

Day 1				
Acceleration	n & Lower RFI	D Hypertrophy	У	
Dynamic Wa	arm Up and A	cceleration		
Walking Lur	nges			
10 reps*				
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
Forward Lui	nge, Elbow to	Instep - Craw	ling	
8 reps*				
Hip Mobiliza	ition - Quadru	ped Tubing (A	Anterior to Pos	sterior)
00:30				
MQ - Hip IR				
3 reps*	00:30			
3 reps*	00:30			
Pillar Skip -	Linear			
10 m				
10 m				
Power Skip	- Vertical			
10 m				
10 m				
	d - Counterm s of 2 stabilization		tabilize	
4 reps*			1	00:00
4 reps*				00:00
4 reps*				00:00
	own Position 0 yd and decelera			
00:00	13.72 m	9 RPE		
00:00	13.72 m	9 RPE		
00:00	13.72 m	10 RPE		
Sprinting We are going to need to do that		out now because to	o get really good a	t something you
00:00	20 m	8 RPE		2:00
00:00	20 m	9 RPE		2:00
R	20 m	10 RPE		2:00

Athlete Sp	ecific Hyper	trophy & COD		
		otation, and C		
			OD	
	e - Continuo			10:14=
both legs.	lateral, 15 secor	nas right leg, 15 se	iconas ieπ ieg, ar	nd finish 15 seconds
1:00				00:00
Prone Arm	Δrc	<b>L</b>		<b>!</b>
		e neck relaxed wit	h vour forehead r	ested on the ground
		and controlled.	,	g
8 reps				
Walking Lu	unges			
10 reps*	Ť			
•	ımbbell (gob	let)		•
			ng max range of r	notion. This will be
				th, knees track with
first two toes,	vertical torso, ne	eutral spine, and e	yes straight ahea	d.
kg	1 reps	85%Difficu	lty 00:30	1:30
Toe Touch	, Squat, and	Reach (Box)		
		II movements slov		
5 reps				
Lateral Lui	nge	•	•	•
8 reps*	1			
•	st Hip IR Str	otch		
5 reps*	00:45	I	1	1
•				
		Plank Clam Shold each rep for the		
		old each rep for to	vo sets.	
6 reps*	00:30		_	
6 reps*	00:30			
2 Inch Lift	Half Kneelin	g Front Heel	Hovering	
				r heel off making thi
		ric hold ea set on		clearly. 3 reps of the
	00:25			
3 reps*	00:25	+	_	-
·				
		d - Quick/Stat		
		nurdles with each a the opposite side		e hurdles down and
4 reps*				
	1	1		
4 reps*				
4 reps*				

Athletic S	peed Dev & L	ower High Velocity	Strength
Jynamic \	Warm Up and	Speed Developme	ent
Standing I	Unilateral Hip	Extension	
3 reps*	00:00		
Side Lung	ge Warm Up		
3 reps*			
Hip Mobili	zation - Quad	ruped Tubing (Ante	erior to Posterior
00:30		T T	
Forward L	unge. Elbow	to Instep - Crawling	
3 reps*	<u> </u>	T ,	
MQ - Hip	IR		
3 reps*	00:30	<del></del>	
3 reps*	00:30	+ +	<del>-  </del>
Ankle Bou			
13.72 m		<del>                                      </del>	00:00
13.72 m	1	+ +	00:00
Pillar Skip	- Linear		
10 m	Linoai	T 1	-
10 m	+	+ +	
	er to the bilateral (but the ground.	ooth legs) jumps in the be	ginning. The goal is to
5 reps	10 m	+ +	
-			
reps	10 m	1	
	und - Continu	OUS a focus on distance and	short ground contact ti
Linear Bo Now we are j 15 m	und - Continu		00:00
Linear Bo	und - Continu		
Linear Bo Now we are j 15 m	und - Continu		00:00
Linear Bo Now we are j 15 m	und - Continu	a focus on distance and	00:00
Linear Bo Now we are j 15 m 15 m Accelerati 11.34 kg 11.34 kg	und - Continuust bounding with	Resisted (Waist)  8 RPE 9 RPE	00:00
Linear Bo Now we are j 15 m Accelerati 11.34 kg 11.34 kg	und - Continu ust bounding with ion Run - Slec	a focus on distance and s	00:00
Linear Boo Now we are j 15 m 15 m Accelerati 11.34 kg 11.34 kg Sprinting	und - Continu ust bounding with  ion Run - Slect 13.72 m 13.72 m 13.72 m g to sprint each wo	Resisted (Waist)  8 RPE 9 RPE	00:00
Linear Bo Now we are j 15 m 15 m Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting We are going	und - Continu ust bounding with  ion Run - Slect 13.72 m 13.72 m 13.72 m g to sprint each wo	I Resisted (Waist)  8 RPE  9 RPE  10 RPE  rkout now because to get	00:00
Linear Bo Now we are j 15 m 15 m Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting We are going need to do th	und - Continuust bounding with  ion Run - Slect 13.72 m 13.72 m 13.72 m 13.72 m g to sprint each wo at thing.	I Resisted (Waist)  8 RPE  9 RPE  10 RPE	00:00 00:00



Hang Cle		es. However, I am th	inking that it's h	est for you to use
		vorking on learning		
kg	3 reps	80%1RME	7 RPE	1
kg	3 reps	80%1RME	7 RPE	
kg	3 reps	80%1RME	7 RPE	1
kg	3 reps	80%1RME	7 RPE	İ
Seated B	ox jumps	•		•
5 reps	91.44 cm	0 W		1
5 reps	91.44 cm	0 W		<u> </u>
5 reps	91.44 cm	0 W	İ	
5 reps	91.44 cm	0 W		
Strength	Hypertrophy a	nd Rotational F	ower	
	ıat - Barbell			
		%ish/0.73m/s and tl	hen subtract 10°	% for 2x10 at
maximum ve		, ,	000	<u></u>
kg	10 reps	63%1RME	0.80 m/s	1:30
0 kg	10 reps	R%1RME	0.73 m/s	1:30
kg	10 reps	58%1RME	0.87 m/s	1:30
kg	10 reps	58%1RME	0.87 m/s	1:30
Medicine	Ball Perpendic	cular Rotationa	l Throw - Kn	eelina
4.54 kg	6 reps*	1	2:00	<del>1</del>
4.54 kg	6 reps*		2:00	<u> </u>
4.54 kg	6 reps*		2:00	1
4.54 kg	6 reps*		2:00	
Knee Hea	alth for Speed	'		
	g Squat - Cou		1	
kg	6 reps	85%Difficulty	<u> </u>	1:00
kg	6 reps	85%Difficulty		1:00
kg	6 reps	85%Difficulty		1:00
nordic leg				
The weight if	f figured by subtrac	ting the weight adde	ed from your owr	n body weight.
kg	8 reps	85%Difficulty	8 RPE	1:00
kg	8 reps	85%Difficulty	8 RPE	1:00
kg	8 reps	85%Difficulty	8 RPE	1:00
Ankle Str	enathenina Se	ries for Sprintir	na .	•
	d a small plate like		·9	
0*				
8 reps*	_			1
8 reps*			1	

011 11 1	2 11 4 6 1 4	1 "		
	Orill to 8yd Ac	celeration		
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
Posture S	Supporting Str	ength		
	Squat - Barb vant these as low a	ell as possible. I will nee	ed to do a few of	my own videos.
kg	5 reps	85%Difficulty	8 RPE	1:00
kg	5 reps	85%Difficulty	8 RPE	1:00
kg	5 reps	85%Difficulty	8 RPE	1:00
Banded H	lip Flexion for	Sprinting		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strength f	or High Veloc	ity Force		
			et.	
ka	10 reps	63%1RME	ī.	00:00
kg 0 ka	10 reps	63%1RME R%1RME	0.63 m/s 0.55 m/s	00:00
0 kg	10 reps		0.63 m/s	
		R%1RME	0.63 m/s 0.55 m/s	00:00
0 kg kg	10 reps 10 reps 10 reps	R%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00
0 kg kg kg	10 reps 10 reps 10 reps	R%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00
0 kg kg kg Ws (TRX)	10 reps 10 reps 10 reps	R%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00 00:00
0 kg kg kg Ws (TRX)	10 reps 10 reps 10 reps	R%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps	10 reps 10 reps 10 reps	R%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps 10 reps 10 reps	10 reps 10 reps 10 reps	R%1RME 58%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps 10 reps 10 reps Hypertrop	10 reps 10 reps 10 reps	R%1RME 58%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps 10 reps 10 reps Hypertrop	10 reps 10 reps 10 reps	R%1RME 58%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps 10 reps 10 reps 10 reps Tricep Ext	10 reps 10 reps 10 reps	R%1RME 58%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00 00:00
0 kg kg Ws (TRX) 10 reps 10 reps 10 reps Tricep Ext 8 reps	10 reps 10 reps 10 reps	R%1RME 58%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps 10 reps 10 reps Tricep Ext 8 reps R reps	10 reps 10 reps 10 reps	R%1RME 58%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps 10 reps 10 reps Tricep Ext 8 reps R reps	10 reps 10 reps 10 reps hy for Symmetension - Dip	R%1RME 58%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps 10 reps 10 reps Tricep Ext 8 reps 8 reps R reps Bent Ove	10 reps 10 reps 10 reps hy for Symmetension - Dip	R%1RME 58%1RME 58%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps 10 reps 10 reps Tricep Ext 8 reps 8 reps R reps Bent Over	10 reps 10 reps 10 reps 10 reps 10 reps 10 reps 10 reps 10 reps 10 reps	R%1RME 58%1RME 58%1RME 58%1RME	0.63 m/s 0.55 m/s 0.67 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps 10 reps 10 reps Tricep Ext 8 reps 8 reps R reps Bent Over	10 reps 10 reps	R%1RME 58%1RME 58%1RME 58%1RME  S8%1RME  S8%1RME  S8%1RME	0.63 m/s 0.55 m/s 0.67 m/s 0.67 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps 10 reps 10 reps Tricep Ex: 8 reps 8 reps R reps Bent Over	10 reps 10 rep	R%1RME 58%1RME 58%1RME 58%1RME  S8%1RME  S8%1RME  S8%1RME	0.63 m/s 0.55 m/s 0.67 m/s 0.67 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00 00:00
0 kg kg kg Ws (TRX) 10 reps 10 reps 10 reps Tricep Ext 8 reps 8 reps R reps Bent Over	10 reps 10 rep	R%1RME 58%1RME 58%1RME 58%1RME  Setry   0.63 m/s 0.55 m/s 0.67 m/s 0.67 m/s 0.67 m/s	00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00	

Power Dev	elopment			
0	er Clean Hip ative exercise but	practice Clean fron	n Power Position.	
kg	3 reps	80%1RME	7 RPE	2:00
kg	3 reps	85%1RME	8 RPE	2:00
0 kg	3 reps	R%1RME	9 RPE	2:00
Dumbbell S	Squat Jump v	v/Pause		
18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			
Strength fo	or High Veloci	ty Force		C‡
Front Squa		0.47m/s and then -1	10% for 2x5	
kg	5 reps	78%1RME	0.55 m/s	2:00
0 kg	5 reps	R%1RME	0.47 m/s	2:00
kg	5 reps	73%1RME	0.65 m/s	2:00
kg	5 reps	73%1RME	0.65 m/s	2:00
Lightened	Method Jump	s with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Knee Heal	th for Speed			C\$
Split Squat	t - Rear Foot	Elevated Dumb	bell	
kg *	6 reps*	85%Difficulty	8 RPE	1:00
kg *	6 reps*	85%Difficulty	8 RPE	1:00
kg *	6 reps*	85%Difficulty	8 RPE	1:00
nordic leg		ting the weight adde	d from your own	body weight.
kg	8 reps	85%Difficulty	8 RPE	1:00
kg	8 reps	85%Difficulty	8 RPE	1:00
kg	8 reps	85%Difficulty	8 RPE	1:00
Barbell Hip	Thrusts Bac	k Elevated on I	Bench	
kg	10 reps	85%Difficulty	8 RPE	00:00
kg	10 reps	85%Difficulty	8 RPE	00:00
kg	10 reps	90%Difficulty	9 RPE	00:00



Day 4				
Max Speed	& Upper High	n Velocity Stre	ngth	
Dynamic W	arm Up and S	Speed Develor	oment	
Jump Rope	- Continuous			
15 seconds bila both legs.	teral, 15 seconds	right leg, 15 secon	ids left leg, and fin	ish 15 seconds
1:00				00:00
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Standing Ur	nilateral Hip E	xtension		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
Stride Streto two sets of 6 rep	ch - 90/90 os at 30 sec ea si	de		
6 reps*	00:30			
6 reps*	00:30			
90/90 Lift O Two sets of 3 re		g the internal rotati	on 10 seconds ea	rep.
3 reps*	00:30			
3 reps*	00:30			
Knee Hug to	c Lunge - with	n Rotation		
13.72 m				
13.72 m				
Ankle Boun	d			
15 m				00:00
15 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
	nd - Counterm is of 2 stabilization	novement to Sons per leg.	tabilize	
4 reps*				00:00
4 reps*				00:00
4 reps*				00:00
	nd - Continuou t bounding with a	US focus on distance a	and short ground	contact time.
15 m				00:00
15 m				00:00



kg

kg

0 kg

5 reps

5 reps

R reps

Sprinting				
00:00	18.29 m	7 RPE		2:00
00:00	18.29 m	7 RPE		2:00
00:00	27.43 m	9 RPE		2:00
R	27.43 m	10 RPE		2:00
Concurrent	Power Develo	pment		¢
BHN Push I	Press + OH So	guat		
This is 2+1, so	you do 2 BHN Pus	h Presses + 1 OH	Squat paused 3 s	sec in bottom.
kg	3 reps*	80%Difficulty	7 RPE	
kg	3 reps*	80%Difficulty	7 RPE	
kg	3 reps*	80%Difficulty	7 RPE	
kg	3 reps*	80%Difficulty	7 RPE	
Cleans - Ba	rbell			
	w your 1RM, work cise and practice t			iggest using the
kg	2 reps	80%1RME	7 RPE	2:00
kg	2 reps	80%1RME	7 RPE	2:00
kg	2 reps	80%1RME	7 RPE	2:00
kg	2 reps	80%1RME	7 RPE	2:00
				l .
Athletic Stre	enath			c‡o
Athletic Stre				¢
Closegrip B		m/s, and then -10°	% for 2x5.	라
Closegrip B	ench Press	m/s, and then -109	% for 2x5.	00:00
Closegrip B Work to a 5RM/	ench Press 82.5%/9RPE/0.37			00:00
Closegrip B Work to a 5RM/	ench Press 82.5%/9RPE/0.370 5 reps	78%1RME	0.44 m/s	
Closegrip B Work to a 5RM/ kg 0 kg	ench Press 82.5%/9RPE/0.376 5 reps 5 reps	78%1RME R%1RME	0.44 m/s 0.34 m/s	00:00
Closegrip B Work to a 5RM/ kg 0 kg kg	ench Press 82.5%/9RPE/0.37/ 5 reps 5 reps 5 reps	78%1RME R%1RME 73%1RME 73%1RME	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s	00:00 00:00
Closegrip B Work to a 5RM/ kg 0 kg kg	ench Press 82.5%/9RPE/0.37/ 5 reps 5 reps 5 reps 5 reps	78%1RME R%1RME 73%1RME 73%1RME	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s	00:00 00:00
Closegrip B Work to a 5RM/ kg 0 kg kg kg Landmine R	ench Press 82.5%/9RPE/0.37/ 5 reps 5 reps 5 reps 5 reps cotational Pun	78%1RME R%1RME 73%1RME 73%1RME ch with Isome	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s	00:00 00:00
Closegrip B Work to a 5RM/ kg 0 kg kg kg Landmine R	ench Press 82.5%/9RPE/0.37/ 5 reps 5 reps 5 reps 5 reps cotational Pun 6 reps*	78%1RME R%1RME 73%1RME 73%1RME ch with Isome 85%Difficulty	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s tric 8 RPE	00:00 00:00
Closegrip B Work to a 5RM/ kg 0 kg kg kg Landmine R kg	ench Press 82.5%/9RPE/0.37/ 5 reps 5 reps 5 reps 5 reps cotational Pun 6 reps*	78%1RME R%1RME 73%1RME 73%1RME ch with Isome 85%Difficulty 85%Difficulty	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s etric 8 RPE 8 RPE	00:00 00:00
Closegrip B Work to a 5RM/ kg 0 kg kg kg Landmine R kg kg kg	ench Press 82.5%/9RPE/0.376 5 reps 5 reps 5 reps 5 reps cotational Pun 6 reps* 6 reps*	78%1RME R%1RME 73%1RME 73%1RME ch with Isome 85%Difficulty 85%Difficulty 85%Difficulty 85%Difficulty	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s etric 8 RPE 8 RPE 8 RPE	00:00 00:00
Closegrip B Work to a 5RM/ kg 0 kg kg kg Landmine R kg kg kg	ench Press 82.5%/9RPE/0.37/ 5 reps 5 reps 5 reps cotational Pun 6 reps* 6 reps* 6 reps* 6 reps* on Giant Set	78%1RME R%1RME 73%1RME 73%1RME ch with Isome 85%Difficulty 85%Difficulty 85%Difficulty 1 Upper	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s etric 8 RPE 8 RPE 8 RPE	00:00 00:00 00:00
Closegrip B Work to a 5RM/ kg 0 kg kg kg Landmine R kg kg kg Covernead P Work to a 5RM/	ench Press 82.5%/9RPE/0.370 5 reps 5 reps 5 reps cotational Pun 6 reps* 6 reps* 6 reps* 6 reps* on Giant Set	78%1RME R%1RME 73%1RME 73%1RME ch with Isome 85%Difficulty 85%Difficulty 85%Difficulty 1 Upper ng Barbell	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s ttric 8 RPE 8 RPE 8 RPE 8 RPE	00:00 00:00 00:00
Closegrip B Work to a 5RM/ kg 0 kg kg kg Landmine R kg kg kg Comparison of the compa	ench Press 82.5%/9RPE/0.370 5 reps 5 reps 5 reps cotational Pun 6 reps* 6 reps* 6 reps* 6 reps* on Giant Set	78%1RME R%1RME 73%1RME 73%1RME ch with Isome 85%Difficulty 85%Difficulty 85%Difficulty 1 Upper ng Barbell	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s ttric 8 RPE 8 RPE 8 RPE 8 RPE	00:00 00:00 00:00
Closegrip B Work to a 5RM/ kg 0 kg kg kg Landmine R kg kg kg Covernead P Work to a 5RM/	ench Press 82.5%/9RPE/0.370 5 reps 5 reps 5 reps cotational Pun 6 reps* 6 reps* 6 reps* 6 reps* on Giant Set	78%1RME R%1RME 73%1RME 73%1RME ch with Isome 85%Difficulty 85%Difficulty 85%Difficulty 1 Upper ng Barbell	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s ttric 8 RPE 8 RPE 8 RPE 8 RPE	00:00 00:00 00:00
Closegrip B Work to a 5RM/ kg 0 kg kg Landmine R kg kg kg Coverhead P Work to a 5RM leaving one rep	ench Press 82.5%/9RPE/0.370 5 reps 5 reps 5 reps 5 reps cotational Pun 6 reps* 6 reps* 6 reps* 6 reps* on Giant Set press - Standir at 8RPE/80%/0.5r in the tank.	78%1RME R%1RME 73%1RME 73%1RME ch with Isome 85%Difficulty 85%Difficulty 85%Difficulty 1 Upper 1 Barbell 1 Sand then subtr 75%1RME R%1RME	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s vtric 8 RPE 8 RPE 8 RPE 8 RPE 0.50 m/s 0.58 m/s 0.50 m/s	00:00 00:00 00:00 00:00
Closegrip B Work to a 5RM/ kg 0 kg kg Landmine R kg kg kg Vg Kg	ench Press 82.5%/9RPE/0.370 5 reps 5 reps 5 reps 5 reps cotational Pun 6 reps* 6 reps* 6 reps* 6 reps* on Giant Set press - Standir at 8RPE/80%/0.5r in the tank. 5 reps	78%1RME R%1RME 73%1RME 73%1RME ch with Isome 85%Difficulty 85%Difficulty 85%Difficulty 1 Upper 1 g Barbell 1 m/s and then subtr 1 5%1RME	0.44 m/s 0.34 m/s 0.50 m/s 0.50 m/s 0.50 m/s etric 8 RPE 8 RPE 8 RPE 8 RPE 0.58 RPE	00:00 00:00 00:00

Use dumbbells or hang plates to load the pull up, work to a 5RM at a 9 RPE and then -10% for max reps.

8 RPE

9 RPE

9 RPE

1:30

1:30

78%1RME

R%1RME

73%1RME



Biceps Curl	s - Barbell		
kg	10 reps	85%Difficulty	00:00
kg	10 reps	85%Difficulty	00:00
kg	10 reps	85%Difficulty	00:00



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Acceleration	n & Lower RFI	D Hypertrophy	У	
Dynamic W	arm Up and A	cceleration		
Walking Lur	nges			
10 reps*				
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
Forward Lu	nge, Elbow to	Instep - Craw	/ling	
8 reps*				
Hip Mobiliza	ation - Quadru	ped Tubing (A	Anterior to Po	sterior)
00:30				
MQ - Hip IR				
3 reps*	00:30			
3 reps*	00:30			
Pillar Skip -	Linear			
10 m				
10 m				
Power Skip	- Vertical			
10 m				
10 m				
	nd - Counterm ts of 2 stabilization		tabilize	
4 reps*				00:00
4 reps*				00:00
4 reps*				00:00
	own Position one of the properties of the proper			
00:00	13.72 m	9 RPE		
00:00	13.72 m	9 RPE		
00:00	13.72 m	10 RPE		
00:00	13.72 m	10 RPE		
Sprinting We are going to need to do that	sprint each worke thing.	out now because to	o get really good a	at something you
00:00	20 m	8 RPE		2:00
00:00	20 m	9 RPE		2:00
R	20 m	10 RPE		2:00

Athlete Sn	ecific Hyper	rophy & COI	)	
		otation, and C	OD	
	e - Continuo			
15 seconds bi both legs.	lateral, 15 secor	nds right leg, 15 s	econds left leg, ar	nd finish 15 seconds
1:00	1			00:00
Prone Arm	Δrc	I	<b>-</b>	
		e neck relaxed wi	th your forehead r	ested on the ground.
	nt should be slow		,	g
8 reps				
Walking Li	unges			
10 reps*				
Squat - Di	ımbbell (gob	let)		
This one is to	focus on stability	/ while emphasizi		notion. This will be
performed wit	h the same techi	nique as a squat:	feet shoulder wid	th, knees track with
tirst two toes,	vertical torso, ne	eutral spine, and e	eyes straight ahea	d.
kg	1 reps	90%Difficu	ılty 00:30	1:30
Toe Touch	n. Squat. and	Reach (Box	)	
		Il movements slo		
5 reps				
Lateral Lui	nge			
8 reps*	Ť			
Worlds Be	st Hip IR Str	etch		•
5 reps*	00:45	1		
		Plank Clam S	halla	
		old each rep for t		
	00:30	5.5 50011 TOP TOT 1		
6 reps*	00:30			-
•				
		g Front Heel		
				ir heel off making this clearly. 3 reps of the
		ric hold ea set on		icany. S reps of the
		1		<u> </u>
3 reps*	00:25			_
				1
Medial Ho	p Hop Bound	d - Quick/Sta	bilize Over Hı	urdle
		ourdles with each the opposite side		hurdles down and
4 reps*		111111111111		
4 reps*	+			_
		_		
4 reps*	1			l

Day 3				
Athletic S	peed Dev & L	ower High Velo	ocity Strengt	th
Dynamic \	Narm Up and	Speed Develo	pment	
Standing	Unilateral Hip	Extension		
8 reps*	00:00			
Side Lung	e Warm Up			
8 reps*				
Hip Mobili	zation - Quac	Iruped Tubing	(Anterior to I	Posterior)
00:30		İ		
Forward L	unge. Elbow	to Instep - Cra	wlina	•
8 reps*	1		T	
MQ - Hip	 IR	•		
3 reps*	00:30	1	1	
3 reps*	00:30			
Ankle Bou	ınd	•	•	•
13.72 m				00:00
13.72 m				00:00
Pillar Skip	- Linear	•	•	•
10 m				
10 m				
	r to the bilatoral (	both legs) jumps in	the beginning. T	he goal is to not le
	the dilateral (in the ground.			
the heels tou	the ground.  15 m  15 m			
the heels tou	the ground.			
5 reps 5 reps Linear Bo	15 m 15 m 15 m 15 m und - Continu	OUS a focus on distance	and short groun	nd contact time.
5 reps 5 reps Linear Bo	15 m 15 m 15 m 15 m und - Continu		e and short grou	nd contact time.
5 reps 5 reps Linear Bo	15 m 15 m 15 m 15 m und - Continu		e and short grou	
the heels tour 5 reps 5 reps 5 reps Linear Bo Now we are j 20 m	the ground.  15 m  15 m  15 m  15 m  und - Continu ust bounding with			00:00
the heels tour 5 reps 5 reps 5 reps Linear Bo Now we are j 20 m	the ground.  15 m  15 m  15 m  15 m  und - Continu ust bounding with	a focus on distance		00:00
the heels toue 5 reps 5 reps 5 reps Linear Boo Now we are j 20 m 20 m Accelerati 11.34 kg 11.34 kg	th the ground.  15 m 15 m 15 m und - Continu ust bounding with  on Run - Slect 13.72 m 13.72 m	d Resisted (Walls RPE 9 RPE		00:00
the heels toue 5 reps 5 reps 5 reps Linear Boo Now we are j 20 m 20 m Accelerati 11.34 kg	th the ground.  15 m 15 m 15 m und - Continu ust bounding with  on Run - Slect 13.72 m	a focus on distance d Resisted (Wall 8 RPE		00:00
the heels toue 5 reps 5 reps 5 reps Linear Bo Now we are j 20 m 20 m Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting	th the ground.  15 m 15 m 15 m und - Continu ust bounding with  15 m 17 m 18 m 19 m 19 m 19 m 19 m 19 m 19 m 19 m 19	d Resisted (Walls RPE 9 RPE	uist)	00:00
the heels toue 5 reps 5 reps 5 reps Linear Boo Now we are j 20 m 20 m Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting We are going	th the ground.  15 m 15 m 15 m und - Continu ust bounding with  15 m 17 m 18 m 19 m 19 m 19 m 19 m 19 m 19 m 19 m 19	a focus on distance  d Resisted (Wa  8 RPE  9 RPE  10 RPE	uist)	00:00
the heels toue 5 reps 5 reps 5 reps Linear Bo Now we are j 20 m Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting We are going need to do th	the ground.  15 m 15 m 15 m und - Continu ust bounding with  13.72 m 13.72 m 13.72 m 15.72 m 15.72 m	a focus on distance  d Resisted (Wa  8 RPE  9 RPE  10 RPE	uist)	00:00 00:00



Hang Cle		es. However, I am th	inking that it's b	act for you to
		es. However, I am th working on learning		
kg	3 reps	85%1RME	8 RPE	
kg	3 reps	85%1RME	8 RPE	
kg	3 reps	85%1RME	8 RPE	1
kg	3 reps	85%1RME	8 RPE	
Seated B	ox jumps			
5 reps	91.44 cm	0 W		I
5 reps	91.44 cm	0 W		1
5 reps	91.44 cm	0 W		
5 reps	91.44 cm	0 W		
Strength	Hypertrophy a	nd Rotational F	ower	
	at - Barbell			
		%ish/0.7m/s and the	en subtract 10%	for 2x10 at
maximum ve		, , olon , o. r m , o and the	on subtract 1070	101 2210 01
kg	10 reps	65%1RME	0.75 m/s	1:30
0 kg	10 reps	R%1RME	0.70 m/s	1:30
kg	10 reps	60%1RME	0.85 m/s	1:30
kg	10 reps	60%1RME	0.85 m/s	1:30
	Ball Perpendic	cular Rotationa	Throw - Kn	eelina
5.44 kg	6 reps*	1	2:00	T
5.44 kg	6 reps*		2:00	+
5.44 kg	6 reps*		2:00	+
5.44 kg	6 reps*		2:00	1
Knee Hes	alth for Speed	1		
	·			
Single Le	g Squat - Cou	nterbalance		
kg	6 reps	90%Difficulty		1:00
kg	6 reps	90%Difficulty		1:00
kg	6 reps	90%Difficulty		1:00
nordic leg	curls			
The weight if	figured by subtrac	ting the weight adde	ed from your owr	n body weight.
kg	8 reps	90%Difficulty	9 RPE	1:00
kg	8 reps	90%Difficulty	9 RPE	1:00
kg	8 reps	90%Difficulty	9 RPE	1:00
Ankla Str	enathenina Se	ries for Sprintir		•
	d a small plate like		ıя	
8 reps*	· ·			
- 1 -			1	+
8 reps*			1	

3 Hurdle Dr	3 Hurdle Drill to 8yd Acceleration					
1 reps*	7.32 m					
1 reps*	7.32 m					
1 reps*	7.32 m					
1 reps*	7.32 m					
Posture Sup	porting Stren	gth				
Overhead S	Squat - Barbell					
	t these as low as p		d to do a few of m	y own videos.		
kg	5 reps	90%Difficulty	9 RPE	1:00		
kg	5 reps	90%Difficulty	9 RPE	1:00		
kg	5 reps	90%Difficulty	9 RPE	1:00		
Banded Hip	Flexion for S	printing				
kg	8 reps*	50%Difficulty				
kg	8 reps*	50%Difficulty				
kg	8 reps*	50%Difficulty				
Strength for	High Velocity	Force		(2)		
		1 0100				
Bench Pres						
velocity.	RM at 9 RPE/70%	5/0.53m/s, and the	n subtract 10% to	r 2x10 max		
kg	10 reps	65%1RME	0.60 m/s	00:00		
0 kg	10 reps	R%1RME	0.53 m/s	00:00		
kg	10 reps	60%1RME	0.65 m/s	00:00		
kg	10 reps	60%1RME	0.65 m/s	00:00		
Ws (TRX)						
10 reps				00:00		
10 reps				00:00		
10 reps				00:00		
10 reps				00:00		
Hypertrophy	for Symmetr	у		¢		
Tricep Exte	nsion - Dip					
8 reps	1			00:00		
8 reps				00:00		
R reps				00:00		
Bent Over F	Row - Barbell					
kg	8 reps	90%Difficulty	9 RPE			
kg	8 reps	90%Difficulty	9 RPE			
kg	8 reps	90%Difficulty	9 RPE			
	v - Kettlebell er than the ascent					
kg	8 reps	90%Difficulty		2:00		
kg	8 reps	90%Difficulty		2:00		
kg	8 reps	90%Difficulty		2:00		

Power Dev	elopment			
Hang Powe	er Clean Hip			
kg	3 reps	82%1RME	8 RPE	2:00
kg	3 reps	87%1RME	9 RPE	2:00
0 kg	3 reps	R%1RME	9.5 RPE	2:00
Dumbbell S	Squat Jump w/	Pause		
22.68 kg *	3 reps			
22.68 kg *	3 reps			
22.68 kg *	3 reps			
Strength fo	r High Velocity	/ Force	-	c)
Front Squa				
	1 at 9RPE/82.5%/0.	47m/s and then -1	0% for 2x5	
kg	5 reps	80%1RME	0.50 m/s	2:00
0 kg	5 reps	R%1RME	0.45 m/s	2:00
kg	5 reps	75%1RME	0.65 m/s	2:00
kg	5 reps	75%1RME	0.65 m/s	2:00
Lightened I	Method Jumps	with Bands	•	
3 reps	1			00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Knee Healt	h for Speed			
	- Rear Foot E	levated Dumb	hell	
kg *	6 reps*	90%Difficulty	9 RPE	1:00
kg *	6 reps*	90%Difficulty	9 RPE	1:00
kg *	6 reps*	90%Difficulty	9 RPE	1:00
nordic leg	<u> </u>	· · · · ·		•
	gured by subtractin	ig the weight adde	d from your own b	ody weight.
kg	8 reps	90%Difficulty	9 RPE	1:00
kg	8 reps	90%Difficulty	9 RPE	1:00
kg	8 reps	90%Difficulty	9 RPE	1:00
	Thrusts Back		Bench	
kg	10 reps	85%Difficulty	8 RPE	00:00
kg	10 reps	85%Difficulty	8 RPE	00:00
kg	10 reps	90%Difficulty	9 RPE	00:00
	1	1	<u>.</u>	



Day 4					
Max Speed	& Upper High	Velocity Stre	ngth		
Dynamic Warm Up and Speed Development					
Jump Rope	Jump Rope - Continuous				
15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.					
1:00				00:00	
Unilateral St	tanding Hip A	bduction			
8 reps*	00:00				
Standing Ur	nilateral Hip E	xtension			
8 reps*	00:00				
Side Lunge	Warm Up				
8 reps*	· ·			l	
Stride Streto two sets of 6 rep	ch - 90/90 os at 30 sec ea sid	de			
6 reps*	00:30				
6 reps*	00:30				
90/90 Lift Of Two sets of 3 re		g the internal rotation	on 10 seconds ea	rep.	
3 reps*	00:30				
3 reps*	00:30				
Knee Hug to	Lunge - with	Rotation			
13.72 m					
13.72 m					
Ankle Bound	d				
15 m				00:00	
15 m				00:00	
Pillar Skip -	Linear				
10 m					
10 m					
	Linear Bound - Countermovement to Stabilize This is three sets of 2 stabilizations per leg.				
4 reps*				00:00	
4 reps*				00:00	
4 reps*				00:00	
	d - Continuou bounding with a	JS focus on distance a	nd short ground	contact time.	
20 m				00:00	
20 m				00:00	



Sprinting			
00:00	20 m	7 RPE	2:00
00:00	30 m	8 RPE	2:00
00:00	30 m	9 RPE	2:00
R	30 m	10 RPE	2:00
Concurrent Power Development			

Spiritaling				
00:00	20 m	7 RPE		2:00
00:00	30 m	8 RPE		2:00
00:00	30 m	9 RPE		2:00
R	30 m	10 RPE		2:00
Congurrent Bower Davidonment				r+1

BHN Pus	n Press +	OH Squat
---------	-----------	----------

This is 2+1, so you do 2 BHN Push Presses + 1 OH Squat paused 3 sec in bottom.				
kg	3 reps*	85%Difficulty	8 RPE	
kg	3 reps*	85%Difficulty	8 RPE	
kg	3 reps*	85%Difficulty	8 RPE	
kg	3 reps*	85%Difficulty	8 RPE	

### Cleans - Barbell

If you don't know your 1RM, work to a 2RM at around 7-8 RPE. \*\*\*I suggest using the alternative exercise and practice the clean from power position.

П					
	kg	2 reps	85%1RME	8 RPE	2:00
	kg	2 reps	85%1RME	8 RPE	2:00
	kg	2 reps	85%1RME	8 RPE	2:00
	kg	2 reps	85%1RME	8 RPE	2:00

# Athletic Strength

# Closegrip Bench Press

Work to a 5RM/85%/9RPE/0.3m/s, and then -10% for 2x5.

kg	5 reps	80%1RME	0.40 m/s	00:00
0 kg	5 reps	R%1RME	0.30 m/s	00:00
kg	5 reps	75%1RME	0.45 m/s	00:00
kg	5 reps	75%1RME	0.45 m/s	00:00
Landmine Rotational Punch with Isometric				
kg	6 reps*	90%Difficulty	9 RPE	

90%Difficulty

kg	6 reps*	90%Difficulty	9 RPE
Transmutati	on Giant Set	1 Upper	

6 reps\*

C‡3

#### Overhead Press - Standing Barbell

Work to a 5RM at 9RPE/82.5%/0.46m/s and then subtract 10% for max repetitions leaving one rep in the tank.

kg	5 reps	78%1RME	0.54 m/s	00:00
0 kg	5 reps	R%1RME	0.46 m/s	00:00
kg	R reps	73%1RME	0.62 m/s	00:00

Use dumbbells or hang plates to load the pull up. work to a 5RM at a 9.5RPE and then -10% for max reps.

kg	5 reps	80%1RME	8.5 RPE	1:30
0 kg	5 reps	R%1RME	9.5 RPE	1:30
kg	R reps	73%1RME	9.5 RPE	1:30



Biceps Curls - Barbell					
kg	10 reps	85%Difficulty		00:00	
kg	10 reps	85%Difficulty		00:00	
kg	10 reps	90%Difficulty		00:00	



Acceleration	on & Lower P	FD Hypertroph	2)/		Athlete Specific Hypertrophy & COD				
Dynamic Warm Up and Acceleration									
Dynamic V	Warm Up and	Acceleration			Dynamic Warm Up, Rotation, and COD				
Walking L	unges					e - Continuou			
10 reps*					15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.				
Unilateral	Standing Hip	Abduction			1:00	1	1		00:00
8 reps*	00:00				Prone Arn	Arc	1		00.00
Side Lung	e Warm Up						neck relaxed with ye	our forehead res	ted on the grou
8 reps*					The moveme	nt should be slow	and controlled.		
Forward L	unge, Elbow t	to Instep - Cra	wling		8 reps				
8 reps*	T				Walking L	unges			
Hip Mobili:	zation - Quad	ruped Tubing	(Anterior to Po	sterior)	10 reps*				
00:30		i i	Ì	<u> </u>		umbbell (goble			
MQ - Hip I	R	-	•				while emphasizing r que as a squat: feet		
3 reps*	00:30						tral spine, and eyes		
3 reps*	00:30				kg	1 reps	85%Difficulty	00:20	1:30
Pillar Skip	- Linear				Toe Touch	n, Squat, and	Reach (Box)		
10 m					Same squat r	nechanics with all	movements slow ar	nd controlled.	
10 m					5 reps				
Power Ski	p - Vertical				Lateral Lu	nge			
10 m	1				8 reps*	Ť			
10 m					Worlds Be	est Hip IR Stre	etch		
		mayamant ta	Stahilize		-	00:45		1	1
Linear Bou	una - Counter	movement to s	Judinzo		5 reps*	00.43			
	sets of 2 stabilizati		Stabilize		<del></del>		ank Clam Shel	ls	
This is three s			Stabilize	00:00	Glute Acti	vation Side Pl	ank Clam Shel Id each rep for two s		
This is three s 4 reps* 4 reps*			Stabilize	00:00	Glute Acti	vation Side Pl			1
This is three s					Glute Acti	vation Side Pl			
This is three s 4 reps* 4 reps* 4 reps* Get Ups -	sets of 2 stabilizati		ion	00:00	Glute Actir six reps ea si 6 reps* 6 reps*	vation Side Pl de with a 5 sec ho 00:30 00:30 Half Kneeling	Id each rep for two s	sets.	ool off making
This is three s 4 reps* 4 reps* 4 reps* Get Ups -	sets of 2 stabilizati	ons per leg.  n to Decelerat	ion	00:00	Glute Actir six reps ea si 6 reps* 6 reps* 2 Inch Lift Here's a major an isometric I	vation Side Pl de with a 5 sec ho 00:30 00:30 Half Kneeling or key: I want the b hold for your calf. I	Front Heel Ho all of your foot on a will make a video to	overing plate with your ho show more clea	
This is three s 4 reps* 4 reps* 4 reps* Get Ups - Sprint through	Down Position 10 yd and decele	n to Decelerat	ion	00:00	Glute Actir six reps ea si 6 reps* 6 reps* 2 Inch Lift Here's a major an isometric I	vation Side Pl de with a 5 sec ho 00:30 00:30 Half Kneeling or key: I want the b hold for your calf. I	Front Heel Ho	overing plate with your ho show more clea	
This is three s 4 reps* 4 reps* 4 reps* Get Ups - Sprint through 00:00	Down Position 10 yd and decele	n to Deceleraterate at 15yd promp	ion	00:00	Glute Activative six reps easion of reps* 6 reps* 2 Inch Lift Here's a majoran isometric lift and then 2 3 reps*	vation Side Pl de with a 5 sec ho 00:30 00:30 Half Kneeling or key: I want the b nold for your calf. I 55 second Isometri 00:25	Front Heel Ho all of your foot on a will make a video to	overing plate with your ho show more clea	
This is three s 4 reps* 4 reps* 4 reps* Get Ups - Sprint through 00:00 00:00	Down Position 10 yd and decele 13.72 m	n to Decelerat erate at 15yd promp 9 RPE 9 RPE	ion	00:00	Glute Acti six reps ea si 6 reps* 6 reps* 2 Inch Lift Here's a majo an isometric I lift and then 2 3 reps* 3 reps*	vation Side Pl de with a 5 sec ho 00:30 00:30 Half Kneeling or key: I want the b hold for your caff. I 5 second Isometri 00:25 00:25	Front Heel Ho all of your foot on a will make a video to c hold ea set on ea	overing plate with your h o show more clea side.	arly. 3 reps of th
This is three s 4 reps* 4 reps* 4 reps* 4 reps* 00:00 00:00 00:00 Sprinting	Down Position 10 yd and decele 13.72 m 13.72 m to sprint each wor	n to Decelerat erate at 15yd promp 9 RPE 9 RPE	ion bity.	00:00	Glute Acti six reps ea si 6 reps* 6 reps* 2 Inch Lift Here's a majo an isometric I lift and then 2 3 reps* Medial Ho	vation Side Pl de with a 5 sec ho 00:30 00:30 Half Kneeling or key: I want the b hold for your caff. I 5 second Isometri 00:25 00:25 p Hop Bound	Front Heel Ho all of your foot on a will make a video to	overing plate with your h o show more clea	arly. 3 reps of the
This is three s 4 reps* 4 reps* 4 reps* Get Ups - Sprint through 00:00 00:00 Sprinting We are going	Down Position 10 yd and decele 13.72 m 13.72 m to sprint each wor	n to Decelerate at 15yd promp  9 RPE 9 RPE 9 RPE	ion bity.	00:00	Glute Acti six reps ea si 6 reps* 6 reps* 2 Inch Lift Here's a majo an isometric I lift and then 2 3 reps* 3 reps* Medial Ho Reps refers to	vation Side PI de with a 5 sec ho 00:30 00:30 Half Kneeling or key: I want the b old for your calf. I 5 second Isometri 00:25 00:25 p Hop Bound of the amount of hu	Front Heel Ho all of your foot on a will make a video to c hold ea set on ea  - Quick/Stabiliz	overing plate with your ho show more cleaside.  Ze Over Huro going over the hi	arly. 3 reps of th
This is three s 4 reps* 4 reps* 4 reps* Get Ups - Sprint through 00:00 00:00 Sprinting We are going need to do the	Down Position 10 yd and decele 13.72 m 13.72 m to sprint each wor	n to Decelerate at 15yd promp  9 RPE 9 RPE 9 RPE	ion bity.	00:00 00:00	Glute Acti six reps ea si 6 reps* 6 reps* 2 Inch Lift Here's a majo an isometric I lift and then 2 3 reps* 3 reps* Medial Ho Reps refers to back as in the 4 reps*	vation Side PI de with a 5 sec ho 00:30 00:30 Half Kneeling or key: I want the b old for your calf. I 5 second Isometri 00:25 00:25 p Hop Bound of the amount of hu	J Front Heel Ho all of your foot on a will make a video to c hold ea set on ea  - Quick/Stabiliz rdles with each set	overing plate with your ho show more cleaside.  Ze Over Huro going over the hi	arly. 3 reps of th
This is three s 4 reps* 4 reps* 4 reps* 4 reps* 00:00 00:00 00:00 Sprinting We are going need to do the 10 m 10 m	Down Position 10 yd and decele 13.72 m 13.72 m to sprint each wor	n to Decelerate at 15yd promp  9 RPE 9 RPE 9 RPE	ion bity.	00:00 00:00 at something you	Glute Acti six reps ea si 6 reps* 6 reps* 2 Inch Lift Here's a maja an isometric I lift and then 2 3 reps* 3 reps* Medial Ho Reps refers to back as in the 4 reps*	vation Side Pl de with a 5 sec ho  00:30  00:30  Half Kneeling or key: I want the b 10:5 second Isometri  00:25  00:25  p Hop Bound of the amount of he evideo. Start on the	Id each rep for two self-like like like like like like like like	overing plate with your ho show more cleaside.  Ze Over Huro going over the hi	arly. 3 reps of th
This is three s 4 reps* 4 reps* 4 reps* 4 reps* Get Ups- Sprint through 00:00 00:00 Sprinting We are going need to do that 10 m Power Dev	Down Position 10 yd and deceler 13.72 m 13.72 m to sprint each worat thing.	n to Decelerate at 15yd promp  9 RPE 9 RPE 9 RPE	ion bity.	00:00 00:00 at something you 2:00 2:00	Glute Acti six reps ea si 6 reps* 6 reps* 2 Inch Lift Here's a maja an isometric I lift and then 2 3 reps* Medial Ho Reps refers to back as in the 4 reps* 4 reps* 3 Hurdle [	vation Side Pl de with a 5 sec ho  00:30  00:30  Half Kneeling or key: I want the b 15 second Isometri  00:25  00:25  p Hop Bound or the amount of hu e video. Start on the	Id each rep for two self-like like like like like like like like	overing plate with your ho show more cleaside.  Ze Over Huro going over the hi	arly. 3 reps of th
This is three s 4 reps* 4 reps* 4 reps* 4 reps* Get Ups- Sprint through 00:00 00:00 Sprinting We are going need to do the 10 m Power Dev Hang Clea	Down Position 10 yd and deceler 13.72 m 13.72 m to sprint each worat thing.	n to Decelerate at 15yd promp  9 RPE 9 RPE 9 RPE	to get really good	00:00 00:00 at something you 2:00 2:00	Glute Acti six reps ea si 6 reps* 6 reps* 2 Inch Lift Here's a maja an isometric I lift and then 2 3 reps* Medial Ho Reps refers to back as in the 4 reps* 4 reps* 3 Hurdle I 1 reps*	vation Side Pl de with a 5 sec ho  00:30  00:30  Half Kneeling or key: I want the b 15 second Isometri  00:25  00:25  p Hop Bound or the amount of hu e video. Start on the  0rill to 8yd Acc	Id each rep for two self-like like like like like like like like	overing plate with your ho show more cleaside.  Ze Over Huro going over the hi	arly. 3 reps of the
This is three s 4 reps* 4 reps* 4 reps* 4 reps* Get Ups- Sprint through 00:00 00:00 Sprinting We are going need to do the 10 m Power Dev Hang Clea Just keep the:	Down Position 10 yd and decele 13.72 m 13.72 m 13.72 m to sprint each wor at thing.	n to Decelerat erate at 15yd promp 9 RPE 9 RPE 9 RPE rkout now because	to get really good	at something you  2:00 2:00 st for you to use	Glute Acti six reps ea si 6 reps* 6 reps* 2 Inch Lift Here's a maja an isometric I lift and then 2 3 reps* Medial Ho Reps refers to back as in the 4 reps* 4 reps* 3 Hurdle I 1 reps* 1 reps*	vation Side Pl de with a 5 sec ho  00:30  00:30  Half Kneeling or key: I want the b 15 second Isometri  00:25  00:25  p Hop Bound or the amount of hu e video. Start on the  00:30  00:25  The start on the control of the mount of hu e video. Start on the  00:30  00:25  The start on the control of hu e video. Start on the  00:30  00	Id each rep for two self-like like like like like like like like	overing plate with your ho show more cleaside.  Ze Over Huro going over the hi	arly. 3 reps of th
This is three s 4 reps* 4 reps* 4 reps* 4 reps* Get Ups- Sprint through 00:00 00:00 Sprinting We are going need to do the 10 m Power Dev Hang Clea Just keep the:	Down Position 10 yd and decele 13.72 m 13.72 m 13.72 m to sprint each wor at thing.	n to Decelerate at 15yd promp  9 RPE 9 RPE 9 RPE rkout now because	to get really good	at something you  2:00 2:00 st for you to use	Glute Acti six reps ea si 6 reps* 6 reps* 2 Inch Lift Here's a maja an isometric I lift and then 2 3 reps* Medial Ho Reps refers to back as in the 4 reps* 4 reps* 3 Hurdle I 1 reps*	vation Side Pl de with a 5 sec ho  00:30  00:30  Half Kneeling or key: I want the b 15 second Isometri  00:25  00:25  p Hop Bound or the amount of hu e video. Start on the  0rill to 8yd Acc	Id each rep for two self-like like like like like like like like	overing plate with your ho show more cleaside.  Ze Over Huro going over the hi	arly. 3 reps of th

		ower High Velocity S				
Dynamic Warm Up and Speed Development						
Standing l	Jnilateral Hip	Extension				
8 reps*	00:00					
Side Lung	e Warm Up	•				
8 reps*						
Hip Mobili	zation - Quad	druped Tubing (Anter	ior to Posterior)			
00:30		<u> </u>				
Forward L	unae. Elbow	to Instep - Crawling	•			
8 reps*	T					
MQ - Hip I	IR					
3 reps*	00:30	T I	I			
3 reps*	00:30					
Ankle Bou		1				
13.72 m	1	1	00:00			
13.72 m	+		00:00			
Pillar Skip	- Linear		100.00			
10 m	- Linear	<del></del>	1			
10 m	+					
Pop Float	Skin Mod	Ball (Coblet)	•			
1 /	· •	Ball (Goblet)	inning. The goal is to no			
The reps refe	· •	Ball (Goblet) both legs) jumps in the beg	inning. The goal is to no			
The reps refe the heels touc	r to the bilateral (	` '	inning. The goal is to no			
The reps refe	r to the bilateral (	` '	inning. The goal is to no			
The reps refe the heels touc 5 reps	r to the bilateral (ch the ground.	` '	inning. The goal is to no			
The reps refe the heels touc 5 reps 5 reps 5 reps	r to the bilateral (ch the ground.  10 m  10 m	(both legs) jumps in the beg	inning. The goal is to no			
The reps refe the heels touc 5 reps 5 reps 5 reps Linear Boo	r to the bilateral (ch the ground.)  10 m  10 m  10 m  und - Continu	(both legs) jumps in the beg				
The reps refe the heels touc 5 reps 5 reps 5 reps Linear Boo	r to the bilateral (ch the ground.)  10 m  10 m  10 m  und - Continu	(both legs) jumps in the beg				
The reps refe the heels touc 5 reps 5 reps 5 reps Linear Box Now we are ju	r to the bilateral (ch the ground.)  10 m  10 m  10 m  und - Continu	(both legs) jumps in the beg	ort ground contact time			
The reps refethe heels touch 5 reps 5 reps 5 reps Linear Bot Now we are just 15 m 15 m	r to the bilateral (ch the ground.  10 m  10 m  10 m  und - Continuust bounding with	(both legs) jumps in the beg	ort ground contact time			
The reps refethe heels toud 5 reps 5 reps 5 reps Linear Bot Now we are just 15 m 15 m	r to the bilateral (ch the ground.  10 m  10 m  10 m  und - Continuust bounding with	Jous  a focus on distance and st	ort ground contact time			
The reps refethe heels touch 5 reps 5 reps 5 reps Linear Bou Now we are just 15 m Acceleration.	r to the bilateral (ch the ground.  10 m 10 m 10 m und - Continuust bounding with	Jous a focus on distance and sh	ort ground contact time			
The reps refethe heels touch 5 reps 5 reps 5 reps Linear Bot Now we are just 15 m Acceleration 11.34 kg	r to the bilateral (ch the ground.  10 m 10 m 10 m und - Continuust bounding with  on Run - Slee	Jous a focus on distance and st d Resisted (Waist) 8 RPE	ort ground contact time			
The reps refethe heels touch 5 reps 5 reps 5 reps Linear Bot Now we are just 15 m Acceleration 11.34 kg 11.34 kg	r to the bilateral (ch the ground.  10 m 10 m 10 m und - Continuust bounding with  on Run - Slet 9.14 m 9.14 m	Jous a focus on distance and sh d Resisted (Waist)  8 RPE 9 RPE	ort ground contact time			
The reps refethe heels touch 5 reps 5 reps 5 reps Linear Bot Now we are just 15 m Acceleration 11.34 kg 11.34 kg 11.34 kg Sprinting We are going We are going	r to the bilateral (ch the ground.  10 m 10 m 10 m und - Continuust bounding with  on Run - Slet 9.14 m 9.14 m 9.14 m	Jous a focus on distance and sh d Resisted (Waist)  8 RPE 9 RPE	oort ground contact time 00:00 00:00			
The reps refethe heels touch 5 reps 5 reps 5 reps Linear Bot Now we are just 15 m 15 m Acceleration 11.34 kg 11.34 kg 11.34 kg Sprinting We are going need to do the	r to the bilateral (ch the ground.)  10 m  10 m  10 m  und - Continuust bounding with  9.14 m  9.14 m  9.14 m  10	JOUS JOUS A a focus on distance and shall be a focus on distance a	ort ground contact time  00:00  00:00  eally good at something			
The reps refethe heels touch 5 reps 5 reps 5 reps Linear Bot Now we are just 15 m Acceleration 11.34 kg 11.34 kg 11.34 kg Sprinting We are going We are going	r to the bilateral (ch the ground.  10 m 10 m 10 m und - Continuust bounding with  on Run - Slet 9.14 m 9.14 m 9.14 m	Jous In a focus on distance and shall be a focus on distance and s	oort ground contact time 00:00 00:00			



Seated B	ox jumps					
3 reps	Rm	0 W				
3 reps	Rm	0 W				
3 reps	Rm	0 W				
Strength	Hypertrophy a	and Rotational P	ower	¢		
Back Squat - Barbell 3x10 at 57.5%/0.87m/s						
kg	10 reps	58%1RME	0.87 m/s	1:30		
kg	10 reps	58%1RME	0.87 m/s	1:30		
kg	10 reps	58%1RME	0.87 m/s	1:30		
Medicine Ball Perpendicular Rotational Throw - Kneeling						
4.54 kg	6 reps*		2:00			
4.54 kg	6 reps*		2:00			
4.54 kg	6 reps*		2:00			
Knee Hea	alth for Speed			c‡:		
Single Le	g Squat - Cou	ınterbalance				
kg	6 reps	75%Difficulty		1:00		
kg	6 reps	75%Difficulty		1:00		
kg	6 reps	75%Difficulty		1:00		
nordic leg curls The weight if figured by subtracting the weight added from your own body weight.						
kg	6 reps	85%Difficulty	8 RPE	1:00		
kg	6 reps	85%Difficulty	8 RPE	1:00		
	6 reps	85%Difficulty	8 RPE	1:00		

You will need a small plate like a 5 or 10lb plate.

8 reps\* 8 reps\*

kg	3 reps	80%Difficulty	7 RPE	1:00
kg	3 reps	80%Difficulty	7 RPE	1:00
kg	3 reps	80%Difficulty	7 RPE	1:00
Banded F	lip Flexion for	Sprinting	1	
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strength f	for High Veloc	city Force		
Bench Pro	ess - Barbell			
kg	10 reps	60%1RME	0.65 m/s	00:00
kg	10 reps	60%1RME	0.65 m/s	00:00
kg	10 reps	60%1RME	0.65 m/s	00:00
Ws (TRX)	)			
10 reps				00:00
10 reps				00:00
10 reps				00:00
Hypertrop	hy for Symm	etry		
Tricep Ex	tension - Dip			
8 reps				00:00
8 reps				00:00
8 reps				00:00
Bent Ove	r Row - Barbe	ell		
kg	8 reps	80%Difficulty	7 RPE	
kg	8 reps	80%Difficulty	7 RPE	
kg	8 reps	80%Difficulty	7 RPE	
Upright R	ow - Kettlebe			
Descent is sl	ower than the asc	ent.		
kg	8 reps	85%Difficulty		2:00
kg	8 reps	85%Difficulty		2:00
kg	8 reps	85%Difficulty		2:00

ower Dev	/elopment			
lang Pow	er Clean Hip			
		ut practice Clean from	Power Position	n.
g	3 reps	80%1RME		2:00
<u>g</u>	3 reps	80%1RME		2:00
g	3 reps	80%1RME		2:00
Dumbbell :	Squat Jump	w/Pause	•	•
18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps	1		
Strength fo	or High Veloc	city Force		
	at - Barbell			
		the velocity stays ab	ove .7m/s in the	e first 2-3 rep
kg	3 reps	65%1RME	0.75 m/s	2:00
kg Kg	3 reps	65%1RME	0.75 m/s	2:00
kg	3 reps	65%1RME	0.75 m/s	2:00
	<u> </u>	ps with Bands	1	1=:
3 reps		Po With Bands	Ì	00:00
3 reps	+	1		00:00
3 reps				00:00
	th for Speed	ı		
		Elevated Dumb	hall	
kg *	6 reps*	80%Difficulty	7 RPE	1:00
kg *	6 reps*	80%Difficulty	7 RPE	1:00
kg *	6 reps*	80%Difficulty	7 RPE	1:00
		30 /02 illiouity	· · · · · -	11.00
nordic leg		cting the weight adde	d from your own	n hody weigh
	<del>, ,</del>	-		
kg	6 reps	80%Difficulty 80%Difficulty	7 RPE 7 RPE	1:00
kg	6 reps	80%Difficulty	7 RPE	1:00
kg	6 reps			1:00
	Thrusts Ba	ck Elevated on E		
kg	10 reps	85%Difficulty	8 RPE	00:00
kg	10 reps	85%Difficulty	8 RPE	00:00
kg	10 reps	90%Difficulty	9 RPE	00:00



Dynamic War		Velocity Strer	agth					
			Max Speed & Upper High Velocity Strength					
Jump Rope -	Dynamic Warm Up and Speed Development							
Jump Rope - Continuous 15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.								
1:00				00:00				
Unilateral Standing Hip Abduction								
	00:00							
Standing Unil	lateral Hip E	xtension						
	00:00							
Side Lunge V	Varm Up	•						
8 reps*								
Stride Stretch		e						
6 reps*	00:30							
6 reps*	00:30							
90/90 Lift Offs Two sets of 3 reps		the internal rotation	n 10 seconds ea	rep.				
3 reps* (	00:30							
3 reps* (	00:30							
Knee Hug to	Lunge - with	Rotation						
13.72 m								
13.72 m								
Ankle Bound								
15 m				00:00				
15 m				00:00				
Pillar Skip - L	inear							
10 m								
10 m								
Linear Bound This is three sets		ovement to Sta	abilize					
4 reps*				00:00				
4 reps*				00:00				
4 reps*				00:00				
Linear Bound Now we are just b		S ocus on distance a	nd short ground o	contact time.				
15 m				00:00				
15 m				00:00				



Biceps Curls - Barbell

10 reps

10 reps

10 reps

kg kg

Sprinting				
20 m	7 RPE			2:00
20 m	7 RPE			2:00
30 m	8 RPE			2:00
30 m	9 RPE			2:00
Concurrent	Power Devel	opment		¢
	Press + OH S you do 2 BHN Pus		Squat paused 3 s	sec in bottom.
kg	3 reps*	80%Difficulty	7 RPE	
kg	3 reps*	80%Difficulty	7 RPE	
kg	3 reps*	80%Difficulty	7 RPE	
	sing the alternative		ice the clean from	
kg	2 reps	75%1RME		2:00
kg	2 reps	75%1RME		2:00
kg	2 reps	75%1RME		2:00
Athletic Str	ength			cp
Closegrip E	Bench Press			
kg	5 reps	73%1RME	0.50 m/s	00:00
kg	5 reps	73%1RME	0.50 m/s	00:00
kg	5 reps	73%1RME	0.50 m/s	00:00
Landmine	Rotational Pur	ch with Isome	etric	
kg	6 reps*	80%Difficulty	7 RPE	
kg	6 reps*	80%Difficulty	7 RPE	
kg	6 reps*	80%Difficulty	7 RPE	
Transmuta	tion Giant Set	1 Upper		¢
	Press - Standi velocities stay abo	0		
kg	5 reps	70%1RME	0.66 m/s	00:00
kg	5 reps	70%1RME	0.66 m/s	00:00
kg	5 reps	70%1RME	0.66 m/s	00:00
Pull Up Use dumbbells	s or hang plates to	oad the pull up. W	ork to a 5RM on la	ast set.
kg	5 reps	78%1RME	8 RPE	1:30
kg	5 reps	82%1RME	9 RPE	1:30
0 kg	5 reps	R%1RME	10 RPE	1:30

85%Difficulty

85%Difficulty

85%Difficulty

00:00

00:00



Day 1							
Acceleration & Lower RFD Hypertrophy							
Dynamic Wa	arm Up and A	cceleration					
Walking Lunges							
10 reps*							
Unilateral Standing Hip Abduction							
8 reps*	00:00						
Side Lunge	Warm Up						
8 reps*	· · ·						
Forward Lui	nge, Elbow to	Instep - Craw	/lina				
8 reps*	190,	I	I				
<u> </u>	tion - Quadru	ped Tubing (A	Anterior to Pos	sterior)			
00:30	Quauru	pod rubing (/					
MQ - Hip IR			l				
3 reps*	00:30	I	ı	I			
3 reps*	00:30						
Pillar Skip -		l	l .	l			
10 m	Lineai	ı	1				
10 m							
Power Skip	- Vertical	<u>I</u>	<u> </u>	l			
10 m	T						
10 m							
	nd - Counterm s of 2 stabilization		tabilize				
4 reps*				00:00			
4 reps*				00:00			
4 reps*				00:00			
	own Position 0 yd and decelera						
00:00	13.72 m	9 RPE					
00:00	13.72 m	9 RPE					
00:00	13.72 m	10 RPE					
Sprinting We are going to need to do that		out now because to	o get really good a	t something you			
00:00	20 m	9 RPE		2:00			
00:00	20 m	9 RPE		2:00			
00:00	20 m	9.5 RPE		2:00			
R	20 m	10 RPE	l	2:00			

Day 2				
Athlete Spe	cific Hypertro	ophy & COD		
Dynamic W	arm Up, Rota	ation, and COI	)	
Jump Rope	- Continuous	5		
15 seconds bila both legs.	teral, 15 seconds	s right leg, 15 secor	nds left leg, and fir	nish 15 seconds
1:00				00:00
		neck relaxed with you	our forehead reste	d on the ground
8 reps				
Walking Lur	nges			
10 reps*	Ĭ			
This one is to for performed with first two toes, ve	the same technic ertical torso, neut	while emphasizing r que as a squat: feet ral spine, and eyes	shoulder width, ki straight ahead.	nees track with
kg	1 reps	95%Difficulty	00:30	1:30
	Squat, and F chanics with all r	Reach (Box) novements slow ar	d controlled.	
5 reps				
Lateral Lung	ge			
8 reps*				
Worlds Bes	t Hip IR Stret	ch		
5 reps*	00:45			
		ank Clam Shel d each rep for two s		•
6 reps*	00:30			
6 reps*	00:30			
Here's a major lan isometric hol	key: I want the bald for your calf. I	Front Heel Ho all of your foot on a will make a video to hold ea set on ea	plate with your he show more clear	
3 reps*	00:25			
3 reps*	00:25			
Reps refers to t	he amount of hur	- Quick/Stabilized dles with each set opposite side each	going over the hur	
4 reps*				
4 reps*			ļ	
4 reps*				ļ
4 reps*				

Day 3							
Athletic S	peed Dev & L	ower High Ve	locity Streng	th			
Dynamic \	Warm Up and	Speed Devel	opment				
Standing	Unilateral Hip	Extension					
8 reps*	00:00						
Side Lunge Warm Up							
8 reps*							
Hip Mobili	zation - Quad	Iruped Tubing	(Anterior to	Posterior)			
00:30		i					
Forward L	unge, Elbow	to Instep - Cra	awling				
8 reps*							
MQ - Hip	IR	-					
3 reps*	00:30						
3 reps*	00:30						
Ankle Bou	und						
13.72 m				00:00			
13.72 m				00:00			
Pillar Skip	- Linear						
10 m							
10 m							
The reps refe the heels tou	ch the ground.	,	the beginning.	The goal is to not let			
5 reps	15 m						
5 reps	15 m						
5 reps	15 m						
	und - Continu just bounding with	OUS a focus on distanc	ce and short grou	and contact time.			
20 m				00:00			
20 m				00:00			
20 m				00:00			
Accelerati	on Run - Sled	d Resisted (W	aist)				
11.34 kg	18.29 m	8 RPE					
11.34 kg	18.29 m	9 RPE					
11.34 kg	18.29 m	10 RPE					
Sprinting We are going need to do the	g to sprint each wo at thing.	orkout now because	e to get really go	od at something you			
00:00	18.29 m	9 RPE		2:00			
00:00	18.29 m	9.5 RPE		2:00			
R	18.29 m	10 RPE		2:00			



Hang Cle	evelopment			
•		es. However, I am th	inking that it's h	est for you to use
		working on learning t		
kg	2 reps	85%1RME	8 RPE	
kg	1 reps	90%1RME	8 RPE	1
kg	2 reps	85%1RME	8 RPE	
kg	1 reps	90%1RME	8 RPE	
0 kg	1 reps	R%1RME	9 RPE	
Seated B	ox jumps			
3 reps	91.44 cm	0 W		
3 reps	R cm	0 W		<u> </u>
3 reps	R cm	0 W		
Strength	Hypertrophy a	nd Rotational P	ower	C
	iat - Barbell	0.63m/s, and then -1	0% for 2x10	
kg	10 reps	68%1RME	0.73 m/s	1:30
0 kg	10 reps	R%1RME	0.73 m/s	1:30
kg	10 reps	63%1RME	0.80 m/s	1:30
kg	10 reps	63%1RME	0.80 m/s	1:30
		cular Rotational		eeling
6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		2:00	
Speed Kr	nee Health			C
Single Le	g Squat - Cou	nterbalance		
kg	6 reps	90%Difficulty		1:00
kg	6 reps	90%Difficulty		1:00
kg	6 reps	95%Difficulty		1:00
nordic led	ı curls			
The weight if	figured by subtrac	ting the weight adde	d from your ow	n body weight.
Work to an 8				
kg	8 reps	90%Difficulty	9 RPE	1:00
kg	8 reps	95%Difficulty	9.5 RPE	1:00
0 kg	8 reps	R%Difficulty	10 RPE	1:00
Ankle Str	enathenina Se	ries for Sprintin	na	
	d a small plate like		3	
8 reps*				
8 reps*				1
8 reps*	_	1	i —	

3 Hurdle Drill to 8yd Acceleration   1 reps*   7.32 m					
1 reps*   7.32 m   1 reps*   7	3 Hurdle Dri	Il to 8yd Acce	leration		
1 reps*   7.32 m   1 reps*   7.32 m	1 reps*	7.32 m			
1 reps*   7.32 m	1 reps*	7.32 m			
Posture Supporting Strength	1 reps*	7.32 m			
Overhead Squat - Barbell           Of course I want these as low as possible. I will need to do a few of my own videos Let's work up to a 5RM.           kg         5 reps         90%Difficulty         9 RPE         1:00           kg         5 reps         95%Difficulty         9.5 RPE         1:00           0 kg         5 reps         R%Difficulty         10 RPE         1:00           Banded Hip Flexion for Sprinting         kg         8 reps*         50%Difficulty           kg         8 reps*         50%Difficulty         kg           kg         8 reps*         50%Difficulty         kg           Strength for High Velocity Force         Bench Press - Barbell         Work up to a 10RM at 10 RPE/73%/0.49m/s, and then subtract 10% for 2x10 max velocity.           kg         10 reps         68%1RME         0.56 m/s         00:00           0 kg         10 reps         63%1RME         0.49 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           Ws (TRX)         10 reps         00:00         00:00           10 reps         00:00         00:00           10 reps         00:00         00:00           10 reps         00:00         00:00           10 reps </td <td>1 reps*</td> <td>7.32 m</td> <td></td> <td></td> <td></td>	1 reps*	7.32 m			
Of course I want these as low as possible. I will need to do a few of my own videos Let's work up to a 5RM.           kg         5 reps         90%Difficulty         9 RPE         1:00           kg         5 reps         95%Difficulty         9.5 RPE         1:00           0 kg         5 reps         R%Difficulty         10 RPE         1:00           Banded Hip Flexion for Sprinting           kg         8 reps*         50%Difficulty                               kg         8 reps*         50%Difficulty   <	Posture Sup	porting Stren	gth		
Let's work up to a 5RM.	Overhead S	quat - Barbell			
kg         5 reps         95%Difficulty         9.5 RPE         1:00           0 kg         5 reps         R%Difficulty         10 RPE         1:00           Banded Hip Flexion for Sprinting         kg         8 reps*         50%Difficulty           kg         8 reps*         50%Difficulty           kg         8 reps*         50%Difficulty           Strength for High Velocity Force           Bench Press - Barbell           Work up to a 10RM at 10 RPE/73%/0.49m/s, and then subtract 10% for 2x10 max velocity.           kg         10 reps         68%1RME         0.56 m/s         00:00           0 kg         10 reps         R%1RME         0.49 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           Ws (TRX)         10 reps         0.62 m/s         00:00           Ws (TRX)         10 reps         00:00         00:00           10 reps         00:00         00:00           Hypertrophy for Symmetry         Tricep Extension - Dip         8 reps         00:00           8 reps         00:00         00:00           R reps         00:00         00:00			oossible. I will nee	d to do a few of m	y own videos.
0 kg         5 reps         R%Difficulty         10 RPE         1:00           Banded Hip Flexion for Sprinting           kg         8 reps*         50%Difficulty	kg	5 reps	90%Difficulty	9 RPE	1:00
Banded Hip Flexion for Sprinting   kg	kg	5 reps	95%Difficulty	9.5 RPE	1:00
kg         8 reps*         50%Difficulty           kg         8 reps*         50%Difficulty           kg         8 reps*         50%Difficulty           Strength for High Velocity Force           Bench Press - Barbell         Work up to a 10RM at 10 RPE/73%/0.49m/s, and then subtract 10% for 2x10 max velocity.           kg         10 reps         68%1RME         0.56 m/s         00:00           0 kg         10 reps         R%1RME         0.49 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           Ws (TRX)           10 reps         00:00         00:00           10 reps         00:00         00:00 <t< td=""><td>0 kg</td><td>5 reps</td><td>R%Difficulty</td><td>10 RPE</td><td>1:00</td></t<>	0 kg	5 reps	R%Difficulty	10 RPE	1:00
kg         8 reps*         50%Difficulty           kg         8 reps*         50%Difficulty           Strength for High Velocity Force           Bench Press - Barbell         Work up to a 10RM at 10 RPE/73%/0.49m/s, and then subtract 10% for 2x10 max velocity.           kg         10 reps         68%1RME         0.56 m/s         00:00           0 kg         10 reps         R%1RME         0.49 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           Ws (TRX)         10 reps         00:00         00:00           10 reps         <	Banded Hip	Flexion for Sp	orinting		
kg         8 reps*         50%Difficulty           Strength for High Velocity Force           Bench Press - Barbell         Work up to a 10RM at 10 RPE/73%/0.49m/s, and then subtract 10% for 2x10 max velocity.           kg         10 reps         68%1RME         0.56 m/s         00:00           0 kg         10 reps         R%1RME         0.49 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           Ws (TRX)         10 reps         00:00         00:00           10 reps         00	kg	8 reps*	50%Difficulty		
Strength for High Velocity Force           Bench Press - Barbell         Work up to a 10RM at 10 RPE/73%/0.49m/s, and then subtract 10% for 2x10 max velocity.           kg         10 reps         68%1RME         0.56 m/s         00:00           0 kg         10 reps         R%1RME         0.49 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           Ws (TRX)         10 reps         00:00         00:00	kg	8 reps*	50%Difficulty		
Bench Press - Barbell           Work up to a 10RM at 10 RPE/73%/0.49m/s, and then subtract 10% for 2x10 max velocity.           kg         10 reps         68%1RME         0.56 m/s         00:00           0 kg         10 reps         R%1RME         0.49 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           Ws (TRX)         10 reps         00:00         00:00           10 reps         00:00         00:00           10 reps         00:00         00:00           10 reps         00:00         00:00           Hypertrophy for Symmetry         Tricep Extension - Dip         8 reps         00:00           8 reps         00:00         00:00           R reps         00:00         00:00	kg	8 reps*	50%Difficulty		
Bench Press - Barbell           Work up to a 10RM at 10 RPE/73%/0.49m/s, and then subtract 10% for 2x10 max velocity.           kg         10 reps         68%1RME         0.56 m/s         00:00           0 kg         10 reps         R%1RME         0.49 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           Ws (TRX)         10 reps         00:00         00:00           10 reps         00:00         00:00           10 reps         00:00         00:00           10 reps         00:00         00:00           Hypertrophy for Symmetry         Tricep Extension - Dip         8 reps         00:00           8 reps         00:00         00:00           R reps         00:00         00:00	Strenath for	High Velocity	Force		cto
0 kg         10 reps         R%1RME         0.49 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           Ws (TRX)         00:00         00:00         00:00           10 reps         00:00         00:00           10 reps         00:00         00:00           10 reps         00:00         00:00           Hypertrophy for Symmetry         Tricep Extension - Dip         00:00           8 reps         00:00         00:00           R reps         00:00         00:00	Work up to a 10 velocity.	RM at 10 RPE/739		_	
kg         10 reps         63%1RME         0.62 m/s         00:00           kg         10 reps         63%1RME         0.62 m/s         00:00           Ws (TRX)              10 reps         00:00         00:00           10 reps         00:00         00:00           10 reps         00:00         00:00           Hypertrophy for Symmetry              Tricep Extension - Dip           8 reps         00:00           8 reps         00:00           R reps         00:00					
kg         10 reps         63%1RME         0.62 m/s         00:00           Ws (TRX)         00:00         00:00           10 reps         00:00         00:00           10 reps         00:00         00:00           10 reps         00:00         00:00           Hypertrophy for Symmetry         Tricep Extension - Dip         00:00           8 reps         00:00         00:00           R reps         00:00         00:00					
Ws (TRX)           10 reps         00:00           10 reps         00:00           10 reps         00:00           10 reps         00:00           Hypertrophy for Symmetry         Tricep Extension - Dip           8 reps         00:00           8 reps         00:00           R reps         00:00					
10 reps	<u> </u>	10 reps	63% IRIVIE	0.62 11/5	00:00
10 reps	` ,				
10 reps					
10 reps         00:00           Hypertrophy for Symmetry           Tricep Extension - Dip         8 reps         00:00           8 reps         00:00         00:00           R reps         00:00         00:00					
Hypertrophy for Symmetry   Tricep Extension - Dip   8 reps   00:00   8 reps   00:00   R reps   00:00					
Tricep Extension - Dip           8 reps         00:00           8 reps         00:00           R reps         00:00	<u> </u>				
8 reps         00:00           8 reps         00:00           R reps         00:00	Hypertrophy	for Symmetry	y		c)
8 reps 00:00 R reps 00:00	Tricep Exter	nsion - Dip			
R reps 00:00	8 reps				00:00
	8 reps				00:00
Bent Over Row - Barbell	R reps				00:00
Work to an 8RM Max at 10 RPE					
kg 8 reps 90%Difficulty 9 RPE	kg	8 reps	90%Difficulty	9 RPE	
kg 8 reps 95%Difficulty 9.5 RPE		8 reps	95%Difficulty	9.5 RPE	
0 kg 8 reps R%Difficulty 10 RPE	0 kg	8 reps	R%Difficulty	10 RPE	
Upright Row - Kettlebell Descent is slower than the ascent.					
kg 8 reps 85%Difficulty 2:00	kg	8 reps	85%Difficulty		2:00
kg 8 reps 90%Difficulty 2:00	kg	8 reps	90%Difficulty		2:00
kg 8 reps 95%Difficulty 2:00	kg	8 reps	95%Difficulty		2:00

Power De	velopment			
Hang Pow	er Clean Hip			
Use the Alteri	native exercise but	practice Clean from	Power Position	٦.
kg	3 reps	85%Difficulty	8 RPE	2:00
kg	3 reps	90%Difficulty	9.5 RPE	2:00
0 kg	2 reps	R%Difficulty	10 RPE	2:00
Dumbbell	Squat Jump v	v/Pause		
27.22 kg *	3 reps			
27.22 kg *	3 reps			
27.22 kg *	3 reps			
Strength for	or High Veloci	ty Force		¢.
	at - Barbell			
		0.47m/s and then -1	0% for 2x5	
kg	5 reps	82%1RME	0.48 m/s	2:00
0 kg	5 reps	R%1RME	0.43 m/s	2:00
kg	5 reps	77%1RME	0.62 m/s	2:00
kg	5 reps	77%1RME	0.62 m/s	2:00
	Method Jump	s with Bands		
3 reps	T	T Danas		00:00
3 reps				00:00
3 reps				00:00
3 reps	+			00:00
	Ith for Speed			00.00
	· · · · · · · · · · · · · · · · · · ·			
	t - Rear Foot	Elevated Dumb	bell	
kg *	6 reps*	90%Difficulty	9 RPE	1:00
kg *	6 reps*	95%Difficulty	9.5 RPE	1:00
kg *	6 reps*	100%Difficulty	10 RPE	1:00
nordic leg	curls			
kg	6 reps	90%Difficulty	9 RPE	1:00
kg		95%Difficulty	9.5 RPE	1:00
	6 reps	95%Dilliculty	0.0 1 (1 =	
0 kg	6 reps	R%Difficulty	10 RPE	1:00
0 kg	6 reps		10 RPE	1:00
0 kg	6 reps	R%Difficulty	10 RPE	1:00
0 kg Barbell Hi	6 reps Thrusts Bac	R%Difficulty k Elevated on E	10 RPE Bench	



Day 4				
Max Speed	& Upper Hig	h Velocity Stre	ength	
Dynamic W	arm Up and S	Speed Develor	oment	
	- Continuous teral, 15 seconds	S right leg, 15 secon	nds left leg, and fin	ish 15 seconds
1:00				00:00
Unilateral S	tanding Hip A	Abduction		
8 reps*	00:00			
Standing Ur	nilateral Hip E	Extension		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
Stride Streto two sets of 6 rep	ch - 90/90 os at 30 sec ea si	ide		
6 reps*	00:30			
6 reps*	00:30			
90/90 Lift O Two sets of 3 re		ng the internal rotati	ion 10 seconds ea	rep.
3 reps*	00:30			
3 reps*	00:30			
Knee Hug to	Lunge - witl	h Rotation		
13.72 m				
13.72 m				
Ankle Boun	d			
15 m				00:00
15 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
	nd - Countern s of 2 stabilizatio	novement to S ns per leg.	tabilize	
4 reps*				00:00
4 reps*		ļ		00:00
4 reps*				00:00
	nd - Continuo t bounding with a	US focus on distance	and short ground	contact time.
20 m				00:00
20 m				00:00
20 m				00:00



Sprinting			
00:00	20 m	7 RPE	2:00
00:00	30 m	8 RPE	2:00
00:00	30 m	9 RPE	2:00
R	40 m	10 RPE	2:00

r	40 111	IUKE		2.00
Concurre	nt Power Dev	velopment		c‡)
	h Press + Oh so you do 2 BHN	H Squat Push Presses + 1 OH	Squat paused 3 s	sec in bottom.
kg	3 reps*	85%Difficulty	8 RPE	
kg	3 reps*	90%Difficulty	9 RPE	
kg	3 reps*	95%Difficulty	9.5 RPE	
Cleans - I		tive exercise and pract	tice the clean from	power position.
kg	2 reps	80%1RME	7 RPE	2:00
kg	2 reps	80%1RME	7 RPE	2:00
kg	2 reps	85%1RME	8 RPE	2:00
0 kg	2 reps	R%1RME	9 RPE	2:00

Athletic St	rength			다
	Bench Press M/87%/10RPE/0.3n	n/s, and then -10%	for 2x5.	
kg	5 reps	82%1RME	0.38 m/s	00:00
0 kg	5 reps	R%1RME	0.30 m/s	00:00
kg	5 reps	75%1RME	0.45 m/s	00:00
kg	5 reps	75%1RME	0.45 m/s	00:00
Landmine	Rotational Pur	nch with Isome	etric	
kg	6 reps*	90%Difficulty	9 RPE	
kg	6 reps*	95%Difficulty	9.5 RPE	
0 kg	6 reps*	R%Difficulty	10 RPE	

Transmutati	on Giant Set	1 Upper		C)
		ng Barbell 43m/s and then su	lbtract 10% for ma	ax repetitions
kg	5 reps	80%1RME	0.50 m/s	00:00
0 kg	5 reps	R%1RME	0.43 m/s	00:00
kg	R reps	75%1RME	0.58 m/s	00:00
Pull Up Use dumbbells -10% for max re		oad the pull up. wo	ork to a 5RM at a	10 RPE and then
kg	5 reps	82%1RME	9 RPE	1:30
0 kg	5 reps	R%1RME	10 RPE	1:30
kg	R reps	77%1RME	8 RPE	1:30
Biceps Curls	s - Barbell			
kg	10 reps	85%Difficulty		00:00
kg	10 reps	90%Difficulty		00:00
kg	10 reps	100%Difficulty		00:00



Day 1				
Accelerati	on & Lower H	igh Velocity S	trength	
Accelerati	on Warm Up			
Walking L	unges			
10 reps*				
Unilateral	Standing Hip	Abduction		•
8 reps*	00:00			
	je Warm Up			•
8 reps*				
	Extension in S	•	r side approximatel	y 45 seconds.
8 reps*	00:45			
Forward L	unge, Elbow	to Instep - In F	Place with Rota	ation
8 reps*	T	1		T
Hip Mobili This is 30 sec		ruped Tubing	(Anterior to Po	osterior)
00:30				
MQ - Hip	IR			
3 reps*	00:30			
3 reps*	00:30			
Power Sk	ip - Vertical			
10 m				
10 m				
Pillar Skip	- Linear			
10 m				
10 m				
Get Ups -	Up Position			
00:00	13.72 m	8 RPE		2:00
00:00	13.72 m	9 RPE		2:00
R	13.72 m	10 RPE		2:00
R	13.72 m	10 RPE		2:00
Sprinting We are going need to do th		rkout now because	e to get really good	at something you
00:00	15 m	8 RPE		2:00
00:00	15 m	9 RPE		2:00
R	15 m	10 RPE		2:00
R	15 m	10 RPE		2:00

Day 2				
Accelerati	on & Upper H	igh Velocity Str	ength	
	f Direction Wa			
Jump Rop	e - Continuou		nds left leg, and	I finish 15 seconds
1:00				00:00
		neck relaxed with yo and controlled.	our forehead re	sted on the ground.
8 reps				
This one is to performed wit	th the same techni	et) while emphasizing r que as a squat: feet itral spine, and eyes	shoulder width	, knees track with
kg	1 reps	85%Difficulty	00:30	1:30
kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lu	nge			
8 reps*				
Worlds Be	est Hip IR Stre	tch		
5 reps*	00:45			
six reps ea si		ank Clam Shel		
6 reps*	00:30			
6 reps*	00:30			
Carioca I want the firs	t two to be simple	carioca, and the sec	cond two to be I	high knee.
13.72 m				
Six cones at 3	SOVER & Cut (2 3-4 yards apart cov wo as a warm up.	Zig Zag) vering 15 yards in to	tal.	
00:00	13.72 m	8 RPE		1
00:00	13.72 m	8 RPE	1	+
00:00	13.72 m	9 RPE		
R	13.72 m	10 RPE		
SI Bound	ing Series Re	alization wk1		·
4 reps*	o Explosive C	,ut		
4 reps*	20 m	+	1	+
opo	1 = 0	ı	1	1

Day 3				
Speed De	evelopment &	Lower High	Velocity Power	
Athletic S	peed Develop	ment		
Standing	Unilateral Hip	Extension		
8 reps*	00:00			
Side Lung	ge Warm Up	•	•	•
8 reps*	<u> </u>			
Forward I	_unge. Elbow	to Instep - Ir	Place with Ro	tation
8 reps*	1			
Hip Mobil This is 30 se		druped Tubin	g (Anterior to F	Posterior)
00:30				
MQ - Hip	IR			
3 reps*	00:30			
3 reps*	00:30			
Ankle Ski	р	<u> </u>		
13.72 m				
13.72 m				
Pillar Skip	o - Linear			
10 m				
10 m				
	ound - Continue opposite leg each		ilize last rep aka the sta	ıbilizing rep 5
5 reps				00:00
5 reps				00:00
3 Hurdle	Drill to Crosso	ver to 10yd	Acceleration	
1 reps*	9.14 m			
1 reps*	9.14 m			
1 reps*	9.14 m			
Linear Bo	und - Continu	ious		
30 m				00:00
30 m				00:00
30 m				00:00
Accelerat	ion Run - Har	ness Resiste	ed (Shoulders)	
kg	25%BW	00:00	13.72 m	
kg	25%BW	00:00	13.72 m	
kg	25%BW	R	13.72 m	
kg	25%BW	R	13.72 m	



Hang Cle				
		ees. However, I am t working on learning		
kg	2 reps	85%1RME	7 RPE	<del>``</del>
kg	2 reps	85%1RME	7 RPE	+
kg	2 reps	85%1RME	7 RPE	
kg	2 reps	85%1RME	7 RPE	-
kg	2 reps	85%1RME	7 RPE	+
	<u> </u>			
		icular Rotationa	2:00	T T
4.54 kg	6 reps*			_
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
Strength f	for High Velo	city Force		
Back Squ	at - Barbell			
		%ish/0.5m/s and the	en subtract 10%	for 2x5 at maximi
velocity.				
kg	5 reps	75%1RME	0.60 m/s	1:30
0.1	5 reps	R%1RME	0.50 m/s	1:30
υkg	o reps	IX /0 I IXIVIL		
	5 reps	70%1RME	0.70 m/s	1:30
kg kg 24" Depth Ground Cont if available. \	5 reps 5 reps 1 Jump tact Time and Heir	70%1RME 70%1RME ght are to be measuneeds to be at least	0.70 m/s 0.70 m/s red with GymAw	1:30 1:30 vare of Force Plate box height. If not
kg 24" Depth Ground Cont if available. You	5 reps 5 reps 1 Jump tact Time and Heir	70%1RME 70%1RME	0.70 m/s 0.70 m/s red with GymAw	1:30 1:30 vare of Force Plate box height. If not
kg kg 24" Depth Ground Cont if available. Y lower the boy jump height.	5 reps 5 reps n Jump tact Time and Heir Your jump height r x. Distance refers	70%1RME 70%1RME ght are to be measu needs to be at least to the height of the I	0.70 m/s 0.70 m/s red with GymAw	1:30 1:30 vare of Force Plate box height. If not
kg 24" Depth Ground Cont if available. Y lower the boy jump height. 3 reps	5 reps 5 reps 1 Jump tact Time and Hei four jump height rx. Distance refers  0.3 m	70%1RME 70%1RME ght are to be measu needs to be at least to the height of the I	0.70 m/s 0.70 m/s red with GymAw	1:30 1:30 vare of Force Plate box height. If not
kg kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps	5 reps 5 reps 1 Jump tact Time and Hei four jump height rx. Distance refers  0.3 m 0.3 m	70%1RME 70%1RME ght are to be measureeds to be at least to the height of the I 30.48 cm R cm	0.70 m/s 0.70 m/s red with GymAw	1:30 1:30 vare of Force Plate box height. If not
kg kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps	5 reps 5 reps 1 Jump tact Time and Hei four jump height rx. Distance refers  0.3 m 0.3 m 0.3 m	70%1RME 70%1RME ght are to be measureeds to be at least to the height of the I  30.48 cm R cm R cm	0.70 m/s 0.70 m/s red with GymAw	1:30 1:30 vare of Force Plate box height. If not
kg kg 24" Depth Ground Cont if available. \ lower the boz jump height. 3 reps 3 reps 3 reps 3 reps 3 reps	5 reps 5 reps 5 reps n Jump tact Time and Hei four jump height rx. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m	70%1RME 70%1RME ght are to be measureeds to be at least to the height of the I  30.48 cm R cm R cm R cm	0.70 m/s 0.70 m/s red with GymAw	1:30 1:30 vare of Force Plate box height. If not is in reference to
kg kg 24" Depth Ground Cont if available. \( \) lower the boy jump height. 3 reps 3 reps 3 reps 3 reps 4 reps 5 reps 6 reps 7 reps 8 reps 8 reps 8 reps 8 reps 8 reps 9 reps 9 reps 8 reps 9 reps 9 reps	5 reps 5 reps 5 reps 1 Jump tact Time and Hei Your jump height r x. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m alth for Speed	70%1RME 70%1RME ght are to be measu needs to be at least to the height of the I  30.48 cm R cm R cm R cm	0.70 m/s 0.70 m/s red with GymAw	1:30 1:30 vare of Force Plate box height. If not
kg kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea	5 reps 5 reps 5 reps 1 Jump tact Time and Hei Your jump height r x. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m 0.3 m graph of the speed g Squat - Cou	70%1RME 70%1RME ght are to be measureeds to be at least to the height of the I  30.48 cm R cm R cm R cm R cm unterbalance	0.70 m/s 0.70 m/s red with GymAw the same as the box, and height i	1:30 1:30 vare of Force Plats box height. If not is in reference to
kg kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea	5 reps 5 reps 5 reps 1 Jump tact Time and Hei Your jump height r x. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m alth for Speed	70%1RME 70%1RME ght are to be measureeds to be at least to the height of the I  30.48 cm R cm R cm R cm R cm R cm R cm R cm R	0.70 m/s 0.70 m/s red with GymAw the same as the box, and height i	1:30 1:30 1:30 vare of Force Plate box height. If not is in reference to
kg kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea	5 reps 5 reps 5 reps 1 Jump tact Time and Hei Your jump height r x. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 6 reps 6 reps 6 reps 6 reps	70%1RME 70%1RME ght are to be measureeds to be at least to the height of the I  30.48 cm R cm R cm R cm R cm R cm R cm R cm S cm R cm R cm R cm R cm	0.70 m/s 0.70 m/s red with GymAw the same as the box, and height i	1:30 1:30 1:30  1:30  vare of Force Plate box height. If not is in reference to  1:00 1:00
kg kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea	5 reps 5 reps 5 reps 1 Jump tact Time and Hei Your jump height r x. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m 0.3 m Graph of the speed g Squat - Cot 6 reps	70%1RME 70%1RME ght are to be measureeds to be at least to the height of the I  30.48 cm R cm R cm R cm R cm R cm R cm R cm R	0.70 m/s 0.70 m/s red with GymAw the same as the box, and height i	1:30 1:30 1:30 vare of Force Plate box height. If not is in reference to
kg kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Leikg kg kg kg nordic leg	5 reps 5 reps 5 reps 1 Jump tact Time and Hei Your jump height r x. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 6 reps 6 reps 6 reps 6 reps 9 curls	70%1RME 70%1RME ght are to be measureeds to be at least to the height of the last to	0.70 m/s 0.70 m/s red with GymAw the same as the box, and height i	1:30 1:30 1:30 1:30  vare of Force Plate box height. If not is in reference to  1:00 1:00 1:00
kg kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Leikg kg kg kg nordic leg	5 reps 5 reps 5 reps 1 Jump tact Time and Hei Your jump height r x. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 6 reps 6 reps 6 reps 6 reps 9 curls	70%1RME 70%1RME ght are to be measureeds to be at least to the height of the I  30.48 cm R cm R cm R cm R cm R cm R cm R cm S cm R cm R cm R cm R cm	0.70 m/s 0.70 m/s red with GymAw the same as the box, and height i	1:30 1:30 1:30 1:30  vare of Force Plate box height. If not is in reference to  1:00 1:00 1:00
kg kg 24" Depth Ground Cont if available. \( \) lower the boz jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Leek kg kg nordic leg The weight if	5 reps 5 reps 5 reps 1 Jump tact Time and Hei Your jump height r x. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 6 reps 6 reps 6 reps 6 reps 9 curls	70%1RME 70%1RME ght are to be measureeds to be at least to the height of the last to	0.70 m/s 0.70 m/s red with GymAw the same as the box, and height i	1:30 1:30 1:30 1:30  vare of Force Plate box height. If not is in reference to  1:00 1:00 1:00
kg kg 24" Depth Ground Cont if available. Yolower the boo jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Leek kg kg nordic leg The weight if	5 reps 5 reps 5 reps 1 Jump tact Time and Heir four jump height rx. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 6 reps 6 reps 6 reps 6 reps 6 reps 7 curls 6 figured by subtra	70%1RME 70%1RME  ght are to be measureeds to be at least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to	0.70 m/s 0.70 m/s 0.70 m/s  red with GymAw the same as the box, and height i	1:30 1:30 1:30  1:30  1:30  1:00 1:00 1:
kg kg 24" Depth Ground Cont if available. \ lower the boz jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Leek kg kg nordic leg The weight if kg	5 reps 5 reps 5 reps 1 Jump tact Time and Heir four jump height rx. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 6 reps 6 reps 6 reps 6 reps 6 reps 7 curls 9 reps 8 reps 8 reps	70%1RME 70%1RME 70%1RME ght are to be measureeds to be at least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height and least to the least	ed from your ow	1:30 1:30 1:30 1:30  1:30  1:00 1:00 1:0
kg kg kg 24" Depth Ground Cont if available. Y lower the boz jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Le kg kg kg nordic leg The weight if kg kg	5 reps 5 reps 5 reps 1 Jump Lact Time and Heidrour jump height recommended to the control of the	70%1RME 70%1RME 70%1RME ght are to be measureeds to be at least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the le	ed from your ow  8 RPE 8 RPE 8 RPE	1:30 1:30 1:30 1:30  1:30  1:30  1:00 1:00
if available. Yolower the boy jump height.  3 reps 3 reps 3 reps 3 reps Knee Heat Single Leekg kg kg hordic leg The weight if kg kg kg Ankle Stre	5 reps 5 reps 5 reps 1 Jump tact Time and Heir four jump height rx. Distance refers  0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.4 reps 6 reps 6 reps 6 reps 6 reps 7 curls 8 reps 8 reps 8 reps 8 reps 8 reps engthening S	70%1RME 70%1RME 70%1RME ght are to be measureeds to be at least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height of the least to the height along the least to th	ed from your ow  8 RPE 8 RPE 8 RPE	1:30 1:30 1:30 1:30  1:30  1:30  1:00 1:00

SL side to	side tuck jur	nps		
6 reps*	15 m	<u> </u>		
6 reps*	15 m			
SL Quick	feet lateral ho	pps	•	
12 m		·		
12 m				
SL auick	feet medial - I	ateral iumps		
6 reps*	10 m	1	Ī	
6 reps*	10 m			
Posture S	Supporting Str	enath	ı	
				<u> </u>
	I Squat - Bark vant these as low	oell as possible. I will nee	d to do a few of	my own videos.
kg	3 reps	85%Difficulty	8 RPE	1:00
kg	3 reps	85%Difficulty	8 RPE	1:00
kg	3 reps	85%Difficulty	8 RPE	1:00
Banded H	lip Flexion for	Sprinting		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strenath	for High Velo	city Force		G
	ess - Barbell en two downsets w			
kg	5 reps	78%1RME	0.45 m/s	2:00
0 kg	5 reps	R%1RME	0.37 m/s	2:00
kg	5 reps	73%1RME	0.55 m/s	2:00
kg	R reps	73%1RME	0.55 m/s	2:00
The goal is r power and h use GymAw know if you	eight parameters the FLEX and RS. want a discount co	so make sure to rest be for those that have a The FLEX unit is affo de.	velocity instrume	ent to measure. V st anyone. Let me
5 reps	0 cm	0 W		2:00
n rene	0 cm	0 W		2:00
	R cm	0 W	l	2:00
5 reps				
5 reps Hypertrop Tricep Ex	ohy for Symm tension - Dip			d
5 reps Hypertrop Tricep Ex	tension - Dip	etry  RPE and then -10% for	or 5+	G
5 reps Hypertrop Tricep Ex work to a 5R	tension - Dip	RPE and then -10% fo	8 RPE	00:00
5 reps Hypertrop Tricep Ex work to a 5R kg 0 kg	tension - Dip M weigthted at 9F 5 reps 5 reps	78%1RME R%1RME	8 RPE 9 RPE	00:00
5 reps Hypertrop Tricep Ex work to a 5R kg 0 kg	tension - Dip M weigthted at 9F 5 reps	RPE and then -10% fo	8 RPE	00:00
5 reps Hypertrop Tricep Ex work to a 5R kg 0 kg kg Bent Ove	tension - Dip M weighted at 9F 5 reps 5 reps R reps r Row - Barbe	78%1RME R%1RME R%1RME 73%1RME	8 RPE 9 RPE 9.5 RPE	00:00
Tricep Ex work to a 5R kg 0 kg kg Bent Ove	tension - Dip M weighted at 9F 5 reps 5 reps R reps r Row - Barbe	78%1RME R%1RME R%1RME 73%1RME	8 RPE 9 RPE 9.5 RPE	00:00
5 reps Hypertrop Tricep Ex work to a 5R kg 0 kg kg Bent Ove work to a 5R	tension - Dip M weighted at 9F 5 reps 5 reps R reps r Row - Barbe M weighted at 9F	78%1RME R%1RME R%1RME 73%1RME	8 RPE 9 RPE 9.5 RPE	00:00

Sprinting				
We are going need to do that		orkout now because to	o get really goo	d at something you
00:00	10 m	9 RPE		2:00
00:00	10 m	10 RPE		2:00
R	10 m	10 RPE		2:00
Power Dev	/elopment			
Power Cle	an from Med	lium Blocks		
kg	3 reps	80%1RME	7 RPE	2:00
kg	3 reps	85%1RME	8 RPE	2:00
0 kg	3 reps	R%1RME	9 RPE	2:00
Landmine	Rotational P	unch with Isome	etric	
kg	6 reps*	85%Difficulty	8 RPE	
kg	6 reps*	85%Difficulty	8 RPE	
kg	6 reps*	85%Difficulty	8 RPE	
Power Dev	elopment C	ontrast		E\$
Front Squa	at - Barbell			
		the velocity stays abo	ove .7m/s in the	first 2-3 reps.
kg	3 reps	70%1RME	0.70 m/s	2:00
kg	3 reps	70%1RME	0.70 m/s	2:00
kg	3 reps	70%1RME	0.70 m/s	2:00
kg	3 reps	70%1RME	0.70 m/s	2:00
Dumbbell	Squat Jump	w/Pause		
18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			
Lightened	Method Jum	ps with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Lower Boo	ly Accessory			¢
DB Explos	ive Sprint St	ep Up		
		r hip angle which is 82	2 degrees	
kg	6 reps	80%Difficulty	40 cm	1:00
kg	6 reps	80%Difficulty	40 cm	1:00
kg	6 reps	80%Difficulty	40 cm	1:00
Glute Ham		video. Add plate, dum	bbell, or bands	for load.
kg	8 reps	85%Difficulty	8 RPE	1:00
	8 reps	85%Difficulty	8 RPE	1:00
kg	O TOPO			



Upright Row - Kettlebell Descent is slower than the ascent.					
kg	5 reps	85%Difficulty		2:00	
kg	5 reps	85%Difficulty		2:00	
kg	5 reps	90%Difficulty		2:00	

Barbell Hip Thrusts Back Elevated on Bench					
I	kg	10 reps	85%Difficulty	8 RPE	00:00
I	kg	10 reps	85%Difficulty	8 RPE	00:00
ı	kg	10 reps	90%Difficulty	9 RPE	00:00



Day 4						
Max Speed & Upper Power/Strength						
Max Speed Warm Up						
Jump Rope - Continuous 20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.						
1:20			00:00			
Unilateral S	Standing Hip	Abduction				
8 reps*	00:00					
Standing L	Jnilateral Hip	Extension				
8 reps*	00:00					
Side Lunge	e Warm Up	•	•			
8 reps*	1					
<del>-</del>	tch - 90/90		I			
6 reps*	00:30	1 1	<u> </u>			
6 reps*	00:30	+				
90/90 Lift (						
		ng the internal rotation	on 10 seconds ea rep.			
3 reps*	00:30					
3 reps*	00:30					
Knee Hug	to Lunge - wi	th Rotation				
13.72 m						
13.72 m						
Ankle Bou	nd					
15 m			00:00			
15 m			00:00			
Pillar Skip	- Linear					
10 m						
10 m						
10 m						
	ind - Continuo st bounding with a		nd short ground contact time.			
25 m			00:00			
25 m		<u> </u>	00:00			
25 m			00:00			
Sprinting						
00:00	27.43 m	7 RPE	2:00			
00:00	27.43 m	8 RPE	2:00			
00:00	36.58 m	9 RPE	2:00			
R	36.58 m	10 RPE	2:00			
R	36.58 m	10 RPE	2:00			



Concurrer	nt Power Dev	velopment		¢
Clean				
Just make no	te of velocity for	now.		
kg	3 reps	80%1RME	0 m/s	
kg	2 reps	85%1RME	0 m/s	
kg	3 reps	80%1RME	0 m/s	
kg	2 reps	85%1RME	0 m/s	
kg	1 reps	90%1RME	0 m/s	
Banded R	otational Cho	ops		
		The key is to use a lo		or max power. Take
	5 reps*		i.	12:00
kg		65%Difficulty		2:00
kg	5 reps*	65%Difficulty		2:00
kg	5 reps*	65%Difficulty		2:00
kg	5 reps*	65%Difficulty		2:00
kg		65%Difficulty		2.00
Athletic St	rength			( <del>)</del>
Closegrip	Bench Press	3		
kg	3 reps	83%1RME	0.37 m/s	2:30
0 kg	3 reps	R%1RME	0.31 m/s	2:30
kg	3 reps	78%1RME	0.45 m/s	2:30
kg	R reps	78%1RME	0.45 m/s	2:30
	Punch with D ed with first three			
5.44 kg	6 reps*			
5.44 kg	6 reps*			
5.44 kg	6 reps*			
Upper Boo	dy Accessory	/		
	Press - Star			
		and then -10% as ma	iny reps as poss	sible.
kg	3 reps	83%1RME	0.46 m/s	
0 kg	3 reps	R%1RME	0.39 m/s	
kg	R reps	78%1RME	0.54 m/s	
Pull Up Use dumbbel for 3+	ls or hang plates	to load the pull up. W	ork to a 3RM at	9RPE then -10%
kg	3 reps	83%1RME	8 RPE	1:30
0 kg	3 reps	R%1RME	9 RPE	1:30
kg	R reps	78%1RME	9 RPE	1:30
Ls (TRX)				
12 reps				00:00
12 reps				00:00
12 reps				00:00
	•	•		•



Day 1					Day 2			
Accelerat	tion & Lower F	ligh Velocity St	rength		Accelerat	ion & Upper F	ligh Velocity Str	e
Accelerat	tion Warm Up				Change of	of Direction Re	ealization wk2	
Walking I	Lunges				Jump Rop	oe - Continuo	us	_
10 reps*	T				15 seconds b		ds right leg, 15 secor	10
Unilatera	I Standing Hip	Abduction		•	both legs.			_
8 reps*	00:00				1:00			1
•	ge Warm Up	I			Prone Arr			
8 reps*	T P		1	1		e of keys: keep the ent should be slow	e neck relaxed with your and controlled.	Эl
Thoracic	Extension in S	•			8 reps			I
		rolled for 8 reps per	side approxima	tely 45 seconds.		umbbell (gobl	let) while emphasizing n	n
8 reps*	00:45				performed w	ith the same techn	nique as a squat: feet	:
Forward	Lunge, Elbow	to Instep - In P	lace with Ro	otation	first two toes	, vertical torso, ne	utral spine, and eyes	
8 reps*					kg	1 reps	85%Difficulty	ļ
Hip Mobi	lization - Quad	druped Tubing (	(Anterior to I	Posterior)	kg	1 reps	85%Difficulty	l
This is 30 se	ec ea leg				Lateral Lu	ınge		
00:30					8 reps*			I
MQ - Hip	IR				Worlds Be	est Hip IR Stre	etch	
3 reps*	00:30				5 reps*	00:45		T
3 reps*	00:30						lank Clam Shell	
	kip - Vertical		1		<u> </u>		Ju each rep for two s	T
15 m 15 m				-	6 reps*	00:30		ł
	n Linnar	<u> </u>			_ :	100.00		1
Pillar Ski	p - Linear	<u> </u>			Carioca	st two to be simple	e carioca, and the sec	20
15 m 15 m			+	_	13.72 m	1	1	T
		L	<u> </u>		13.72 m	+		t
	- Up Position	0.005	1	10:00	13.72 m			t
00:00	13.72 m	8 RPE 9 RPE		2:00	13.72 m			t
R	13.72 m	10 RPE		2:00	Drop Cros	ssover & Cut	(Zin Zan)	Ī
R	13.72 m	10 RPE		2:00			overing 15 yards in to	ta
	1.02	101112	<u> </u>	12.00	Use the first	two as a warm up.		
Sprinting We are goin	a to sprint each wo	orkout now because	to get really god	nd at something you	00:00	13.72 m	8 RPE	Т
need to do t			to got roamy goo	a at sometiming you	00:00	13.72 m	9 RPE	ł
00:00	20 m	9 RPE		2:00	R	13.72 m	10 RPE	t
R	20 m	10 RPE		2:00	R	13.72 m	10 RPE	t
R	20 m	10 RPE		2:00	SI Bound	ling Series Re	alization wk2	İ
Power De	evelopment			中	_			
Hang Cle	an					to Explosive (	Jut	ou maximum and the second
•	ese above the kne	es. However, I am the working on learning			5 reps*	20 m 20 m		1
		88%1RME	7 RPE					
	2 reps	00 % I KIVIE						
the Alternati	2 reps 2 reps	88%1RME	7 RPE					
the Alternati								
kg kg	2 reps	88%1RME	7 RPE					

A acalaret	on 9 Honord	ligh Velocity Str	rongth	
			engin	
Change o	f Direction Re	alization wk2		
Jump Rop	oe - Continuo	ıs		
5 seconds booth legs.	oilateral, 15 second	ds right leg, 15 secor	nds left leg, ar	nd finish 15 seconds
1:00				00:00
		neck relaxed with you	our forehead r	rested on the ground
3 reps				
This one is to performed wi	th the same techn	while emphasizing r ique as a squat: feet utral spine, and eyes	shoulder widt	th, knees track with d.
кg	1 reps	85%Difficulty	00:30	1:30
кg	1 reps	85%Difficulty	00:30	1:30
_ateral Lu	ınge			
3 reps*				
Worlds Be	est Hip IR Stre	etch		
reps*	00:45			
Clute Acti	votion Side D	lank Clam Chal	1_	
		lank Clam Shel old each rep for two s		
				<u> </u>
six reps ea si	ide with a 5 sec ho			
six reps ea si 6 reps* 6 reps* Carioca	00:30 00:30		sets.	e high knee.
six reps ea si 6 reps* 6 reps* Carioca	00:30 00:30	old each rep for two s	sets.	e high knee.
six reps ea si 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m	00:30 00:30	old each rep for two s	sets.	e high knee.
six reps ea si 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m	00:30 00:30	old each rep for two s	sets.	e high knee.
six reps ea si 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m	00:30 00:30	old each rep for two s	sets.	e high knee.
six reps ea si 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m 13.72 m	doe with a 5 sec ho 00:30 00:30 00:30 st two to be simple soor & Cut (	carioca, and the sec	cond two to be	e high knee.
isix reps ea si 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m 13.72 m 13.72 m Drop Cros Six cones at	doe with a 5 sec ho 00:30 00:30 00:30 st two to be simple soor & Cut (	carioca, and the sec (Zig Zag)	cond two to be	e high knee.
isix reps ea si 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m 13.72 m 13.72 m Drop Cros Six cones at	out of the with a 5 sec house of the with a	carioca, and the sec (Zig Zag)	cond two to be	e high knee.
six reps ea si 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m 13.72 m 13.72 m 15.72 m	o0:30 00:30 00:30 st two to be simple	carioca, and the sec (Zig Zag)	cond two to be	e high knee.
six reps ea si 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m 13.72 m 15.72 m 1	out of two to be simple two as a warm up.  13.72 m  13.72 m  13.72 m	(Zig Zag) wering 15 yards in to  8 RPE 9 RPE 10 RPE	cond two to be	high knee.
six reps ea si 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m 13.72 m 15.72 m	o0:30 00:30 00:30 st two to be simple ssover & Cut ( 3-4 yards apart co two as a warm up. 13.72 m 13.72 m	carioca, and the sec  (Zig Zag) wering 15 yards in to	cond two to be	e high knee.
six reps ea si 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m 13.72 m 10.72 m 10.72 m 10.72 m 10.70 Cros Six cones at Use the first to 00:00 R R	out of two to be simple two as a warm up.  13.72 m  13.72 m  13.72 m	(Zig Zag) vering 15 yards in to  8 RPE 9 RPE 10 RPE 10 RPE	cond two to be	e high knee.
six reps ea si 6 reps* 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m 13.72 m 13.72 m Orop Cros Six cones at Use the first to 00:00 R R R SL Bound	one with a 5 sec hord one of the control of the con	(Zig Zag) wering 15 yards in to  8 RPE 9 RPE 10 RPE 10 RPE 20 Sealization wk2	cond two to be	e high knee.
six reps ea si 6 reps* 6 reps* 6 reps* Carioca want the firs 13.72 m 13.72 m 13.72 m 13.72 m Orop Cros Six cones at Use the first to 00:00 R R R SL Bound	o0:30 o0:30 o0:30 st two to be simple ssover & Cut ( 3-4 yards apart co two as a warm up. 13.72 m 13.72 m 13.72 m	(Zig Zag) wering 15 yards in to  8 RPE 9 RPE 10 RPE 10 RPE 20 Sealization wk2	cond two to be	e high knee.

Speed De	velopment &	Lower High	Velocity Power		
Athletic S	peed Develop	ment Realiz	ation wk2		
Standing Unilateral Hip Extension					
8 reps*	00:00				
Side Lung	ge Warm Up				
8 reps*	<u> </u>				
Forward L	unge. Elbow	to Instep - In	Place with Ro	tation	
8 reps*	T	1		1	
		Iruped Tubin	g (Anterior to F	Posterior)	
00:30					
MQ - Hip	IR				
3 reps*	00:30				
3 reps*	00:30				
Ankle Ski	 р				
13.72 m					
13.72 m					
Pillar Skip	- Linear				
10 m					
10 m					
	ound - Continu opposite leg each		lize last rep aka the sta	abilizing rep 5	
Start with the				abilizing rep 5	
Start with the seconds.					
Start with the seconds.  5 reps 5 reps		n set pausing the	last rep aka the sta	00:00	
Start with the seconds.  5 reps 5 reps	opposite leg each	n set pausing the	last rep aka the sta	00:00	
Start with the seconds.  5 reps 5 reps 3 Hurdle I 1 reps* 1 reps*	e opposite leg each	n set pausing the	last rep aka the sta	00:00	
Start with the seconds. 5 reps 5 reps 3 Hurdle I 1 reps* 1 reps* 1 reps*	Drill to Crosso 9.14 m 9.14 m 9.14 m	n set pausing the	last rep aka the sta	00:00	
Start with the seconds.  5 reps 5 reps 3 Hurdle I 1 reps* 1 reps*	Drill to Crosso 9.14 m 9.14 m	n set pausing the	last rep aka the sta	00:00	
Start with the seconds.  5 reps 5 reps 3 Hurdle I 1 reps* 1 reps* 1 reps* 1 reps*	Drill to Crosso 9.14 m 9.14 m 9.14 m	over to 10yd	last rep aka the sta	00:00	
Start with the seconds.  5 reps 5 reps 3 Hurdle I 1 reps* 1 reps* 1 reps* 1 reps*	Drill to Crosso 9.14 m 9.14 m 9.14 m 9.14 m	over to 10yd	last rep aka the sta	00:00	
Start with the seconds.  5 reps 5 reps 3 Hurdle I 1 reps* 1 reps* 1 reps* Linear Bo 30 m 30 m	Drill to Crosso 9.14 m 9.14 m 9.14 m 9.14 m	over to 10yd	last rep aka the sta	00:00	
Start with the seconds.  5 reps 5 reps 3 Hurdle I 1 reps* 1 reps* 1 reps* Linear Bo 30 m	Drill to Crosso 9.14 m 9.14 m 9.14 m 9.14 m	over to 10yd	last rep aka the sta	00:00	
Start with the seconds. 5 reps 5 reps 3 Hurdle I 1 reps* 1 reps* 1 reps* Linear Bo 30 m 30 m 30 m	Drill to Crosso  9.14 m  9.14 m  9.14 m  9.14 m  9.14 m	ous	last rep aka the sta	00:00 00:00 00:00	
Start with the seconds. 5 reps 5 reps 3 Hurdle I 1 reps* 1 reps* 1 reps* Linear Bo 30 m 30 m 30 m	Drill to Crosso  9.14 m  9.14 m  9.14 m  9.14 m  9.14 m	ous	last rep aka the sta	00:00 00:00 00:00	
Start with the seconds. 5 reps 5 reps 3 Hurdle I 1 reps* 1 reps* 1 reps* Linear Bo 30 m 30 m Accelerati	Drill to Crosso  9.14 m  9.14 m  9.14 m  9.14 m  und - Continu	ous ness Resiste	Acceleration  d (Shoulders)	00:00 00:00 00:00	
Start with the seconds. 5 reps 5 reps 3 Hurdle I 1 reps* 1 reps* 1 reps* Linear Bo 30 m 30 m Accelerati	Drill to Crosso  9.14 m  9.14 m  9.14 m  9.14 m  und - Continu  ion Run - Harr	ous ness Resiste 00:00	Acceleration  d (Shoulders)  13.72 m	00:00 00:00 00:00	



Medicine Ball Perpendicular Rotational Throw - Kneeling					
	5.44 kg	6 reps*		2:00	
	5.44 kg	6 reps*		2:00	
	5.44 kg	6 reps*		2:00	
	5.44 kg	6 reps*		2:00	

### Strength for High Velocity Force

#### Back Squat - Barbell

Work up to a 5RM at 9RPE/82.5%/0.47m/s and then subtract 10% for 2x5 at max

kg	5 reps	78%1RME	0.55 m/s	1:30
0 kg	5 reps	R%1RME	0.47 m/s	1:30
kg	5 reps	73%1RME	0.65 m/s	1:30
kg	5 reps	73%1RME	0.65 m/s	1:30

#### 24" Depth Jump

Ground Contact Time and Height are to be measured with GymAware of Force Plates if available. Your jump height needs to be at least the same as the box height. If not, lower the box. Distance refers to the height of the box, and height is in reference to jump height.

3 reps	0.3 m	30.48 cm	
3 reps	0.3 m	R cm	
3 reps	0.3 m	R cm	
3 reps	0.3 m	R cm	

### Knee Health for Speed

Single Leg	g Squat - Cou	interbalance	
kg	6 reps	90%Difficulty	1:00
kg	6 reps	90%Difficulty	1:00
ka	6 reps	90%Difficulty	1.00

#### nordic leg curls

The weight if figured by subtracting the weight added from your own body weight.

kg	8 reps	90%Difficulty	9 RPE	1:00
kg	8 reps	90%Difficulty	9 RPE	1:00
kg	8 reps	90%Difficulty	9 RPE	1:00

#### Ankle Strengthening Series for Sprinting You will need a small plate like a 5 or 10lb plate.

8 reps*		
8 reps*		
8 reps*		

SL side to side tuck jumps				
6 reps*	15 m			
6 reps*	15 m			
SL Quick feet lateral hops				
12 m				
12 m				
SL quick feet medial - lateral jumps				
6 reps*	10 m			
6 reps*	10 m			

# Posture Supporting Strength

#### Overhead Squat - Barbell

Of course I want these as low as possible. I will need to do a few of my own videos.

kg	3 reps	90%Difficulty	9 RPE	1:00		
kg	3 reps	90%Difficulty	9 RPE	1:00		
kg	3 reps	90%Difficulty	9 RPE	1:00		
Dandad Llin Clavian for Carintina						

#### Banded Hip Flexion for Sprinting

	kg	8 reps*	50%Difficulty	
ı	kg	8 reps*	50%Difficulty	
	kg	8 reps*	50%Difficulty	

### Strength for High Velocity Force

### Bench Press - Barbell

5RM and then two downsets with the last set 5+

kg	5 reps	80%1RME	0.40 m/s	2:00
0 kg	5 reps	R%1RME	0.34 m/s	2:00
kg	5 reps	75%1RME	0.47 m/s	2:00
kg	R reps	75%1RME	0.47 m/s	2:00

#### Push Up (Plyometric - Continuous)

The goal is maximum height, so make sure to rest between supersets. I have the power and height parameters for those that have a velocity instrument to measure. We use GymAware FLEX and RS. The FLEX unit is affordable to almost anyone. Let me know if you want a discount code.

	5 reps	0 cm	0 W	2:00
	5 reps	0 cm	0 W	2:00
	5 reps	R cm	0 W	2:00



# Tricep Extension - Dip

work to a 5RM weighted at 9.5RPE and then -10% for 5+

	kg	5 reps	80%1RME	8.5 RPE	00:00
	0 kg	5 reps	R%1RME	9.5 RPE	00:00
ĺ	kg	R reps	75%1RME	9.5 RPE	00:00

### Bent Over Row - Barbell

work to a 5RM weightted at 9.5RPE and then -10% for 5+

ĺ	kg	5 reps	80%1RME	8.5 RPE	
	0 kg	5 reps	R%1RME	9.5 RPE	
	kg	R reps	75%1RME	9.5 RPE	

## Sprinting

We are going to sprint each workout now because to get really good at something you

	need to do that	u iii ig.		
	00:00	10 m	9 RPE	2:00
	00:00	10 m	10 RPE	2:00
	R	10 m	10 RPE	2:00
	R	10 m	10 RPE	2:00

# Power Development

Power Clea	n from Mediur	m Blocks		
kg	3 reps	82%1RME	8 RPE	2:00
kg	3 reps	87%1RME	9 RPE	2:00
0 kg	3 reps	R%1RME	9.5 RPE	2:00

Landmine R	otational Pun	ch with Isome	tric	
kg	6 reps*	90%Difficulty	9 RPE	
kg	6 reps*	90%Difficulty	9 RPE	
kg	6 reps*	90%Difficulty	9 RPE	

# 6 reps\* **Power Development Contrast**



00:00

00:00 00:00

00:00

cb

# Front Squat - Barbell

22.68 kg <sup>3</sup>

3 reps

You can increase the weight if the velocity stays above .7m/s in the first 2-3 reps.

Tou can increas	se the weight in the	velocity stays abt		3t 2-3 tops.
kg	3 reps	75%1RME	0.60 m/s	1:00
kg	3 reps	75%1RME	0.60 m/s	1:00
kg	3 reps	75%1RME	0.60 m/s	1:00
kg	3 reps	75%1RME	0.60 m/s	1:00
Dumbbell S	quat Jump w/	Pause		
22.68 kg *	3 reps			
22.68 kg *	3 reps			

#### 22.68 kg \* 3 reps Lightened Method Jumps with Bands

3 reps

١	3 reps		
١	3 reps		
ı	3 reps		

# Lower Body Accessory DB Explosive Sprint Step Up

The height should be at proper hip angle which is 82 degrees

kg	6 reps	85%Difficulty	40 cm	1:00
kg	6 reps	85%Difficulty	40 cm	1:00
kg	6 reps	85%Difficulty	40 cm	1:00
Glute Ham I	Raise			
kg	8 reps	90%Difficulty	9 RPE	1:00

kg	8 reps	90%Difficulty	9 RPE	1:00
kg	8 reps	90%Difficulty	9 RPE	1:00
kg	8 reps	90%Difficulty	9 RPE	1:00



Upright Row Descent is slow	<ul> <li>Kettlebell er than the ascent</li> </ul>		
kg	5 reps	90%Difficulty	2:00
kg	5 reps	90%Difficulty	2:00
kg	5 reps	95%Difficulty	2:00

	Barbell Hip	Thrusts Back	Elevated on E	Bench	
1	kg	10 reps	90%Difficulty	9 RPE	00:00
ı	kg	10 reps	90%Difficulty	9 RPE	00:00
	kg	10 reps	95%Difficulty	9.5 RPE	00:00



Day 4			
Max Speed	I & Upper Po	ower/Strength	
Max Speed	l Warm Up		
Jump Rope	- Continuo	ıs	
	ateral, 20 second	ds right leg, 20 secor	nds left leg, and finish 20 seconds
both legs.			I I I I I I I I I I I I I I I I I I I
1:20			00:00
	nilateral Hip	Extension	
8 reps*	00:00		
Unilateral S	Standing Hip	Abduction	
8 reps*	00:00		
Side Lunge	Warm Up		
8 reps*			
Stride Stret	ch - 90/90	•	•
6 reps*	00:30		
6 reps*	00:30		
90/90 Lift C	)ffe		l l
		ling the internal rotat	ion 10 seconds ea rep.
3 reps*	00:30	Ī	<u> </u>
3 reps*	00:30		
<del></del>	o Lunge - w	ith Rotation	l l
13.72 m	T Lange w	III Rotation	
13.72 m			
Ankle Bour	nd		
15 m	T		00:00
15 m	<del>                                     </del>		00:00
	Linnan		00.00
Pillar Skip -	Linear		
10 m			
10 m	+		
	nd Caustinic	0110	
	nd - Continu		and short ground contact time.
	T Souriaing with	a locus on distance	00:00
25 m 25 m	-	+	00:00
25 m	+	+	00:00
25 m	+	+	00:00
Sprinting	1	1	1 1
00:00	27.43 m	7 RPE	2:00
00:00	27.43 m	8 RPE	2:00
00:00	36.58 m	9 RPE	2:00
R	36.58 m	10 RPE	2:00
R	36.58 m	10 RPE	2:00



Concurre	nt Power Dev	elopment		¢
Clean				
	ote of velocity for	now. Work to a 1RM	at a 9RPE after	waves. Around
kg	3 reps	83%1RME	0 m/s	
kg	2 reps	88%1RME	0 m/s	
kg	3 reps	83%1RME	0 m/s	
kg	2 reps	88%1RME	0 m/s	
kg	1 reps	90%1RME	0 m/s	00:00
0 kg	1 reps	R%1RME	0 m/s	00:00
You can use		OPS The key is to use a loning the next superse		or max power. Tak
kg	6 reps*	65%Difficulty	1	2:00
kg	6 reps*	65%Difficulty		2:00
kg	6 reps*	65%Difficulty		2:00
kg	6 reps*	65%Difficulty		2:00
kg	6 reps*	65%Difficulty		2:00
Athletic S			ı	C.
	Bench Press	<b>3</b>		· ·
kg	3 reps	85%1RME	0.34 m/s	2:30
0 kg	3 reps	R%1RME	0.28 m/s	2:30
kg	3 reps	80%1RME	0.40 m/s	2:30
kg	R reps	80%1RME	0.40 m/s	2:30
	Punch with D			
6.8 kg	6 reps*			
6.8 kg	6 reps*			
6.8 kg	6 reps*			
Upper Bo	ody Accessory	1		
	d Press - Star RPE/90%/0.35m/s	nding Barbell and then -10% as ma	any reps as pos	sible.
kg	3 reps	85%1RME	0.40 m/s	
0 kg	3 reps	R%1RME	0.35 m/s	
kg	R reps	80%1RME	0.50 m/s	
Pull Up Use dumbbe for 3+	ells or hang plates	to load the pull up. W	√ork to a 3RM a	t 9RPE then -10%
kg	3 reps	85%1RME	9 RPE	1:30
0 kg	3 reps	R%1RME	9.5 RPE	1:30
kg	R reps	80%1RME	8 RPE	1:30
Ls (TRX)				
12 reps				00:00
12 reps				00:00
12 reps				00:00



Day 1					Day 2				
	n & Lower Hig	h Velocity Str	enath		-	on & Upper Hig	ıh Velocity Str	enath	
Acceleration						Direction Real			
Walking Lur	nges	1		,		e - Continuous lateral, 15 seconds		do loft log, and fin	ich 15 cocondo
10 reps*				L	both legs.	iaterai, 15 seconds	right leg, 15 secon	ius ien ieg, and iin	iisii 15 seconds
	tanding Hip A	bduction			1:00				00:00
8 reps*	00:00			L	Prone Arm	Arc			
Side Lunge	Warm Up					of keys: keep the ne		our forehead reste	d on the ground.
8 reps*						nt should be slow an	nd controlled.	1	
	tension in Squasion and controll		ide annrovimately	45 seconds	8 reps	  mbbell (goblet	<u> </u>		
8 reps*	00:45	<u> </u>	пас аррголинатогу	I	This one is to	focus on stability wh	, hile emphasizing m		
		<u> </u>				h the same techniquivertical torso, neutra			nees track with
	nge, Elbow to	instep - in Pla	ace with Rota	tion	<u> </u>				14.20
8 reps*					kg	1 reps	85%Difficulty 85%Difficulty	00:30 00:30	1:30
Hip Mobiliza This is 30 sec e	ation - Quadru	ped Tubing (A	Anterior to Po	sterior)	kg	1 reps	00%Difficulty	00.30	1.30
	a leg	ı	T	,	Lateral Lur	nge	T	Ī	
00:30				<u> </u>	8 reps*	, III ID 0; ;	<u> </u>		
MQ - Hip IR	00:30	ı	Ī			st Hip IR Streto	ch T	ı	ı
3 reps*	00:30				5 reps*	00:45	L		
Pop, Float,	Skip - Med Ba	,				vation Side Plan de with a 5 sec hold			
The reps refer t the heels touch	o the bilateral (bot the ground.	h legs) jumps in th	e beginning. The	goal is to not let	6 reps*	00:30			
5 reps	110 m	1			6 reps*	00:30			<u> </u>
5 reps	10 m				Carioca				
Pillar Skip -	Linear			•		two to be simple ca	arioca, and the sec	ond two to be high	n knee.
10 m	<u> </u>			I	13.72 m	+			
10 m					13.72 m		-		
Get Ups - U	lp Position			•		Out of S Cut (7	ia 70a)		<u> </u>
00:00	9.14 m	8 RPE		2:00		sover & Cut (Zi -4 yards apart cove		tal.	
00:00	9.14 m	9 RPE		2:00		vo as a warm up.	J ,		
R	9.14 m	10 RPE		2:00			LODDE	1	
Sprinting					00:00	13.72 m	8 RPE 9 RPE		
We are going to	sprint each work	out now because to	get really good a	at something you	00:00 R	13.72 m	10 RPE		
need to do that		9 RPE	<u> </u>	2:00		ng Series Real	-		
00:00 R	10 m	10 RPE		2:00					
R	10 m	10 RPE		2:00	<u>_</u>	o Explosive Cu	t	ı	
Power Deve	1			[ <del>2</del> :00	3 reps*	15 m			
	<u>'</u>			-4-	3 reps*	15 m	<u> </u>		<u> </u>
Hang Clean		Howavar Lam th	nking that itle bee	t for you to upo		side tuck jump	S	1	,
	above the knees. Exercise, while wo				4 reps*	10 m			
kg	2 reps	85%1RME	7 RPE		4 reps*	10 m	<u> </u>		
kg	2 reps	85%1RME	7 RPE						
kg	2 reps	85%1RME	7 RPE						

•	evelopment &	<u> </u>	,	
Athletic S	peed Develop	ment Realiza	tion wk3	
Standing	Unilateral Hip	Extension		
8 reps*	00:00			
Side Lung	ge Warm Up			
8 reps*				
Forward I	_unge, Elbow	to Instep - In	Place with Ro	tation
8 reps*	T .	<del></del>		
Hip Mobil	ization - Quad	Iruped Tubing	(Anterior to F	Posterior)
00:30			1	
	ID			1
MQ - Hip 3 reps*	00:30	1	1	1
3 reps*	00:30			
Ankle Ski				
13.72 m	<u>۲</u>	1	1	1
13.72 m		+		
Pillar Skip	ı - Linear			
10 m	- Lilleai		<u> </u>	1
10 m	+	+	+	
	ound - Continu	inus to Stabili	i70	
	e opposite leg eacl			abilizina rep 5
seconds.	3	3		3 1
5 reps				00:00
E ronc				00:00
o reps				
	Drill to Crosso	over to 10yd A	cceleration	
3 Hurdle	9.14 m	over to 10yd A	cceleration	
3 Hurdle 1 reps*		over to 10yd A	cceleration	
3 Hurdle 1 reps* 1 reps*	9.14 m		cceleration	
3 Hurdle 1 reps* 1 reps* Linear Bo	9.14 m 9.14 m		cceleration	00:00
1 reps* 1 reps*	9.14 m 9.14 m		cceleration	00:00
3 Hurdle 1 reps* 1 reps* Linear Bo 30 m	9.14 m 9.14 m	lous		
3 Hurdle 1 reps* 1 reps* Linear Bo 30 m 30 m Accelerat	9.14 m 9.14 m pund - Continu	lous		
3 Hurdle 1 reps* 1 reps* Linear Bc 30 m 30 m Accelerat	9.14 m 9.14 m bund - Continu ion Run - Har 30%BW 30%BW	ous ness Resisted	d (Shoulders) 13.72 m 13.72 m	
3 Hurdle 1 reps* 1 reps* Linear Bo 30 m 30 m Accelerat kg	9.14 m 9.14 m bund - Continu ion Run - Har 30%BW	nous ness Resisted	d (Shoulders)	
3 Hurdle 1 reps* 1 reps* Linear Bo 30 m 30 m Accelerat kg	9.14 m 9.14 m bund - Continu ion Run - Har 30%BW 30%BW	ness Resisted	d (Shoulders) 13.72 m 13.72 m	
3 Hurdle 1 reps* 1 reps* Linear Bo 30 m 30 m Accelerat kg kg Sprinting	9.14 m 9.14 m 9.14 m ound - Continu ion Run - Har 30%BW 30%BW 30%BW	ness Resisted 00:00 00:00 R	d (Shoulders) 13.72 m 13.72 m 13.72 m	00:00
3 Hurdle 1 reps* 1 reps* Linear Bo 30 m 30 m Accelerat kg kg kg Sprinting We are goinneed to do the	9.14 m 9.14 m 9.14 m ound - Continu ion Run - Har 30%BW 30%BW 30%BW	ness Resisted 00:00 00:00 R	d (Shoulders) 13.72 m 13.72 m 13.72 m	00:00
3 Hurdle 1 reps* 1 reps* Linear Bo 30 m 30 m Accelerat kg kg kg Sprinting We are goin;	9.14 m 9.14 m 9.14 m 9.16 m 9.17 m 9.18 m 9.	ness Resisted 00:00 00:00 R	d (Shoulders) 13.72 m 13.72 m 13.72 m	00:00



	Medicine Ball Perpendicular Rotational Throw - Kneeling					
ĺ	4.54 kg	6 reps*		2:00		
	4.54 kg	6 reps*		2:00		
	4.54 kg	6 reps*		2:00		

Strength for High Velocity Force				¢
Back Squat	- Barbell			
kg	3 reps	70%1RME	0.70 m/s	1:30
kg	3 reps	70%1RME	0.70 m/s	1:30
ka	3 reps	70%1RMF	0.70 m/s	1:30

### 24" Depth Jump

Ground Contact Time and Height are to be measured with GymAware of Force Plates if available. Your jump height needs to be at least the same as the box height. If not, lower the box. Distance refers to the height of the box, and height is in reference to jump height.

3 reps	0.3 m	30.48 cm	
3 reps	0.3 m	R cm	
3 reps	0.3 m	R cm	

Knee Health	n for Speed			ct)
Single Leg	Squat - Count	erbalance		
kg	6 reps	75%Difficulty		1:00
kg	6 reps	75%Difficulty		1:00
kg	6 reps	75%Difficulty		1:00
nordic leg c The weight if fig	urls jured by subtractin	g the weight adde	d from your own b	ody weight.
kg	6 reps	85%Difficulty	8 RPE	1:00
kg	6 reps	85%Difficulty	8 RPE	1:00
kg	6 reps	85%Difficulty	8 RPE	1:00
1	gthening Serions small plate like a		g	
8 reps*				
8 reps*				
8 reps*				

SL Quick fe	et lateral hops	3		
10 m				
10 m				
SL quick fee	et medial - late	eral jumps		
6 reps*	10 m			
6 reps*	10 m			
Posture Sup	porting Stren	gth		
	quat - Barbell t these as low as p	possible. I will nee	d to do a few of m	y own videos.
kg	3 reps	80%Difficulty	7 RPE	1:00
kg	3 reps	80%Difficulty	7 RPE	1:00
kg	3 reps	80%Difficulty	7 RPE	1:00
Banded Hip	Flexion for S	printing		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strength for	High Velocity	Force		¢
Bench Pres	s - Barbell			
The velocity is in more.	reference to the	first 2-3 reps, but a	avoid a velocity los	ss of 30% or
kg	5 reps	70%1RME	0.53 m/s	2:00
kg	5 reps	70%1RME	0.53 m/s	2:00
kg	5 reps	70%1RME	0.53 m/s	2:00
The goal is max power and heigl use GymAware	nt parameters for t	nake sure to rest be hose that have a vertile to a vertile.	elocity instrument	to measure. We

Power Dev	elopment			
Power Clea	an from Med	ium Blocks		
kg	3 reps	80%1RME		2:00
kg	3 reps	80%1RME		2:00
kg	3 reps	80%1RME		2:00
Landmine	Rotational P	unch with Isome	etric	
kg	6 reps*	80%Difficulty	7 RPE	
kg	6 reps*	80%Difficulty	7 RPE	
kg	6 reps*	80%Difficulty	7 RPE	
Power Dev	elopment Co	ontrast		
You can incre	ase the weight if	the velocity stays ab	ove .7m/s in the	2:00
kg	3 reps	65%1RME	0.75 m/s	2:00
kg	3 reps	65%1RME	0.75 m/s	2:00
	Squat Jump	w/Pause		
18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			
Squat Jum	p - Continuo	us		•
3 reps				
3 reps				
3 reps				
Lower Bod	y Accessory			
	ive Sprint Sto	ep Up hip angle which is 82	2 degrees	
ka	Te rope	909/ Difficulty		1:00

Lower Body	Accessory			لها
	re Sprint Step	•	2 degrees	
kg	6 reps	80%Difficulty	40 cm	1:00
kg	6 reps	80%Difficulty	40 cm	1:00
kg	6 reps	80%Difficulty	40 cm	1:00
Glute Ham I	Raise			
kg	6 reps	80%Difficulty	7 RPE	1:00
kg	6 reps	80%Difficulty	7 RPE	1:00
kg	6 reps	80%Difficulty	7 RPE	1:00
Barbell Hip	Thrusts Back	Elevated on E	Bench	
kg	10 reps	80%Difficulty	7.5 RPE	00:00
kg	10 reps	80%Difficulty	7.5 RPE	00:00
kg	10 reps	80%Difficulty	7.5 RPE	00:00

Tricep Exte	nsion - Dip				
kg	5 reps	78%1RME	8 RPE	00:00	
kg	5 reps	78%1RME	8 RPE	00:00	
kg	5 reps	78%1RME	8 RPE	00:00	
	Row - Barbell weigthted at 9RPE	and then -10% fo	r 5+		
kg	5 reps	78%1RME	8 RPE		
0 kg	8 reps	R%1RME	9 RPE		
kg R reps 73%1RME 9.5 RPE					
	_	-		_	

0 W

0 W

0 W

5 reps

5 reps

5 reps

0 cm

R cm

Hypertrophy for Symmetry

2:00

2:00

2:00

Ċ₽



Upright Row - Kettlebell Descent is slower than the ascent.				
kg	5 reps	80%Difficulty		2:00
kg	5 reps	80%Difficulty		2:00
kg	5 reps	80%Difficulty		2:00



Day 4				
	& Upper Pow	er/Strenath		
Max Speed				
	- Continuous			
	teral, 20 seconds	right leg, 20 secon	ds left leg, and fin	ish 20 seconds
1:20				00:00
Standing Ur	nilateral Hip E	xtension		
8 reps*	00:00			
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*	1			
Stride Strete	ch - 90/90	<u>-</u>	-	-
6 reps*	00:30			
6 reps*	00:30			
90/90 Lift O	ffs			
Two sets of 3 re	eps ea side holding	the internal rotati	on 10 seconds ea	rep.
3 reps*	00:30			
3 reps*	00:30			
Knee Hug to	o Lunge - with	Rotation		
13.72 m				
13.72 m				
Ankle Boun	d			
15 m				00:00
15 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
	nd - Continuou			
	t bounding with a f	ocus on distance a	and short ground o	_
30 m				00:00
30 m				00:00
Sprinting				
00:00	27.43 m	7 RPE		2:00
00:00	27.43 m 36.58 m	8 RPE 9 RPE		2:00
R	36.58 m	10 RPE		2:00
11				<b>C</b>
	Power Develo	ртеп		-4
Cleans - Ba ***I suggest usi	rbell ng the alternative o	exercise and pract	ice the clean from	power position.
kg	2 reps	80%1RME		2:00
kg	2 reps	80%1RME		2:00
kg	2 reps	80%1RME		2:00



You can use ba		key is to use a lo the next superset		max power. Take
kg	5 reps*	65%Difficulty		2:00
kg	5 reps*	65%Difficulty		2:00
kg	5 reps*	65%Difficulty		2:00
Athletic Stre	ngth			¢
Closegrip B	ench Press			
kg	3 reps	83%1RME	0.37 m/s	2:30
kg	3 reps	83%1RME	0.37 m/s	2:30
kg	3 reps	83%1RME	0.37 m/s	2:30
	inch with Drop with first three set			
4.54 kg	5 reps*			
4.54 kg	5 reps*			
4.54 kg	5 reps*			
Upper Body	Accessory			
	Accessory ress - Standir	ng Barbell		
Overhead P		ng Barbell 83%1RME	0.46 m/s	
Overhead P	ress - Standir		0.46 m/s 0.46 m/s	
Overhead P Deload kg	ress - Standir 3 reps	83%1RME		
Overhead P Deload kg kg kg Pull Up	3 reps 3 reps 3 reps 3 reps	83%1RME 83%1RME	0.46 m/s 0.46 m/s	DRPE then -10%
Overhead P Deload kg kg kg Pull Up Use dumbbells	3 reps 3 reps 3 reps 3 reps	83%1RME 83%1RME 83%1RME	0.46 m/s 0.46 m/s	DRPE then -10%
Overhead P Deload kg kg kg Pull Up Use dumbbells for 3+	3 reps 3 reps 3 reps or hang plates to leading	83%1RME 83%1RME 83%1RME oad the pull up. W 87%1RME R%1RME	0.46 m/s 0.46 m/s 0.46 m/s ork to a 3RM at 10 9 RPE 10 RPE	1:30 1:30
Overhead P Deload kg kg kg Pull Up Use dumbbells for 3+	3 reps 3 reps 3 reps or hang plates to le	83%1RME 83%1RME 83%1RME oad the pull up. W	0.46 m/s 0.46 m/s ork to a 3RM at 10	1:30
Overhead P Deload kg kg kg Pull Up Use dumbbells for 3+ kg 0 kg	3 reps 3 reps 3 reps or hang plates to less a reps 3 reps	83%1RME 83%1RME 83%1RME oad the pull up. W 87%1RME R%1RME	0.46 m/s 0.46 m/s 0.46 m/s ork to a 3RM at 10 9 RPE 10 RPE	1:30 1:30
Overhead P Deload kg kg kg Pull Up Use dumbbells of 3+ kg 0 kg	3 reps 3 reps 3 reps or hang plates to less a reps 3 reps	83%1RME 83%1RME 83%1RME oad the pull up. W 87%1RME R%1RME	0.46 m/s 0.46 m/s 0.46 m/s ork to a 3RM at 10 9 RPE 10 RPE	1:30 1:30
Overhead P Deload kg kg kg Pull Up Use dumbbells of for 3+ kg 0 kg kg Ls (TRX)	3 reps 3 reps 3 reps or hang plates to less a reps 3 reps	83%1RME 83%1RME 83%1RME oad the pull up. W 87%1RME R%1RME	0.46 m/s 0.46 m/s 0.46 m/s ork to a 3RM at 10 9 RPE 10 RPE	1:30 1:30 1:30



Accelerati	on & Lower H	ligh Velocity Streng	th	
Acceleration & Lower High Velocity Strength  Acceleration Warm Up				
Walking L				
10 reps*	I			
	Standing Hip	Abduction		
8 reps*	00:00	T I	<u> </u>	
- '	1			
	je Warm Up			
8 reps*				
	Extension in S ned slow and contr		pproximately 45 seconds.	
8 reps*	00:45			
Forward L	unge, Elbow	to Instep - In Place	with Rotation	
8 reps*	<u> </u>	<del>                                     </del>		
Hip Mobili This is 30 see		ruped Tubing (Ante	rior to Posterior)	
00:30				
MQ - Hip	IR			
3 reps*	00:30			
3 reps*	00:30			
The reps refe	t, Skip - Med of the to the bilateral (but the ground.	` ,	ginning. The goal is to not le	
5 reps	10 m			
5 reps	10 m			
Pillar Skip	- Linear			
10 m				
10 m				
Get Ups -	Up Position			
00:00	13.72 m	8 RPE	2:00	
00:00	13.72 m	9 RPE	2:00	
R	13.72 m	10 RPE	2:00	
Sprinting We are going need to do the		rkout now because to get	really good at something yo	
00:00	20 m	9 RPE	2:00	
R	20 m	10 RPE	2:00	
	20 m	10 RPE	2:00	

Day 2					
Acceleration & Upper High Velocity Strength Change of Direction Realization wk4					
1:00				00:00	
	0	neck relaxed with you	our forehead res	ited on the ground.	
8 reps					
Squat - Dumbbell (goblet) This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.					
kg	1 reps	85%Difficulty	00:30	1:30	
kg	1 reps	85%Difficulty	00:30	1:30	
Lateral Lui	nge				
8 reps*					
Worlds Be	st Hip IR Stre	tch			
5 reps*	00:45				
		ank Clam Shell		-	
6 reps*	00:30				
6 reps*	00:30				
Carioca I want the first two to be simple carioca, and the second two to be high knee.					
13.72 m					
13.72 m					
13.72 m					
13.72 m					
	sover & Cut (2 3-4 yards apart co	Zig Zag) vering 15 yards in to	tal.		
Use the first to	wo as a warm up.				
00:00	13.72 m	9 RPE			
R	13.72 m	10 RPE			
R	13.72 m	10 RPE			
R	13.72 m	10 RPE			
SL Boundi	ng Series Re	alization wk4			
SL Jump to	o Explosive C	ut			
5 reps*	20 m				

5 reps\*

5 reps\*

20 m

20 m

Day 3				
Speed De	velopment &	Lower High	Velocity Pov	ver
Athletic S	peed Develop	oment Reali	zation wk4	
Standing	Unilateral Hip	Extension		
8 reps*	00:00			
Side Lung	e Warm Up	•	•	•
8 reps*	<del></del>			
Forward L	unge, Elbow	to Instep - I	n Place with	Rotation
8 reps*	T			
Hip Mobili This is 30 sec		druped Tubi	ng (Anterior t	o Posterior)
00:30				
MQ - Hip	IR			
3 reps*	00:30			
3 reps*	00:30			
Ankle Skip	)			
13.72 m				
13.72 m				
Pillar Skip	- Linear			
10 m				
10 m				
	ound - Conting opposite leg eac		oilize ne last rep aka the	stabilizing rep 5
5 reps				00:00
5 reps				00:00
5 reps				00:00
5 reps				00:00
		over to 10yd	Acceleration	
1 reps*	9.14 m			
1 reps*	9.14 m			
1 reps*	9.14 m	$\bot$		
	9.14 m			
1 reps*		IOUS		
	und - Continu			
	und - Continu			00:00
Linear Bo	und - Continu			00:00 00:00
Linear Bo	und - Continu			



Hang Cle	ean			
Just keep th	ese above the kne	ees. Waves working to	o a 1RM at 9.5R	PE.
kg	2 reps	88%1RME	9 RPE	
kg	1 reps	93%1RME	9 RPE	
kg	2 reps	88%1RME	9 RPE	
kg	1 reps	93%1RME	8 RPE	
0 kg	1 reps	R%1RME	9.5 RPE	
Medicine	Ball Perpend	icular Rotational	l Throw - Kn	eeling
6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		3:00	
6.8 kg	5 reps*		2:00	
Strength	for High Velo	city Force		
	uat - Barbell			
		PE or around 85%, an	nd then -10% for	· 2x5
kg	5 reps	80%1RME	0.50 m/s	1:30
0 kg	5 reps	R%1RME	0.45 m/s	1:30
kg	5 reps	75%1RME	0.60 m/s	1:30
kg	5 reps	75%1RME	0.60 m/s	1:30
24" Deptl	h lumn			
		ght are to be measure	ed.	
	0.3 m	30.48 cm		
3 1605				1
3 reps	0.3 m	IR cm		
3 reps	0.3 m 0.3 m	R cm		
3 reps 3 reps 3 reps	0.3 m 0.3 m	R cm		
3 reps 3 reps 3 reps Speed Kr	0.3 m 0.3 m nee Health	R cm R cm		
3 reps 3 reps 3 reps Speed Kr	0.3 m 0.3 m nee Health eg Squat - Cor	R cm R cm unterbalance		
3 reps 3 reps 3 reps Speed Ki Single Le	0.3 m 0.3 m nee Health eg Squat - Cor 6 reps	R cm R cm unterbalance 90%Difficulty		1:00
3 reps 3 reps 3 reps Speed Kr Single Le	0.3 m 0.3 m nee Health eg Squat - Cor 6 reps 6 reps	R cm R cm unterbalance 90%Difficulty 90%Difficulty		1:00
3 reps 3 reps 3 reps Speed Ki Single Le	0.3 m 0.3 m nee Health eg Squat - Cor 6 reps	R cm R cm unterbalance 90%Difficulty		1:00
3 reps 3 reps 3 reps Speed K Single Le kg kg nordic le kg	0.3 m 0.3 m nee Health g Squat - Cot 6 reps 6 reps 6 reps g curls	R cm R cm unterbalance 90%Difficulty 90%Difficulty 95%Difficulty		1:00 1:00 1:00
3 reps 3 reps 3 reps Speed K Single Le kg kg kg nordic le The weight i	0.3 m 0.3 m nee Health g Squat - Co 6 reps 6 reps 6 reps g curls f figured by subtra	R cm R cm unterbalance 90%Difficulty 90%Difficulty	od from your own	1:00 1:00 1:00
3 reps 3 reps 3 reps Speed Kr Single Lekg kg kg rordic leg The weight i	0.3 m 0.3 m 0.3 m nee Health g Squat - Cot 6 reps 6 reps 6 reps g curls ffigured by subtra 3RM max.	R cm R cm unterbalance 90%Difficulty 90%Difficulty 95%Difficulty		1:00 1:00 1:00 n body weight.
3 reps 3 reps 3 reps Speed Kr Single Lekg kg kg kg nordic lec The weight i	0.3 m 0.3 m 0.3 m nee Health g Squat - Cot 6 reps 6 reps 6 reps g curls ffigured by subtra 3RM max. 8 reps	R cm R cm unterbalance 90%Difficulty 90%Difficulty 95%Difficulty exting the weight adde	9 RPE	1:00 1:00 1:00 1:00
3 reps 3 reps 3 reps Speed Kr Single Lekg kg kg nordic leg The weight i Work to an 8 kg	0.3 m 0.3 m 0.3 m nee Health eg Squat - Coo 6 reps 6 reps 6 reps g curls f figured by subtra 3RM max. 8 reps 8 reps	R cm R cm unterbalance 90%Difficulty 90%Difficulty 95%Difficulty exting the weight adde	9 RPE 9.5 RPE	1:00 1:00 1:00 1:00 1:00
3 reps 3 reps 3 reps Speed Kr Single Lekg kg kg kg nordic lek The weight i Work to an 8 kg kg 0 kg	0.3 m 0.3 m 0.3 m nee Health g Squat - Cot 6 reps 6 reps 6 reps g curls ff figured by subtra 3RM max. 8 reps 8 reps 8 reps	R cm R cm 90%Difficulty 95%Difficulty 90%Difficulty exting the weight adde 90%Difficulty 95%Difficulty R%Difficulty	9 RPE 9.5 RPE 10 RPE	1:00 1:00 1:00 1:00
3 reps 3 reps 3 reps Speed Kr Single Lekg kg kg kg nordic lee The weight i Work to an 8 kg kg 0 kg Ankle Str	0.3 m 0.3 m 0.3 m nee Health g Squat - Cot 6 reps 6 reps 6 reps 6 reps g curls ffigured by subtra 3RM max. 8 reps 8 reps 8 reps rengthening S	R cm R cm  90%Difficulty 95%Difficulty scting the weight adde 90%Difficulty 95%Difficulty R%Difficulty eries for Sprintir	9 RPE 9.5 RPE 10 RPE	1:00 1:00 1:00 1:00 1:00
3 reps 3 reps 3 reps 3 reps Speed K Single Le kg kg kg kg nordic le Work to an 8 kg kg Ankle Str You will nee	0.3 m 0.3 m 0.3 m nee Health g Squat - Cot 6 reps 6 reps 6 reps 6 reps g curls ffigured by subtra 3RM max. 8 reps 8 reps 8 reps rengthening S	R cm R cm 90%Difficulty 95%Difficulty 90%Difficulty exting the weight adde 90%Difficulty 95%Difficulty R%Difficulty	9 RPE 9.5 RPE 10 RPE	1:00 1:00 1:00 1:00 1:00
3 reps 3 reps 3 reps Speed Kr Single Lekg kg kg kg nordic lee The weight i Work to an 8 kg kg 0 kg Ankle Str	0.3 m 0.3 m 0.3 m nee Health g Squat - Cot 6 reps 6 reps 6 reps 6 reps g curls ffigured by subtra 3RM max. 8 reps 8 reps 8 reps rengthening S	R cm R cm  90%Difficulty 95%Difficulty scting the weight adde 90%Difficulty 95%Difficulty R%Difficulty eries for Sprintir	9 RPE 9.5 RPE 10 RPE	1:00 1:00 1:00 1:00 1:00

SL side to	side tuck jur	nps		
6 reps*	15 m	·		
6 reps*	15 m			
6 reps*	15 m			
SL Quick	feet lateral ho	ops	•	•
12 m				
12 m				
12 m				
SL guick f	eet medial - I	lateral jumps		
6 reps*	10 m			
6 reps*	10 m			
6 reps*	10 m			
Posture S	Supporting Str	enath	1	ı
	Squat - Bark			
	ant these as low	as possible. I will nee	ed to do a few of	my own videos.
kg	3 reps	90%Difficulty	9 RPE	1:00
kg	3 reps	95%Difficulty	9.5 RPE	1:00
0 kg	3 reps	R%Difficulty	10 RPE	1:00
Banded H	lip Flexion for	Sprinting		•
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strength f	or High Velo	city Force	•	
The velocity	ess - Barbell is in reference to o a 5RM at 10RP 5 reps	the first 2-3 reps, but E 81%1RME	avoid a velocity  0.39 m/s	loss of 30% or 2:00
0 kg	5 reps	R%1RME	0.33 m/s	2:00
kg	5 reps	78%1RME	0.44 m/s	2:00
kg	5 reps	78%1RME	0.44 m/s	2:00
The goal is no power and he use GymAwa	eight parameters	so make sure to rest I for those that have a . The FLEX unit is aff	velocity instrum	ent to measure. W
5 reps	0 cm	0 W		2:00
5 reps	0 cm	0 W		2:00
5 reps	R cm	0 W		2:00
Hypertrop	hy for Symm	etry		다
Tricep Fx	tension - Dip			
		RPE and then -10%	for 5+	
kg	5 reps	82%1RME	9 RPE	00:00
0 kg	5 reps	R%1RME	10 RPE	00:00
ka	R rens	77%1RMF	10 RPF	00:00

00:00

R reps

kg

77%1RME

10 RPE

Acceleration	n Run - Harr	ness Resisted (	Shoulders)	
kg	35%BW	00:00	13.72 m	
kg	35%BW	00:00	13.72 m	
kg	35%BW	R	13.72 m	
kg	25%BW	R	13.72 m	
Sprinting		-	•	-
	to sprint each wo	rkout now because to	o get really goo	d at something you
00:00	10 m	9 RPE		2:00
00:00	10 m	10 RPE		2:00
R	10 m	10 RPE		2:00
R	10 m	10 RPE		2:00
Power Dev	velonment	'	1	
	an from Med	ium Blocks		
kg	3 reps	85%Difficulty	8 RPE	2:00
kg	3 reps	90%Difficulty	9.5 RPE	2:00
0 kg	2 reps	R%Difficulty	10 RPE	2:00
Landmine	Rotational P	unch with Isome	etric	<u>I</u>
kg	6 reps*	90%Difficulty	9 RPE	
kg	6 reps*	95%Difficulty	9.5 RPE	
0 kg	6 reps*	R%Difficulty	10 RPE	
Power Dev	elopment Co	ontrast		c‡1
Front Squa	at - Barbell			
You can increa	ase the weight if	the velocity stays abo	ove .7m/s in the	first 2-3 reps.
kg	T-	80%1RME	0.50 /	
	3 reps		0.50 m/s	2:00
kg	3 reps	80%1RME	0.50 m/s	2:00 2:00
kg	3 reps	80%1RME	0.50 m/s	2:00
kg kg kg	3 reps	80%1RME 80%1RME 80%1RME	0.50 m/s 0.50 m/s	2:00
kg kg kg	3 reps 3 reps 3 reps Squat Jump	80%1RME 80%1RME 80%1RME	0.50 m/s 0.50 m/s	2:00
kg kg kg Dumbbell \$	3 reps 3 reps 3 reps Squat Jump	80%1RME 80%1RME 80%1RME	0.50 m/s 0.50 m/s	2:00
kg kg Dumbbell \$ 27.22 kg * 27.22 kg *	3 reps 3 reps 3 reps Squat Jump v 3 reps 3 reps	80%1RME 80%1RME 80%1RME	0.50 m/s 0.50 m/s	2:00
kg kg kg Dumbbell \$ 27.22 kg *	3 reps 3 reps 3 reps Squat Jump	80%1RME 80%1RME 80%1RME	0.50 m/s 0.50 m/s	2:00
kg kg Dumbbell \$ 27.22 kg * 27.22 kg * 27.22 kg *	3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps	80%1RME 80%1RME 80%1RME	0.50 m/s 0.50 m/s	2:00
kg kg Dumbbell \$ 27.22 kg * 27.22 kg * 27.22 kg *	3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps	80%1RME 80%1RME 80%1RME w/Pause	0.50 m/s 0.50 m/s	2:00
kg kg Dumbbell S 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg *	3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps	80%1RME 80%1RME 80%1RME w/Pause	0.50 m/s 0.50 m/s	2:00 2:00 2:00 2:00
kg kg Dumbbell \$27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * Lightened 3 reps	3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps	80%1RME 80%1RME 80%1RME w/Pause	0.50 m/s 0.50 m/s	2:00 2:00 2:00 2:00
kg kg Dumbbell \$27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * Lightened 3 reps 3 reps	3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps	80%1RME 80%1RME 80%1RME w/Pause	0.50 m/s 0.50 m/s	2:00 2:00 2:00 2:00 0:00
kg kg Dumbbell \$ 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * 3 reps 3 reps 3 reps 3 reps 3 reps	3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps	80%1RME 80%1RME 80%1RME w/Pause	0.50 m/s 0.50 m/s	2:00 2:00 2:00 2:00 0:00 00:00 00:00 00:00
kg kg Dumbbell \$ 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * Lightened 3 reps 3 reps 3 reps 3 reps DB Explos	3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 4 reps 4 reps 4 reps 5 reps 5 reps 7 reps 8 reps 9	80%1RME 80%1RME 80%1RME w/Pause ps with Bands	0.50 m/s 0.50 m/s 0.50 m/s	2:00 2:00 2:00 2:00 0:00 00:00 00:00 00:00
kg kg kg Dumbbell S 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * Lightened 3 reps 3 reps 3 reps 3 reps 4 reps 5 reps 5 reps 6 reps 7 reps 7 reps 7 reps 7 reps 8 reps 7 reps 7 reps 8 reps 8 reps 9 reps 9 reps 1 reps 1 reps 1 reps 1 reps 1 reps 1 reps 2 reps 3 reps 1 reps 3 reps 4 reps 1 reps 1 reps 1 reps 2 reps 3 reps 4 reps 3 reps 4 reps 6 reps 6 reps 7 reps 8 reps 8 reps 8 reps 9 reps 9 reps 9 reps 1 reps 1 reps 1 reps 1 reps 1 reps 2 reps 3 reps 1 reps 3 reps 4 reps 1 reps 1 reps 3 reps 4 reps 1 reps 3 reps 4 reps 6 reps 6 reps 6 reps 7 reps 7 reps 8 reps 8 reps 8 reps 9 rep	3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 4 reps 3 reps 4 reps 5 reps 5 reps 6 reps 7 reps 7 reps 8 reps 9	80%1RME 80%1RME 80%1RME W/Pause  ps with Bands  ep Up hip angle which is 82	0.50 m/s 0.50 m/s 0.50 m/s	2:00 2:00 2:00 2:00 0:00 00:00 00:00 00:00
kg kg kg Dumbbell S 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * Lightened 3 reps 3 reps 3 reps 4 reps 5 reps 5 reps 5 reps 5 reps 5 reps 6 reps 6 reps 6 reps 6 reps 6 reps 7 reps 7 reps 7 reps 7 reps 7 reps 7 reps 7 reps 8 reps 8 reps 7 reps 8 reps 8 reps 8 reps 8 reps 7 reps 8 rep	3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 4 reps 3 reps 4 reps 5 reps 5 reps 6 reps 7 Accessory 6 reps 7 reps 7 reps 8 reps 8 reps 9 reps 9 reps 9 reps 1 reps 1 reps 1 reps 1 reps 1 reps 1 reps 1 reps 1 reps 1 reps 1 reps 1 reps	80%1RME 80%1RME 80%1RME w/Pause  ps with Bands  ep Up hip angle which is 82 85%Difficulty	0.50 m/s 0.50 m/s 0.50 m/s	2:00 2:00 2:00 2:00 00:00 00:00 00:00 00:00
kg kg kg Dumbbell S 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * Lightened 3 reps 3 reps 3 reps 3 reps 4 reps 5 reps 5 reps 6 reps 7 reps 7 reps 7 reps 7 reps 8 reps 7 reps 7 reps 8 reps 8 reps 9 reps 9 reps 1 reps 1 reps 1 reps 1 reps 1 reps 1 reps 2 reps 3 reps 1 reps 3 reps 4 reps 1 reps 1 reps 1 reps 2 reps 3 reps 4 reps 3 reps 4 reps 6 reps 6 reps 7 reps 8 reps 8 reps 8 reps 9 reps 9 reps 9 reps 1 reps 1 reps 1 reps 1 reps 1 reps 2 reps 3 reps 1 reps 3 reps 4 reps 1 reps 1 reps 3 reps 4 reps 1 reps 3 reps 4 reps 6 reps 6 reps 6 reps 7 reps 7 reps 8 reps 8 reps 8 reps 9 rep	3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 4 reps 3 reps 4 reps 5 reps 5 reps 6 reps 7 reps 7 reps 8 reps 9	80%1RME 80%1RME 80%1RME W/Pause  ps with Bands  ep Up hip angle which is 82	0.50 m/s 0.50 m/s 0.50 m/s	2:00 2:00 2:00 2:00 0:00 00:00 00:00 00:00



Bent Over Row - Barbell work to a 5RM weighthed at 10RPE and then -10% for 5+					
kg	5 reps	82%1RME	9 RPE		
0 kg	8 reps	R%1RME	10 RPE		
kg	R reps	77%1RME	10 RPE		
Upright Row - Kettlebell Descent is slower than the ascent.					
kg	5 reps	90%Difficulty		2:00	
kg	5 reps	95%Difficulty		2:00	
kg	5 reps	100%Difficulty		2:00	

Glute Ham Raise						
kg	6 reps	90%Difficulty	9 RPE	1:00		
kg	6 reps	95%Difficulty	9.5 RPE	1:00		
0 kg	6 reps	R%Difficulty	10 RPE	1:00		
Barbell Hip Thrusts Back Elevated on Bench Work up to an 10RM at 10RPE on final set.						
kg	10 reps	90%Difficulty	9 RPE	00:00		
kg	10 reps	95%Difficulty	9.5 RPE	00:00		
0 kg	10 reps	R%Difficulty	10 RPE	00:00		



Day 4				
Max Speed	& Upper Po	wer/Strength		
Max Speed	Warm Up			
Jump Rope	- Continuou	S		
	ateral, 20 second	s right leg, 20 secon	ds left leg, and finish 20 se	conds
both legs.	ī		100:00	
1:20			00:00	
	nilateral Hip	Extension	,	
8 reps*	00:00			
Unilateral S	Standing Hip	Abduction		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
Stride Stret	ch - 90/90			
6 reps*	00:30			
6 reps*	00:30			
90/90 Lift O	offs			
Two sets of 3 re	eps ea side holdi	ng the internal rotation	on 10 seconds ea rep.	
3 reps*	00:30			
3 reps*	00:30			
Knee Hug t	o Lunge - wit	th Rotation		
13.72 m				
13.72 m				
Ankle Boun	d			
15 m			00:00	
15 m			00:00	
Pillar Skip -	Linear			
15 m				
15 m				
15 m				
	nd - Continuo		and short ground contact til	ma
	T Dounding with a	I locus on distance a		116.
30 m	+	+	00:00	
30 m	+	+	00:00	
30 m		1	00:00	
Sprinting				
00:00	27.43 m	7 RPE	2:00	
00:00	27.43 m	8 RPE	2:00	
00:00	36.58 m	9 RPE	2:00	
R	36.58 m	10 RPE	2:00	
R	36.58 m	10 RPE	2:00	



0				c) a
	nt Power Dev	elopment		ראָז
Clean				
Just make no 95-97%	ote of velocity for r	now. Work to a 1RM	at a 9.5RPE afte	er waves. Around
kg	2 reps	83%1RME	0 m/s	
kg	2 reps	83%1RME	0 m/s	
kg	1 reps	88%1RME	0 m/s	
kg	1 reps	93%1RME	0 m/s	00:00
0 kg	1 reps	R%1RME	0 m/s	00:00
Banded R	Rotational Cho	ons		
You can use	bands or cables.	The key is to use a lo ning the next superse		or max power. Take
kg	8 reps*	65%Difficulty		2:00
kg	8 reps*	65%Difficulty		2:00
kg	8 reps*	65%Difficulty		2:00
kg	8 reps*	65%Difficulty		2:00
kg	8 reps*	65%Difficulty		2:00
Athletic S	trength			¢
Closegrip	Bench Press	3		
kg	3 reps	87%1RME	0.31 m/s	2:30
0 kg	3 reps	R%1RME	0.26 m/s	2:30
kg	3 reps	82%1RME	0.37 m/s	2:30
kg	R reps	82%1RME	0.37 m/s	2:30
	Punch with D			_
8.16 kg	6 reps*			
8.16 kg	6 reps*			
8.16 kg	6 reps*			
Upper Bo	dy Accessory	,		·
	l Press - Stan PE/92%/0.31m/s a	iding Barbell and then -10% as ma	ny reps as poss	ible.
kg	3 reps	87%1RME	0.37 m/s	
0 kg	3 reps	R%1RME	0.31 m/s	
kg	R reps	82%1RME	0.46 m/s	
Pull Up Use dumbbe for 3+	lls or hang plates	to load the pull up. W	ork to a 3RM at	t 10RPE then -10%
kg	3 reps	87%1RME	9 RPE	1:30
0 kg	3 reps	R%1RME	10 RPE	1:30
kg	R reps	82%1RME	10 RPE	1:30
Ls (TRX)	-	_		·
12 reps				00:00
12 reps				00:00
12 reps				00:00



Acceleration	on & Lower H	igh Velocity	Strength	
Acceleration	on Warm Up	Realization/F	Peak wk1	
Walking Lu	unges			
10 reps*	T			
Side Luna	e Warm Up	•	•	•
8 reps*	T			
Forward I	unge Elbow	to Insten - Kr	neeling in Plac	```
8 reps*	T	T T T	T	<del>.</del>
<u> </u>		Kneeling w/ E	Elbow to Inster	)
00:30				
MQ - Hip I	R			
3 reps*	00:30			
3 reps*	00:30			
Heel to Gl	ute - to Invert	ed Hamstring	g	
13.72 m				
13.72 m				
Power Ski	p - Vertical			
10 m				
10 m				
Pillar Skip	- Linear			
10 m				
10 m				
	ur skip + 10 yo Skip + 10yd sprir			
18.29 m				
18.29 m				
18.29 m Linear Bou	und - Continu	ous		
18.29 m Linear Bou	8 RPE	ous		00:00
18.29 m Linear Bou 30 m 30 m	8 RPE 9 RPE	ous		00:00
18.29 m Linear Bou 30 m 30 m 30 m	8 RPE 9 RPE 9 RPE			
18.29 m Linear Bou 30 m 30 m 30 m half kneeli	8 RPE 9 RPE			00:00
18.29 m Linear Bou 30 m 30 m 30 m half kneelii 9.14 m	8 RPE 9 RPE 9 RPE			00:00
18.29 m Linear Bou 30 m 30 m 30 m half kneelii 9.14 m 9.14 m	8 RPE 9 RPE 9 RPE			00:00
18.29 m Linear Bou 30 m 30 m 30 m half kneeli 9.14 m 9.14 m	8 RPE 9 RPE 9 RPE ng acceleration	on sprint		00:00
18.29 m Linear Bou 30 m 30 m 30 m half kneeli 9.14 m 9.14 m	8 RPE 9 RPE 9 RPE	on sprint	n/Peak wk1	00:00
18.29 m Linear Bou 30 m 30 m 30 m half kneeli 9.14 m 9.14 m Acceleration	8 RPE 9 RPE 9 RPE ng acceleration on Potentiation	on sprint on Realization	se	00:00
18.29 m Linear Bou 30 m 30 m 30 m half kneeli 9.14 m 9.14 m 9.14 m Acceleration	8 RPE 9 RPE 9 RPE ng acceleration on Potentiation on Run - Load d/m and then sprir	on sprint on Realization d And Release	Se way	00:00
18.29 m Linear Bot 30 m 30 m 30 m half kneelii 9.14 m 9.14 m 9.14 m Acceleration Acceleration kg	8 RPE 9 RPE 9 RPE ng acceleration on Potentiation on Run - Load d/m and then sprin 25%BW	on sprint on Realization d And Release the rest of the vision	se way 9.14 m	00:00
18.29 m Linear Bou 30 m 30 m 30 m half kneeli 9.14 m 9.14 m 9.14 m Acceleration	8 RPE 9 RPE 9 RPE ng acceleration on Potentiation on Run - Load d/m and then sprir	on sprint on Realization d And Release	Se way	00:00

Day 2				
Speed Dev	elopment &	Upper High Vel	ocity Stren	gth
Athletic Sp	eed Develop	ment Warm Up	Realizatio	n/Peak wk1
	e - Continuou ateral, 20 second	JS ds right leg, 20 secor	nds left leg, an	d finish 20 seconds
1:20				00:00
Goblet Squ	at Holds			
kg	1 reps	85%Difficulty	00:30	1:30
Side Lunge	Warm Un			•
8 reps*	T			
Prone Arm	Δrc	1	1	
Just a couple of		neck relaxed with you	our forehead re	ested on the ground
8 reps				
Heel to Glu	ite - to Invert	ed Hamstring		
13.72 m		T		
13.72 m				
Leg Cradle	- Moving Fo	rward		
13.72 m	T 3 -		T	
Knee Hug t	to Lunae	•		•
13.72 m	1		T	
Pillar Skip	- I inear	•		•
9.14 m	1		1	ı
9.14 m	+			
Sprinting We are going to need to do that		rkout now because t	o get really go	od at something you
15 m	T			2:00
15 m		1		2:00
	I to 8yd Acce backpedal plus	eleration 8 yd acceleration		•
10.97 m	9 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE		<u> </u>	2:00
Mirror Drill				
00:10				
00:10				
00:10				
00:10			•	

COD & Lo	wer High Vel	locity Power		
			Cara /Darahami	4
Change of	Direction w	arm Up Realiza	tion/Peak wk	1
	e - Continuo			
15 seconds bi both legs.	ilateral, 15 secon	ds right leg, 15 seco	nds left leg, and fi	nish 15 seconds
1:00	_		1	00:00
1:00				00:00
Prone Arm	Arc			00.00
Just a couple		e neck relaxed with y and controlled.	our forehead resto	ed on the ground
8 reps				
	Extension in S	Squat rolled for 8 reps per	side approximatel	y 45 seconds.
8 reps*	00:45			
first two toes,	vertical torso, ne	nique as a squat: fee utral spine, and eyes	straight ahead.	
kg	1 reps	85%Difficulty 85%Difficulty	00:30	1:30
kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lu	nge			
8 reps*				
'	st Hip IR Str	etch		
'	est Hip IR Stre 00:45	etch		
Worlds Be 5 reps*	00:45 vation Side P	etch Plank Clam Shel		
Worlds Be 5 reps*	00:45 vation Side P	lank Clam Shel		I
Worlds Be 5 reps* Glute Activ six reps ea sic 6 reps*	00:45 vation Side P	lank Clam Shel		I
Worlds Be 5 reps* Glute Active six reps ea sice 6 reps*	00:45 vation Side P de with a 5 sec he	lank Clam Shel		
Worlds Be 5 reps* Glute Activ six reps ea sic 6 reps* Crossover	00:45 vation Side P de with a 5 sec he	lank Clam Shel		
Worlds Be 5 reps* Glute Activ six reps ea sid 6 reps* Crossover 13.72 m	00:45 vation Side P de with a 5 sec he	lank Clam Shel		
Worlds Be 5 reps* Glute Activ six reps ea sid 6 reps* Crossover 13.72 m 13.72 m	00:45 vation Side P de with a 5 sec he	lank Clam Shel		
Worlds Be 5 reps* Glute Activ six reps ea sid 6 reps* Crossover 13.72 m 13.72 m	00:45 vation Side P de with a 5 sec ho 00:30 Pillar Skip	lank Clam Shel		
Worlds Be 5 reps* Glute Activ six reps ea sic 6 reps* Crossover 13.72 m 13.72 m 13.72 m	00:45 vation Side P de with a 5 sec ho 00:30 Pillar Skip	lank Clam Shel		
Worlds Be 5 reps* Glute Activisix reps ea sid 6 reps* Crossover 13.72 m 13.72 m 13.72 m Drop Step	00:45 vation Side P de with a 5 sec ho 00:30 Pillar Skip	lank Clam Shel		
Worlds Be 5 reps* Glute Activisix reps ea sid 6 reps* Crossover 13.72 m 13.72 m 13.72 m Drop Step 18.29 m 18.29 m	00:45 vation Side P de with a 5 sec ho 00:30 Pillar Skip	lank Clam Shel	sets.	Stabilization
Worlds Be 5 reps* Glute Activisix reps ea sid 6 reps* Crossover 13.72 m 13.72 m 13.72 m Drop Step 18.29 m 18.29 m	00:45 vation Side P de with a 5 sec ho 00:30 Pillar Skip	Plank Clam Shel	sets.	Stabilization
Worlds Be 5 reps* Glute Activisix reps ea sid 6 reps* Crossover 13.72 m 13.72 m 13.72 m 13.72 m Drop Step 18.29 m Rotational E	00:45 vation Side P de with a 5 sec ho 00:30 Pillar Skip	Plank Clam Shel	sets.	Stabilization
Worlds Be 5 reps* Glute Activisix reps ea sid 6 reps* Crossover 13.72 m 13.72 m 13.72 m Drop Step 18.29 m Rotational E 2 reps* 2 reps*	00:45 vation Side P de with a 5 sec he 00:30 Pillar Skip Skip Sound - 90 Deg	Plank Clam Shell old each rep for two	ement Quick to	Stabilization
Worlds Be 5 reps* Glute Activisix reps ea sid 6 reps* Crossover 13.72 m 13.72 m 13.72 m 13.72 m Drop Step 18.29 m 18.29 m Rotational E 2 reps* 2 reps* Change of	o0:45  vation Side P de with a 5 sec ho 00:30  Pillar Skip  Skip  Bound - 90 Deg	Plank Clam Shell old each rep for two states of two states	ement Quick to	Stabilization
Worlds Be 5 reps* Glute Activisix reps ea sid 6 reps* Crossover 13.72 m 13.72 m 13.72 m 13.72 m Drop Step 18.29 m 18.29 m Rotational E 2 reps* 2 reps* Change of	00:45 vation Side P de with a 5 sec he 00:30 Pillar Skip Skip Sound - 90 Deg	Plank Clam Shell old each rep for two states of two states	ement Quick to	Stabilization



Sprinting				
00:00	9.14 m	9 RPE		2:00
00:00	9.14 m	9 RPE		00:00
00:00	9.14 m	10 RPE		2:00
R	9.14 m	10 RPE		2:00
Power De	evelopment			
-	ean Below Kno prescription, but a	ee dd the readout for lon	g term tracking.	
kg	2 reps	80%1RME	0 m/s	1:30
kg	2 reps	80%1RME	0 m/s	1:30
kg	1 reps	85%1RME	0 m/s	1:30
kg	1 reps	85%1RME	0 m/s	1:30
kg	1 reps	85%1RME	0 m/s	1:30
	<u> </u>			1
	Hip Flexion for		1	
kg	8 reps*	50%Difficulty		+
kg	8 reps*	50%Difficulty		+
kg	8 reps*	50%Difficulty		+
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strength	for High Velo	city Force		<b>-</b>
high bar l	back squat			
kg	3 reps	78%1RME	0.55 m/s	1:30
kg	3 reps	83%1RME	0.47 m/s	1:30
0 kg	3 reps	R%1RME	0.43 m/s	1:30
kg	3 reps	78%1RME	0.55 m/s	1:30
kg	3 reps	78%1RME	0.55 m/s	1:30
•	mp 30" + Jum is depth jump and	then three repeat jur	mps tracking hei	ght and ground
4 reps	00:00	76.2 cm		1
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
	alth for Speed			
	m Deficit with			14.00
kg	5 reps	85%Difficulty		1:30
kg	5 reps	85%Difficulty		1:30
kg	5 reps	85%Difficulty		1:30
kg	5 reps	85%Difficulty		1:30
Single Le	eg Squat - Go	blet		
kg	6 reps	85%Difficulty		1:00
kg	6 reps	85%Difficulty		1:00
kg	6 reps	85%Difficulty		1:00
kg	6 reps	85%Difficulty	T	1:00

Posture S	supporting Str	rength		
snatch ba	lance			
kg	3 reps	80%Difficulty	7 RPE	1:00
kg	3 reps	80%Difficulty	7 RPE	1:00
kg	3 reps	80%Difficulty	7 RPE	1:00
Here's a major	or key: I want the hold for your calf.	g Front Heel Ho ball of your foot on a I will make a video to ric hold ea set on ea s	plate with your show more cl	
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
Strength f	or High Velo	city Force		c‡1
Bench Pre	ess - Barbell			
kg	3 reps	83%1RME	0.37 m/s	2:30
0 kg	3 reps	R%1RME	0.31 m/s	2:30
kg	3 reps	78%1RME	0.45 m/s	2:30
kg	3 reps	78%1RME	0.45 m/s	2:30
Push Up /	Alternating ov	er block (Plyom	etric-Contir	nuous)
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrop	hy for Symm	etry		c‡1
DB Tricep	s extension 2	2 Arms		
kg	6 reps	85%Difficulty		00:00
kg	6 reps	85%Difficulty		00:00
kg	6 reps	85%Difficulty		00:00
kg	6 reps	85%Difficulty		00:00
Bent Over	r Row - Duml	obell		
kg *	8 reps	85%Difficulty		
kg *	8 reps	85%Difficulty		
kg *	8 reps	85%Difficulty		
kg *	8 reps	85%Difficulty		
TRX Ls +	Ms			
10 reps*	Т			00:00
10 reps*	1			00:00
10 reps*	1			00:00
10 reps*				00:00

SL side to	side tuck jum	ips		
6 reps*	15 m	1		
6 reps*	15 m			
6 Yd Star I	Drill - Crossov	er to Accelerat	ion/Deceler	ation
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power Dev	/elopment			C
Cleans - B	arbell (Off Blo	ocks)		
	2RM at 9 RPE so			
kg	2 reps	80%Difficulty	7 RPE	2:00
kg	2 reps	85%Difficulty	8 RPE	2:00
0 kg	2 reps	R%Difficulty	9 RPE	2:00
Standing T	riple Jump	•		
0 m	İ			00:00
Rm		1		00:00
Rm				00:00
Power Dev	elopment Co	ntrast		5
	at with Bands			
kg	1 reps	83%1RME	0.47 m/s	2:00
kg	3 reps	60%1RME	0.83 m/s	2:00
kg	3 reps	60%1RME	0.83 m/s	2:00
kg	3 reps	60%1RME	0.83 m/s	2:00
kg	3 reps	60%1RME	0.83 m/s	2:00
Kettlebell I	igure 8 Later	ral Jumps	•	
11.34 kg	3 reps*	1		
11.34 kg	3 reps*	1		
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*	1		
Lightened	Method Jump	os with Bands	•	
3 reps	T .			00:00
3 reps		1		00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - La	ateral			
		ounding as far as po	ssible with as li	ttle ground contac
6 reps				
6 reps				
6 reps				
6 reps				
6 reps				



nordic leg curls	
5 reps	1:00
5 reps	1:00
5 reps	1:00
5 reps	1:00

Lower Body	Strength Acc	essories				
Deadlift with Bands						
kg	1 reps	85%1RME	0.35 m/s	2:00		
kg	3 reps	70%1RME	0.55 m/s	1:00		
kg	3 reps	70%1RME	0.55 m/s	1:00		
kg	3 reps	70%1RME	0.55 m/s	1:00		
kg	3 reps	70%1RME	0.55 m/s	1:00		
Step Up - D	umbbell					
kg *	5 reps*	85%Difficulty	40 cm	1:00		
kg *	5 reps*	85%Difficulty	40 cm	1:00		
kg *	5 reps*	85%Difficulty	40 cm	1:00		
Barbell Hip	Barbell Hip Thrusts Back Elevated on Bench					
kg	8 reps	85%Difficulty		00:00		
kg	8 reps	85%Difficulty		00:00		
kg	8 reps	85%Difficulty		00:00		



Day 4				
Max Speed	& Upper High	n Velocity Pow	er	
Linear Spee	ed Warm Up F	Realization/Pe	ak wk1	
Jump Rope	- Continuous			
	teral, 20 seconds	right leg, 20 secon	ds left leg, and fin	ish 20 seconds
both legs.	l .	T	Ī	00:00
	tanding Lin A	hduction		00.00
8 reps*	tanding Hip A	I I I I I I I I I I I I I I I I I I I		ı
<del></del>	*****	111		l
13.72 m	e - to Inverte	d Hamstring		
13.72 m 13.72 m				
	<u> </u>			
Knee Hug to	o Lunge			,
13.72 m				<u> </u>
	- Moving For	ward		
13.72 m				
Side Lunge	Warm Up			
8 reps*				
Ankle Bound	d			
15 m				00:00
15 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
Pop/Float S	kip - Horizont	al		
10 m				
10 m				
1	nd - Continuou t bounding with a	US focus on distance a	and short ground	contact time.
15 m				00:00
15 m				00:00
Sprinting				
00:00	27.43 m	7 RPE		2:00
00:00	27.43 m	8 RPE		2:00
00:00	36.58 m	8 RPE		2:00
00:00	36.58 m	9 RPE		2:00
R	36.58 m	10 RPE		2:00
R	36.58 m	10 RPE		2:00



Athletic Pov	ver			
Cleans - Ba	rbell			
kg	2 reps	83%1RME		2:00
kg	1 reps	88%1RME		2:00
kg	2 reps	83%1RME		2:00
kg	1 reps	88%1RME		2:00
kg	1 reps	93%1RME		2:00
Dynamic Hi	p Flexor Force	e Absorption		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
Upper Body	Strength			¢
Closegrip B	ench with Bar	nds		
kg	1 reps	80%1RME	0.40 m/s	00:00
kg	5 reps	60%1RME	0.65 m/s	00:00
kg	5 reps	60%1RME	0.65 m/s	00:00
kg	5 reps	60%1RME	0.65 m/s	00:00
kg	5 reps	60%1RME	0.65 m/s	00:00
Med Ball Pa	artner Rotation	nal Throws		
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
Upper Body	Accessory			c‡3
Pull Down -	Half Kneeling	Cable		
kg	10 reps*	85%Difficulty		
kg	10 reps*	85%Difficulty		
kg	10 reps*	85%Difficulty		
kg	10 reps*	90%Difficulty		
Shoulder Fr	ont Raise Pla	te		
kg	10 reps	85%Difficulty	8 RPE	00:00
kg	10 reps	85%Difficulty	8 RPE	00:00
kg	10 reps	85%Difficulty	8 RPE	00:00
kg	10 reps	90%Difficulty	9 RPE	00:00
Axle Bar Bio	ceps Curl			
kg	10 reps	85%Difficulty		00:00
kg	10 reps	85%Difficulty		00:00
kg	10 reps	85%Difficulty		00:00
kg	10 reps	90%Difficulty		00:00
	<u> </u>			



Day 1				
Accelerati	ion & Lower F	ligh Velocity	Strength	
Accelerati	ion Warm Up	Realization/F	Peak wk2	
Walking L	unges			
10 reps*				
Side Lunc	ge Warm Up			
8 reps*	<del>,, , , , , , , , , , , , , , , , , , ,</del>			
Forward I	unge. Flbow	to Insten - Ki	neeling in Plac	ce .
8 reps*		10	1	<del></del>
		Kneeling w/ E	Elbow to Inster	)
00:30				
MQ - Hip	IR			
3 reps*	00:30			
3 reps*	00:30			
Heel to G	lute - to Invert	ed Hamstrin	g	-
13.72 m			<u> </u>	
13.72 m				
Power Sk	ip - Vertical			
10 m				
10 m				
Pillar Skip	- Linear	•	•	-
10 m				
10 m				
	ar skip + 10 yo r Skip + 10yd sprii			
18.29 m				
18.29 m				
Linear Bo	und - Continu	ous		
30 m	8 RPE			00:00
30 m	9 RPE			00:00
30 m	10 RPE			00:00
30 m	10 RPE			00:00
half kneel	ing accelerati	on sprint		
9.14 m				
9.14 m				
9.14 m				
Accelerati	ion Potentiation	on Realizatio	n/Peak wk2	
	ion Run - Loa d/m and then sprii			
kg	30%BW	00:00	9.14 m	00:00
kg	30%BW	00:00	9.14 m	00:00
kg	30%BW	00:00	9.14 m	00:00
kg	30%BW	R	9.14 m	00:00

Athletic Spe	eed Develor	oment Warm Up	Realization	on/Peak wk2
Jump Rope				
20 seconds bild both legs.	ateral, 20 secon	ds right leg, 20 secor	nds left leg, ar	nd finish 20 seconds
1:20				00:00
Goblet Squ	at Holds		1	1
kg	1 reps	85%Difficulty	00:30	1:30
Side Lunge	Warm Up	•	•	•
8 reps*	1			
Prone Arm	Arc	•	•	•
Just a couple o	f keys: keep the	e neck relaxed with yo	our forehead r	ested on the ground
	should be slow	and controlled.	1	
8 reps				
	te - to Inver	ted Hamstring	•	
13.72 m				
13.72 m				
Leg Cradle	- Moving Fo	orward		
13.72 m				
Knee Hug t	o Lunge			
13.72 m				
Pillar Skip -	Linear			
10 m				
10 m				
Sprinting We are going to need to do that		orkout now because to	o get really go	ood at something you
15 m				2:00
15 m				2:00
Back Pedal This is 4 yards	•	eleration 8 yd acceleration		
10.97 m	9 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
Mirror Drill				
00:10				
00:10				
00:10	ļ			
00:10				

Day 3				
COD & Lov	ver High Velo	city Power		
Change of	Direction Wa	rm Up Realizat	tion/Peak wk2	2
	e - Continuou ateral, 15 second	S s right leg, 15 secor	nds left leg, and fir	nish 15 seconds
1:00				00:00
1:00				00:00
		neck relaxed with you	our forehead reste	d on the ground.
8 reps				
	xtension in Set slow and control	quat olled for 8 reps per s	side approximately	/ 45 seconds.
8 reps*	00:45			
This one is to f performed with first two toes, v	the same technic vertical torso, neu-	while emphasizing na que as a squat: feet tral spine, and eyes	shoulder width, k straight ahead.	nees track with
kg	1 reps	85%Difficulty	00:30	1:30
kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lun	ige			
8 reps*				
Worlds Bes	st Hip IR Stre	tch		
5 reps*	00:45			
		ank Clam Shell d each rep for two s		
6 reps*	00:30			
Crossover	Pillar Skip			
13.72 m				
Drop Step	Skip			
18.29 m				
18.29 m				
	ound - 90 Degr	ee Countermove	ment Quick to	Stabilization
2 reps*	1	+	<b></b>	
2 reps*		<u> </u>	<u> </u>	
Change of	Direction Rea	alization/Peak v	wk2	
SL Jump to	Explosive C	ut		
5 reps*	20 m			
5 reps*	20 m		l	



kg

5 reps

Sprinting				
00:00	9.14 m	9 RPE		2:00
00:00	9.14 m	9 RPE		00:00
00:00	9.14 m	10 RPE		2:00
R	9.14 m	10 RPE		2:00
Power De	evelopment			
Hang Cla	an Below Kne	Δ		
		d the readout for long	g term tracking.	
kg	2 reps	85%1RME		1:30
kg	2 reps	85%1RME		1:30
kg	2 reps	85%1RME		1:30
kg	2 reps	85%1RME		1:30
kg	2 reps	85%1RME		1:30
	lip Flexion for			1
	<u> </u>	<u> </u>		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strength t	for High Veloc	ity Force		c)
Work to a 1F		n/8RPE which is wha ng out. Then -10% fo		predict the 1RM
kg	1 reps	85%1RME	0.45 m/s	1:30
0 kg	1 reps	R%1RME	0.40 m/s	1:30
kg	3 reps	80%1RME	0.50 m/s	1:30
kg	3 reps	80%1RME	0.50 m/s	1:30
kg	3 reps	80%1RME	0.50 m/s	1:30
Denth Ju	mp 30" + Jumi	n Reneat		•
	is depth jump and	then three repeat jur	mps tracking hei	ght and ground
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		1
Knee Hea	alth for Speed	<u> </u>	•	
	n Deficit with I	Bands		
kg	5 reps	90%Difficulty		1:30
kg	5 reps	90%Difficulty		1:30
kg	5 reps	90%Difficulty		1:30
N.Y				

90%Difficulty

1:30

Posture S	supporting St	rength		
snatch ba	lance			
kg	3 reps	85%Difficulty	8 RPE	1:00
kg	3 reps	85%Difficulty	8 RPE	1:00
kg	3 reps	85%Difficulty	8 RPE	1:00
Here's a major	or key: I want the hold for your calf.	g Front Heel Ho ball of your foot on a I will make a video to tric hold ea set on ea	plate with your show more cle	
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
	or High Velo	city Force		cţ:
Work to a 1R	ess - Barbell M at .28m/s/90% ng you at risk max	sish/8RPE which is which out. Then -10% for	nat we will use to or 3x3	predict the 1RM
kg	1 reps	85%1RME	0.34 m/s	00:00
0 kg	1 reps	R%1RME	0.28 m/s	00:00
kg	3 reps	80%1RME	0.40 m/s	00:00
kg	3 reps	80%1RME	0.40 m/s	00:00
kg	3 reps	80%1RME	0.40 m/s	00:00
Push Up /	Alternating ov	ver block (Plyom	etric-Contin	uous)
6 reps	T			2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrop	hy for Symm	etrv		C.
	s extension 2			·
kg	6 reps	90%Difficulty		00:00
kg	6 reps	90%Difficulty		00:00
kg	6 reps	90%Difficulty		00:00
kg	6 reps	90%Difficulty		00:00
Bent Over	r Row - Duml	bbell		
kg *	8 reps	90%Difficulty		
kg *	8 reps	90%Difficulty		
kg *	8 reps	90%Difficulty		
		<del></del>	1	1
kg *	8 reps	90%Difficulty		
kg * TRX Ls +	· ·	90%Difficulty		
	· ·	90%Difficulty	<u> </u>	00:00
TRX Ls +	· ·	90%Difficulty		00:00
TRX Ls + 10 reps*	· ·	90%Difficulty		

SL side to	side tuck jur	mps		
6 reps*	15 m			
6 reps*	15 m			
6 Yd Star	Drill - Crosso	over to Accelera	ation/Deceler	ation
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power De	velopment			¢
	Barbell (Off B M at 9.5 RPE or 9			
kg	2 reps	82%1RME	8 RPE	2:00
kg	2 reps	87%1RME	9 RPE	2:00
0 kg	2 reps	R%1RME	9.5 RPE	2:00
Standing <sup>-</sup>	Triple Jump			
0 m				00:00
Rm				00:00
R m				00:00
Power De	velopment C	ontrast		¢
Front Squ	at with Bands	S		
kg	1 reps	85%1RME	0.45 m/s	2:00
kg	3 reps	65%1RME	0.75 m/s	1:00
kg	3 reps	65%1RME	0.75 m/s	1:00
kg	3 reps	65%1RME	0.75 m/s	1:00
kg	3 reps	65%1RME	0.75 m/s	1:00
kg	3 reps	65%1RME	0.75 m/s	1:00
Kettlebell	Figure 8 Late	eral Jumps		
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
Lightened	Method Jum	ps with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00



Single Leg	Squat - Goble	t	
kg	6 reps	90%Difficulty	1:00
kg	6 reps	90%Difficulty	1:00
kg	6 reps	90%Difficulty	1:00
kg	6 reps	90%Difficulty	1:00
nordic leg c	urls		
5 reps			1:00
5 reps			1:00
5 reps			1:00
5 reps			1:00

Bound - Lat 3 each leg	eral			
6 reps				
6 reps				
6 reps				
6 reps				
6 reps				
6 reps				
Lower Body	Strength Acc	essories		
Deadlift with	n Bands			
kg	1 reps	88%1RME	0.30 m/s	2:00
kg	3 reps	75%1RME	0.50 m/s	1:00
kg	3 reps	75%1RME	0.50 m/s	1:00
kg	3 reps	75%1RME	0.50 m/s	1:00
kg	3 reps	75%1RME	0.50 m/s	1:00
Step Up - D	umbbell			
kg *	5 reps*	90%Difficulty	40 cm	1:00
kg *	5 reps*	90%Difficulty	40 cm	1:00
kg *	5 reps*	90%Difficulty	40 cm	1:00
Barbell Hip	Thrusts Back	Elevated on E	Bench	
kg	8 reps	90%Difficulty		00:00
kg	8 reps	90%Difficulty		00:00
kg	8 reps	90%Difficulty		00:00



Day 4				
Max Speed	& Upper High	n Velocity Pow	ver	
Linear Spe	ed Warm Up F	Realization/Pe	ak wk2	
Jump Rope	- Continuous	i		
		right leg, 20 secor	nds left leg, and fir	nish 20 seconds
1:20				00:00
Unilateral S	Standing Hip A	hduction		1
8 reps*	100:00	I	Ī	1
<del>-</del>	te - to Inverte	d Hamstring	<u> </u>	l
13.72 m	T TO INVENTE	a riamounig		
13.72 m				
Knee Hug t	o Lunge	•		•
13.72 m	T			
Leg Cradle	- Moving For	ward		
13.72 m	T		I	
Side Lunge	Warm Up			
8 reps*	T			1
Ankle Bour	nd			
15 m	T T		<u> </u>	00:00
15 m				00:00
Pillar Skip -	Linear		•	•
10 m				
10 m				
Pop/Float S	Skip - Horizont	al		
10 m				
10 m				
1	nd - Continuo st bounding with a	US focus on distance	and short ground	contact time.
15 m				00:00
15 m				00:00
Sprinting				
00:00	27.43 m	7 RPE		2:00
00:00	27.43 m	8 RPE		2:00
00:00	36.58 m	8 RPE		2:00
00:00	36.58 m	9 RPE		2:00
R	36.58 m	10 RPE		2:00
R	36.58 m	10 RPE		2:00



Athletic Pov	ver			
Cleans - Ba	rbell 1 at 9.5RPE aroun	d 95%		
kg	2 reps	85%1RME		2:00
kg	1 reps	90%1RME		2:00
kg	2 reps	85%1RME		2:00
kg	1 reps	90%1RME		2:00
0 kg	1 reps	R%1RME		2:00
Dynamic Hi	p Flexor Force	e Absorption		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
Upper Body	Strength			¢
Closegrip B	ench with Bar	nds		
kg	1 reps	83%1RME	0.37 m/s	00:00
kg	5 reps	63%1RME	0.62 m/s	00:00
kg	5 reps	63%1RME	0.62 m/s	00:00
kg	5 reps	63%1RME	0.62 m/s	00:00
kg	5 reps	63%1RME	0.62 m/s	00:00
kg	5 reps	63%1RME	0.62 m/s	00:00
Med Ball Pa	artner Rotation	nal Throws		
6.8 kg	5 reps*			
6.8 kg	5 reps*			
6.8 kg	5 reps*			
6.8 kg	5 reps*			
6.8 kg	5 reps*			
6.8 kg	5 reps*			
Upper Body	Accessory			¢
Pull Down -	Half Kneeling	Cable		
kg	10 reps*	90%Difficulty		
kg	10 reps*	90%Difficulty		
kg	10 reps*	90%Difficulty		
kg	10 reps*	95%Difficulty		
Shoulder Fr	ont Raise Pla	te		
kg	10 reps	90%Difficulty	9 RPE	00:00
kg	10 reps	90%Difficulty	9 RPE	00:00
kg	10 reps	90%Difficulty	9 RPE	00:00
kg	10 reps	95%Difficulty	9.5 RPE	00:00



Axle Bar Biceps Curl					
kg	10 reps	90%Difficulty		00:00	
kg	10 reps	90%Difficulty		00:00	
kg	10 reps	90%Difficulty		00:00	
kg	10 reps	95%Difficulty		00:00	



Day 1				
Accelera	tion & Lower F	ligh Velocity	Strength	
Accelera	tion Warm Up	Realization/F	Peak wk3	
Walking I				
10 reps*	T			
Side Lun	ge Warm Up			
8 reps*	<u> </u>			
<u> </u>	Lunge, Elbow	to Insten - Kı	neeling in Plac	``
8 reps*	T Libow	lo matep - Ki	T	
	lization - Half I	Kneeling w/ E	Elbow to Inster	)
00:30				
MQ - Hip	IR			
3 reps*	00:30			
3 reps*	00:30			
Heel to C	Slute - to Invert	ed Hamstrin	g	
13.72 m			<u> </u>	
13.72 m				
Power SI	kip - Vertical	•		
10 m				
10 m				
Pillar Ski	p - Linear			
10 m				
10 m				
	lar skip + 10 yo ar Skip + 10yd sprii			
18.29 m				
18.29 m				
Linear Bo	ound - Continu	ous		
30 m	8 RPE			00:00
30 m	8 RPE			00:00
30 m	9 RPE			00:00
half knee	ling accelerati	on sprint		
9.14 m				
9.14 m				
Accelera	tion Potentiation	on Realization	n/Peak wk3	¢
	tion Run - Loa yd/m and then sprii			
kg	25%BW	00:00	9.14 m	00:00
kg	25%BW	00:00	9.14 m	00:00
kg	25%BW	00:00	9.14 m	00:00

Speed De	velopment &	Upper High Vel	ocity Stren	gth
Athletic Sp	peed Develop	ment Warm Up	Realizatio	n/Peak wk3
	e - Continuo ilateral, 20 secon	US ds right leg, 20 secor	nds left leg, an	d finish 20 seconds
1:20				00:00
Goblet Sq	uat Holds			
kg	1 reps	85%Difficulty	00:30	1:30
Side Lung	e Warm Up			
8 reps*				
The moveme		neck relaxed with your and controlled.	our forehead re	ested on the ground
8 reps				
	ute - to Inver	ted Hamstring		
13.72 m				
13.72 m				
	e - Moving Fo	orward		
13.72 m				
Knee Hug	to Lunge			
13.72 m				
Pillar Skip	- Linear			
10 m				
10 m				
need to do th		orkout now because t	o get really go	
10 m	+	+	-	2:00
	al to 8yd Acci s backpedal plus	eleration 8 yd acceleration	l	2:00
10.97 m	9 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
Mirror Dril	<u> </u>			
00.40				
00:10				
00:10 00:10 00:10				

Day 3				
COD & Lo	wer High Vel	locity Power		
Change of	Direction W	arm Up Realiza	tion/Peak v	wk3
	e - Continuo lateral, 15 secon	us ds right leg, 15 seco	nds left leg, an	d finish 15 seconds
1:00				00:00
1:00				00:00
		e neck relaxed with y and controlled.	our forehead r	ested on the ground
8 reps				
	ed slow and cont	Squat crolled for 8 reps per	side approxima	ately 45 seconds.
8 reps*	00:45			
performed with	h the same techr	while emphasizing inique as a squat: fee utral spine, and eyes	t shoulder widt s straight ahea	h, knees track with
kg	1 reps	85%Difficulty	00:30	1:30
_	1	10070204.19	00.00	1
Lateral Lur	ige T			
8 reps*				
	st Hip IR Str	etch	_	
5 reps*	00:45			
		lank Clam Shel		
6 reps*	00:30			
Crossover	Pillar Skip			
13.72 m				
Drop Step	Skip			
18.29 m				
18.29 m				
	Sound - 90 Deg	gree Countermove	ement Quick	to Stabilization
2 reps*				
2 reps*			<u> </u>	
Change of		ealization/Peak	wk3	
	0 I volocivo /	** **		
SL Jump to	<del></del>	Jul		
SL Jump to 3 reps* 3 reps*	15 m	Jul		



00:00	9.14 m	9 RPE		2:00
00:00	9.14 m	10 RPE		2:00
R	9.14 m	10 RPE		2:00
Power De	evelopment	•		
Hang Cle	an Below Kne	ee		
kg	2 reps	75%1RME		1:30
kg	2 reps	75%1RME		1:30
kg	2 reps	75%1RME		1:30
Banded H	Hip Flexion for	r Sprinting		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strength	for High Velo	city Force		C
High Bar	Back Squat E	Bands		
kg	1 reps	80%1RME	0.50 m/s	2:00
kg	3 reps	60%1RME	0.85 m/s	1:00
kg	3 reps	60%1RME	0.85 m/s	1:00
Ng .	о торо			1111
kg Depth Ju	3 reps mp 30" + Jum	60%1RME	0.85 m/s	1:00
kg Depth Ju Track height height on las	3 reps mp 30" + Jum t and contact time. st two.	60%1RME ap Repeat This is actually 1 dep	0.85 m/s	1:00
kg Depth Ju Track height height on las 4 reps	3 reps mp 30" + Jum and contact time. st two. 00:00	60%1RME  ap Repeat  This is actually 1 dep  76.2 cm	0.85 m/s	1:00
kg Depth Ju Track height height on las 4 reps 4 reps	3 reps mp 30" + Jum and contact time. st two.  00:00  00:00	60%1RME  pp Repeat  This is actually 1 dep  76.2 cm  R cm	0.85 m/s	1:00
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps	3 reps mp 30" + Jum and contact time. st two.  00:00  00:00  00:00	60%1RME  ap Repeat  This is actually 1 dep  76.2 cm  R cm  R cm	0.85 m/s	1:00
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps	3 reps mp 30" + Jum and contact time. st two.  00:00  00:00  00:00  00:00	60%1RME  ap Repeat  This is actually 1 dep  76.2 cm  R cm  R cm  R cm	0.85 m/s	1:00
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps	3 reps mp 30" + Jum and contact time. st two.  00:00  00:00  00:00	60%1RME  ap Repeat  This is actually 1 dep  76.2 cm  R cm  R cm  R cm	0.85 m/s	1:00
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps Knee He	3 reps mp 30" + Jum and contact time. st two.  00:00  00:00  00:00  00:00	60%1RME  This is actually 1 dep  76.2 cm  R cm  R cm  R cm	0.85 m/s	1:00
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps 4 reps Knee Hes	3 reps mp 30" + Jum t and contact time. st two.  00:00 00:00 00:00 00:00 alth for Speed	60%1RME  This is actually 1 dep  76.2 cm  R cm  R cm  R cm	0.85 m/s	1:00
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps 4 reps Knee Hes RDLs frookg	3 reps mp 30" + Jum and contact time. st two.  00:00 00:00 00:00 00:00 alth for Speed m Deficit with	60%1RME  This is actually 1 dep  76.2 cm  R cm  R cm  R cm  R cm  B ands	0.85 m/s	1:00
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps 4 reps Knee Height kg	3 reps mp 30" + Jum and contact time. st two.  00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps	60%1RME  This is actually 1 dep  76.2 cm  R cm  R cm  R cm  R cm  This is actually 1 dep	0.85 m/s	1:00 mp Repeats. Max
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps 4 reps Knee Height kg kg	3 reps mp 30" + Jum t and contact time. st two.  00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps 5 reps	60%1RME  This is actually 1 dep  76.2 cm  R cm  R cm  R cm  R cm  75%Difficulty 75%Difficulty 75%Difficulty	0.85 m/s	1:00 mp Repeats. Max 1:30 1:30
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps 4 reps Knee Het RDLs fro kg kg Single Le	3 reps mp 30" + Jum and contact time. st two.  00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps 5 reps 5 reps	60%1RME  This is actually 1 dep  76.2 cm  R cm  R cm  R cm  R cm  75%Difficulty 75%Difficulty 75%Difficulty	0.85 m/s	1:00 mp Repeats. Max 1:30 1:30
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps 4 reps Knee Het RDLs fro kg kg Single Le	3 reps mp 30" + Jum and contact time. st two.  00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps 5 reps 5 reps g Squat - Gol	60%1RME  This is actually 1 dep  76.2 cm  R cm  R cm  R cm  R cm  S cm  R cm  R cm  R cm  S cm  R cm  R cm  R cm  S cm  Bands  75%Difficulty 75%Difficulty 50bet	0.85 m/s	1:00 mp Repeats. Max  1:30 1:30 1:30 1:30
kg Depth Ju Track height on las 4 reps 4 reps 4 reps 4 reps 4 reps Knee Het RDLs fro kg kg Single Lek kg	3 reps mp 30" + Jum and contact time. st two.  00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps 5 reps 5 reps g Squat - Gol 5 reps	60%1RME  This is actually 1 dep  76.2 cm  R cm  R cm  R cm  R cm  Som  R cm  R cm  R cm  R cm  R cm  R cm  R cm  F cm  R cm  F	0.85 m/s	1:00 np Repeats. Max 1:30 1:30 1:30 1:30
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps 4 reps Knee Her RDLs from kg kg kg Single Lee kg kg	3 reps mp 30" + Jum and contact time. st two.  00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps	60%1RME  This is actually 1 dep  76.2 cm  R cm  R cm  R cm  R cm  Som  R cm  R cm  R cm  R cm  T5%Difficulty T5%Difficulty T5%Difficulty T5%Difficulty T5%Difficulty T5%Difficulty	0.85 m/s	1:00 np Repeats. Max 1:30 1:30 1:30 1:30 1:00 1:00
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps Knee Hea RDLs from kg kg kg Single Lea kg kg nordic lea	3 reps mp 30" + Jum and contact time. st two.  00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps	60%1RME  This is actually 1 dep  76.2 cm  R cm  R cm  R cm  R cm  Som  R cm  R cm  R cm  R cm  T5%Difficulty T5%Difficulty T5%Difficulty T5%Difficulty T5%Difficulty T5%Difficulty	0.85 m/s	1:00 np Repeats. Max 1:30 1:30 1:30 1:30 1:00 1:00
kg Depth Ju Track height height on las 4 reps 4 reps 4 reps 4 reps Knee Height RDLs frookg kg kg	3 reps mp 30" + Jum and contact time. st two.  00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps 5 reps	60%1RME  This is actually 1 dep  76.2 cm  R cm  R cm  R cm  R cm  Som  R cm  R cm  R cm  R cm  T5%Difficulty T5%Difficulty T5%Difficulty T5%Difficulty T5%Difficulty T5%Difficulty	0.85 m/s	1:00 mp Repeats. Max  1:30 1:30 1:30 1:30 1:00 1:00 1:00

Posture Su	pporting Stren	gth		
snatch bala				
kg	3 reps	75%Difficulty	6 RPE	1:00
kg	3 reps	75%Difficulty	6 RPE	1:00
kg	3 reps	75%Difficulty	6 RPE	1:00
Here's a major an isometric ho	Half Kneeling F key: I want the bal ld for your calf. I w second Isometric I	I of your foot on a ill make a video to	plate with your he show more clearl	
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
Strength for	r High Velocity	Force		c‡)
bench pres	s barbell band	ls		
kg	1 reps	80%1RME	0.40 m/s	00:00
kg	5 reps	60%1RME	0.65 m/s	00:00
kg	5 reps	60%1RME	0.65 m/s	00:00
kg	5 reps	60%1RME	0.65 m/s	00:00
Push Up Al	ternating over	block (Plyom	etric-Continuo	ous)
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertroph	y for Symmetr	У		¢
DB Triceps	extension 2 A	ırms		
kg	5 reps	80%Difficulty		00:00
kg	5 reps	80%Difficulty		00:00
kg	5 reps	80%Difficulty		00:00
Bent Over I	Row - Dumbbe	ell	•	
kg *	8 reps	80%Difficulty		
kg *	8 reps	80%Difficulty		
kg *	8 reps	80%Difficulty		
TRX Ls + M	Is	•	-	
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00

SL side to s	side tuck jump	S		
4 reps*	10 m			
4 reps*	10 m			
6 Yd Star D	rill - Crossove	r to Accelerat	ion/Decelerat	ion
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power Dev	elopment			¢
Cleans - Ba	arbell (Off Bloc	cks)		
kg	2 reps	85%Difficulty		2:00
kg	2 reps	85%Difficulty		2:00
kg	2 reps	85%Difficulty		2:00
Standing Tr	riple Jump			
0 m				00:00
Rm				00:00
Rm				00:00
Power Dev	elopment Con	trast		c‡)
Front Squa	t with Bands			
kg	1 reps	80%1RME	0.50 m/s	2:00
kg	3 reps	60%1RME	0.83 m/s	2:00
kg	3 reps	60%1RME	0.83 m/s	2:00
kg	3 reps	60%1RME	0.83 m/s	2:00
Kettlebell F	igure 8 Latera	l Jumps		
9.07 kg	3 reps*			
9.07 kg	3 reps*			
9.07 kg	3 reps*			
9.07 kg	3 reps*			
Lightened N	Method Jumps	with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - Lat 3 each leg.	teral			
6 reps		<u> </u>		
Lower Body	Strength Acc	essories		
Deadlift wit	h Bands			
kg	1 reps	80%1RME	0.40 m/s	2:00
kg	3 reps	70%1RME	0.55 m/s	1:00
kg	3 reps	70%1RME	0.55 m/s	1:00
kg	3 reps	70%1RME	0.55 m/s	1:00



Step Up - Do	umbbell			
kg *	5 reps*	75%Difficulty	40 cm	1:00
kg *	5 reps*	75%Difficulty	40 cm	1:00
kg *	5 reps*	75%Difficulty	40 cm	1:00
Barbell Hip	Thrusts Back	Elevated on E	Bench	
kg	8 reps	80%Difficulty		00:00
kg	8 reps	80%Difficulty		00:00
kg	8 reps	80%Difficulty		00:00



Day 4			
Max Spe	ed & Upper Hi	gh Velocity Power	
Linear Sp	eed Warm Up	Realization/Peak wk	:3
Jump Ro	pe - Continuo	ıs	
20 seconds l	bilateral, 20 secon	ds right leg, 20 seconds left l	eg, and finish 20 seconds
both legs.			Loopo
1:20			00:00
	Standing Hip	Abduction	
8 reps*	00:00		
Heel to G	lute - to Invert	ed Hamstring	
13.72 m			
13.72 m			
Knee Hug	g to Lunge		
13.72 m			
Leg Crad	le - Moving Fo	rward	
13.72 m			
Side Lund	ge Warm Up	•	•
8 reps*	<u> </u>		I
Ankle Bo	und	<u> </u>	<u> </u>
15 m	T		00:00
15 m	+		00:00
Pillar Skip	Lincar		10000
10 m	- Lineai	1 1	
10 m			
	Chia Hariza	ntol	I
10 m	t Skip - Horizo	niai	
10 m			
	ound - Continu	OUS a focus on distance and sho	art ground contact time
15 m	Just bounding with	a locus on distance and sinc	00:00
15 m			00:00
			00.00
Sprinting	107.40	Iz DDE	Long
00:00	27.43 m	7 RPE	2:00
00:00	27.43 m 36.58 m	8 RPE 8 RPE	2:00 2:00
00:00	36.58 m	9 RPE	2:00
Athletic P	ı	13.00	12.00
Cleans - I		1	1
kg	1 reps	85%1RME	2:00
kg	1 reps	85%1RME	2:00
kg	1 reps	85%1RME	2:00



Dynamic Hi	p Flexor Force	e Absorption		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
Upper Body	Strength			¢
Closegrip B	ench with Bar	nds		
kg	5 reps	60%1RME	0.65 m/s	00:00
kg	5 reps	60%1RME	0.65 m/s	00:00
kg	5 reps	60%1RME	0.65 m/s	00:00
Med Ball Pa	rtner Rotation	al Throws		
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
Upper Body	Accessory			c‡3
Pull Down -	Half Kneeling	Cable		
kg	10 reps*	85%Difficulty		
kg kg	10 reps* 10 reps*	85%Difficulty 85%Difficulty		
		,		
kg kg	10 reps*	85%Difficulty 85%Difficulty		
kg kg	10 reps*	85%Difficulty 85%Difficulty	8 RPE	00:00
kg kg Shoulder Fr	10 reps* 10 reps* ont Raise Pla	85%Difficulty 85%Difficulty te	8 RPE 8 RPE	00:00
kg kg Shoulder Fr	10 reps* 10 reps* ont Raise Pla 10 reps	85%Difficulty 85%Difficulty te 85%Difficulty		
kg kg Shoulder Fr kg kg	10 reps* 10 reps* ont Raise Pla 10 reps 10 reps 10 reps	85%Difficulty 85%Difficulty te 85%Difficulty 85%Difficulty	8 RPE	00:00
kg kg Shoulder Fr kg kg kg	10 reps* 10 reps* ont Raise Pla 10 reps 10 reps 10 reps	85%Difficulty 85%Difficulty te 85%Difficulty 85%Difficulty	8 RPE	00:00
kg kg Shoulder Fr kg kg kg Axle Bar Bid	10 reps* 10 reps* ont Raise Pla* 10 reps 10 reps 10 reps 20 pps Curl	85%Difficulty 85%Difficulty te 85%Difficulty 85%Difficulty 85%Difficulty	8 RPE	00:00 00:00



Accelerati	on Warm Up	Realization	/Peak wk4	
Walking L	unges			
10 reps*				
Side Lung	je Warm Up			
8 reps*	<u> </u>			
Forward L	unge. Elbow	to Instep -	Kneeling in P	lace
8 reps*	1			
		Kneeling w/	Elbow to Ins	tep
00:30				
MQ - Hip	IR			
3 reps*	00:30			
3 reps*	00:30			
Heel to GI	ute - to Inver	ted Hamstri	ng	
13.72 m				
13.72 m				
Power Sk	ip - Vertical			
10 m				
10 m				
Pillar Skip	- Linear			
10 m				
10 m				
	ar skip + 10 y r Skip + 10yd spri			
18.29 m				
18.29 m				
Linear Bo	und - Continu	ious		
40 m	8 RPE			00:00
40 m	9 RPE			00:00
40 m	10 RPE			00:00
40 m	10 RPE			00:00
half kneel	ing accelerati	on sprint		
9.14 m	1			
9.14 m 9.14 m 9.14 m				

Athletic Sp	eed Develop	oment Warm Up	Realizatio	on/Peak wk4
Jump Rope	e - Continuo	us		
20 seconds bil both legs.	lateral, 20 secon	ds right leg, 20 secor	nds left leg, ar	nd finish 20 secon
1:20				00:00
Goblet Squ	uat Holds			
kg	1 reps	85%Difficulty	00:30	1:30
Side Lunge	e Warm Up			
8 reps*				
		e neck relaxed with your and controlled.	our forehead ı	rested on the grou
8 reps				
Heel to Glu	ute - to Inver	ted Hamstring		
13.72 m				
13.72 m				
Leg Cradle	e - Moving Fo	orward		
13.72 m				
Knee Hug	to Lunge			•
13.72 m				
Pillar Skip	- Linear			
10 m				
10 m				
Sprinting We are going to need to do that		orkout now because t	o get really go	ood at something
20 m				2:00
20 m				2:00
This is 4 yards		eleration 8 yd acceleration		
10.97 m	9 RPE			2:00
10.97 m	10 RPE	-		2:00
10.97 m	10 RPE	+		2:00
10.97 m	I IU KPE			2:00
Mirror Drill			,	
00:10				
00.40				
00:10 00:10				1

Day 3				
COD & Low	er High Veloc	ity Power		
Change of D	Direction Warr	n Up Realizat	ion/Peak wk4	
	- Continuous teral, 15 seconds	right leg, 15 secon	ds left leg, and fin	ish 15 seconds
1:00				00:00
1:00				00:00
		ck relaxed with yo d controlled.	our forehead reste	d on the ground.
8 reps				
	tension in Squ I slow and controll	uat ed for 8 reps per s	ide approximately	45 seconds.
8 reps*	00:45			
This one is to fo performed with	the same techniqu	nile emphasizing me as a squat: feet al spine, and eyes	shoulder width, kr	
kg	1 reps	85%Difficulty	00:30	1:30
kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lung	ge			
8 reps*				
Worlds Best	Hip IR Stretc	:h		
5 reps*	00:45			
		nk Clam Shell each rep for two s		
6 reps*	00:30			
Crossover F	Pillar Skip			
13.72 m				
Drop Step S	Skip			
18.29 m				
18.29 m				
Rotational Bo	und - 90 Degre	e Countermove	ment Quick to S	Stabilization
2 reps*				
2 reps*				



Jue Lunge	e Warm Up			
8 reps*				
Forward Lu	unge, Elbow to	Instep - Knee	eling in Place	
8 reps*				
Hip Mobiliz This is 30 sec	ation - Half Kr	neeling w/ Elbo	ow to Instep	
00:30				
MQ - Hip IF	₹			
3 reps*	00:30			
3 reps*	00:30			
Heel to Glu	ıte - to Inverte	d Hamstring		
13.72 m				
13.72 m				
Power Skip	o - Vertical			
10 m				
10 m				
Pillar Skip	- Linear			
10 m				
10 m	1			
10 111				
10 yd Pillar	r skip + 10 yd : Skip + 10yd sprint	sprint	l	
10 yd Pillar		sprint		
10 yd Pillar 10 yd of Pillar		sprint		
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m				
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m	Skip + 10yd sprint			00:00
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou	Skip + 10yd sprint  nd - Continuo			00:00
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m	nd - Continuol 8 RPE 9 RPE 10 RPE			
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m	Skip + 10yd sprint  nd - Continuo  8 RPE  9 RPE			00:00
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m 40 m 40 m	nd - Continuol 8 RPE 9 RPE 10 RPE	us		00:00 00:00
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m 40 m 40 m 40 m half kneelir 9.14 m	nd - Continuo 8 RPE 9 RPE 10 RPE 10 RPE	us		00:00 00:00
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m 40 m 40 m 40 m half kneelir 9.14 m	nd - Continuo 8 RPE 9 RPE 10 RPE 10 RPE	us		00:00 00:00
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m 40 m 40 m 40 m half kneelir 9.14 m 9.14 m	nd - Continuor 8 RPE 9 RPE 10 RPE 10 RPE ng acceleration	us		00:00 00:00
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m 40 m 40 m 40 m half kneelir 9.14 m	nd - Continuor 8 RPE 9 RPE 10 RPE 10 RPE ng acceleration	us		00:00 00:00
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m 40 m 40 m 40 m half kneelir 9.14 m 9.14 m Power Dev	nd - Continuor 8 RPE 9 RPE 10 RPE 10 RPE ng acceleration	us		00:00 00:00
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m 40 m 40 m 40 m half kneelir 9.14 m 9.14 m Power Dev	nd - Continuor  8 RPE 9 RPE 10 RPE 10 RPE 10 RPE	us		00:00 00:00
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m 40 m 40 m 40 m half kneelir 9.14 m 9.14 m 9.14 m Power Dev Hang Clear	nd - Continuor  8 RPE 9 RPE 10 RPE 10 RPE 10 RPE reg acceleration relopment n Below Knee	us In sprint		00:00 00:00 00:00
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m 40 m 40 m 40 m half kneelir 9.14 m 9.14 m 9.14 m Power Dev Hang Clear	skip + 10yd sprint  nd - Continuor  8 RPE  9 RPE  10 RPE  10 RPE  ag acceleration  elopment  Below Knee  2 reps	85%1RME 90%1RME 85%1RME		00:00 00:00 00:00 1:30 1:30
10 yd Pillar 10 yd of Pillar 18.29 m 18.29 m Linear Bou 40 m 40 m 40 m 40 m half kneelir 9.14 m 9.14 m 9.14 m Power Dev Hang Clear kg	skip + 10yd sprint  nd - Continuor  8 RPE  9 RPE  10 RPE  10 RPE  acceleration  elopment  n Below Knee  2 reps  1 reps	sprint 85%1RME 90%1RME		00:00 00:00 00:00 1:30

snatch ba	lance			
kg	3 reps	80%Difficulty	7 RPE	1:00
kg	3 reps	85%Difficulty	8 RPE	1:00
kg	3 reps	90%Difficulty	9 RPE	1:00
		g Front Heel Ho	vering	
Here's a maj an isometric	or key: I want the hold for your calf.	ball of your foot on a I will make a video to	plate with your loshow more cle	
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
Strength f	for High Velo	city Force		C
bench pre	ess barbell ba	ands		
kg	1 reps	85%1RME	0.34 m/s	00:00
kg	5 reps	65%1RME	0.60 m/s	00:00
kg	5 reps	65%1RME	0.60 m/s	00:00
kg	5 reps	65%1RME	0.60 m/s	00:00
kg	5 reps	65%1RME	0.60 m/s	00:00
Push Up	Alternating ov	ver block (Plyom	etric-Contin	uous)
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrop	hy for Symm	etry		
DB Tricep	s extension	2 Arms		
kg	6 reps	90%Difficulty		00:00
kg	6 reps	95%Difficulty		00:00
kg	6 reps	100%Difficulty	/	00:00
Bent Ove	r Row - Duml	bbell		
kg *	8 reps	90%Difficulty		
kg *	8 reps	90%Difficulty		
kg *	8 reps	95%Difficulty		
kg *	8 reps	100%Difficulty	/	
TRX Ls +	Ms	•	•	
10 reps*				00:00
10 reps*				00:00
10 reps*			<del>                                     </del>	00:00
10 reps*			1	00:00

Change of D	Direction Real	ization/Peak v	wk4	
SL Jump to	Explosive Cu	t		
5 reps*	20 m			
5 reps*	20 m			
5 reps*	20 m			
SL side to si	ide tuck jump	s		
6 reps*	15 m			
6 reps*	15 m			
6 reps*	15 m			
6 Yd Star Di	rill - Crossove	r to Accelerat	ion/Decelerat	ion
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power Deve	lopment		-	c;p
	rbell (Off Bloc	·ke)		
1RM No misses		,NO)		
kg	2 reps	85%Difficulty	8 RPE	2:00
kg	2 reps	90%Difficulty	9.5 RPE	2:00
kg	1 reps	95%Difficulty	9.5 RPE	
0 kg	1 reps	R%Difficulty	10 RPE	2:00
Standing Tri	ple Jump			
0 m				00:00
Rm				00:00
R m				00:00
Rm				00:00
Power Deve	lopment Con	trast		c‡1
Front Squat	with Bands			
kg	1 reps	90%1RME	0.40 m/s	2:00
kg	3 reps	70%1RME	0.70 m/s	2:00
kg	3 reps	70%1RME	0.70 m/s	2:00
kg	3 reps	70%1RME	0.70 m/s	2:00
kg	3 reps	70%1RME	0.70 m/s	2:00
kg	3 reps	70%1RME	0.70 m/s	2:00
Kettlebell Fig	gure 8 Latera	l Jumps		
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			



5 reps 5 reps

5 reps 5 reps

Banded Hip	Flexion for S				
kg	8 reps*	50%Difficulty			
kg	8 reps*	50%Difficulty			
kg	8 reps*	50%Difficulty			
kg	8 reps*	50%Difficulty			
kg	8 reps*	50%Difficulty			
Strength for	High Velocity	Force		c)	
High Bar Ba	ack Squat Ban	nds			
kg	1 reps	85%1RME	0.45 m/s	2:00	
kg	5 reps	65%1RME	0.75 m/s	1:00	
kg	5 reps	65%1RME	0.75 m/s	1:00	
kg	5 reps	65%1RME	0.75 m/s	1:00	
kg	5 reps	65%1RME	0.75 m/s	1:00	
	30" + Jump I d contact time. Th	is is actually 1 dep	th jump + 3 Jump	Repeats.	
4 reps	00:00	76.2 cm			
4 reps	00:00	76.2 cm			
4 reps	00:00	76.2 cm			
4 reps	00:00	76.2 cm			
4 reps	00:00	76.2 cm			
Speed Knee	Health				
RDLs from Deficit with Bands					
kg	5 reps	90%Difficulty		1:30	
kg	5 reps	90%Difficulty		1:30	
kg	5 reps	95%Difficulty		1:30	
kg	5 reps	100%Difficulty		1:30	
Single Leg	Squat - Goble	t			
kg	6 reps	90%Difficulty		1:00	
kg	6 reps	90%Difficulty		1:00	
kg	6 reps	95%Difficulty		1:00	
kg	6 reps	95%Difficulty		1:00	
nordic leg c	urls				

1:00 1:00

1:00

Lightened Method Jumps with Bands   3 reps   00:00   3 reps   00:00   3 reps   00:00   3 reps   00:00   3 reps   00:00   3 reps   00:00   3 reps   00:00   3 reps   00:00   3 reps   00:00   00:00   3 reps   00:00   00:00   3 reps   00:00   00:00   8 ound - Lateral   3 each leg.   6 reps   6 reps   6 reps   6 reps   6 reps   6 reps   6 reps   6 reps   6 reps   6 reps   6 reps   6 reps   6 reps   6 reps   6 reps   6 reps   7 reps   88%1RME   0.30 m/s   2:00   8 reps   8 own 1 RME   0.40 m/s   1:00   8 reps   8 own 1 RME   0.40 m/s   1:00   8 reps   8 own 1 RME   0.40 m/s   1:00   8 reps   8 reps   8 own 1 RME   0.40 m/s   1:00   8 reps   8 reps   8 own 1 RME   0.40 m/s   1:00   8 reps   8 reps   9 own 1 reps   9 own 1 reps   1:00   9 reps   9 own 1 reps   1:00   9 reps   9 reps   9 own 1 reps   9 reps   9 reps   9 own 1 reps   9								
3 reps	Lightened Method Jumps with Bands							
3 reps	3 reps				00:00			
3 reps	3 reps				00:00			
3 reps	3 reps				00:00			
3 reps	3 reps							
Bound - Lateral 3 each leg.  6 reps 6 reps 6 reps 6 reps 6 reps Cover Body Strength Accessories  Deadlift with Bands kg 1 reps 88%1RME 0.30 m/s 2:00 kg 2 reps 80%1RME 0.40 m/s 1:00 kg 2 reps 80%1RME 0.40 m/s 1:00 kg 2 reps 80%1RME 0.40 m/s 1:00 kg 2 reps 80%1RME 0.40 m/s 1:00 kg 2 reps 80%1RME 0.40 m/s 1:00 kg 2 reps 80%1RME 0.40 m/s 1:00 kg 5 reps 80%1RME 0.40 m/s 1:00 kg 7 reps 80%1RME 0.40 m/s 1:00 kg 8 90%Difficulty 40 cm 1:00 kg 8 5 reps* 90%Difficulty 40 cm 1:00 kg 8 5 reps* 90%Difficulty 40 cm 1:00 kg 8 5 reps* 95%Difficulty 40 cm 1:00	3 reps				00:00			
3 each leg. 6 reps 6 reps 6 reps 6 reps 6 reps 6 reps Coreps 6 reps 6 reps Coreps 6 reps Coreps 3 reps				00:00				
6 reps 6 reps 6 reps 6 reps 6 reps Cover Body Strength Accessories  Deadlift with Bands  kg 1 reps 88%1RME 0.30 m/s 2:00  kg 2 reps 80%1RME 0.40 m/s 1:00  Step Up - Dumbbell  kg * 5 reps* 90%Difficulty 40 cm 1:00  kg * 5 reps* 90%Difficulty 40 cm 1:00  kg * 5 reps* 95%Difficulty 40 cm 1:00		eral						
6 reps 6 reps 6 reps Cover Body Strength Accessories  Deadlift with Bands  kg 1 reps 88%1RME 0.30 m/s 2:00  kg 2 reps 80%1RME 0.40 m/s 1:00  kg 5 reps 80%1RME 0.40 m/s 1:00  kg 7 5 reps 90%Difficulty 40 cm 1:00  kg 8 5 reps 90%Difficulty 40 cm 1:00  kg 8 5 reps 90%Difficulty 40 cm 1:00  kg 8 5 reps 95%Difficulty 40 cm 1:00	6 reps							
6 reps 6 reps Coreps Coreps Lower Body Strength Accessories  Deadlift with Bands  kg	6 reps							
6 reps 6 reps Lower Body Strength Accessories  Deadlift with Bands  kg	6 reps							
6 reps           Lower Body Strength Accessories           Deadlift with Bands           kg         1 reps         88%1RME         0.30 m/s         2:00           kg         2 reps         80%1RME         0.40 m/s         1:00           Step Up - Dumbbell         kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         95%Difficulty         40 cm         1:00	6 reps							
Lower Body Strength Accessories           Deadlift with Bands         88%1RME         0.30 m/s         2:00           kg         1 reps         88%1RME         0.40 m/s         1:00           kg         2 reps         80%1RME         0.40 m/s         1:00           Step Up - Dumbbell         kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         95%Difficulty         40 cm         1:00	6 reps							
Deadlift with Bands           kg         1 reps         88%1RME         0.30 m/s         2:00           kg         2 reps         80%1RME         0.40 m/s         1:00           Step Up - Dumbbell           kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         95%Difficulty         40 cm         1:00	6 reps							
kg         1 reps         88%1RME         0.30 m/s         2:00           kg         2 reps         80%1RME         0.40 m/s         1:00           Step Up - Dumbbell         kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         95%Difficulty         40 cm         1:00	Lower Body	Strength Acc	essories					
kg         2 reps         80%1RME         0.40 m/s         1:00           kg         2 reps         80%1RME         0.40 m/s         1:00           kg         2 reps         80%1RME         0.40 m/s         1:00           kg         2 reps         80%1RME         0.40 m/s         1:00           Step Up - Dumbbell           kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         95%Difficulty         40 cm         1:00	Deadlift with	Bands						
kg         2 reps         80%1RME         0.40 m/s         1:00           kg         2 reps         80%1RME         0.40 m/s         1:00           kg         2 reps         80%1RME         0.40 m/s         1:00           Step Up - Dumbbell           kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         90%Difficulty         40 cm         1:00           kg*         5 reps*         95%Difficulty         40 cm         1:00	kg	1 reps	88%1RME	0.30 m/s	2:00			
kg         2 reps         80%1RME         0.40 m/s         1:00           kg         2 reps         80%1RME         0.40 m/s         1:00           Step Up - Dumbbell           kg *         5 reps*         90%Difficulty         40 cm         1:00           kg *         5 reps*         90%Difficulty         40 cm         1:00           kg *         5 reps*         95%Difficulty         40 cm         1:00	kg	2 reps	80%1RME	0.40 m/s	1:00			
kg         2 reps         80%1RME         0.40 m/s         1:00           Step Up - Dumbbell           kg *         5 reps*         90%Difficulty         40 cm         1:00           kg *         5 reps*         90%Difficulty         40 cm         1:00           kg *         5 reps*         95%Difficulty         40 cm         1:00	kg	2 reps	80%1RME	0.40 m/s	1:00			
Step Up - Dumbbell           kg *         5 reps*         90%Difficulty         40 cm         1:00           kg *         5 reps*         90%Difficulty         40 cm         1:00           kg *         5 reps*         95%Difficulty         40 cm         1:00	kg	2 reps	80%1RME	0.40 m/s	1:00			
kg *         5 reps*         90%Difficulty         40 cm         1:00           kg *         5 reps*         90%Difficulty         40 cm         1:00           kg *         5 reps*         95%Difficulty         40 cm         1:00	kg	2 reps	80%1RME	0.40 m/s	1:00			
kg *         5 reps*         90%Difficulty         40 cm         1:00           kg *         5 reps*         95%Difficulty         40 cm         1:00		umbbell						
kg *         5 reps*         90%Difficulty         40 cm         1:00           kg *         5 reps*         95%Difficulty         40 cm         1:00	kg *	5 reps*	90%Difficulty	40 cm	1:00			
1 1 1	kg *	5 reps*	90%Difficulty	40 cm	1:00			
Barball Hip Thrusts Back Floyated on Banch								
Baibeil Filip Thiusis Back Lievated on Bench								
kg 8 reps 90%Difficulty 00:00	kg	8 reps	90%Difficulty		00:00			
	kg	8 reps	95%Difficulty		00:00			
kg 8 reps 95%Difficulty 00:00	kg	8 reps	100%Difficulty		00:00			



Day 4				
Max Speed & Upper High Velocity Power				
Linear Spec	ed Warm Up F	Realization/Pe	ak wk4	
	- Continuous ateral, 20 seconds	right leg, 20 secor	nds left leg, and fir	ish 20 seconds
1:20			I	00:00
Unilateral S	tanding Hip A	hduction		
8 reps*	00:00	I	1	
<del></del>	te - to Inverte	d Hametring	<u> </u>	
13.72 m	T	I	1	1
13.72 m				-
Knee Hug t	o Lunge			
13.72 m	T	T	T	T
	Moving For	ord	l	<u> </u>
13.72 m	- Moving Ford	varu T	1	ı
	<u> </u>	<u> </u>		<u> </u>
Side Lunge	Warm Up	_	T	r
8 reps*				
Ankle Boun	d			
15 m				00:00
15 m		<u> </u>	<u> </u>	00:00
Pillar Skip -	Linear			
10 m				
10 m				
Pop/Float S	skip - Horizont	al		
10 m				
10 m				
1	nd - Continuou t bounding with a	JS focus on distance	and short ground	contact time.
15 m				00:00
15 m				00:00
Sprinting				
00:00	27.43 m	7 RPE		2:00
00:00	27.43 m	8 RPE		2:00
00:00	36.58 m	8 RPE		2:00
00:00	36.58 m	9 RPE		2:00
R	36.58 m	10 RPE		2:00
R	36.58 m	10 RPE		2:00



Cleans - Barbell   kg	Athletic Power					
kg						
kg 1 reps 88%1RME 8 RPE 2:00 kg 1 reps 93%1RME 9 RPE 2:00 kg 1 reps 97%1RME 9.5 RPE 2:00 0 kg 1 reps R%1RME 10 RPE 2:00  Dynamic Hip Flexor Force Absorption kg 10 reps* 50%Difficulty kg 10 reps* 50%Difficulty kg 10 reps* 50%Difficulty kg 10 reps* 50%Difficulty kg 10 reps* 50%Difficulty  Reg 10 reps* 50%Difficulty Reg 10 reps* 50%Difficulty Reg 10 reps* 50%Difficulty Reg 10 reps* 50%Difficulty Reg 10 reps* 50%Difficulty Reg 10 reps* 50%Difficulty Reg 10 reps* 50%Difficulty Reg 10 reps* 50%Difficulty Reg 10 reps* 65%1RME 0.60 m/s 00:00 Reg 5 reps			83%1RMF	7 RPF	2:00	
kg         1 reps         93%1RME         9 RPE         2:00           kg         1 reps         97%1RME         9.5 RPE         2:00           0 kg         1 reps         R%1RME         10 RPE         2:00           Dynamic Hip Flexor Force Absorption           kg         10 reps*         50%Difficulty         4           Upper Body Strength           Closegrip Bench with Bands           kg         1 reps         85%1RME         0.34 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00     <						
Ng		•		-		
Dig				-		
Dynamic Hip Flexor Force Absorption  kg						
kg         10 reps*         50%Difficulty           kg         10 reps*         50%Difficulty           kg         10 reps*         50%Difficulty           kg         10 reps*         50%Difficulty           kg         10 reps*         50%Difficulty           Upper Body Strength           CL           Closegrip Bench with Bands           kg         1 reps         85%1RME         0.34 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           Med Ball Partner Rotational Throws           9.07 kg         5 reps*         9.07 kg         5 reps*         9.07 kg         5 reps*           9.07 kg         5 reps*         9.07 kg         5 reps*         9.07 kg         5 reps*			e Absorption			
kg         10 reps*         50%Difficulty           kg         10 reps*         50%Difficulty           kg         10 reps*         50%Difficulty           kg         10 reps*         50%Difficulty           Upper Body Strength           Closegrip Bench with Bands           kg         1 reps         85%1RME         0.34 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           Med Ball Partner Rotational Throws           9.07 kg         5 reps*         9.07 kg         5 reps*         9.07 kg         5 reps*           9.07 kg         5 reps*         9.07 kg         5 reps*         9.07 kg         5 reps*           9.07 kg         5 reps*         9.07 kg         5 reps*         9.07 kg         10						
kg         10 reps*         50%Difficulty           kg         10 reps*         50%Difficulty           kg         10 reps*         50%Difficulty           Upper Body Strength           Closegrip Bench with Bands           kg         1 reps         85%1RME         0.34 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           kg         5 reps         65%1RME         0.60 m/s         00:00           Med Ball Partner Rotational Throws           9.07 kg         5 reps*         9.07 kg         5 reps*			,			
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