



KETTLEBELL STRENGTH-ENDURANCE TRAINING PROTOCOLS

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COACH BOTT

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ABOUT COACH BOTT

Experience

- S&C Coach/ Performance Consultant with over 20 years of experience
- Has trained 3 World Medalists in Freestyle Wrestling and several CFL draft picks
- International speaker, sought after for her practical applications of the sport sciences
- Full time Professor of Exercise Science
- Author of [The Wrestler's Edge](#)

Education & Certifications

- Master's Degree in Exercise Science
- RKC Kettlebell Challenge Certified
- Certified Strength and Conditioning Specialist
- Contact Coach Bott at www.coachbott.com

TIPS FROM COACH BOTT

- This type of training is best performed during a GENERAL PREPARATION phase with the aim to build work capacity (endurance).
- You can use this method as a replacement for lower intensity aerobic work. It is considered low intensity compared to heavy resistance training (>80 % 1RM).
- It can be performed as a separate training session, 2 times per week, on the days between heavy resistance training.
- It is possible to develop both maximum strength and strength-endurance during the same training phase, but do not use these strength-endurance methods before a heavy resistance training session.
- It is possible to develop Hypertrophy and Strength-endurance during the same training phase. But, do not perform before a hypertrophy-focused resistance training session.
- DO NOT combine this kettlebell strength-endurance methodology with explosive strength training (plyometrics, sprints, jumps). It is better to do a 4 or 8 week block of this type of training and then move into a power and speed block.
- A hypothetical program would have 2-3 days per week dedicated to maximum strength development (heavy resistance training) and another 2 days per week dedicated to strength-endurance.
- Any conditioning work of low intensity can be done on the 'off' days.
Examples include jogging & cycling.
- Adequate warm-up is absolutely critical when performing strength-endurance training sessions; 10 minutes minimum is necessary to lubricate the joints, allow vasodilation and improve cardiovascular function.
- The nervous system does not need to be excited though. It is OK to have a lower level of arousal during warm-up and during these methods. The tempos are slow in comparison to jumps and sprints. Put on the Bob Marley and get your move on.
- Select loads and reps depending on how prepared you are – meaning how strong and experienced you are.
- Kettlebell load recommendations are based on strength levels and experience with the movements.
Females: 12kg-20kg Males: 16kg-28kg

- It is better to increase the workload by increasing the duration of the working set, or doing more overall volume. Have a look at the protocol to see how you can challenge yourself using this method.
- Benefits of these Kettlebell Strength-Endurance Methods
 - Improve aerobic capacity
 - Improved local muscle endurance
 - Improved coordination of movements
 - Improved proficiency with kettlebells
 - Prepares connective tissue for more intense kettlebell workouts
 - Improved ability of muscle to relax after contraction

KETTLEBELL STRENGTH-ENDURANCE METHODS

METHOD #1: ONE ARM LONG CYCLE

Protocol

- Select one kettlebell based on the weight recommendations given in the “Tips” section
- After warming up with swings and cleans perform 5 reps on the right, then 5 reps on the left.
 - See how that feels. You can reduce the number of reps per side if 5 is too much to begin with. Novices might want to start with 2 or 3 reps per side and then switch sides. Intermediates can try 3-4 reps per side and Advanced can go with 5 per side.
- **During the work**, make sure you breathe throughout the movements and minimize breath holding to only split seconds to stiffen the trunk on the pressing motion.
- **During the recovery**, put the bell down and rest by shaking arms and legs for 60 seconds.
- **Perform this sequence for 24-36 minutes and follow this program:**

Week	Warm-Up	Work Interval	Recovery Interval	Repeat	Cooldown	Time (Min)
1	5 min of intermittent swings and presses	2 min	2 min	6 x	Stretch	24
2	5 min of intermittent swings and presses	2 min	2 min	6 x	Stretch	24
3	5 min of intermittent swings and presses	2 min	2 min	7 x	Stretch	28
4	5 min of intermittent swings and presses	2 min	2 min	7 x	Stretch	28
5	5 min of intermittent swings and presses	2 min	2 min	8 x	Stretch	32
6	5 min of intermittent swings and presses	2 min	2 min	8 x	Stretch	32
7	5 min of intermittent swings and presses	2 min	2 min	9 x	Stretch	36
8	5 min of intermittent swings and presses	2 min	2 min	9 x	Stretch	36

Here is a video to help you: <https://youtu.be/lbTCyQKtYxc>

METHOD #2: ONE ARM CLEAN + PUSH PRESS + SQUAT

Protocol

- Select one kettlebell based on the weight recommendations given in the “Tips” section
- After warming up with swings, cleans and squats perform the sequence for 3 reps and then swing switch to the other side.
- Be sure to change your feet position for the squat pattern.
- Make sure you breathe throughout the movements and minimize breath holding to only split seconds to stiffen the trunk on the pressing motion.
- This sequence takes approximately 60 seconds (give or take) to complete.
- Rest for an equal amount of time (roughly 60 seconds).
- Perform this sequence for total time:
 - Novices: Try 20 minutes, 2 times per week
 - Intermediates: Try 30 minutes, 2 times per week
 - Advanced/experienced: Try 40 minutes, 2 times per week

Here is a video to help you with this protocol: <https://youtu.be/DwPa1PbPhbl>

METHOD #3: 2, ONE-ARM SWINGS + 1 CLEAN + 2 REVERSE LUNGES

Protocol

- Select one kettlebell based on the weight recommendations given in the “Tips” section.
- After warming up with swings, cleans and step-back lunges, perform 2 consecutive one arm swings followed by a clean into the rack.
- Perform two step-back lunges (be sure to change the lead leg) and repeat this sequence once and then switch sides.
- Alternate left to right (sides) on each sequence.
- Here are some programming options:
 - Novices: Try 1-2 minutes of work with 45-60 sec of rest for 20 minutes, 2 times per week
 - Intermediates: Try 3 minutes of work with 90 seconds of rest for 30 minutes, 2 times per week

- Advanced/experienced: Try 4 minutes of work with 2 minutes of rest for 30-40 minutes, 2 times per week

Here is a video to help you with this protocol: https://youtu.be/tXPEu9R_Tv4

METHOD #4: DOUBLE CLEAN + PUSH PRESS + SQUAT

Protocol

- Select TWO kettlebells for this protocol.
- Females might try 2, 12-20 kg bells. Males might try 2, 16-28kg bells.
- Note: If an athlete cannot meet the minimums weights as per above, please choose methods 1-3 instead as this is too advanced.
- Make sure you breathe throughout the movements and minimize breath holding to only split seconds to stiffen the trunk on the pressing motion.
- The weight selected will dictate whether you are a novice, intermediate or advanced participant
- Perform the sequence for 3 reps to begin with. This is about 45 seconds of work.
Here is a program you can follow if you choose this method. Note you will be progressing in number of reps per set, rest times and total volume.
- Note – keep the load the same over the 8 weeks

Week	Reps in a Sequence	Rest Period	Number of Sets
1	3	90 seconds	5
2	3	90 seconds	6
3	4	90 seconds	5
4	4	90 seconds	6
5	5	75 seconds	6
6	5	75 seconds	7
7	6	60 seconds	7
8	6	60 seconds	8

Here is a video to help you with this protocol: <https://youtu.be/-bhRCIUaxR8>

HERE ARE MORE COACHING INSIGHTS:

- Respect the REST PERIOD time. This is an important part of the training method.
- Rest also allows the parasympathetic system to interact with the sympathetic system during a regime of work.
- Ignoring adequate and correct methods of rest will move the training effect direction towards endurance and will acidify tissue.
- Between sets full ROM leg swinging exercises should be performed to preserve the elasticity and helps the muscle to relax.