sets of 1 minute Double-Unders followed by 1 minute rest
Day8: REST
Day9: "Cindy" Complete as many rounds as possible (AMRAP) in 20min of 5 Pull-Ups, 10 Push-Ups, 15 Squats
Day10: (U) Standing Press 3 ascending sets of 5, 3 ascending sets of 3
Day 11: "Helen" 3 rounds of: Run 400m/21 Dumbbell Swings 55lbs/12 Pull-Ups
Day12: REST
Day13: Alternate Double-Unders and Sit-Ups for 2min, 90sec, 1min, 30sec rounds for total reps.
Day14: (T) Power Clean 3 ascending sets of 3, 3 ascending sets of 1
Day15: Run 4x800m
Day16: REST
Day17: "Nicole" AMRAP 20min of Run 400m/Max reps Pull-Ups for total Pull-Ups.
Day18: (L) Back Squat 3 ascending sets of 3, 3 ascending sets of 1
Day19: "Randy" Power Snatch 75lbs for 75 reps for time.
Day20: REST
Day21: 4 Rounds for Time of Run 400m/50 Squats
Day22: (U) Standing Press 3 ascending sets of 3, 3 ascending sets of 1
Day23: Countdown Dumbbell Snatch 20,16,12,10,8 reps (10R/10L, 8R/8L, 6R/6L, 5R/5L, 4R/4L)
Day24: REST

*Tabata Protocol is 8 rounds of 20 seconds of work followed by 10 seconds of rest which comes to a total of 4 minutes. It is scored by the lowest rep round. For example, if you were to perform 18,17,18,19,18,18,19,5 on squats, your score for squats would be 5. On Day1 you will do each of the 4 exercises following the tabata protocol with 1 minute rest between exercises.

