

Week 1				
Accelerati	on & Lower F	RFD Hypertrop	phy	
Dynamic \	Warm Up and	Acceleration		
Walking L	unges			
10 reps*				
Unilateral	Standing Hip	Abduction		
8 reps*	00:00			
Side Lung	e Warm Up	-		
8 reps*				
Forward L	unge, Elbow	to Instep - Cr	awling	
8 reps*				
Hip Mobili	zation - Quad	Iruped Tubing	g (Anterior to	o Posterior)
00:30				
MQ - Hip	IR			
3 reps*	00:30			
3 reps*	00:30			
Pillar Skip	- Linear		•	
10 m				
10 m				
Power Ski	ip - Vertical			
10 m				
10 m				
	und - Counter sets of 2 stabilizat		o Stabilize	
4 reps*				00:00
4 reps*				00:00
4 reps*				00:00
	Down Position h 10 yd and decel			
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 need to do th		orkout now becaus	se to get really g	good 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

Week 2			
Accelerati	ion & Lower R	FD Hypertrophy	
Dynamic V	Warm Up and	Acceleration	
Walking L	unges		
10 reps*			
Unilateral	Standing Hip	Abduction	•
8 reps*	00:00		
Side Lung	je Warm Up		
8 reps*			
Forward L	unge, Elbow	to Instep - Crawling	<u>י</u>
8 reps*			<u>,</u>
Hip Mobili	ization - Quad	Iruped Tubing (Ante	erior to Posterior)
00:30			,
MQ - Hip	IR	•	
3 reps*	00:30		
3 reps*	00:30		
Pillar Skip	- Linear	•	
10 m			
10 m			
Power Sk	ip - Vertical		
10 m			
10 m			
	und - Counter sets of 2 stabilizat	movement to Stabi	lize
4 reps*			00:00
4 reps*			00:00
4 reps*			00:00
		on to Deceleration erate at 15yd promptly.	
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 need to do th		rkout now because to get	really good 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

Dynamic V	Varm Up and	Acceleration	
Walking Lu			
10 reps*			
	 Standing Hip	Abduction	
8 reps*			
•			
-	e Warm Up	- I - I	
8 reps*			
	unge, Elbow	to Instep - Crawlin	g
8 reps*			
	zation - Quac	Iruped Tubing (Ant	erior to Posterior)
00:30			
MQ - Hip I	R		
3 reps*	00:30		
3 reps*	00:30		
Pillar Skip	- Linear		
10 m			
10 m			
Power Ski	p - Vertical		
10 m			
10 m			
		movement to Stab	oilize
	ets of 2 stabilizat	ions per leg.	
4 reps*			00:00
4 reps*			00:00
4 reps*			00:00
		on to Deceleration	
	_	erate at 15yd promptly.	
00:00	13.72 m 13.72 m	9 RPE 9 RPE	
00:00	13.72 m 13.72 m	9 RPE	
	10.72111		
Sprinting	to sprint oach wa	rkout now because to a	et really good at something yo
need to do that		nicou now because to ge	a really good at something yo
10 m			2:00
10 m			2:00
Power Dev	velopment		C

kg	3 reps	80%1RME	7 RPE	
kg	3 reps	80%1RME	7 RPE	
kg	3 reps	80%1RME	7 RPE	

Andy's Power and Strength Program

BRIDGE

Hang Cle	an			
0		es. However, I am th	inking that it's b	est for you to use
		vorking on learning t		
kg	3 reps	80%1RME	7 RPE	
kg	3 reps	80%1RME	7 RPE	
kg	3 reps	80%1RME	7 RPE	
kg	3 reps	80%1RME	7 RPE	
Seated B	ox jumps	-		-
5 reps	91.44 cm	0 W		
5 reps	91.44 cm	0 W		
5 reps	91.44 cm	0 W		
5 reps	91.44 cm	0 W		
Strength	Hypertrophy a	nd Rotational P	ower	
			01101	
•	at - Barbell	a/: 1/0 = 0 /		
Work up to a maximum ve	10RM at 8RPE/68 locity.	%ish/0.73m/s and th	nen subtract 109	% for 2x10 at
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	0.73 m/s	1:30
kg	10 reps	58%1RME	0.87 m/s	1:30
Ŭ				
	1	cular Rotational	-	leeling
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	
Knee Hea	alth for Speed			47
Single Le	g Squat - Cou	nterbalance		
kg	6 reps	85%Difficulty		1:00
kg	6 reps	85%Difficulty		1:00
kg	6 reps	85%Difficulty		1:00
nordic leg		<u>.</u> .		•
		ting the weight adde	d from your owi	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
<u> </u>	·		-	1.00
	engthening Se	ries for Sprintir a 5 or 10lb plate.	g	
8 reps*				
8 reps*				
01003				

kg	3 reps	vorking on learning 85%1RME	8 RPE	<u> </u>
kg	3 reps	85%1RME	8 RPE	
kg	3 reps	85%1RME	8 RPE	-
kg	3 reps	85%1RME	8 RPE	
Seated B				
5 reps	91.44 cm	0 W		
5 reps	91.44 cm	0 W		-
5 reps	91.44 cm	0 W		
5 reps	91.44 cm	0 W		
Strength I	Hypertrophy a	nd Rotational F	Power	C
Back Sou	at - Barbell			
	10RM at 9RPE/70	%ish/0.7m/s and th	en subtract 10%	for 2x10 at
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
Medicine	Ball Perpendic	cular Rotationa	l Throw - Kn	eeling
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	
Knee Hea	alth for Speed			(
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		ting the weight add	ed from your ow	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
	engthening Se	ries for Sprintin a 5 or 10lb plate.	ng	
8 reps*	1			
8 reps*				

	ox jumps		-	
3 reps	Rm	0 W		
3 reps	Rm	0 W		
3 reps	Rm	0 W		
Strength I	Hypertrophy a	and Rotational P	ower	C
Back Sou	at - Barbell			
3x10 at 57.59				
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 Perpendi	icular Rotational	Throw - Kn	eeling
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
Cinala I a	a Sauat - Cou	Interbalance		
Single Le			1	1:00
	6 reps	75%Difficulty		1.00
kg		75%Difficulty 75%Difficulty		1:00
kg kg	6 reps			
kg kg	6 reps 6 reps 6 reps	75%Difficulty		1:00
kg kg kg nordic leg	6 reps 6 reps 6 reps curls	75%Difficulty	d from your owr	1:00 1:00
<g <g nordic leg The weight if</g </g 	6 reps 6 reps 6 reps curls	75%Difficulty 75%Difficulty	d from your owr	1:00 1:00
kg kg nordic leg The weight if kg	6 reps 6 reps 6 reps curls figured by subtrac	75%Difficulty 75%Difficulty cting the weight adde	,	1:00 1:00
kg kg nordic leg The weight if kg kg	6 reps 6 reps 6 reps curls figured by subtrace 6 reps	75%Difficulty 75%Difficulty cting the weight adde 85%Difficulty	8 RPE	1:00 1:00 body weight. 1:00
kg kg nordic leg The weight if kg kg kg	6 reps 6 reps 6 reps figured by subtract 6 reps	75%Difficulty 75%Difficulty cting the weight adde 85%Difficulty 85%Difficulty	8 RPE 8 RPE 8 RPE	1:00 1:00 body weight. 1:00 1:00
<g <g nordic leg The weight if <g <g <g Ankle Stre</g </g </g </g </g 	6 reps 6 reps 6 reps 1 curls figured by subtract 6 reps 6 reps 6 reps 6 reps 9 ceps 9	75%Difficulty 75%Difficulty cting the weight adde 85%Difficulty 85%Difficulty 85%Difficulty	8 RPE 8 RPE 8 RPE	1:00 1:00 body weight. 1:00 1:00
kg kg nordic leg The weight if kg kg kg Ankle Stre	6 reps 6 reps 6 reps 1 curls figured by subtract 6 reps 6 reps 6 reps 6 reps 9 ceps 9	75%Difficulty 75%Difficulty cting the weight adde 85%Difficulty 85%Difficulty 85%Difficulty eries for Sprintin	8 RPE 8 RPE 8 RPE	1:00 1:00 body weight. 1:00 1:00



Week 4			
Accelerati	on & Lower F	RFD Hypertrophy	
Dynamic V	Warm Up and	Acceleration	
Walking L	unges		
10 reps*			
Unilateral	Standing Hip	Abduction	
8 reps*	00:00		
Side Lung	e Warm Up		
8 reps*			
Forward L	unge, Elbow	to Instep - Crawlin	q
8 reps*			<u> </u>
Hip Mobili	zation - Quad	Iruped Tubing (Ant	erior to Posterior)
00:30			/
MQ - Hip	IR		
3 reps*	00:30		
3 reps*	00:30		
Pillar Skip	- Linear	-	•
10 m			
10 m			
Power Sk	ip - Vertical	•	•
10 m			
10 m			
	und - Counter sets of 2 stabilizat	rmovement to Stab ions per leg.	bilize
4 reps*			00:00
4 reps*			00:00
4 reps*			00:00
	h 10 yd and decel	on to Deceleration erate at 15yd promptly.	
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 need to do th		orkout now because to ge	et really good at 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	2:00

Hang Cle Just keep th		es. However, I am th	inking that it's b	est for vou to use
		working on learning t		
kg	2 reps	85%1RME	8 RPE	
kg	1 reps	90%1RME	8 RPE	
kg	2 reps	85%1RME	8 RPE	
kg	1 reps	90%1RME	8 RPE	
0 kg	1 reps	R%1RME	9 RPE	
Seated B	lox jumps			
3 reps	91.44 cm	0 W		
3 reps	R cm	0 W		
3 reps	R cm	0 W		
Strength	Hypertrophy a	nd Rotational P	ower	C)
	uat - Barbell at 10 RPE/74%ish/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	0.63 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
Medicine	Ball Perpendic	cular Rotational	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*		2:00	
Speed Kr	nee Health		-	د ې
	eg Squat - Cou	nterbalance		· · · · · · · · · · · · · · · · · · ·
kg	6 reps	90%Difficulty	1	1:00
kg	6 reps	90%Difficulty		1:00
kg	6 reps	95%Difficulty		1:00
-		3576Difficulty		1.00
nordic leo				
Work to an 8		ting the weight adde	d from your owr	n body weight.
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
0		,		1
	engthening Se	eries for Sprintin a 5 or 10lb plate.	iy	
8 reps*				
8 reps*				



Week 1							Week 3							
Athlete S	pecific Hypertro	phy & COD			Athlete Sp	ecific Hypertro	ophy & COD			Athlete Spe	ecific Hypertro	phy & COD		
Dynamic	Warm Up, Rota	ation, and CO	D		Dynamic V	/arm Up, Rota	ation, and COI	D		Dynamic W	/arm Up, Rota	tion, and COE)	
Jump Ro	pe - Continuous	6			Jump Rope	e - Continuous	6			Jump Rope	- Continuous			
	pilateral, 15 seconds	right leg, 15 seco	onds left leg, and fir	nish 15 seconds		ateral, 15 seconds	s right leg, 15 seco	nds left leg, and fi	inish 15 seconds		ateral, 15 seconds	right leg, 15 secor	nds left leg, and fir	nish 15 seconds
both legs.	-1	T	1	00:00	both legs.	-	1	T	00:00	both legs.	1	1	r	00.00
1:00				00:00	1:00				00:00	1:00	-			00:00
Prone Arr	n Arc e of keys: keep the n	ook roloved with	our forebood roots	d on the ground	Prone Arm		neck relaxed with y	our forebood root	ad on the ground	Prone Arm		eck relaxed with yo	our foreboad roote	d on the ground
	ent should be slow a		our lorenead reste	a on the ground.		t should be slow a		our iorenead rest	ed on the ground.		should be slow ar		our iorenead reste	a on the ground.
8 reps					8 reps					8 reps				
Walking L	unges				Walking Lu	inges				Walking Lu	nges			
10 reps*					10 reps*					10 reps*			1	
This one is to performed w	umbbell (goble o focus on stability w ith the same techniq , vertical torso, neutr	, hile emphasizing ue as a squat: fee	et shoulder width, k		This one is to performed with	the same techniq	t) while emphasizing ue as a squat: fee ral spine, and eyes	t shoulder width, k		This one is to for performed with	the same technique) hile emphasizing n ue as a squat: feet al spine, and eyes	shoulder width, ki	
kg	1 reps	85%Difficulty	00:30	1:30	kg	1 reps	90%Difficulty	00:30	1:30	kg	1 reps	85%Difficulty	00:20	1:30
	h, Squat, and F mechanics with all n		nd controlled.		Toe Touch, Squat, and Reach (Box) Same squat mechanics with all movements slow and controlled.			Toe Touch, Squat, and Reach (Box) Same squat mechanics with all movements slow and controlled.						
5 reps					5 reps					5 reps				
Lateral Lu	inge				Lateral Lur	nge				Lateral Lun	ge			
8 reps*					8 reps*					8 reps*				
Worlds B	est Hip IR Stret	ch			Worlds Be	st Hip IR Stret	ch			Worlds Bes	t Hip IR Stret	ch		
5 reps*	00:45				5 reps*	00:45				5 reps*	00:45			
	ivation Side Pla ide with a 5 sec hold						ank Clam She d each rep for two					nk Clam Shell each rep for two s		
6 reps*	00:30				6 reps*	00:30				6 reps*	00:30			
6 reps*	00:30				6 reps*	00:30				6 reps*	00:30			
Here's a maj an isometric	t Half Kneeling or key: I want the ba hold for your calf. I w 25 second Isometric	II of your foot on a video t	a plate with your he to show more clear		Here's a major an isometric h	key: I want the ba old for your calf. I v second Isometric	Front Heel Ho all of your foot on a will make a video to hold ea set on ea	o plate with your he		Here's a major an isometric ho	key: I want the ba Id for your calf. I w second Isometric	Front Heel Ho Il of your foot on a /ill make a video to hold ea set on ea s	plate with your he show more clear	
3 reps*	00:25				3 reps*	00:25				3 reps*	00:25			
3 reps*	00:25				3 reps*	00:25				3 reps*	00:25			
Medial Hop Hop Bound - Quick/Stabilize Over Hurdle Reps refers to the amount of hurdles with each set going over the hurdles down and back as in the video. Start on the opposite side each set.			Medial Hop Hop Bound - Quick/Stabilize Over Hurdle Reps refers to the amount of hurdles with each set going over the hurdles down and back as in the video. Start on the opposite side each set.			Reps refers to	the amount of huro	Quick/Stabiliz	going over the hur					
4 reps*					4 reps*					4 reps*				
4 reps*					4 reps*				<u> </u>	4 reps*				
4 reps*					4 reps*				┨───┤	3 Hurdle Dr	ill to 8yd Acce	eleration		
4 reps*					4 reps*					1 reps*	7.32 m			
										1 reps*	7.32 m			
										1 reps*	7.32 m			

3 Hurdle D	Fill to 8yd Acce	eleration		
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
Posture Su	upporting Stren	igth	-	-
	Squat - Barbel		d to do a few of m	y 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 Hi	ip Flexion for S	printing		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strength for	or High Velocity	/ Force		C 12
reps as possil	5RM at 8 RPE/80%/ ole (AMRAP) leaving h the three sets price	g 1-2 reps in the ta	ink. I want the exp	
kg	10 reps	63%1RME	0.63 m/s	00:00
0 kg	10 reps	R%1RME	0.55 m/s	00:00
kg	10 reps	58%1RME	0.67 m/s	00:00
kg	10 reps	58%1RME	0.67 m/s	00:00
Ws (TRX)				
10 reps				00:00
10 reps				00:00
10 reps				00:00
10 reps				00:00
Hypertroph	hy for Symmetr	у		C)
Tricep Ext	ension - Dip			
8 reps				00:00
8 reps				00:00
R reps				00:00
Bent Over	Row - Barbell			
kg	8 reps	85%Difficulty	8 RPE	
kg	8 reps	85%Difficulty	8 RPE	
kg	8 reps	85%Difficulty	8 RPE	
	ow - Kettlebell	t.		
kg	8 reps	85%Difficulty		2:00
kg	8 reps	85%Difficulty		2:00
kg	8 reps	85%Difficulty		2:00

3 Hurdle Dri	II to 8yd Acce	leration		
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		
	quat - 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		¢7
Bench Pres	s - Barbell			
	RM at 9 RPE/70%	o/0.53m/s, and the	n subtract 10% for	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 Symmetry	у		¢)
Tricep Exter	nsion - Dip			
8 reps				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	
Upright Row Descent is slow	I - 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

٨g	3 reps	80%Difficulty	7 RPE	1:00
<u>g</u>	3 reps	80%Difficulty	7 RPE	1:00
<u>g</u>	3 reps	80%Difficulty	7 RPE	1:00
-	lip Flexion for	Sprinting		
kġ	8 reps*	50%Difficulty		
<u>g</u>	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strength f	or High Velo	city Force		
Bench Pr	ess - Barbell			
kg	10 reps	60%1RME	0.65 m/s	00:00
kg	10 reps	60%1RME	0.65 m/s	00:00
٨g	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



Week 4 Athlete Specific Hypertrophy & COD Dynamic Warm Up, Rotation, and COD Jump Rope - Continuous 15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs. 1:00 00:00 Prone Arm Arc Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled. 8 reps Walking Lunges 10 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. 95%Difficulty 00:30 kg 1 reps 1:30 Toe Touch, Squat, and Reach (Box) Same squat mechanics with all movements slow and controlled. 5 reps Lateral Lunge 8 reps* Worlds Best Hip IR Stretch 5 reps* 00:45 Glute Activation Side Plank Clam Shells six reps ea side with a 5 sec hold each rep for two sets. 6 reps' 00:30 00:30 6 reps* 2 Inch Lift Half Kneeling Front Heel Hovering Here's a major key: I want the ball of your foot on a plate with your heel off making this an isometric hold for your calf. I will make a video to show more clearly. 3 reps of the lift and then 25 second Isometric hold ea set on ea side. 00:25 3 reps' 3 reps* 00:25 Medial Hop Hop Bound - Quick/Stabilize Over Hurdle Reps refers to the amount of hurdles with each set going over the hurdles down and back as in the video. Start on the opposite side each set. 4 reps' 4 reps* 4 reps' 4 reps*



3 Hurdle D	Drill to 8yd Acce	eleration		
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
Posture S	upporting Strer	igth		
Overhead	Squat - Barbel	I		
Of course I want the course I was been been been been been been been bee	ant these as low as to a 5RM.	possible. I will nee	d to do a few of m	y own videos.
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 H	ip Flexion for S		-	-
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strength for	or High Velocity	/ Force		C
Bench Pre	ess - Barbell			
	10RM at 10 RPE/73	%/0.49m/s, and th	en subtract 10% f	or 2x10 max
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
10 reps				00:00
10 reps				00:00
10 reps				00:00
Hypertrop	hy for Symmetr	у		с ; р
Tricep Ext	ension - Dip			
8 reps				00:00
8 reps				00:00
R reps				00:00
	Row - Barbell			
kg	8 reps	90%Difficulty	9 RPE	
kg	8 reps	95%Difficulty	9.5 RPE	
0 kg	8 reps	R%Difficulty	10 RPE	
	ow - Kettlebell	t.	-	-
kg	8 reps	85%Difficulty		2:00
kg	8 reps	90%Difficulty		2:00
kg	8 reps	95%Difficulty		2:00



Week 1				
Athletic Sp	eed Dev & L	ower High Ve	locity Streng	jth
Dynamic W	/arm Up and	Speed Devel	opment	
Standing U	nilateral Hip	Extension		
8 reps*	00:00			
Side Lunge	e Warm Up			
8 reps*				
Hip Mobiliz	ation - Quad	Iruped Tubing	(Anterior to	Posterior)
00:30				,
Forward Lu	inge, Elbow	to Instep - Cra	awling	
8 reps*	T		T	
MQ - Hip IF	 २			•
3 reps*	00:30			
3 reps*	00:30			
Ankle Bour	nd			
13.72 m				00:00
13.72 m				00:00
Pillar Skip	- Linear		•	•
10 m				
10 m				
	to the bilateral (b	Ball (Goblet) both legs) jumps in	the beginning.	The goal is to not let
5 reps	10 m			
5 reps	10 m			
5 reps	10 m			
	nd - Continu st bounding with	OUS a focus on distand	e and short grou	und contact time.
15 m				00:00
15 m				00:00
Acceleratio	n Run - Sleo	Resisted (W	aist)	
11.34 kg	13.72 m	8 RPE		
11.34 kg	13.72 m	9 RPE		
11.34 kg	13.72 m	10 RPE		
Sprinting We are going t need to do that		rkout now becaus	e to get really go	ood at something you
00:00	13.72 m	9 RPE		2:00
00:00	13.72 m	9.5 RPE		2:00
00:00	13.72 m	10 RPE		2:00

Week 2					
Athletic Spe	ed Dev & Lo	wer High Vel	ocity Strength		
Athletic Speed Dev & Lower High Velocity Strength Dynamic Warm Up and Speed Development Standing Unilateral Hip Extension 8 reps* 00:00 Side Lunge Warm Up 8 reps* Hip Mobilization - Quadruped Tubing (Anterior to Posterior)					
Standing Ur	nilateral Hip E	Extension			
8 reps*	00:00				
Side Lunge	Warm Up				
Hip Mobiliza	ation - Quadri	uped Tubing	(Anterior to Po	sterior)	
00:30				,	
Forward Lui	nge, Elbow to	nstep - Cra	wling		
8 reps*					
MQ - Hip IR					
3 reps*	00:30				
3 reps*	00:30				
Ankle Boun	d				
13.72 m		1		00:00	
13.72 m				00:00	
Pillar Skip -	Linear		-		
10 m					
10 m					
			the beginning. The	goal is to not let	
5 reps	15 m				
5 reps	15 m				
5 reps	15 m				
	nd - Continuo t bounding with a		e and short ground	contact time.	
20 m				00:00	
20 m				00:00	
Acceleration	n Run - Sled	Resisted (Wa	aist)		
11.34 kg	13.72 m	8 RPE			
11.34 kg	13.72 m	9 RPE			
11.34 kg	13.72 m	10 RPE			
Sprinting We are going to need to do that		out now because	e to get really good	at something you	
13.72 m	9 RPE			2:00	
13.72 m	9.5 RPE			2:00	
13.72 m	10 RPE			2:00	

		ower High Velocity	
Dynamic \	Varm Up and	Speed Developme	ent
Standing I	Jnilateral Hip	Extension	
8 reps*	00:00		
Side Lung	e Warm Up		
8 reps*			
Hip Mobili	zation - Quad	druped Tubing (Ante	erior to Posterior)
00:30			
Forward I	unge Elbow	to Instep - Crawling	
8 reps*			,
	P		1
MQ - Hip 3 reps*	00:30	- I	
3 reps*	00:30	+ +	
Ankle Bou		I	<u> </u>
13.72 m			00:00
13.72 m	_		00:00
-	1		00.00
Pillar Skip	- Linear		
10 m 10 m			
The reps refe		Ball (Goblet) both legs) jumps in the be	ginning. The goal is to not le
5 reps	10 m		
5 reps	10 m		
5 reps	10 m		
	und - Continu ust bounding with		short ground contact time.
15 m			00:00
			00:00
15 m			
-	on Run - Slee	d Resisted (Waist)	-
-	on Run - Slee 9.14 m	d Resisted (Waist) 8 RPE	
Accelerati			
Accelerati 11.34 kg	9.14 m	8 RPE	
Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting	9.14 m 9.14 m 9.14 m to sprint each wo	8 RPE 9 RPE 10 RPE	really good at something ye
Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting We are going	9.14 m 9.14 m 9.14 m to sprint each wo	8 RPE 9 RPE 10 RPE	really good at something yo
Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting We are going need to do th	9.14 m 9.14 m 9.14 m to sprint each we at thing.	8 RPE 9 RPE 10 RPE	

BRIDGE

Power Dev	elopment			
Hang Powe	er Clean Hip			
	ative exercise but p	ractice Clean from	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 w/	Pause		
18.14 kg *	3 reps	1		
18.14 kg *	3 reps			
18.14 kg *	3 reps			
Strength fo	r High Velocity	/ Force		C
Front Squa	t - Barbell			
	1 at 9RPE/82.5%/0.	47m/s and then -1	0% 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 I	Method Jumps	with Bands	•	•
3 reps	1			00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Knee Healt	th for Speed			C
Split Squat	- Rear Foot E	levated 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	curls	•	•	•
	gured by subtractin	ig the weight adde	d from your own b	ody 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 Back	Elevated on E	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

Power Deve	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	quat Jump w/	Pause		
22.68 kg *	3 reps			
22.68 kg *	3 reps			
22.68 kg *	3 reps			
Strength for	r High Velocity	Force		c ta
Front Squa	t - Barbell			
	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 N	Nethod Jumps	with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Knee Healt	h for Speed		-	
Split Squat	- Rear Foot E	evated Dumb	bell	
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 c	urls	· · · · ·		•
	gured by subtractin	g 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
Barbell Hip	Thrusts Back	Elevated on E	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

	ative exercise bi	ut practice Clean from	Power Position	n.
(g	3 reps	80%1RME		2:00
g	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			
8.14 kg *	3 reps			
Strength fo	or High Veloo	city Force		
Front Saua	at - Barbell			
		f the velocity stays ab	ove .7m/s in the	e first 2-3 reps.
g	3 reps	65%1RME	0.75 m/s	2:00
g	3 reps	65%1RME	0.75 m/s	2:00
g	3 reps	65%1RME	0.75 m/s	2:00
ightened	Method Jum	ps with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
Knee Heal	th for Speed			
		Elevated Dumb	hell	
g *	6 reps*	80%Difficulty	7 RPE	1:00
<u>g</u> *	6 reps*	80%Difficulty	7 RPE	1:00
(g *	6 reps*	80%Difficulty	7 RPE	1:00
nordic leg	curls		•	
		cting the weight adde	d from your own	n body weight.
g	6 reps	80%Difficulty	7 RPE	1:00
g	6 reps	80%Difficulty	7 RPE	1:00
g	6 reps	80%Difficulty	7 RPE	1:00
Barbell Hip	Thrusts Ba	ck Elevated on E	Bench	
(g	10 reps	85%Difficulty	8 RPE	00:00
kg	10 reps	85%Difficulty	8 RPE	00:00
	10 reps	90%Difficulty	9 RPE	00:00



Week 4				
Athletic Spe	eed Dev & Lo	wer High Velo	city Strength	
Dynamic W	arm Up and	Speed Develo	pment	
Standing U	nilateral Hip I	Extension		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
Hip Mobiliz	ation - Quadr	uped Tubing (Anterior to Po	sterior)
00:30				
Forward Lu	inge, Elbow to	o Instep - Crav	vling	
8 reps*			_	
MQ - Hip IF	ł			
3 reps*	00:30			
3 reps*	00:30			
Ankle Bour	ld			
13.72 m				00:00
13.72 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
Pop, Float,	Skip - Med B	all (Goblet)		
The reps refer the heels touch		oth legs) jumps in th	ne beginning. The	goal is to not let
5 reps	15 m			
5 reps	15 m			
5 reps	15 m			
	nd - Continuo	US focus on distance	and short ground	contact time.
20 m	Ĵ		,	00:00
20 m				00:00
20 m				00:00
Acceleratio	n Run - Sled	Resisted (Wai	st)	•
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 to need to do that		kout now because t	o get really good a	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



D -

Power Deve	elopment			
Hang Power Use the Alternat	r Clean Hip tive exercise but p	ractice Clean from	Power Position.	
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 Se	quat Jump w/	Pause		
27.22 kg *	3 reps			
27.22 kg *	3 reps			
27.22 kg *	3 reps			
Strength for	High Velocity	Force		с;)
Front Squat	- Barbell at 9RPE/82.5%/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
Lightened N	lethod Jumps	with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Knee Health	n for Speed			
	- Rear Foot El	evated 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 ci	urls			
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
	Thrusts Back	Elevated on E	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

BRIDGE

Week 1					Week 2					Week 3				
Max Spee	ed & Upper Hig	h Velocity S	Strength		Max Spee	d & Upper Hig	gh Velocity Str	rength		Max Spee	d & Upper Hig	h Velocity Str	ength	
Dynamic V	Warm Up and	Speed Deve	elopment		Dynamic V	Varm Up and	Speed Develo	opment		Dynamic V	Varm Up and	Speed Develo	pment	
Jump Rop	pe - Continuou	S	econds left leg, and finis	sh 15 seconds	Jump Rop	e - Continuou	S		d finish 15 seconds	Jump Rop	e - Continuou			finish 15 seconds
1:00				00:00	1:00				00:00	1:00				00:00
Unilateral	Standing Hip	Abduction			Unilateral	Standing Hip	Abduction			Unilateral	Standing Hip	Abduction		
8 reps*	00:00				8 reps*	00:00				8 reps*	00:00			
Standing l	Unilateral Hip	Extension			Standing L	Jnilateral Hip	Extension			Standing L	Jnilateral Hip	Extension		-
8 reps*	00:00				8 reps*	00:00				8 reps*	00:00			
Side Luna	e Warm Up		•		Side Luna	e Warm Up	•			Side Luna	e Warm Up	•	•	•
8 reps*	,				8 reps*					8 reps*				
	etch - 90/90 reps at 30 sec ea	side				etch - 90/90 reps at 30 sec ea s	side	•	-		etch - 90/90 reps at 30 sec ea s	ide	•	1
6 reps*	00:30				6 reps*	00:30				6 reps*	00:30			
6 reps*	00:30				6 reps*	00:30				6 reps*	00:30			
90/90 Lift Two sets of 3		ng the internal ro	otation 10 seconds ea r	rep.	90/90 Lift (Two sets of 3		ing the internal rota	ation 10 seconds	s ea rep.	90/90 Lift (Two sets of 3		ng the internal rota	tion 10 seconds e	ea rep.
3 reps*	00:30				3 reps*	00:30				3 reps*	00:30			
3 reps*	00:30				3 reps*	00:30				3 reps*	00:30			
Knee Hug	ı to Lunge - wi	th Rotation			Knee Hug	to Lunge - wit	th Rotation			Knee Hug	to Lunge - wit	h Rotation		
13.72 m					13.72 m					13.72 m				
13.72 m					13.72 m					13.72 m				
Ankle Bou	und				Ankle Bou	nd				Ankle Bou	nd			
15 m				00:00	15 m				00:00	15 m				00:00
15 m				00:00	15 m				00:00	15 m				00:00
Pillar Skip	- Linear				Pillar Skip	- Linear				Pillar Skip	- Linear			
10 m					10 m					10 m				
10 m					10 m					10 m				
	und - Counter sets of 2 stabilizati		o Stabilize			and - Countern ets of 2 stabilization	movement to S	Stabilize			und - Countern sets of 2 stabilization	novement to S	Stabilize	
4 reps*				00:00	4 reps*				00:00	4 reps*				00:00
4 reps*				00:00	4 reps*				00:00	4 reps*				00:00
4 reps*				00:00	4 reps*				00:00	4 reps*				00:00
	und - Continue ust bounding with		nce and short ground co	ontact time.		Ind - Continuc Ist bounding with a	DUS a focus on distance	e and short grou	ind contact time.		und - Continuc ust bounding with a	DUS focus on distance	and short ground	d contact time.
15 m				00:00	20 m				00:00	15 m				00:00
15 m	1	1	1	00:00	20 m	1			00:00	15 m	1	1		00:00

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
Concurre	ent Power Dev	elopment		C‡
	sh Press + OH so you do 2 BHN F	Squat Push Presses + 1 OH	I Squat paused	3 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	
	know your 1RM, wo	ork to a 2RM at arour the clean from pov	ver position.	suggest 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
kg	5 reps	.37m/s, and then -10 78%1RME	0.44 m/s	00:00
kg	5 reps	78%1RME	0.44 m/s	00:00
0 kg	5 reps	R%1RME	0.34 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
Landmin	e 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	
kg	6 reps*	85%Difficulty	8 RPE	
Transmu	tation Giant Se	et 1 Upper		C‡
Work to a 5	d Press - Stan RM at 8RPE/80%/0 rep in the tank.).5m/s and then subtr	-	x repetitions
kg	5 reps	75%1RME	0.58 m/s	00:00
0 kg	5 reps	R%1RME	0.50 m/s	00:00
kg	R reps	70%1RME	0.65 m/s	00:00
Pull Up Use dumbbe -10% for ma		to load the pull up. w	ork to a 5RM at	a 9 RPE and then
kg	5 reps	78%1RME	8 RPE	1:30
	5 reps	R%1RME	9 RPE	1:30
0 kg	STeps		9 KFL	1.30

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 Develo	pment	47

Concurrent Power Development

BHN Push 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.

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 Stre	nath			c)

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 R	totational Pun	ch with Isome	etric	
kg	6 reps*	90%Difficulty	9 RPE	
kg	6 reps*	90%Difficulty	9 RPE	
kg	6 reps*	90%Difficulty	9 RPE	
Transmutati	on Giant Set	1 Upper		

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
Pull Up				

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

20 m	7 RPE			2:00
20 m	7 RPE			2:00
30 m	8 RPE			2:00
30 m	9 RPE			2:00
Concurr	ent Power Dev	elopment		
	ish Press + OH	•		
		Push Presses + 1 OH	Squat paused	3 sec in bottom.
kg	3 reps*	80%Difficulty	7 RPE	
kg	3 reps*	80%Difficulty	7 RPE	
kg	3 reps*	80%Difficulty	7 RPE	
Cleans	- Barbell			
		ve exercise and pract	ice the clean fro	om power positio
kg	2 reps	75%1RME		2:00
kg	2 reps	75%1RME		2:00
kg	2 reps	75%1RME		2:00
Athletic	Strength		-	·
-	ip Bench Press			
٨g	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
Landmir	ne 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	
Transm	utation Giant S	et 1 Upper		(
	ad Press - Star			
	the velocities stay	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
-	0 1000		0.00 11/0	00.00
Pull Up Use dumb	bells or hang plates	to load the pull up. W	ork to a 5RM or	n last 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
0	Curls - Barbell			
kg	10 reps	85%Difficulty		00:00
kg	10 reps	85%Difficulty		00:00
kg	10 reps	85%Difficulty		00:00
.	101003	1 00 /0D moulty		00.00

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

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



Standing Unila 8 reps* 00 Side Lunge Wi 8 reps* 00 Stride Stretch two sets of 6 reps a 6 reps* 00 6 reps* 00 90/90 Lift Offs Two sets of 3 reps 3 reps*	continuous I, 15 seconds Iding Hip A D:00 teral Hip E D:00 arm Up - 90/90 t 30 sec ea sid D:30 D:30 D:30 D:30	i right leg, 15 second bduction ixtension de g the internal rota	onds left leg, and fir	
15 seconds bilatera both legs. 1:00 Unilateral Star 8 reps* 00 Standing Unila 8 reps* 00 Side Lunge Wa 8 reps* 00 Side Lunge Wa 8 reps* 00 Stride Stretch two sets of 6 reps a 6 reps* 00 90/90 Lift Offs Two sets of 3 reps* 00 3 reps* 00 Knee Hug to L 13.72 m 13.72 m 13.72 m Ankle Bound 15 m	II, 15 seconds Iding Hip A D:00 teral Hip E D:00 arm Up - 90/90 It 30 sec ea sid D:30 D:30 D:30 D:30	right leg, 15 sectors		
both legs. 1:00 1:00 Unilateral Star 8 reps* 00 Standing Unila 8 reps* 00 Side Lunge W3 8 reps* 00 Side Lunge W3 8 reps* 00 Stride Stretch two sets of 6 reps a 6 reps* 00 90/90 Lift Offs Two sets of 3 reps* 00 3 reps* 00 Knee Hug to L 13.72 m 1 13.72 m 1 Ankle Bound 15 m	ading Hip A 2:00 teral Hip E 2:00 arm Up - 90/90 t 30 sec ea sid 0:30 0:30 0:30 0:30	g the internal rota		
1:00 Unilateral Star 8 reps* 00 Standing Unila 8 reps* 00 Side Lunge W3 8 reps* 00 Stride Stretch two sets of 6 reps a 6 reps* 00 90/90 Lift Offs 3 reps* 00 Ankle Bound 15 m	0:00 teral Hip E 0:00 arm Up - 90/90 t 30 sec ea sid 0:30 0:30 0:30 0:30	g the internal rota	I	
8 reps* 00 Standing Unila 8 reps* 00 Side Lunge Wa 8 reps* 00 8 reps* 00 00 8 reps* 00 00 8 reps* 00 00 8 reps* 00 00 90/90 Lift Offs 00 00 90/90 Lift Offs 00 00 3 reps* 00 00 3 reps* 00 00 13.72 m 13.72 m 13.72 m Ankle Bound 15 m 00	0:00 teral Hip E 0:00 arm Up - 90/90 t 30 sec ea sid 0:30 0:30 0:30 0:30	g the internal rota	ation 10 seconds ea	
8 reps* 00 Standing Unila 8 reps* 00 Side Lunge Wa 8 reps* 00 8 reps* 00 00 8 reps* 00 00 8 reps* 00 00 8 reps* 00 00 90/90 Lift Offs 00 00 90/90 Lift Offs 00 00 3 reps* 00 00 3 reps* 00 00 13.72 m 13.72 m 13.72 m Ankle Bound 15 m 00	0:00 teral Hip E 0:00 arm Up - 90/90 t 30 sec ea sid 0:30 0:30 0:30 0:30	g the internal rota	ation 10 seconds ea	
Standing Unila 8 reps* 00 Side Lunge Wa 8 reps* 00 Stride Stretch 00 two sets of 6 reps a 00 6 reps* 00 90/90 Lift Offs 00 3 reps* 00 3 reps* 00 13.72 m 13.72 m 13.72 m 13.72 m Ankle Bound 15 m	teral Hip E 0:00 arm Up - 90/90 t 30 sec ea sid 0:30 0:30 0:30 0:30 0:30	de g the internal rota	ation 10 seconds ea	rep.
8 reps* 00 Side Lunge Wa 8 reps* 8 reps* 00 5 tride Stretch 100 two sets of 6 reps a 00 6 reps* 00 90/90 Lift Offs 00 3 reps* 00 Ankle Bound 15 m	2:00 arm Up - 90/90 t 30 sec ea sid 2:30 2:30 2:30 2:30 2:30 2:30 2:30	de g the internal rota	ation 10 seconds ea	rep.
Side Lunge Wa 8 reps* Stride Stretch two sets of 6 reps a 6 reps* 00 6 reps* 00 90/90 Lift Offs 3 reps* 00 Ankle Bound 15 m	arm Up - 90/90 t 30 sec ea sid 0:30 0:30 0:30 0:30 0:30	g the internal rota	ation 10 seconds ea	rep.
8 reps* Stride Stretch two sets of 6 reps a 6 reps* 00 6 reps* 00 90/90 Lift Offs Two sets of 3 reps 00 3 reps* 00 3 reps* 00 13.72 m 13.72 m 13.72 m 13.72 m Ankle Bound 15 m	- 90/90 it 30 sec ea sid 0:30 0:30 ea side holdin 0:30 0:30	g the internal rota	ation 10 seconds ea	rep.
Stride Stretch two sets of 6 reps a 6 reps* 00 6 reps* 00 90/90 Lift Offs 00 3 reps* 00 3 reps* 00 Knee Hug to L 13.72 m 13.72 m 13.72 m Ankle Bound 15 m	at 30 sec ea sid 0:30 0:30 ea side holding 0:30 0:30	g the internal rota	ation 10 seconds ea	n rep.
two sets of 6 reps * 00 6 reps* 00 6 reps* 00 90/90 Lift Offs 00 3 reps* 00 3 reps* 00 3 reps* 00 13.72 m 13.72 m 13.72 m 13.72 m Ankle Bound 15 m	at 30 sec ea sid 0:30 0:30 ea side holding 0:30 0:30	g the internal rota	ation 10 seconds ea	a rep.
6 reps* 00 6 reps* 00 90/90 Lift Offs 00 3 reps* 00 3 reps* 00 3 reps* 00 13.72 m 13.72 m Ankle Bound 15 m	0:30 0:30 ea side holding 0:30 0:30	g the internal rota	ation 10 seconds ea	a rep.
6 reps* 00 90/90 Lift Offs Two sets of 3 reps 3 reps* 00 3 reps* 00 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.75 m 13.72 m	0:30 ea side holding 0:30 0:30		ation 10 seconds ea	a rep.
90/90 Lift Offs Two sets of 3 reps 3 reps* 00 3 reps* 00 Knee Hug to L 13.72 m 13.72 m Ankle Bound 15 m	ea side holding 0:30 0:30		ation 10 seconds ea	ı rep.
Two sets of 3 reps 00 3 reps* 00 3 reps* 00 Knee Hug to L 13.72 m 13.72 m 13.72 m Ankle Bound 15 m):30):30		ation 10 seconds ea	a rep.
3 reps* 00 Knee Hug to L 13.72 m 13.72 m 13.72 m Ankle Bound 15 m):30	Rotation		
Knee Hug to L 13.72 m 13.72 m Ankle Bound 15 m		n Rotation		
13.72 m 13.72 m Ankle Bound 15 m	unge - with	n Rotation		
13.72 m Ankle Bound 15 m				
Ankle Bound 15 m				
15 m				
-				
15 m				00:00
				00:00
Pillar Skip - Lir	near			
10 m				
10 m		_		
Linear Bound -	Counterm	novement to	Stabilize	
This is three sets of				
4 reps*				00:00
4 reps*				00:00
4 reps*				00:00

20 m		00:00
20 m		00:00
20 m		00:00

00:00	20 m	7 RPE		2:00
00:00	30 m	8 RPE		2:00
00:00	30 m	9 RPE		2:00
२	40 m	10 RPE		2:00
Concurr	ent Power Dev	elopment		C
BHN Pu	sh Press + OH		I Squat paused	3 sec in bottom.
٨g	3 reps*	85%Difficulty	8 RPE	
٨g	3 reps*	90%Difficulty	9 RPE	
٨g	3 reps*	95%Difficulty	9.5 RPE	
	Barbell t using the alternati	ve exercise and pract		om power positior
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	Strength			C
	p Bench Press 5RM/87%/10RPE/0 5 reps	3 .3m/s, and then -10% 82%1RME	for 2x5.	00:00
vy D kg	5 reps	R%1RME	0.30 m/s	00:00
kg	5 reps	75%1RME	0.45 m/s	00:00
vg kg	5 reps	75%1RME	0.45 m/s	00:00
-		Punch with Isome	I	
٨g	6 reps*	90%Difficulty	9 RPE	
kg	6 reps*	95%Difficulty	9.5 RPE	
0 kg	6 reps*	R%Difficulty	10 RPE	
Transmu	utation Giant S	et 1 Upper		d
Work to a 5 leaving one	e rep in the tank.	ding Barbell %/0.43m/s and then so 80%1RME	ubtract 10% for 0.50 m/s	max repetitions
kg 0 kg	5 reps 5 reps	R%1RME	0.50 m/s 0.43 m/s	00:00
s kg	R reps	75%1RME	0.43 m/s 0.58 m/s	00:00
Pull Up	bells or hang plates	to load the pull up. w		
kg	5 reps	82%1RME	9 RPE	1:30
) kg	5 reps	R%1RME	10 RPE	1:30
kg	R reps	77%1RME	8 RPE	1:30
Bicons (Curls - Barbell			
	140	85%Difficulty	1	00:00
kg	10 reps			
kg kg kg	10 reps 10 reps 10 reps	90%Difficulty 100%Difficulty		00:00



Week 1						
Acceleration	n & Lower Hig	h Velocity Str	ength			
Acceleration	Acceleration Warm Up					
Walking Lunges						
10 reps*						
Unilateral S	tanding Hip A	bduction				
8 reps*	00:00					
Side Lunge	Warm Up					
8 reps*						
	ttension in Squ d slow and controll		ide approximately	45 seconds.		
8 reps*	00:45					
Forward Lu	nge, Elbow to	Instep - In Pla	ace with Rota	tion		
8 reps*						
Hip Mobiliza This is 30 sec e	ation - Quadru	ped Tubing (A	Anterior to Po	sterior)		
00:30						
MQ - Hip IR	1					
3 reps*	00:30					
3 reps*	00:30					
Power Skip	- Vertical					
10 m						
10 m						
Pillar Skip -	Linear					
10 m						
10 m						
Get Ups - U	Ip 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 to sprint each workout now because to get really good at something you need to do that thing.						
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		

Week 2				
Acceleration	n & Lower Hig	h Velocity Str	ength	
Acceleration	n Warm Up			
Walking Lur	nges			
10 reps*				
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
	tension in Squ I slow and controll	uat ed for 8 reps per s	ide approximately	45 seconds.
8 reps*	00:45			
Forward Lui	nge, Elbow to	Instep - In Pla	ace with Rota	tion
8 reps*		-		
Hip Mobiliza This is 30 sec e		ped Tubing (A	Anterior to Pos	sterior)
00:30				
MQ - Hip IR				
3 reps*	00:30			
3 reps*	00:30			
Power Skip	- Vertical			
15 m				
15 m				
Pillar Skip -	Linear			
15 m				
15 m				
Get Ups - U	p 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 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
R	20 m	10 RPE		2:00
R	20 m	10 RPE		2:00
Power Deve	elopment			с ; р

Hang Clean

Just keep these above the knees. However, I am thinking that it's best for you to use the Alternative Exercise, while working on learning to clean from the power position.

kg	2 reps	88%1RME	7 RPE	
kg	2 reps	88%1RME	7 RPE	
kg	2 reps	88%1RME	7 RPE	
kg	2 reps	90%1RME	8 RPE	
kg	2 reps	90%1RME	8 RPE	

Week 3				
Acceleration	on & Lower H	ligh Velocity Str	ength	
Accelerati	on Warm Up			
Walking L	unges			
10 reps*				
Unilateral	Standing Hip	Abduction		
8 reps*	00:00			
Side Lung	e Warm Up			
8 reps*				
	Extension in S ed slow and cont	Squat rolled for 8 reps per s	side approximately	45 seconds.
8 reps*	00:45			
Forward L	unge, Elbow	to Instep - In Pl	ace with Rota	tion
8 reps*			[
Hip Mobiliz This is 30 sec		Iruped Tubing (/	Anterior to Po	sterior)
00:30				
MQ - Hip I	R			
3 reps*	00:30			
3 reps*	00:30			
		Ball (Goblet) both legs) jumps in th	ne beginning. The	goal is to not let
5 reps	10 m			
5 reps	10 m			
Pillar Skip	- Linear			
10 m				
10 m				
Get Ups -	Up Position			
00:00	9.14 m	8 RPE		2:00
00:00	9.14 m	9 RPE		2:00
R	9.14 m	10 RPE		2:00
Sprinting We are going need to do that		rkout now because t	o get really good a	at something you
00:00	10 m	9 RPE		2:00
R	10 m	10 RPE		2:00
R	10 m	10 RPE		2:00
Power Dev	velopment			4
Hang Clea	an			
		es. However, I am th working on learning t		

			-	
kg	2 reps	85%1RME	7 RPE	
kg	2 reps	85%1RME	7 RPE	
kg	2 reps	85%1RME	7 RPE	

Hang Cle	an			
Just keep the	ese above the kn ve Exercise, while	ees. However, I am th working on learning	inking that it's b to clean from th	est for you to use e power position.
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	
kg	2 reps	85%1RME	7 RPE	
Medicine	Ball Perpend	licular Rotationa	I Throw - Kr	neelina
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	
4.54 kg	6 reps*		2:00	_
	<u> </u>		12:00	
Strength	for High Velo	city Force		۲÷
Back Squ	ıat - Barbell			
	5RM at 8RPE/80	0%ish/0.5m/s and the	n subtract 10%	for 2x5 at maximum
velocity.				
kg	5 reps	75%1RME	0.60 m/s	1:30
0 kg	5 reps	R%1RME	0.50 m/s	1:30
kg	5 reps	70%1RME	0.70 m/s	1:30
24" Depth Ground Con	tact Time and He	70%1RME		
if available.	T Jump tact Time and He Your jump height x. Distance refers		ed with GymAw he same as the	are of Force Plates box height. If not,
24" Depth Ground Con if available. ` lower the bo	T Jump tact Time and He Your jump height x. Distance refers	ight are to be measur needs to be at least ti	ed with GymAw he same as the	are of Force Plates box height. If not,
24" Depth Ground Con if available. V lower the bo jump height.	T Jump tact Time and He Your jump height x. Distance refers	ight are to be measur needs to be at least to to the height of the b	ed with GymAw he same as the	are of Force Plates box height. If not,
24" Depth Ground Con if available. ` lower the bo jump height. 3 reps	a Jump tact Time and He Your jump height x. Distance refers 0.3 m	ight are to be measur needs to be at least th to the height of the b 30.48 cm	ed with GymAw he same as the	are of Force Plates box height. If not,
24" Depth Ground Con if available. V lower the bo jump height. 3 reps 3 reps	1 Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m	ight are to be measur needs to be at least th to the height of the b 30.48 cm R cm	ed with GymAw he same as the	are of Force Plates box height. If not,
24" Depth Ground Con if available. \ lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps	n Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m	ight are to be measur needs to be at least th to the height of the b 30.48 cm R cm R cm R cm R cm	ed with GymAw he same as the	are of Force Plates box height. If not, s in reference to
24" Depth Ground Con if available. Y lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps 4 reps	an Jump tact Time and He Your jump height x. Distance refers 0.3 m	ight are to be measur needs to be at least the to the height of the b 30.48 cm R cm R cm R cm	ed with GymAw he same as the	are of Force Plates box height. If not,
24" Depth Ground Con if available. Y lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps 5 reps Knee Hea Single Le	Dump tact Time and He four jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m alth for Speed g Squat - Co	ight are to be measur needs to be at least ti to the height of the b 30.48 cm R cm R cm R cm d unterbalance	ed with GymAw he same as the	are of Force Plates box height. If not, s in reference to
24" Depth Ground Con if available. Y lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps 5 reps Knee Hea Single Le kg	a Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m alth for Speed g Squat - Co 6 reps	ight are to be measur needs to be at least ti to the height of the b 30.48 cm R cm R cm R cm d unterbalance 85%Difficulty	ed with GymAw he same as the	are of Force Plates box height. If not, s in reference to
24" Depth Ground Con if available. ` lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea Single Le kg	a Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m alth for Speed g Squat - Co 6 reps 6 reps	ight are to be measur needs to be at least the to the height of the b 30.48 cm R cm R cm R cm d unterbalance 85%Difficulty 85%Difficulty	ed with GymAw he same as the	are of Force Plates box height. If not, s in reference to 1:00 1:00
24" Depth Ground Con if available. V lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea Single Le kg kg kg	an Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.4th for Speed 6 reps 6 reps 6 reps 6 reps 6 reps	ight are to be measur needs to be at least ti to the height of the b 30.48 cm R cm R cm R cm d unterbalance 85%Difficulty	ed with GymAw he same as the	are of Force Plates box height. If not, s in reference to
24" Depth Ground Con if available. ' lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea Single Le kg kg kg kg	A Jump A Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.4 th for Speec g Squat - Co 6 reps 6 reps 7 reps 6 reps 6 reps 6 reps 6 reps 7 reps 6 reps 6 reps 6 reps 6 reps 6 reps 6 reps 6 reps 6 reps	ight are to be measur needs to be at least the to the height of the b 30.48 cm R cm R cm R cm d unterbalance 85%Difficulty 85%Difficulty 85%Difficulty	ed with GymAw ne same as the ox, and height i	are of Force Plates box height. If not, s in reference to 1:00 1:00 1:00
24" Depth Ground Con if available. V lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 5 reps 5 reps Knee Hea Single Le kg kg kg nordic leg The weight i	a Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m alth for Speed g Squat - Co 6 reps 6 reps 6 reps 9 curls f figured by subtra	ight are to be measur needs to be at least the to the height of the b 30.48 cm R cm R cm R cm Munterbalance 85%Difficulty 85%Difficulty 85%Difficulty acting the weight adde	ed with GymAw ne same as the ox, and height i	are of Force Plates box height. If not, s in reference to 1:00 1:00 1:00 n body weight.
24" Depth Ground Con if available. V lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea Single Le kg kg nordic leg The weight if kg	a Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m alth for Speed g Squat - Co 6 reps 6 reps 6 reps 6 reps 9 curls figured by subtra 8 reps	ight are to be measur needs to be at least the to the height of the b 30.48 cm R cm R cm R cm B cm B cm B cm B cm B cm B cm B cm B	ed with GymAw ne same as the ox, and height i	are of Force Plates box height. If not, s in reference to 1:00 1:00 1:00 n body weight. 1:00
24" Depth Ground Con if available. V lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea Single Le kg kg nordic leg The weight if kg kg	a Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m alth for Speed g Squat - Co 6 reps 6 reps 6 reps 6 reps 9 curls 1 figured by subtra 8 reps 8 reps 8 reps	ight are to be measur needs to be at least the to the height of the b 30.48 cm R cm R cm R cm B Unterbalance 85%Difficulty 85%Difficulty 85%Difficulty acting the weight adde 85%Difficulty 85%Difficulty	ed with GymAw ne same as the ox, and height i	are of Force Plates box height. If not, s in reference to 1:00 1:00 1:00 n body weight. 1:00 1:00
24" Depth Ground Con if available. V lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea Single Le kg kg nordic leg The weight if kg	a Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m alth for Speed g Squat - Co 6 reps 6 reps 6 reps 6 reps 9 curls figured by subtra 8 reps	ight are to be measur needs to be at least the to the height of the b 30.48 cm R cm R cm R cm B cm B cm B cm B cm B cm B cm B cm B	ed with GymAw ne same as the ox, and height i	are of Force Plates box height. If not, s in reference to 1:00 1:00 1:00 n body weight. 1:00
24" Depth Ground Con if available. V lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea Single Le kg kg nordic leg The weight i kg kg kg kg Ankle Str	a Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.4 th for Speece g Squat - Co 6 reps 6 reps 6 reps 9 curls 1 figured by subtra 8 reps 8 reps 8 reps 8 reps 8 reps 9 seps 9	ight are to be measur needs to be at least the to the height of the b 30.48 cm R cm R cm R cm B Unterbalance 85%Difficulty 85%Difficulty 85%Difficulty acting the weight adde 85%Difficulty 85%Difficulty	ed with GymAw he same as the ox, and height i ded from your ow 8 RPE 8 RPE 8 RPE 8 RPE 8 RPE	are of Force Plates box height. If not, s in reference to 1:00 1:00 1:00 n body weight. 1:00 1:00
24" Depth Ground Con if available. V lower the bo jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea Single Le kg kg nordic leg The weight i kg kg kg kg Ankle Str	a Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.4 th for Speece g Squat - Co 6 reps 6 reps 6 reps 9 curls 1 figured by subtra 8 reps 8 reps 8 reps 8 reps 8 reps 9 seps 9	ight are to be measur needs to be at least the to the height of the b 30.48 cm R cm R cm R cm M cm B cm M cm B cm M cm M cm M cm M cm M cm M cm M cm M	ed with GymAw he same as the ox, and height i ded from your ow 8 RPE 8 RPE 8 RPE 8 RPE 8 RPE	are of Force Plates box height. If not, s in reference to 1:00 1:00 1:00 n body weight. 1:00 1:00
24" Depth Ground Con if available. V lower the bo jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Le kg kg nordic leg The weight if kg kg kg Ankle Str You will nee	a Jump tact Time and He Your jump height x. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.4 th for Speece g Squat - Co 6 reps 6 reps 6 reps 9 curls 1 figured by subtra 8 reps 8 reps 8 reps 8 reps 8 reps 9 seps 9	ight are to be measur needs to be at least the to the height of the b 30.48 cm R cm R cm R cm M cm B cm M cm B cm M cm M cm M cm M cm M cm M cm M cm M	ed with GymAw he same as the ox, and height i ded from your ow 8 RPE 8 RPE 8 RPE 8 RPE 8 RPE	are of Force Plates box height. If not, s in reference to 1:00 1:00 1:00 n body weight. 1:00 1:00

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				c;)

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 velocity.

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				

Knee Health for Speed

Single Leg Squat - Counterbalance

0 0	1		
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 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.

ł	8 reps*		
Ļ	8 reps*		
Į	8 reps*		

Medicine Ball Perpendicular Rotational Throw - Kneeling									
4.54 kg	6 reps*	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					
kg	3 reps	70%1RME	0.70 m/s	1:30					
	4.54 kg 4.54 kg 4.54 kg Strength for Back Squat kg kg	4.54 kg 6 reps* 4.54 kg 6 reps* 4.54 kg 6 reps* 5trength for High Velocity Back Squat - Barbell kg 3 reps kg 3 reps	4.54 kg 6 reps* 4.54 kg 6 reps* 4.54 kg 6 reps* 4.54 kg 6 reps* Strength for High Velocity Force Back Squat - Barbell kg 3 reps 3 reps 70%1RME kg 3 reps	4.54 kg 6 reps* 2:00 4.54 kg 6 reps* 2:00 Strength for High Velocity Force 3 reps 70%1RME kg 3 reps 70%1RME 0.70 m/s kg 3 reps 70%1RME 0.70 m/s					

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 for Speed

C)

Single Leg Squat - Counterbalance

kç	g	6 reps	75%Difficulty	1:00
kç	g	6 reps	75%Difficulty	1:00
kç	g	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
kg	6 reps	85%Difficulty	8 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*		



Week 4				
Acceleration	n & Lower Hig	h Velocity Str	ength	
Acceleration	n Warm Up			
Walking Lur	nges			
10 reps*				
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
	ttension in Squ slow and controll		ide approximately	45 seconds.
8 reps*	00:45			
Forward Lui	nge, Elbow to	Instep - In Pla	ace with Rota	tion
8 reps*				
Hip Mobiliza This is 30 sec e	ation - Quadru a leg	ped Tubing (A	Anterior to Pos	sterior)
00:30				
MQ - Hip IR				
3 reps*	00:30			
3 reps*	00:30			
	Skip - Med Ba o the bilateral (both the ground.	· · ·	e beginning. The g	goal is to not let
5 reps	10 m			
5 reps	10 m			
Pillar Skip -	Linear			
10 m				
10 m				
Get Ups - U	p 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 to need to do that	o sprint each worko thing.	out now because to	o get really good a	t something you
00:00	20 m	9 RPE		2:00
R	20 m	10 RPE		2:00
R	20 m	10 RPE		2:00



Power De	evelopment			C\$1
Hang Cle				
Just keep the		es. Waves working to		RPE
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	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 Veloo	city Force	•	
	at - Barbell	PE or around 85%, ar	id 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" Depth Ground Con		ght are to be measure	əd.	
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		
	nee Health		1	
		Interhalence		-4-
<u> </u>	g Squat - Cou			14:00
kg	6 reps	90%Difficulty		1:00
kg	6 reps	90%Difficulty		1:00
kg	6 reps	95%Difficulty		1:00
nordic leg The weight if Work to an 8	, f figured by subtra	cting the weight adde	d from your ow	n body weight.
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	engthening Solate like	eries for Sprintir a 5 or 10lb plate.	ig	•
8 reps*				
8 reps* 8 reps*				



Week 1					Week 2					Week 3				
Accelerat	tion & Upper H	ligh Velocity Str	rength		Accelerati	on & Upper H	ligh Velocity Str	ength		Acceleratio	n & Upper Hi	gh Velocity Str	ength	
Change o	of Direction Wa	arm Up			Change of Direction Realization wk2					Change of Direction Realization wk3				
Jump Ro	pe - Continuou		nds left leg, and f	inish 15 seconds	Jump Rope - Continuous 15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.				Jump Rope - Continuous 15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.					
1:00				00:00	1:00				00:00	1:00				00:00
Just a couple	Prone Arm Arc Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.				Just a couple	Prone Arm Arc Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.						neck relaxed with young	our forehead rest	ed on the ground.
8 reps					8 reps					8 reps				
This one is to performed w	vith the same techni s, vertical torso, neu	while emphasizing r ique as a squat: feet utral spine, and eyes	shoulder width, l straight ahead.	knees track with	This one is to performed wit	h the same techn vertical torso, neu	while emphasizing n ique as a squat: feet utral spine, and eyes	shoulder width, straight ahead.	knees track with	This one is to for performed with	the same technic rertical torso, neu	while emphasizing n que as a squat: feet tral spine, and eyes	shoulder width, l straight ahead.	knees track with
kg	1 reps	85%Difficulty	00:30	1:30	kg	1 reps	85%Difficulty	00:30	1:30	kg	1 reps	85%Difficulty	00:30	1:30
kg	1 reps	85%Difficulty	00:30	1:30	kg	1 reps	85%Difficulty	00:30	1:30	kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lunge					Lateral Lunge				Lateral Lun	ge		-	-	
8 reps*					8 reps*					8 reps*				
Worlds Best Hip IR Stretch				Worlds Be	st Hip IR Stre	etch			Worlds Bes	st Hip IR Stre	tch			
5 reps*	00:45				5 reps*	00:45				5 reps*	00:45			
		ank Clam Shel			Glute Activation Side Plank Clam Shells six reps ea side with a 5 sec hold each rep for two sets.				Glute Activation Side Plank Clam Shells six reps ea side with a 5 sec hold each rep for two sets.					
6 reps*	00:30				6 reps*	00:30				6 reps*	00:30			
6 reps*	00:30				6 reps*	00:30				6 reps*	00:30			
Carioca I want the fir	st two to be simple	carioca, and the sec	cond two to be hi	gh knee.	Carioca I want the first two to be simple carioca, and the second two to be high knee.			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					13.72 m					13.72 m				
13.72 m					13.72 m					13.72 m				
13.72 m					13.72 m						over & Cut (2			
	ssover & Cut (3-4 yards apart co	Zig Zag) vering 15 yards in to	otal.			Drop Crossover & Cut (Zig Zag) Six cones at 3-4 yards apart covering 15 yards in total.				4 yards apart cov	ering 15 yards in to	tal.		
Use the first	two as a warm up.				Use the first t	wo as a warm up.				00:00	13.72 m	8 RPE		
00:00	13.72 m	8 RPE			00:00	13.72 m	8 RPE			00:00	13.72 m	9 RPE		
00:00	13.72 m	8 RPE			00:00	13.72 m	9 RPE			R	13.72 m	10 RPE		
00:00	13.72 m	9 RPE			R	13.72 m	10 RPE			SL Boundin	ng Series Rea	alization wk <u>3</u>		
R	13.72 m	10 RPE			R	13.72 m	10 RPE				Explosive C			
SL Bound	ding Series Re	alization wk1			SL Boundi	ing Series Re	alization wk2			3 reps*	15 m			1
SL Jump	to Explosive C	Cut			SL Jump t	o Explosive O	Cut			3 reps*	15 m	1		
4 reps*	20 m				5 reps*	20 m					side tuck jum	ns.		
4 reps*	20 m				5 reps*	20 m				4 reps*	10 m	1		T
										4 reps*	10 m	+		+

SL side to	side tuck jump	S		
6 reps*	15 m			
6 reps*	15 m			
SL Quick	feet lateral hop	s		
12 m				
12 m				
SL quick f	feet medial - lat	eral jumps		
6 reps*	10 m			
6 reps*	10 m			
Posture S	Supporting Stree	ngth		¢)
	Squat - Barbe		d to do a few of m	y 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 S	Sprinting		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
Strength f	or High Velocit	y Force		с;)
5RM and the	ess - Barbell n two downsets with			
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 73%1RME	0.55 m/s	2:00
kg	R reps		0.55 m/s	2:00
The goal is n power and he use GymAwa know if you v	(Plyometric - Co naximum height, so r eight parameters for are FLEX and RS. Th vant a discount code	make sure to rest b those that have a ne FLEX unit is affo	velocity instrumen	t to measure. We
5 reps	0 cm	0 W		
5 reps	0 cm	0 W 0 W		2:00
5 reps	R cm	-		2:00
Tricep Ex	hy for Symmet tension - Dip M weigthted at 9RPI		ır 5+	
kg	5 reps	78%1RME	8 RPE	00:00
0 kg	5 reps	R%1RME	9 RPE	00:00
kg	R reps	73%1RME	9.5 RPE	00:00
	r Row - Barbell M weigthted at 9RPI	E 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	

<u>.</u>				
	side tuck jun	nps		
6 reps*	15 m			
6 reps*	15 m			
SL Quick f	eet lateral ho	ps		
12 m				
12 m				
SL quick fe	eet medial - la	ateral jumps	_	
6 reps*	10 m			
6 reps*	10 m			
Posture S	upporting Stre	ength		
Overhead	Squat - Barb	oll		
		as possible. I will nee	d to do a few of	f 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
-				1
	p Flexion for			
kg	8 reps*	50%Difficulty 50%Difficulty		_
kg	8 reps*	50%Difficulty		
kg	8 reps*	,		
Strength for	or High Veloc	ity Force		
	ess - Barbell n two downsets w	ith the last set 5+		
kg	5 reps	80%1RME	0.40 m/s	2:00
<u>.</u>				
0 kg	5 reps	R%1RME	0.34 m/s	2:00
0 kg kg	5 reps 5 reps	R%1RME 75%1RME	0.34 m/s 0.47 m/s	2:00 2:00
kg kg	5 reps R reps	75%1RME 75%1RME		
kg kg Push Up (The goal is m power and he use GymAwa	5 reps R reps Plyometric - (aximum height, si ight parameters fo	75%1RME 75%1RME Continuous) o make sure to rest b or those that have a The FLEX unit is affor	0.47 m/s 0.47 m/s between supersivelocity instrum	2:00 2:00 ets. I have the ent to measure. We
kg kg Push Up (The goal is m power and he use GymAwa	5 reps R reps Plyometric - (aximum height, sa ight parameters fr re FLEX and RS.	75%1RME 75%1RME Continuous) o make sure to rest b or those that have a The FLEX unit is affor	0.47 m/s 0.47 m/s between supersivelocity instrum	2:00 2:00 ets. I have the ent to measure. We
kg Push Up (The goal is m power and he use GymAwai know if you w	5 reps R reps Plyometric - (aximum height, sr ight parameters fr re FLEX and RS. ant a discount co	75%1RME 75%1RME Continuous) or make sure to rest b or those that have a The FLEX unit is affed de.	0.47 m/s 0.47 m/s between supersivelocity instrum	2:00 2:00 ets. I have the ent to measure. We st anyone. Let me
kg Push Up (The goal is m power and he use GymAwai know if you w 5 reps	5 reps R reps Plyometric - (aximum height, so ight parameters fr e FLEX and RS. ant a discount coordinated 0 cm	75%1RME 75%1RME Continuous) or make sure to rest b or those that have a The FLEX unit is affed de. 0 W	0.47 m/s 0.47 m/s between supersivelocity instrum	2:00 2:00 ets. I have the ent to measure. We st anyone. Let me 2:00
kg kg Push Up (i The goal is m power and he use GymAwai know if you w 5 reps 5 reps 5 reps 5 reps 5 reps	5 reps R reps Plyometric - (aximum height, si ight parameters fi re FLEX and RS. ant a discount coord 0 cm 0 cm 0 cm R cm hy for Symmet	75%1RME 75%1RME Continuous) or make sure to rest b or those that have a The FLEX unit is affed de. 0 W 0 W 0 W 0 W	0.47 m/s 0.47 m/s between supersivelocity instrum	2:00 2:00 ets. I have the ent to measure. We st anyone. Let me 2:00 2:00
kg kg Push Up (i The goal is m power and he use GymAwai know if you w 5 reps 5 reps 5 reps 5 reps Hypertroph Tricep Ext	5 reps R reps Plyometric - (aximum height, sright parameters fi get parameters fi re FLEX and RS. ant a discount coord 0 cm 0 cm R cm hy for Symmetension - Dip	75%1RME 75%1RME Continuous) or make sure to rest b or those that have a The FLEX unit is affed de. 0 W 0 W 0 W 0 W	0.47 m/s 0.47 m/s velocity instrum ordable to almost	2:00 2:00 ets. I have the ent to measure. We st anyone. Let me 2:00 2:00 2:00
kg kg Push Up (i The goal is m power and he use GymAwai know if you w 5 reps 5 reps 5 reps 5 reps Hypertroph Tricep Ext	5 reps R reps Plyometric - (aximum height, sright parameters fi get parameters fi re FLEX and RS. ant a discount coord 0 cm 0 cm R cm hy for Symmetension - Dip	75%1RME 75%1RME 75%1RME Continuous) o make sure to rest b or those that have a a The FLEX unit is affed 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W	0.47 m/s 0.47 m/s velocity instrum ordable to almost	2:00 2:00 ets. I have the ent to measure. We st anyone. Let me 2:00 2:00 2:00
kg kg Push Up (i The goal is m power and he use GymAwar know if you w 5 reps 5 reps 5 reps 5 reps 5 reps Tricep Ext work to a 5RM	5 reps R reps Plyometric - (aximum height, sr ight parameters fr e FLEX and RS. ant a discount cor 0 cm 0 cm 0 cm R cm hy for Symmeters and a discount cor 0 cm R cm	75%1RME 75%1RME Continuous) o make sure to rest b or those that have a The FLEX unit is affed de. 0 W 0 W 0 W 0 W	0.47 m/s 0.47 m/s between supers velocity instrum ordable to almost	2:00 2:00 2:00 ets. I have the ent to measure. We st anyone. Let me 2:00 2:00 2:00
kg kg Push Up (i The goal is m power and he use GymAwar know if you w 5 reps 5 reps 5 reps 5 reps 5 reps Tricep Ext work to a 5RM kg	5 reps R reps Plyometric - (aximum height, sr ight parameters for re FLEX and RS. ant a discount corr 0 cm 0 cm 0 cm R cm ny for Symmeters ension - Dip 4 weighted at 9.5 5 reps	75%1RME 75%1RME Continuous) o make sure to rest b or those that have a a The FLEX unit is affed de. 0 W 0 W 0 W 0 W 0 W etry SRPE and then -10% 80%1RME	0.47 m/s 0.47 m/s velocity instrum ordable to almost for 5+ 8.5 RPE	2:00 2:00 2:00 ets. I have the ent to measure. We st anyone. Let me 2:00 2:00 2:00
kg kg Push Up (i The goal is m power and he use GymAwar know if you w 5 reps 5 reps 5 reps 5 reps Tricep Ext work to a 5RN kg 0 kg kg Bent Over	5 reps R reps Plyometric - (aximum height, sr ight parameters fire FLEX and RS, ant a discount coord 0 cm 0 cm 0 cm 0 cm R cm ny for Symmet 4 weigthted at 9.5 5 reps 5 reps R reps R reps Row - Barbe	75%1RME 75%1RME 75%1RME Continuous) o make sure to rest b or those that have a The FLEX unit is affed de. 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W	0.47 m/s 0.47 m/s velocity instrum ordable to almost for 5+ 8.5 RPE 9.5 RPE 9.5 RPE	2:00 2:00 2:00 ets. I have the ent to measure. We st anyone. Let me 2:00 2:00 2:00 2:00
kg kg Push Up (The goal is m power and he use GymAwar know if you w 5 reps 5 reps 5 reps 5 reps Hypertropl Tricep Ext work to a 5RM kg Bent Over work to a 5RM	5 reps R reps Plyometric - (aximum height, sc ight parameters for re FLEX and RS. ant a discount cour- 0 cm 0 cm 0 cm 0 cm R cm ny for Symmet 4 weigthted at 9.5 5 reps 5 reps R reps Row - Barbed 4 weigthted at 9.5	75%1RME 75%1RME 75%1RME Continuous) or make sure to rest b or those that have a The FLEX unit is affed de. 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W	0.47 m/s 0.47 m/s velocity instrum ordable to almost for 5+ 8.5 RPE 9.5 RPE 9.5 RPE for 5+	2:00 2:00 2:00 ets. I have the ent to measure. We st anyone. Let me 2:00 2:00 2:00 2:00
kg kg Push Up (The goal is m power and he use GymAwar know if you w 5 reps 5 reps 5 reps 5 reps Hypertropl Tricep Ext work to a 5RM kg Bent Over work to a 5RM	5 reps R reps Plyometric - (aximum height, sc ight parameters for re FLEX and RS. ant a discount cour- 0 cm 0 cm 0 cm 0 cm 0 cm 0 cm 0 cm 0 cm 0 cm 0 cm 5 reps 5 reps R reps Row - Barbed 4 weigthted at 9.5 5 reps 5 reps	75%1RME 75%1RME 75%1RME Continuous) or make sure to rest b or those that have a The FLEX unit is affed de. 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W	0.47 m/s 0.47 m/s octaven supersivelocity instrum ordable to almost for 5+ 8.5 RPE 9.5 RPE 9.5 RPE for 5+ 8.5 RPE	2:00 2:00 2:00 ets. I have the ent to measure. We st anyone. Let me 2:00 2:00 2:00 2:00
kg kg Push Up (The goal is m power and he use GymAwar know if you w 5 reps 5 reps 5 reps 5 reps 5 reps Hypertropl Tricep Ext work to a 5RM kg Bent Over work to a 5RM	5 reps R reps Plyometric - (aximum height, sc ight parameters for re FLEX and RS. ant a discount cour- 0 cm 0 cm 0 cm 0 cm R cm ny for Symmet 4 weigthted at 9.5 5 reps 5 reps R reps Row - Barbed 4 weigthted at 9.5	75%1RME 75%1RME 75%1RME Continuous) or make sure to rest b or those that have a The FLEX unit is affed de. 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W 0 W	0.47 m/s 0.47 m/s velocity instrum ordable to almost for 5+ 8.5 RPE 9.5 RPE 9.5 RPE for 5+	2:00 2:00 2:00 ets. I have the ent to measure. We st anyone. Let me 2:00 2:00 2:00 2:00

10 m	feet lateral h		1	
10 m				1
SL quick	feet medial -	lateral jumps		
6 reps*	10 m			
6 reps*	10 m			
Posture S	Supporting Sti	rength		
Overhead	d Squat - Barl	hell		
		as possible. I will nee	ed to do a few of	my 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
0	lip Flexion for	r Sprinting		
kg	8 reps*	50%Difficulty	1	
kg kg	8 reps*	50%Difficulty	<u> </u>	+
kg	8 reps*	50%Difficulty		-
0	for High Velo	,		
	-	700/4 DM	0.50 /	0.00
The goal is i power and h use GymAw	neight parameters are FLEX and RS	so make sure to rest b for those that have a . The FLEX unit is affo	velocity instrum	ent to measure. W
kg Push Up The goal is i power and h use GymAw	5 reps (Plyometric - maximum height, s neight parameters	70%1RME Continuous) so make sure to rest b for those that have a . The FLEX unit is affor	0.53 m/s	2:00 ets. I have the ent to measure. W
kg Push Up The goal is i power and h use GymAw know if you	5 reps (Plyometric - maximum height, s height parameters pare FLEX and RS	70%1RME Continuous) so make sure to rest b for those that have a . The FLEX unit is affor	0.53 m/s	2:00 ets. I have the ent to measure. W
kg Push Up The goal is i power and h use GymAw know if you 5 reps 5 reps	5 reps (Plyometric - maximum height, s neight parameters rare FLEX and RS want a discount or 0 cm 0 cm	70%1RME Continuous) so make sure to rest b for those that have a . The FLEX unit is affo ode. 0 W 0 W	0.53 m/s	2:00 ets. I have the ent to measure. W. st anyone. Let me 2:00 2:00
kg Push Up The goal is i power and h use GymAw know if you 5 reps 5 reps	5 reps (Plyometric - maximum height, s neight parameters are FLEX and RS want a discount co 0 cm	70%1RME Continuous) so make sure to rest b for those that have a ' . The FLEX unit is affo ode.	0.53 m/s	2:00 ets. I have the ent to measure. W. st anyone. Let me 2:00
kg Push Up The goal is r power and h use GymAw know if you 5 reps 5 reps 5 reps 4 ypertrop Tricep E>	5 reps (Plyometric - maximum height, s neight parameters rare FLEX and RS want a discount or 0 cm 0 cm	70%1RME Continuous) so make sure to rest b for those that have a . The FLEX unit is afforde. 0 W 0 W 0 W 0 W 0 W 0 W 0 W	0.53 m/s	2:00 ets. I have the ent to measure. W. st anyone. Let me 2:00 2:00
kg Push Up Isower and H use GymAw know if you 5 reps 5 reps 5 reps Hypertroj Tricep E> Deload	5 reps (Plyometric - maximum height, s eight parameters rare FLEX and RS want a discount of 0 cm 0 cm R cm phy for Symm	70%1RME Continuous) so make sure to rest b for those that have a . The FLEX unit is afforde. 0 W 0 W 0 W 0 W 0 W 0 W 0 W	0.53 m/s	2:00 ets. I have the ent to measure. W. st anyone. Let me 2:00 2:00 2:00 2:00
kg Push Up Ibe goal is 1 isower and H use GymAw know if you 5 reps 5 reps 5 reps Hypertro Tricep E> Deload kg	5 reps (Plyometric - maximum height, s eight parameters are FLEX and RS want a discount of 0 cm 0 cm 0 cm R cm ohy for Symm stension - Dip	70%1RME Continuous) so make sure to rest b for those that have a . The FLEX unit is afforde. 0 W 0 W 0 W 0 W 0 W etry	0.53 m/s	2:00 ets. I have the ent to measure. W st anyone. Let me 2:00 2:00 2:00
kg Push Up The goal is 1 power and H use GymAw know if you 5 reps 5 reps 5 reps Hypertroj Tricep E> Deload kg	5 reps (Plyometric - maximum height, s eight parameters are FLEX and RS want a discount of 0 cm 0 cm 0 cm R cm ohy for Symm stension - Dip 5 reps	70%1RME Continuous) so make sure to rest b for those that have a a . The FLEX unit is affo ode. 0 W 0 W 0 W 0 W etry 78%1RME	0.53 m/s between superse velocity instrum- ordable to almost 8 RPE	2:00 ets. I have the ent to measure. W st anyone. Let me 2:00 2:00 2:00
kg Push Up The goal is a sower and h use GymAw know if you 5 reps 5 reps 5 reps Hypertro Tricep E> Deload kg kg kg Bent Ove	5 reps (Plyometric - maximum height, s reight parameters rare FLEX and RS want a discount or 0 cm 0 cm 0 cm R cm ohy for Symm ctension - Dip 5 reps 5 reps 5 reps 5 reps er Row - Barbe	70%1RME Continuous) so make sure to rest b for those that have a interpretent to the set of the se	0.53 m/s between supersi- velocity instrum- ordable to almost 8 RPE 8 RPE 8 RPE 8 RPE 8 RPE	2:00 ets. I have the ent to measure. W st anyone. Let me 2:00 2:00 2:00 2:00
kg Push Up The goal is a sower and h use GymAw know if you 5 reps 5 reps 5 reps Hypertrop Tricep E> Deload kg Bent Ove work to 3 Ff	5 reps (Plyometric - maximum height, s reight parameters rare FLEX and RS want a discount or 0 cm 0 cm 0 cm R cm ohy for Symm ctension - Dip 5 reps 5 reps 5 reps 5 reps er Row - Barbe	70%1RME Continuous) so make sure to rest b for those that have a a . The FLEX unit is affe ode. 0 W 0 W 0 W 0 W etry 78%1RME 78%1RME 78%1RME 78%1RME etl	0.53 m/s between supersi- velocity instrum- ordable to almost 8 RPE 8 RPE 8 RPE 8 RPE 8 RPE	2:00 ets. I have the ent to measure. W st anyone. Let me 2:00 2:00 2:00 2:00
kg Push Up Ine goal is a power and h use GymAw know if you 5 reps 5 reps 5 reps Hypertro Deload kg kg kg Bent Ove	5 reps (Plyometric - maximum height, s eight parameters rare FLEX and RS want a discount or 0 cm 0 cm 0 cm R cm phy for Symm ctension - Dip 5 reps 5 reps 5 reps 5 reps er Row - Barbo	70%1RME Continuous) so make sure to rest b for those that have a a . The FLEX unit is affe de. 0 W 0 W 0 W 0 W etry 78%1RME 78%1RME 78%1RME RE and then -10% for	0.53 m/s etween supersu- velocity instrum- ordable to almost 8 RPE 8 RPE 8 RPE 8 RPE 9 RPE 9 RPE	2:00 ets. I have the ent to measure. W st anyone. Let me 2:00 2:00 2:00 2:00



· · ·	Upright Row - Kettlebell Descent is slower than the ascent.				Upright Row - Kettlebell Descent is slower than the ascent.					Upright Row - Kettlebell Descent is slower than the ascent.				
kg	5 reps	85%Difficulty		2:00	kg	5 reps	90%Difficulty		2:00	kg	5 reps	80%Difficulty		2:00
kg	5 reps	85%Difficulty		2:00	kg	5 reps	90%Difficulty		2:00	kg	5 reps	80%Difficulty		2:00
kg	5 reps	90%Difficulty		2:00	kg	5 reps	95%Difficulty		2:00	kg	5 reps	80%Difficulty		2:00



Maak 4

		ligh Velocity Str	ongui	
Change of	f Direction Re	alization wk4		
Jump Rop	e - Continuou	IS		
15 seconds b both legs.	ilateral, 15 second	ds right leg, 15 secor	ids left leg, and	d finish 15 seconds
1:00				00:00
Prone Arn	n Arc	-	-	-
Just a couple		neck relaxed with yo and controlled.	our forehead re	ested on the ground
8 reps				
This one is to performed with	th the same techn	et) while emphasizing n ique as a squat: feet utral spine, and eyes	shoulder width	h, 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*	Ť			
Worlds Be	est Hip IR Stre	tch		
5 reps*	00:45			
Glute Acti		ank Clam Shell	-	·
6 reps*	00:30	,		
6 reps*	00:30			
Carioca I want the firs	t two to be simple	carioca, and the sec	ond two to be	high knee.
13.72 m				
Six cones at	wo as a warm up.	vering 15 yards in to	tal.	
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		<u> </u>
SL Bound	ing Series Re	alization wk4		
SL Jump t	o Explosive C	Cut		
5 reps*	20 m			
	1			
5 reps*	20 m			



r				
SL side to s	side tuck jump	S		
6 reps*	15 m			
6 reps*	15 m			
6 reps*	15 m			
SL Quick fe	et lateral hops	8		
12 m				
12 m				
12 m				
SL quick fe	et medial - late	eral jumps		
6 reps*	10 m			
6 reps*	10 m			
6 reps*	10 m			
Posture Su	pporting Stren	gth		
Overhead S	Squat - Barbell			
	nt these as low as p		d to do a few of m	y 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
-	Flexion for S	,	-	
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
	r High Velocity	Force	•	, ,
Bench Pres		first 2.2 rops but	avoid a velocity lo	(000/
	in reference to the a 5RM at 10RPE	liist 2-3 leps, but	avoid a velocity io.	ss of 30% or
more. Work to		81%1RME	0.39 m/s	ss of 30% or
more. Work to a	a 5RM at 10RPE		-	
more. Work to a kg 0 kg	a 5RM at 10RPE 5 reps	81%1RME	0.39 m/s	2:00
more. Work to a kg 0 kg kg	a 5RM at 10RPE 5 reps 5 reps 5 reps	81%1RME R%1RME	0.39 m/s 0.33 m/s	2:00 2:00
more. Work to a kg 0 kg kg kg	a 5RM at 10RPE 5 reps 5 reps 5 reps 5 reps 5 reps	81%1RME R%1RME 78%1RME 78%1RME	0.39 m/s 0.33 m/s 0.44 m/s	2:00 2:00 2:00
more. Work to a kg 0 kg kg Push Up (P The goal is ma: power and heig use GymAware	a 5RM at 10RPE 5 reps 5 reps 5 reps	81%1RME R%1RME 78%1RME 78%1RME ntinuous) nake sure to rest b hose that have a ' e FLEX unit is affo	0.39 m/s 0.33 m/s 0.44 m/s 0.44 m/s etween supersets relocity instrument	2:00 2:00 2:00 2:00
more. Work to a kg 0 kg kg Push Up (P The goal is ma: power and heig use GymAware	a 5RM at 10RPE 5 reps 5 reps 5 reps 7 reps 9 yometric - Co ximum height, so n pht parameters for t FLEX and RS. Th	81%1RME R%1RME 78%1RME 78%1RME ntinuous) nake sure to rest b hose that have a ' e FLEX unit is affo	0.39 m/s 0.33 m/s 0.44 m/s 0.44 m/s etween supersets relocity instrument	2:00 2:00 2:00 2:00
more. Work to ; kg 0 kg kg Push Up (P The goal is ma: power and heig use GymAware know if you wai	a 5RM at 10RPE 5 reps 5 reps 5 reps 7 reps 9	81%1RME R%1RME 78%1RME 78%1RME ntinuous) nake sure to rest b hose that have a w e FLEX unit is affo	0.39 m/s 0.33 m/s 0.44 m/s 0.44 m/s etween supersets relocity instrument	2:00 2:00 2:00 2:00 . I have the t to measure. We anyone. Let me
more. Work to ; kg 0 kg kg Push Up (P The goal is ma: power and heig use GymAware know if you wai 5 reps	a 5RM at 10RPE 5 reps 5 reps 5 reps 7 reps 9	81%1RME R%1RME 78%1RME 78%1RME ntinuous) nake sure to rest b hose that have a w e FLEX unit is affo 0 W	0.39 m/s 0.33 m/s 0.44 m/s 0.44 m/s etween supersets relocity instrument	2:00 2:00 2:00 2:00 1 have the t to measure. We anyone. Let me 2:00
more. Work to ; kg 0 kg kg Push Up (P The goal is ma: power and heig use GymAware know if you war 5 reps 5 reps 5 reps	a 5RM at 10RPE 5 reps 5 reps 5 reps 7 reps 9 reps	81%1RME R%1RME 78%1RME 78%1RME ntinuous) nake sure to rest b hose that have a a e FLEX unit is affor 0 W 0 W 0 W	0.39 m/s 0.33 m/s 0.44 m/s 0.44 m/s etween supersets relocity instrument	2:00 2:00 2:00 2:00 1 have the to measure. We anyone. Let me 2:00 2:00
more. Work to : kg 0 kg kg Push Up (P The goal is ma: power and heig use GymAware know if you war 5 reps 5 reps 5 reps 5 reps	a 5RM at 10RPE 5 reps 5 reps 5 reps 7 reps	81%1RME R%1RME 78%1RME 78%1RME ntinuous) nake sure to rest b hose that have a a e FLEX unit is affor 0 W 0 W 0 W	0.39 m/s 0.33 m/s 0.44 m/s 0.44 m/s etween supersets relocity instrument	2:00 2:00 2:00 2:00 1 have the to measure. We anyone. Let me 2:00 2:00 2:00
more. Work to : kg 0 kg kg Push Up (P The goal is ma: power and heig use GymAware know if you war 5 reps 5 reps 5 reps Hypertroph Tricep Exte	a 5RM at 10RPE 5 reps 5 reps 5 reps 7 reps	81%1RME R%1RME 78%1RME 78%1RME ntinuous) nake sure to rest b hose that have a v e FLEX unit is affor 0 W 0 W 0 W	0.39 m/s 0.33 m/s 0.44 m/s 0.44 m/s etween supersets relocity instrument ordable to almost a	2:00 2:00 2:00 2:00 1 have the to measure. We anyone. Let me 2:00 2:00 2:00
more. Work to : kg 0 kg kg Push Up (P The goal is ma: power and heig use GymAware know if you war 5 reps 5 reps 5 reps Hypertroph Tricep Exte	a 5RM at 10RPE 5 reps 5 reps 5 reps 5 reps Plyometric - Co ximum height, so n ph parameters for 1 e FLEX and RS. Th n a discount code. 0 cm 0 cm R cm y for Symmetric ension - Dip	81%1RME R%1RME 78%1RME 78%1RME ntinuous) nake sure to rest b hose that have a v e FLEX unit is affor 0 W 0 W 0 W	0.39 m/s 0.33 m/s 0.44 m/s 0.44 m/s etween supersets relocity instrument ordable to almost a	2:00 2:00 2:00 2:00 1 have the to measure. We anyone. Let me 2:00 2:00 2:00
more. Work to a kg 0 kg kg Push Up (P The goal is mat power and heig use GymAware know if you wat 5 reps 5 reps 5 reps 5 reps 5 reps Tricep Exte work to a 5RM	a 5RM at 10RPE 5 reps 5 reps 5 reps 7 reps 9 reps	81%1RME R%1RME 78%1RME 78%1RME ntinuous) hake sure to rest b hose that have a v e FLEX unit is affed 0 W 0 W 0 W 0 W y E and then -10% f	0.39 m/s 0.33 m/s 0.44 m/s 0.44 m/s etween supersets relocity instrument ordable to almost a or 5+	2:00 2:00 2:00 2:00 1 have the to measure. We anyone. Let me 2:00 2:00 2:00



Bent Over Row - Barbell work to a 5RM weigthted 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		



Week 1				
Speed Dev	elopment &	Lower High	Velocity Power	
Athletic Sp	eed Develop	ment		
Standing U	nilateral Hip	Extension		
8 reps*	00:00			
Side Lunge	e Warm Up			
8 reps*				
Forward Lu	unge, Elbow	to Instep - Ir	Place with Ro	tation
8 reps*				
Hip Mobiliz This is 30 sec		ruped Tubir	g (Anterior to F	Posterior)
00:30				
MQ - Hip IF	२			
3 reps*	00:30			
3 reps*	00:30			
Ankle Skip				
13.72 m				
13.72 m				
Pillar Skip	- Linear			
10 m				
10 m				
	und - Continu opposite leg each		ilize a last rep aka the sta	bilizing rep 5
5 reps				00:00
5 reps				00:00
3 Hurdle D	rill to Crosso	ver to 10yd	Acceleration	
1 reps*	9.14 m			
1 reps*	9.14 m			
1 reps*	9.14 m			
Linear Bou	nd - Continu	ous		
30 m				00:00
30 m				00:00
30 m				00:00
Acceleratio	n Run - Harr	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	

Week 2				
Speed Dev	velopment &	Lower High \	/elocity Power	
Athletic Sp	eed Develop	ment Realiza	ation wk2	
Standing L	Jnilateral Hip	Extension		
8 reps*	00:00			
Side Lung	e Warm Up			
8 reps*				
Forward L	unge, Elbow	to Instep - In	Place with Ro	tation
8 reps*				
Hip Mobiliz This is 30 sec		ruped Tubin	g (Anterior to F	Posterior)
00:30				
MQ - Hip I	R			
3 reps*	00:30			
3 reps*	00:30			
Ankle Skip)			
13.72 m				
13.72 m				
Pillar Skip	- Linear			
10 m				
10 m				
	und - Continu opposite leg each		lize last rep aka the sta	bilizing rep 5
5 reps				00:00
5 reps				00:00
3 Hurdle D	orill to Crosso	ver to 10vd /	Acceleration	
1 reps*	9.14 m			
1 reps*	9.14 m			
1 reps*	9.14 m			
1 reps*	9.14 m			
Linear Bou	und - Continu	ous		
30 m				00:00
30 m				00:00
30 m				00:00
Acceleratio	on Run - Harr	ness Resiste	d (Shoulders)	
kg	30%BW	00:00	13.72 m	
kg	30%BW	00:00	13.72 m	
kg	30%BW	R	13.72 m	
kg	30%BW	R	13.72 m	

			elocity Power	
Athletic S	peed Develop	ment Realiza	ation 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*				
Hip Mobil This is 30 se		Iruped Tubing	(Anterior to F	osterior)
00:30				
MQ - Hip		1		1
3 reps*	00:30			
3 reps*	00:30			
Ankle Ski		1		
13.72 m			1	
13.72 m				
Pillar Skip		•		
10 m				
10 m		_		
	ound - Continu opposite leg each		ize last rep aka the sta	bilizing rep 5
5 reps				00:00
5 reps				00:00
-	Drill to Crosso	ver to 10vd A	cceleration	
1 reps*	9.14 m			1
1 reps*	9.14 m			
Linear Bo	und - Continu	ous	•	
30 m				00:00
30 m				00:00
Accelerat	ion Run - Har	ness Resister	d (Shoulders)	
kg	30%BW	00:00	13.72 m	
kg	30%BW	00:00	13.72 m	
kg	30%BW	R	13.72 m	
Sprinting We are going need to do th		rkout now becaus	se to get really goo	d at something y
00:00	10 m	9 RPE		2:00
00:00	10 m	10 RPE		2:00
00.00				2.00

BRIDGE

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	velopment			I
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	velopment C	ontrast		C.
kg kg	3 reps 3 reps	70%1RME 70%1RME	0.70 m/s 0.70 m/s	2:00
0	· ·			
kg	3 reps	70%1RME	0.70 m/s	2:00
kg	3 reps	70%1RME	0.70 m/s	2:00
<u> </u>	Squat Jump		011 0 1140	2.00
18.14 kg *	3 reps			T
18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			
Lightened	Method Jum	ps with Bands		
g				00:00
3 reps				
<u> </u>				00:00
3 reps				00:00
3 reps 3 reps				00:00 00:00
3 reps 3 reps 3 reps 3 reps 3 reps	ly Accessory			00:00
3 reps 3 reps 3 reps 3 reps Lower Boo				00:00 00:00
3 reps 3 reps 3 reps 3 reps Lower Boo DB Explos	ive Sprint St		2 degrees	00:00 00:00
3 reps 3 reps 3 reps 3 reps Lower Boo DB Explos	ive Sprint St	ер Uр	2 degrees 40 cm	00:00 00:00
3 reps 3 reps 3 reps 3 reps 2 reps Lower Boo DB Explos The height sh kg	ive Sprint St ould be at prope	ep Up r hip angle which is 82	-	00:00
3 reps 3 reps 3 reps 3 reps Lower Boo DB Explos The height sh	ive Sprint St ould be at prope 6 reps	ep Up r hip angle which is 82 80%Difficulty	40 cm	00:00 00:00 C¢
3 reps 3 reps 3 reps 3 reps Lower Boo DB Explos The height sh kg kg	ive Sprint St ould be at prope 6 reps 6 reps 6 reps 6 reps	ep Up r hip angle which is 82 80%Difficulty 80%Difficulty	40 cm 40 cm	00:00 00:00
3 reps 3 reps 3 reps 3 reps 2 reps Lower Boo DB Explos The height sh kg kg kg Glute Ham	ive Sprint St ould be at prope 6 reps 6 reps 6 reps 1 Raise	ep Up r hip angle which is 82 80%Difficulty 80%Difficulty	40 cm 40 cm 40 cm	00:00 00:00
3 reps 3 reps 3 reps 3 reps 2 reps Lower Boo DB Explos The height sh kg kg kg Glute Ham	ive Sprint St ould be at prope 6 reps 6 reps 6 reps 1 Raise	ep Up r hip angle which is 82 80%Difficulty 80%Difficulty 80%Difficulty	40 cm 40 cm 40 cm	00:00 00:00
3 reps 3 reps 3 reps 3 reps 2 reps DB Explos DB Explos The height sh kg kg Glute Harr Read the cue	ive Sprint St ould be at prope 6 reps 6 reps 6 reps 1 Raise s and watch the	ep Up r hip angle which is 82 80%Difficulty 80%Difficulty 80%Difficulty video. Add plate, dum	40 cm 40 cm 40 cm bbell, or bands	00:00 00:00

Sprinting	sprint each workd	ut now because to	o det really dood a	t something you
need to do that		iul now because ii	o get really good a	a someaning 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 Deve	elopment			
Power Clear	n from Mediur	n 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	etric	
kg	6 reps*	90%Difficulty	9 RPE	
kg	6 reps*	90%Difficulty	9 RPE	
kg	6 reps*	90%Difficulty	9 RPE	
Power Deve	elopment Cont	trast		¢)
Front Squat	- Barbell			
	e the weight if the	velocity stays abo	ove .7m/s in the fir	st 2-3 reps.
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/l	Pause	-	
22.68 kg *	3 reps			
22.68 kg *	3 reps			
22.68 kg *	3 reps			
22.68 kg *	3 reps			
Lightened N	lethod Jumps	with Bands	-	
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Lower Body	Accessory			ct)
	ve Sprint Step Ild be at proper hip	•	2 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		,		
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
~		,	1	1

Power Cle	an from Med	ium Blocks		
g	3 reps	80%1RME		2:00
kg	3 reps	80%1RME		2:00
٨g	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		
	at - Barbell ease the weight if	the velocity stays ab		e first 2-3 rep
kg	3 reps	65%1RME	0.75 m/s	2:00
kg	3 reps	65%1RME	0.75 m/s	2:00
kg	3 reps	65%1RME	0.75 m/s	2:00
Dumbbell	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 Boc	ly Accessory			
	ive Sprint Sto ould be at proper	ep Up 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 Harr	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 Ba	ck Elevated on E	Bench	
kg	10 reps	80%Difficulty	7.5 RPE	00:00
kg	10 reps	80%Difficulty	7.5 RPE	00:00
		80%Difficulty	7.5 RPE	00:00

Barbell Hip Thrusts Back Elevated on 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	

Barbell Hip Thrusts Back Elevated on Bench				
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



Week 4				
Speed Deve	elopment & Lo	wer High Vel	ocity Power	
Athletic Spe	ed Developm	ent Realizatio	on wk4	
Standing Ur	nilateral Hip E	xtension		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
Forward Lu	nge, Elbow to	Instep - In Pla	ace with Rota	tion
8 reps*				
Hip Mobiliza This is 30 sec e	ation - Quadru ^{a leg}	ped Tubing (/	Anterior to Po	sterior)
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				
	nd - Continuo pposite leg each se			izing rep 5
5 reps				00:00
5 reps				00:00
5 reps				00:00
5 reps				00:00
	ill to Crossove	er to 10yd Acc	eleration	-
1 reps*	9.14 m			
1 reps*	9.14 m			
1 reps*	9.14 m			
1 reps*	9.14 m			
Linear Bour	nd - Continuou	IS	-	-
30 m				00:00
30 m				00:00
30 m				00:00
30 m				00:00

Acceleratio	on Run - Harne	ss 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 We are going to need to do that	to sprint each worke		o get really good a	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	relopment			
Power Clea	an from Mediu	m 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 Pun	ch 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	
Power Dev	elopment Con	trast		¢)
	ase the weight if the			· · · · · · · · · · · · · · · · · · ·
kg	3 reps	80%1RME 80%1RME	0.50 m/s 0.50 m/s	2:00 2:00
kg	3 reps	80%1RME	0.50 m/s	2:00
kg	3 reps 3 reps	80%1RME	0.50 m/s	2:00
kg Dumbhall (0.30 11/5	2.00
	Squat Jump w/	Fause		
27.22 kg * 27.22 kg *	3 reps 3 reps			
27.22 kg *	3 reps			
27.22 kg *	3 reps			
0	Method Jumps	with Bands		
3 reps		With Danus	1	00:00
3 reps				00:00
3 reps	-			00:00
3 reps				00:00
•	y Accessory			rt:1
		1.1		-+-
	ive Sprint Step		2 degrees	
kg	5 reps	85%Difficulty	40 cm	1:00
kg	5 reps	90%Difficulty	40 cm	1:00
kg	5 reps	95%Difficulty	40 cm	1:00

Glute Ham Raise						
kg	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		



Week 1							Week 3		
Max Spee	d & Upper Po	ower/Strength		Max Speed & Upper Power/Strength				Max Spe	ed & U
Max Spee	d Warm Up			Max Spee	ed Warm Up			Max Speed Wa	
Jump Rop	e - Continuou	JS		Jump Rop	pe - Continuou	us		Jump Ro	
20 seconds b both legs.	ilateral, 20 secon	ds right leg, 20 seconds le	ft leg, and finish 20 seconds	20 seconds b both legs.	pilateral, 20 secon	ds right leg, 20 seconds	left leg, and finish 20 seconds	20 seconds both legs.	bilateral,
1:20			00:00	1:20			00:00	1:20	
Unilateral	Standing Hip	Abduction	· ·	Standing	Unilateral Hip	Extension	•	Standing	Unilat
8 reps*	00:00			8 reps*	00:00			8 reps*	00:
Standing I	Unilateral Hip	Extension	1	Unilateral	Standing Hip	Abduction		Unilatera	I Stanc
8 reps*	00:00			8 reps*	00:00			8 reps*	00:
	e Warm Up	<u> </u>	I	· ·	ge Warm Up		I	Side Lung	
8 reps*				8 reps*				8 reps*	
	etch - 90/90		I		 etch - 90/90		I	Stride Str	retch -
6 reps*	00:30			6 reps*	00:30			6 reps*	00:
6 reps*	00:30			6 reps*	00:30			6 reps*	00:
90/90 Lift Two sets of 3		ling the internal rotation 10) seconds ea rep.	90/90 Lift Two sets of 3		ling the internal rotation	10 seconds ea rep.	90/90 Lift Two sets of	
3 reps*	00:30			3 reps*	00:30			3 reps*	00:
3 reps*	00:30			3 reps*	00:30			3 reps*	00:
Knee Hua	to Lunge - w	ith Rotation	ľ	Knee Huo	Knee Hug to Lunge - with Rotation			Knee Hu	a to Lu
13.72 m	i i i i i i i i i i i i i i i i i i i			13.72 m	, të 10ge ti			13.72 m	<u></u>
13.72 m				13.72 m				13.72 m	
Ankle Bou	ind		·	Ankle Bou	und		•	Ankle Bo	ound
15 m			00:00	15 m			00:00	15 m	
15 m			00:00	15 m			00:00	15 m	
Pillar Skip	- Linear			Pillar Skip	- Linear			Pillar Ski	p - Lin
10 m				10 m				10 m	
10 m				10 m				10 m	
10 m				10 m				Linear Bo	ound -
	und - Continu ust bounding with	OUS a focus on distance and s	hort ground contact time.		und - Continu		short ground contact time.	Now we are 30 m	just bou
25 m			00:00	25 m			00:00	30 m	+
25 m			00:00	25 m			00:00	Sprinting	
25 m			00:00	25 m			00:00	00:00	27
Sprinting				25 m			00:00	00:00	27
00:00	27.43 m	7 RPE	2:00	Sprinting				00:00	36
00:00	27.43 m	8 RPE	2:00	00:00	27.43 m	7 RPE	2:00	R	36.
00:00	36.58 m	9 RPE	2:00	00:00	27.43 m	8 RPE	2:00	Concurre	ent Pov
R	36.58 m	10 RPE	2:00	00:00	36.58 m	9 RPE	2:00	Cleans -	
R	36.58 m	10 RPE	2:00	R	36.58 m	10 RPE	2:00		barber

Max Spee	ed & Upper Po	ower/Strength	
Max Spee	ed Warm Up		
	be - Continuo	IS	
		ds right leg, 20 seconds le	eft leg, and finish 20 sec
both legs.			
1:20			00:00
Standing	Unilateral Hip	Extension	
8 reps*	00:00		
Unilateral	Standing Hip	Abduction	
8 reps*	00:00		
Side Lunc	ge Warm Up		•
8 reps*		1	
	 etch - 90/90	1 1	l
6 reps*	etch - 90/90	- <u>I</u>	
6 reps*	00:30		
·			I
90/90 Lift		ling the internal rotation 1	0 seconds ea ren
	00:30		
3 reps* 3 reps*	00:30		
•			
	to Lunge - w	ith Rotation	
13.72 m 13.72 m		+	
Ankle Bou	und		
15 m			00:00
15 m			00:00
Pillar Skip	- Linear		
10 m			
10 m			
	und - Continu		
	ust bounding with	a focus on distance and	-
30 m			00:00
30 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
Concurre	nt Power Dev	elopment	
Cleans - E	Barbell		
***I suggest u	using the alternativ	ve exercise and practice t	he clean from power po
kg	2 reps	80%1RME	2:00
kg	2 reps	80%1RME	2:00
kg	2 reps	80%1RME	2:00

BRIDGE Andy's Power and Strength Program

	nt Power Dev	ciopinent		
Clean				
	ote of velocity for			
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 F	Rotational Cho	ops		
		The key is to use a lo ning the next superse		or max power. Tak
kg	5 reps*	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	5 reps*	65%Difficulty		2:00
Athletic S	trenath		_	C
Closegrip	Bench Press		-	
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
Med Ball	Punch with D	rop Step		
	ned with first three			
5.44 kg	6 reps*		Γ	
5.44 kg	6 reps*			
5.44 kg	6 reps*			
0		1	1	I
Upper Bo	dy Accessory	/		
	l Press - Star			
3RM at 9RP	E/87.5%/0.39m/s	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	•		-	•
	lls or hang plates	to load the pull up. W	/ork to a 3RM at	9RPE then -10%
for 3+				
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
•			1	•
Ls (TRX)				00.00
12 reps				00:00
12 reps				00:00
12 reps				00:00

Concurrent Power Development

Clean

Just make note of velocity for now. Work to a 1RM at a 9RPE after waves. Around 92-94\%

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

Banded Rotational Chops

You can use bands or cables. The key is to use a load that allows for max power. Take two minutes rest before beginning the next superset.

two minutes rest before beginning the next superset.						
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		
kg	6 reps*	65%Difficulty		2:00		
Athletic Stre	Athletic Strength					
Closegrip B	Closegrip Bench Press					
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		

Med Ball Punch with Drop Step

Only performed with first three sets of bench.

6.8 kg 6 reps* 6.8 kg 6 reps*

6.8 kg 6 reps*

Upper Body Accessory

Overhead Press - Standing Barbell 3RM at 9.5RPE/90%/0.35m/s and then -10% as many reps as possible.

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 dumbbells or hang plates to load the pull up. Work to a 3RM at 9RPE then -10% for 3+ $\,$

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

Banded Rotational Chops You can use bands or cables. The key is to use a load that allows for max power. Take two minutes rest before beginning the next superset. kg 5 reps' 65%Difficulty 2:00 kg 5 reps' 65%Difficulty 2:00 2:00 kg 5 reps' 65%Difficulty Athletic Strength **Closegrip Bench Press** 3 reps 83%1RME 0.37 m/s 2:30 kg 83%1RME 0.37 m/s 2:30 kg 3 reps 83%1RME 0.37 m/s 2:30 kg 3 reps Med Ball Punch with Drop Step Only performed with first three sets of bench. 4.54 kg 5 reps* 4.54 kg 5 reps' 4.54 kg 5 reps' Upper Body Accessory **Overhead Press - Standing Barbell** Deload kg 3 reps 83%1RME 0.46 m/s kg 3 reps 83%1RME 0.46 m/s

Pull Up

kg

3 reps

c þ

Use dumbbells or hang plates to load the pull up. Work to a 3RM at 10RPE then -10% for 3+ $\,$

0.46 m/s

83%1RME

kg	3 reps	87%1RME	9 RPE	1:30		
0 kg	3 reps	R%1RME	10 RPE	1:30		
kg	R reps	82%1RME	9.5 RPE	1:30		
Ls (TRX)	Ls (TRX)					
12 reps				00:00		
12 reps				00:00		
12 reps				00:00		



Wook

Week 4					
Max Speed	& Upper Pow	ver/Strength			
Max Speed	Warm Up				
Jump Rope	- Continuous				
20 seconds bila both legs.	teral, 20 seconds	right leg, 20 secon	ids left leg, and fir	iish 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*					
Stride Strete	ch - 90/90				
6 reps*	00:30				
6 reps*	00:30				
90/90 Lift O		- 16 - 10 - 10 - 10 - 10 - 10	40		
		g the internal rotati	ion 10 seconds ea	тер. Т	
3 reps* 3 reps*	00:30 00:30			<u> </u>	
<u> </u>		Pototion			
13.72 m	o Lunge - with I	Rotation	1	T	
13.72 m				+	
Ankle Boun	d			<u> </u>	
15 m	<u> </u>			00:00	
15 m				00:00	
Pillar Skip -	Linear		•		
15 m				T	
15 m					
15 m					
	nd - Continuou t bounding with a	JS focus on distance :	and short ground	contact time.	
30 m		1	_	00:00	
30 m				00:00	
30 m				00:00	
30 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	relopment		с р
Clean				
Just make no 95-97%	te of velocity for i	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
You can use		DPS The key is to use a lo hing 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 St Closegrip	rength Bench Press	5		¢
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 ed with first three			
8.16 kg	6 reps*			
8.16 kg	6 reps*			
8.16 kg	6 reps*			
Upper Boo	dy Accessory	·	•	•
Overhead	Press - Star		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 dumbbel for 3+	ls or hang plates	to load the pull up. W	/ork to a 3RM a	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



Week 1				
Acceleration	n & Lower Hig	gh Velocity Str	ength	
Acceleration	Acceleration Warm Up Realization/Peak wk1			
Walking Lunges				
10 reps*	ľ.			
Side Lunge Warm Up				
8 reps*				
Forward Lu	nge, Elbow to	Instep - Knee	eling in Place	
8 reps*		· ·		
Hip Mobiliza This is 30 sec e		neeling w/ Elb	ow to Instep	
00:30				
MQ - Hip IR				
3 reps*	00:30			
3 reps*	00:30			
Heel to Glut	te - to Inverte	d Hamstring		
13.72 m				
13.72 m				
Power Skip	- Vertical			
10 m				
10 m				
Pillar Skip -	Linear			
10 m				
10 m				
	skip + 10 yd skip + 10yd sprint	sprint		
18.29 m				
18.29 m				
Linear Bour	nd - Continuo	us		
30 m	8 RPE			00:00
30 m	9 RPE			00:00
30 m	9 RPE			00:00
	g acceleration	n sprint		
9.14 m				
9.14 m 9.14 m		-		
		Realization/F	'eak wk1	C(3
		the rest of the way		
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
kg	25%BW	R	9.14 m	00:00

Week 2				
Accelerati	ion & Lower H	ligh Velocity	Strength	
Acceleration Warm Up Realization/Peak wk2				
Walking L	unges			
10 reps*				
Side Lung	je Warm Up			
8 reps*				
Forward L	unge. Elbow	to Instep - K	neeling in Plac	e.
8 reps*			<u> </u>	
Hip Mobili This is 30 see		Kneeling w/ I	Elbow to Instep)
00:30				
MQ - Hip	IR			
3 reps*	00:30			
3 reps*	00:30			
Heel to G	lute - to Inver	ted Hamstrin	g	
13.72 m			-	
13.72 m				
Power Sk	ip - Vertical			
10 m	1			
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	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 Potentiatio	on Realizatio	n/Peak wk2	C‡
	ion Run - Loa d/m and then spri			
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

Week 3				
Acceleration	n & Lower Hig	h Velocity Str	ength	
Acceleration	n Warm Up Re	ealization/Pea	ık wk3	
Walking Lur	nges			
10 reps*				
Side Lunge	Warm Up			
8 reps*				
Forward Lu	nge, Elbow to	Instep - Knee	ling in Place	
8 reps*			<u> </u>	
Hip Mobiliza This is 30 sec e		eeling w/ Elbo	ow to Instep	
00:30				
MQ - Hip IR				
3 reps*	00:30			
3 reps*	00:30			
Heel to Glut	e - to Inverted	d Hamstring		
13.72 m		1		
13.72 m				
Power Skip	- Vertical			
10 m				
10 m				
Pillar Skip -	Linear			
10 m				
10 m				
	skip + 10 yd s kip + 10yd sprint	sprint		
18.29 m				
18.29 m				
Linear Bour	nd - Continuou	JS		
30 m	8 RPE			00:00
30 m	8 RPE			00:00
30 m	9 RPE			00:00
half kneelin	g acceleration	sprint		
9.14 m				
9.14 m				
Acceleration	n Potentiation	Realization/P	eak wk3	47
	n Run - Load A	And Release		
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

Sprinting	l				
00:00	9.14 m	9 RPE	1	2:00	
00:00	9.14 m	9 RPE		00:00	
00:00	9.14 m	10 RPE	1	2:00	
R	9.14 m	10 RPE		2:00	
	evelopment	TOTALE		12.00	
	ean Below Kne prescription, but ac	ee dd the readout for lon	ig 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	
Banded	Hip Flexion for	⁻ Sprintina		•	
kg	8 reps*	50%Difficulty	1	T	
kg	8 reps*	50%Difficulty			
kg	8 reps*	50%Difficulty			
kg	8 reps*	50%Difficulty			
kg	8 reps*	50%Difficulty			
•	for High Velo	,			71
		city Force			F
•	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 ka	3 reps	R%1RME	0.43 m/s		
0 kg				1:30	
kg	3 reps	78%1RME	0.55 m/s	1:30	
kg kg Depth Ju	3 reps 3 reps imp 30" + Jum	78%1RME 78%1RME p Repeat	0.55 m/s 0.55 m/s	1:30 1:30	
kg kg Depth Ju	3 reps 3 reps imp 30" + Jum b is depth jump and	78%1RME 78%1RME	0.55 m/s 0.55 m/s	1:30 1:30	
kg kg Depth Ju The first rep contact time	3 reps 3 reps imp 30" + Jum b is depth jump and	78%1RME 78%1RME p Repeat	0.55 m/s 0.55 m/s	1:30 1:30	
kg kg Depth Ju The first rep contact time 4 reps	3 reps 3 reps Imp 30" + Jum b is depth jump and a.	78%1RME 78%1RME p Repeat	0.55 m/s 0.55 m/s	1:30 1:30	
kg kg Depth Ju The first rep contact time	3 reps 3 reps imp 30" + Jum b is depth jump and c. 00:00	78%1RME 78%1RME p Repeat then three repeat juit	0.55 m/s 0.55 m/s	1:30 1:30	
kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps	3 reps 3 reps imp 30" + Jum b is depth jump and 00:00 00:00	78%1RME 78%1RME p Repeat then three repeat juit 76.2 cm 76.2 cm 76.2 cm	0.55 m/s 0.55 m/s	1:30 1:30	
kg kg Depth Ju The first rep contact time 4 reps 4 reps	3 reps 3 reps 1mp 30" + Jum b is depth jump and 00:00 00:00 00:00	78%1RME 78%1RME p Repeat then three repeat juit 76.2 cm 76.2 cm	0.55 m/s 0.55 m/s	1:30 1:30	
kg kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps	3 reps 3 reps 3 reps 1mp 30" + Jum o is depth jump and 00:00 00:00 00:00 00:00 00:00 00:00 00:00	78%1RME 78%1RME p Repeat then three repeat juin 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm	0.55 m/s 0.55 m/s	1:30 1:30	
kg kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps Knee He	3 reps 3 reps 3 reps imp 30" + Jum b is depth jump and 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed	78%1RME 78%1RME p Repeat I then three repeat ju 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm	0.55 m/s 0.55 m/s	1:30 1:30	
kg kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 5 RDLs fro	3 reps 3 reps 3 reps in p 30" + Jum 5 depth jump and 3. 00:00 00	78%1RME 78%1RME p Repeat then three repeat ju 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 8ands	0.55 m/s 0.55 m/s	1:30 1:30 ght and ground	
kg kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg	3 reps 3 reps 3 reps imp 30" + Jum b is depth jump and 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps	78%1RME 78%1RME p Repeat then three repeat ju 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 8ands 85%Difficulty	0.55 m/s 0.55 m/s	1:30 1:30	
kg kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg kg	3 reps 3 reps 3 reps imp 30" + Jum b is depth jump and 0:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed 5 reps 5 reps 5 reps	78%1RME 78%1RME 78%1RME p Repeat Ithen three repeat juint 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 85%Difficulty 85%Difficulty	0.55 m/s 0.55 m/s	1:30 1:30 ght and ground	
kg kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 5 knee He RDLs fro kg	3 reps 3 reps 3 reps imp 30" + Jum b is depth jump and 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps	78%1RME 78%1RME p Repeat then three repeat ju 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 8ands 85%Difficulty	0.55 m/s 0.55 m/s	1:30 1:30 ght and ground 1:30 1:30	
kg kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg kg kg kg	3 reps 3 reps 3 reps 3 reps 3 reps 0 00:00 00	78%1RME 78%1RME 18 PRepeat 18 Hen three repeat juint 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 85%Difficulty 85%Difficulty 85%Difficulty 85%Difficulty	0.55 m/s 0.55 m/s	1:30 1:30 ght and ground 1:30 1:30 1:30 1:30	
kg kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg kg kg Single Le	3 reps 3 reps 3 reps is depth jump and 5 depth jump and 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 5 reps 5 reps	78%1RME 78%1RME 1then three repeat juint 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 85%Difficulty 85%Difficulty 85%Difficulty 85%Difficulty 85%Difficulty	0.55 m/s 0.55 m/s	1:30 1:30 ght and ground 1:30 1:30 1:30 1:30 1:30	
kg kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg kg kg Single Le kg	3 reps 3 reps 3 reps is depth jump and is depth jump and 00:00 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 6 reps	78%1RME 78%1RME 78%1RME 1then three repeat juint 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 85%Difficulty 85%Difficulty 85%Difficulty 85%Difficulty 85%Difficulty	0.55 m/s 0.55 m/s	1:30 1:30 ght and ground 1:30 1:30 1:30 1:30	
kg kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg kg kg Single Le	3 reps 3 reps 3 reps is depth jump and 5 depth jump and 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 5 reps 5 reps	78%1RME 78%1RME 1then three repeat juint 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 85%Difficulty 85%Difficulty 85%Difficulty 85%Difficulty 85%Difficulty	0.55 m/s 0.55 m/s	1:30 1:30 ght and ground 1:30 1:30 1:30 1:30 1:30 1:30 1:30 1:30	

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 Development				
Hang Clear	Below Knee			

Hang Clean Below Knee No velocity prescription, but add the readout for long term tracking

No velocity pres	cription, but add tr	le 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
Banded Hip	Flexion for S	orinting		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		
kg	8 reps*	50%Difficulty		

8 reps* Strength for High Velocity Force

Back Squat - Barbell

kg

Work to a 1RM at .4m/s/90%ish/8RPE which is what we will use to predict the 1RM without putting you at risk maxing out. Then -10% for 3x3

50%Difficulty

1 03				
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

Depth Jump 30" + Jump Repeat

The first rep is depth jump and then three repeat jumps tracking height and ground contact time.

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	

Knee Health for Speed

RDLs from Deficit with Bands				
kg	5 reps	90%Difficulty		1:30
kg	5 reps	90%Difficulty		1:30
kg	5 reps	90%Difficulty		1:30
kg	5 reps	90%Difficulty		1:30

Sprinting				
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 D	evelopment			
0	ean Below Kne		-	
kg	2 reps	75%1RME		1:30
kg	2 reps	75%1RME		1:30
kg	2 reps	75%1RME		1:30
Banded	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		
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
kg	3 reps	60%1RME	0.85 m/s	1:00
Depth Ju Track heigh	Imp 30" + Jum t and contact time.			
Depth Ju Track heigh height on la	Imp 30" + Jum t and contact time. st two.	np Repeat . This is actually 1 dep		
Depth Ju Track heigh height on la 4 reps	t and contact time. st two.	np Repeat . This is actually 1 dep 76.2 cm		
Depth Ju Track heigh height on la 4 reps 4 reps	Imp 30" + Jum t and contact time. st two.	np Repeat . This is actually 1 dep		
Depth Ju	Imp 30" + Jum t and contact time. st two. 00:00 00:00	np Repeat . This is actually 1 dep 76.2 cm R cm		
Depth Ju Track heigh height on la 4 reps 4 reps 4 reps 4 reps 4 reps	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00	76.2 cm R cm R cm R cm R cm R cm		
Depth Ju Track heigh height on la 4 reps 4 reps 4 reps 4 reps 4 reps Knee He	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 and contact time.	P Repeat This is actually 1 dep 76.2 cm R cm R cm R cm		
Depth Ju Track heigh height on la 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed m Deficit with	P Repeat This is actually 1 dep 76.2 cm R cm R cm R cm Bands		mp Repea
Depth Ju Track heigh height on la 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps	76.2 cm R cm R cm R cm R cm Bands 75%Difficulty		np Repea
Depth Ju Track heigh height on la 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg kg	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps 5 reps	75%Difficulty		1:30
Depth Ju Track heigh height on la 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps	76.2 cm R cm R cm R cm R cm Bands 75%Difficulty		np Repea
Depth Ju Track heigh height on la 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg kg	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed m Deficit with 5 reps 5 reps	76.2 cm R cm R cm R cm R cm Bands 75%Difficulty 75%Difficulty 75%Difficulty		1:30
Depth Ju Track height on la 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg kg Single Le	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed 5 reps	75%Difficulty 75%Difficulty 75%Difficulty 75%Difficulty		1:30 1:30 1:30
Depth Ju Track height height on la 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg Single Le kg kg	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed 5 reps 5 reps	75%Difficulty 75%Difficulty 75%Difficulty 75%Difficulty 75%Difficulty		1:30 1:30 1:30 1:30 1:00
Depth Ju Track height height on la 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg Single Le kg kg	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed 5 reps	75%Difficulty 75%Difficulty 75%Difficulty 75%Difficulty		1:30 1:30 1:30
Depth Ju Track heigh height on la 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg kg kg	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed 5 reps	75%Difficulty 75%Difficulty 75%Difficulty 75%Difficulty 75%Difficulty		1:30 1:30 1:30 1:30 1:00
Depth JU Track height on la 4 reps 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg Single Le kg kg	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed 5 reps	75%Difficulty 75%Difficulty 75%Difficulty 75%Difficulty 75%Difficulty		1:30 1:30 1:30 1:30 1:00
Depth Ju Track height on la 4 reps 4 reps 4 reps 4 reps Knee He RDLs fro kg Kg Single Le kg kg kg nordic le	Imp 30" + Jum t and contact time. st two. 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed 5 reps	75%Difficulty 75%Difficulty 75%Difficulty 75%Difficulty 75%Difficulty		np Repea

nordic leg curls	
5 reps	1:00

Single Leg	Squat - Goble	et	
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



Week 4				
Acceleratio	n & Lower Hig	h Velocity Str	ength	
Acceleration	n Warm Up R	ealization/Pea	ık wk4	
Walking Lu	nges			
10 reps*				
Side Lunge	Warm Up			
8 reps*				
Forward Lu	nge, Elbow to	Instep - Knee	ling in Place	
8 reps*				
Hip Mobiliza This is 30 sec e	ation - Half Kn ea leg	eeling w/ Elbo	ow to Instep	
00:30				
MQ - Hip IR	2			
3 reps*	00:30			
3 reps*	00:30			
Heel to Glu	te - to Inverted	d Hamstring		
13.72 m				
13.72 m				
Power Skip	- Vertical			
10 m				
10 m				
Pillar Skip -	Linear			
10 m				
10 m				
	skip + 10 yd s Skip + 10yd sprint	sprint		
18.29 m				
18.29 m				
Linear Bour	nd - Continuou	ls		
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 kneelin	g acceleratior	n sprint		
9.14 m				
9.14 m				
9.14 m				
Acceleratio	n Potentiation	Realization/P	eak wk4	
Walking Lu	nges			
10 reps*				



Side Lung	ge Warm Up			
8 reps*				
Forward L	_unge, Elbow	to Instep - Kneelii	ng in Place	
8 reps*			-	
Hip Mobil This is 30 se		Kneeling w/ Elbow	v to Instep	
00:30				
MQ - Hip	IR			
3 reps*	00:30			
3 reps*	00:30			
Heel to G	lute - to Invert	ed Hamstring		
13.72 m				
13.72 m				
Power Sk	ip - Vertical			
10 m				
10 m				
Pillar Skip	o - Linear			
10 m				
10 m				
	ar skip + 10 yo ar Skip + 10yd sprir			
18.29 m				
18.29 m				
Linear Bo	und - Continu	ous		
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	ling accelerati	on sprint		
9.14 m				
9.14 m				
9.14 m				
Power De	evelopment			
Hang Cle	an Below Kne	e		
kg	2 reps	85%1RME		1:30
kg	1 reps	90%1RME		1:30
kg	2 reps	85%1RME		1:30
kg	1 reps	90%1RME		1:30
kg	1 reps	93%1RME		1:30

Banded H	lip Flexion for	r Sprinting		
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		C,
High Bar	Back Squat E	Bands		
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
Track height 4 reps	and contact time.	This is actually 1 dep	th jump + 3 Jur	np Repeats.
	00:00	76.2 cm		_
4 reps	00:00	76.2 cm		_
4 reps	00:00	76.2 cm		
4 reps 4 reps	00:00	76.2 cm		
1		70.2 CIII		
Speed Kr	nee Health			
RDLs from	m 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 Le	g Squat - Gol	blet		
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	g curls			
5 reps				1:00
5 reps				1:00
5 reps				1:00
5 reps				1:00



Week 1					Week 2				
Speed Dev	/elopment &	Upper High Vel	ocity Streng	th	Speed Dev	velopment &	Upper High Vel	locity Stren	igth
Athletic Sp	eed Develop	ment Warm Up	Realization	/Peak wk1	Athletic Sp	eed Develop	oment Warm Up	Realizatio	n/Peak wk2
• •	e - Continuou lateral, 20 second	JS ds right leg, 20 secor	nds left leg, and	finish 20 seconds		e - Continuo lateral, 20 secon	US Ids right leg, 20 secol	nds left leg, an	d finish 20 seconds
1:20				00:00	1:20				00:00
Goblet Squ	uat Holds				Goblet Sq	uat Holds			
kg	1 reps	85%Difficulty	00:30	1:30	kg	1 reps	85%Difficulty	00:30	1:30
Side Lunge	e Warm Up				Side Lung	e Warm Up			
8 reps*	· ·				8 reps*				
		neck relaxed with yo and controlled.	our forehead res	sted on the ground.			e neck relaxed with yo and controlled.	our forehead re	ested on the ground
8 reps					8 reps				
Heel to Glu	ute - to Invert	ed Hamstring			Heel to Glu	ute - to Inver	ted Hamstring		
13.72 m					13.72 m				
13.72 m					13.72 m				
Leg Cradle	e - Moving Fo	orward			Leg Cradle	e - Moving Fo	orward		
13.72 m					13.72 m				
Knee Hug	to Lunge				Knee Hug	to Lunae			
13.72 m			1		13.72 m			Ī	
Pillar Skip	- Linear			•	Pillar Skip	- Linear	•		
9.14 m					10 m				
9.14 m					10 m				
Sprinting We are going the need to do the		rkout now because t	o get really goo	d at something you	Sprinting We are going need to do tha		orkout now because t	o get really go	od at something yo
15 m				2:00	15 m				2:00
15 m				2:00	15 m				2:00
	I to 8yd Acce backpedal plus	eleration 8 yd acceleration		•		al to 8yd Acce s backpedal plus	eleration 8 yd acceleration		-
10.97 m	9 RPE			2:00	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	10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00	10.97 m	10 RPE			2:00
Mirror Drill					Mirror Drill				
00:10					00:10				
00:10					00:10				
00:10					00:10				
00:10					00:10			1	

	Week 3				
h	Speed Dev	elopment & U	pper High Vel	ocity Strei	ngth
Peak wk2	Athletic Spe	ed Developn	nent Warm Up	Realizatio	on/Peak wk3
finish 20 seconds		e - Continuous ateral, 20 seconds		ids left leg, a	nd finish 20 second
00:00	1:20				00:00
	Goblet Squ	at Holds			
1:30	kg	1 reps	85%Difficulty	00:30	1:30
•	Side Lunge	Warm Up			•
<u>,</u>	8 reps*		1		
	Prone Arm	Arc	•		I
ed on the ground.	Just a couple o			our forehead	rested on the groun
	8 reps				
	Heel to Glu	te - to Inverte	d Hamstring		
	13.72 m				
1	13.72 m				
	Leg Cradle	- Moving For	ward		•
	13.72 m	<u> </u>			
•	Knee Hug t	o Lunae	•		
	13.72 m	T T			
•	Pillar Skip -	Linear	•		
	10 m		1		
+	10 m		1		
at something you	Sprinting We are going to need to do that		out now because to	o get really g	ood at something yo
2:00	10 m				2:00
2:00	10 m				2:00
		to 8yd Accel backpedal plus 8			
2:00	10.97 m	9 RPE			2:00
2:00	10.97 m	10 RPE			2:00
2:00	10.97 m	10 RPE			2:00
2:00	Mirror Drill				
	00:10				
	00:10				
	00:10				

Posture S	Supporting St	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 maj an isometric	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	
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
Strength f	for High Velo	city Force		¢)
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	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		с р
DB Tricep	s extension	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 Ove	r Row - Duml	bbell		
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*				00:00
10 reps*			1	00:00
10 reps*				00:00
10 reps*				00:00

Posture Supporting Strength

snatch bala	nce			
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

2 Inch Lift Half Kneeling Front Heel Hovering Here's a major key: I want the ball of your foot on a plate with your heel off making this an isometric hold for your calf. I will make a video to show more clearly. 3 reps of the lift and then 20 second Isometric hold ea set on ea side.

3 reps*	00:20		
3 reps*	00:20		
3 reps*	00:20		
Strength for	High Velocity	Force	c;)

Strength for High Velocity Force

Bench Press - Barbell Work to a 1RM at .28m/s/90%ish/8RPE which is what we will use to predict the 1RM

without putting you at risk maxing out. Then -10% for 3x3

-		-			
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 (Plyon	netric-Contin	uous)	
6 reps				2:00	
6 reps				2:00	
6 reps				2:00	
6 reps				2:00	
6 reps				2:00	
Hypertrop	ohy for Symm	netry		C	Þ
DB Tricep	os extension 2	2 Arms			
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 Ove	r Row - Dum	bbell			
kg *	8 reps	90%Difficulty			
kg *	8 reps	90%Difficulty			
kg *	8 reps	90%Difficulty			
kg *	8 reps	90%Difficulty			
TRX Ls +	Ms				
10 reps*				00:00	
10 reps*				00:00	
10 reps*	i i			00:00	

Posture Supporting Strength

snatch ba				
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 majo an isometric h	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			
Strength f	or High Velo	city Force	•	C
bench pre	ss barbell ba	ands		
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 A	Alternating ov	ver block (Plyom	etric-Contin	uous)
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrop	hy for Symm	ietry		C
DB Tricep	s extension 2	2 Arms		
kg	5 reps	80%Difficulty		00:00
kg	5 reps	80%Difficulty		00:00
kg	5 reps	80%Difficulty		00:00
Bent Over	Row - Duml	bbell		
kg *	8 reps	80%Difficulty		
kg *	8 reps	80%Difficulty		
kg *	8 reps	80%Difficulty		
TRX Ls +	Ms			
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00



Week A

Athletic Sp	peed Develop	oment Warm Up	Realizatio	on/Peak wk4
	e - Continuo ilateral, 20 secon	US ds right leg, 20 secor	nds left leg, ar	nd finish 20 second
1:20				00:00
Goblet Sq	uat Holds			
kg .	1 reps	85%Difficulty	00:30	1:30
Side Luna	e Warm Up			
8 reps*			Ī	
Prone Arm	n Arc			I
Just a couple		e neck relaxed with yo and controlled.	our forehead r	ested on the grour
8 reps				
Heel to GI	ute - to Inver	ted Hamstring		
13.72 m				
13.72 m				
Leg Cradl	e - Moving Fo	orward		
13.72 m				
Knee Hug	to Lunge	•		1
13.72 m			1	
Pillar Skip	- Linear		1	
10 m			I	
10 m				
Sprinting We are going need to do the		orkout now because t	o get really go	ood at something y
20 m				2:00
20 m				2:00
	al to 8yd Acco s 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			2:00
Mirror Dril	l			
00:10				
00:10				
00:10				
00:10				

Posture S	upporting Strer	ath		
snatch bal		5		
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
Here's a majo an isometric h	Half Kneeling I r key: I want the ba old for your calf. I w 0 second Isometric	l of your foot on a ill make a video to	plate with your h show more clea	
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
Strength for	or High Velocity	/ Force		¢0
bench pres	ss barbell band	ls		
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 A	Iternating over	block (Plyom	etric-Contin	uous)
6 reps		T T		2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertropl	ny for Symmeti	ту		C)
DB Tricep	s extension 2 A	rms		
kg	6 reps	90%Difficulty		00:00
kg	6 reps	95%Difficulty		00:00
kg	6 reps	100%Difficulty		00:00
Bent Over	Row - Dumbb	ell		
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*		1		00:00
10 reps*		1		00:00
10 reps*				00:00



Week 1					Week 2					Week 3				
COD & L	ower High Velc	city Power			COD & Lov	wer High Velo	city Power			COD & Lov	wer High Velo	city Power		
Change of	of Direction Wa	rm Up Realizat	tion/Peak wk	1	Change of	Direction War	m Up Realiza	tion/Peak wk	2	Change of	Direction War	m Up Realizat	tion/Peak wk3	3
	pe - Continuou bilateral, 15 second		nds left leg, and fi	nish 15 seconds		e - Continuous ateral, 15 seconds		nds left leg, and fi	nish 15 seconds		e - Continuous ateral, 15 seconds	s right leg, 15 secor	nds left leg, and fir	nish 15 seconds
1:00				00:00	1:00				00:00	1:00				00:00
1:00				00:00	1:00				00:00	1:00				00:00
The movem	m Arc e of keys: keep the i ent should be slow a		our forehead reste	ed on the ground.	The movemen	Arc of keys: keep the n t should be slow an		our forehead rest	ed on the ground.	The movemen		eck relaxed with young the second s	our forehead reste	ed on the ground.
8 reps					8 reps					8 reps				
	Extension in Somed slow and control		side approximatel	y 45 seconds.		xtension in So		side approximatel	ly 45 seconds.		xtension in Sc ed slow and contro	uat lled for 8 reps per s	side approximatel	y 45 seconds.
8 reps*	00:45				8 reps*	00:45				8 reps*	00:45			
This one is t performed w	Dumbbell (goble to focus on stability v vith the same technic s, vertical torso, neut	vhile emphasizing m jue as a squat: feet	shoulder width, k		This one is to performed with	mbbell (goblet focus on stability w in the same techniq vertical torso, neutr	, hile emphasizing r ue as a squat: feet	shoulder width, k		This one is to performed with	the same techniq	t) /hile emphasizing n ue as a squat: feet ral spine, and eyes	shoulder width, k	
kg	1 reps	85%Difficulty	00:30	1:30	kg	1 reps	85%Difficulty	00:30	1:30	kg	1 reps	85%Difficulty	00:30	1:30
kg	1 reps	85%Difficulty	00:30	1:30	kg	1 reps	85%Difficulty	00:30	1:30	kg	1 reps	85%Difficulty	00:30	1:30
Lateral L	unge				Lateral Lur	nge				Lateral Lur	nge			
8 reps*					8 reps*					8 reps*				
Worlds B	est Hip IR Stre	ch			Worlds Be	st Hip IR Stret	ch			Worlds Bes	st Hip IR Stret	ch		
5 reps*	00:45				5 reps*	00:45	T			5 reps*	00:45			
	tivation Side Pla side with a 5 sec hol					ation Side Pla						Ink Clam Shell		
6 reps*	00:30				6 reps*	00:30				6 reps*	00:30			
Crossove	er Pillar Skip				Crossover	Pillar Skip				Crossover	Pillar Skip			
13.72 m					13.72 m	<u>і</u>				13.72 m	T .			
13.72 m					13.72 m					13.72 m				
13.72 m					13.72 m					13.72 m				
13.72 m					13.72 m					13.72 m				
Drop Ste	p Skip				Drop Step	Skip				Drop Step	Skip			
18.29 m					18.29 m	1				18.29 m	T			
18.29 m					18.29 m					18.29 m				
Rotational	Bound - 90 Degr	ee Countermove	ment Quick to	Stabilization	Rotational B	ound - 90 Degre	ee Countermove	ment Quick to	Stabilization	Rotational B	ound - 90 Degre	ee Countermove	ment Quick to	Stabilization
2 reps*					2 reps*					2 reps*				
2 reps*					2 reps*					2 reps*				
Change of	of Direction Rea	alization/Peak v	wk1		Change of	Direction Rea	lization/Peak	wk2		Change of	Direction Rea	lization/Peak \	wk3	
SL Jump	to Explosive C	ut			SL Jump to	o Explosive Cu	ut			SL Jump to	ο Explosive Cι	ut		
4 reps*	20 m				5 reps*	20 m				3 reps*	15 m			
4 reps*	20 m				5 reps*	20 m				3 reps*	15 m			

SL side to	side tuck jum	DS		
6 reps*	15 m	1	1	1
6 reps*	15 m			
		/er to Accelerat	ion/Deceler:	ation
1 reps*	00:00	32.92 m		
	00:00	32.92 m		_
1 reps* 1 reps*	00:00	32.92 m		
	1	52.52 11		1
Power Dev	velopment			C
	arbell (Off Blo 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 1	Friple Jump	•	•	•
0 m				00:00
Rm				00:00
Rm				00:00
	velopment Co	ntrast	1	C
		mast		
Front Squa	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	Figure 8 Later	al 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*			
Lightened	Method Jump	os with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - La This is three e as possible.		ounding as far as po	ssible with as lit	tle ground contac
6 reps				

	dia di cali fi cara a	_		
	de tuck jump	S		
	15 m			
6 reps*	15 m			
6 Yd Star Dri	II - 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		
Power Devel	opment			C)
Cleans - Barl Work to a 2RM at				
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 Trip	ole Jump			
0 m				00:00
Rm				00:00
Rm				00:00
Power Devel	opment Cont	trast		C)
Front Squat				
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
°	3 reps	65%1RME	0.75 m/s	1:00
kg	3 reps	65%1RME	0.75 m/s	1:00
Kettlebell Fig	jure 8 Latera	Jumps		-
11.34 kg	3 reps*			
11.34 kg	3 reps*			
U U	3 reps*			
- 3	3 reps*			
, v	3 reps*			
11.34 kg	3 reps*			
Lightened Me	ethod 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

4 reps*	side tuck jur	·		
4 reps*	10 m	1	<u> </u>	1
	-	ver to Accelerat	tion/Deceler	ation
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
	velopment	I		
	Barbell (Off B	locks)		
around 87.5%	ò			
kg	2 reps	85%Difficulty		2:00
kg	2 reps	85%Difficulty		2:00
kg	2 reps	85%Difficulty		2:00
Standing ⁻	Triple Jump			
0 m	1	I		00:00
Rm	-		<u> </u>	00:00
Rm				00:00
Power De	velopment C	ontrast		
Front Squ	at with Bands	5		
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	Figure 8 Late	eral Jumps		
9.07 kg	3 reps*	<u> </u>	1	
9.07 kg	3 reps*			
9.07 kg	3 reps*			
9.07 kg	3 reps*			
Lightened	Method lum	ps with Bands		•
-			I	00:00
3 reps 3 reps				00:00
3 reps	-			00:00
3 reps				00:00
				00.00
Bound - Li 3 each leg.	ateral			
6 reps				
Lower Boo	dy Strength A	ccessories		
Deadlift w				
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
		70%1RME	0.55 m/s	

Lower Body	Strength Acc	essories		
Deadlift with	n 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	Thrusts Back	Elevated on E	Bench	
kg	8 reps	85%Difficulty		00:00
kg	8 reps	85%Difficulty		00:00
kg	8 reps	85%Difficulty		00:00

Bound - L 3 each leg	ateral			
6 reps				
Lower Bo	dy Strength A	ccessories		
Deadlift w	rith 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 -	Dumbbell			
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 Hi	p Thrusts Bad	k 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

Step Up - D	umbhell			
		i		
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



Wook 4

COD & Lo	ower High Ve	elocity Power		
Change o	f Direction W	/arm Up Realiza	tion/Peak w	k4
	oe - Continuc vilateral, 15 seco	DUS nds right leg, 15 seco	nds left leg, and	finish 15 seconds
1:00				00:00
1:00				00:00
Prone Arn Just a couple The moveme	of keys: keep th	ne neck relaxed with y w and controlled.	our forehead re	sted on the ground.
8 reps				
	Extension in ned slow and cor	Squat ntrolled for 8 reps per	side approximat	ely 45 seconds.
8 reps*	00:45			
This one is to performed with	th the same tech	ty while emphasizing nnique as a squat: fee eutral spine, and eyes	t shoulder width	, knees track with
kg	1 reps	85%Difficulty	00:30	1:30
kg	1 reps	85%Difficulty	00:30	1:30
•		<u> </u>	•	
Lateral Lu			и 	
Lateral Lu 8 reps*	nge	retch		
Lateral Lu 8 reps*		retch		
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Acti	est Hip IR Sti 00:45 vation Side I	retch Plank Clam She		
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Acti six reps ea si	est Hip IR Sti 00:45 vation Side I	Plank Clam She		
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Acti six reps ea si 6 reps*	est Hip IR Str 00:45 vation Side F de with a 5 sec f	Plank Clam She		
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Acti six reps ea si 6 reps*	nge est Hip IR Sti 00:45 vation Side F de with a 5 sec F 00:30	Plank Clam She		
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Acti six reps ea si 6 reps* Crossovel	nge est Hip IR Sti 00:45 vation Side F de with a 5 sec F 00:30	Plank Clam She		
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Acti 6 reps* Crossover 13.72 m 13.72 m	nge est Hip IR Sti 00:45 vation Side F de with a 5 sec F 00:30	Plank Clam She		
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Acti 6 reps* Crossover 13.72 m 13.72 m	nge est Hip IR Sti 00:45 vation Side F de with a 5 sec F 00:30	Plank Clam She		
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Acti six reps ea si 6 reps* Crossover 13.72 m 13.72 m 13.72 m	nge est Hip IR Stri 00:45 vation Side F de with a 5 sec F 00:30 r Pillar Skip	Plank Clam She		
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Actir six reps ea si 6 reps* Crossovel 13.72 m 13.72 m 13.72 m	nge est Hip IR Stri 00:45 vation Side F de with a 5 sec F 00:30 r Pillar Skip	Plank Clam She		
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Actir six reps ea si 6 reps* Crossover 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m	nge est Hip IR Stri 00:45 vation Side F de with a 5 sec F 00:30 r Pillar Skip	Plank Clam She		
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Acti six reps ea si 6 reps* Crossover 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m	nge est Hip IR Str 00:45 vation Side F de with a 5 sec f 00:30 r Pillar Skip	Plank Clam She		o Stabilization
Lateral Lu 8 reps* Worlds Be 5 reps* Glute Acti six reps ea si 6 reps* Crossover 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m	nge est Hip IR Str 00:45 vation Side F de with a 5 sec f 00:30 r Pillar Skip	Plank Clam She hold each rep for two		o Stabilization

Change of Direction Realization/Peak wk4

Change of I	Direction Real	ization/Peak \	NK4	
SL Jump to	Explosive Cu	t	-	-
5 reps*	20 m			
5 reps*	20 m			
5 reps*	20 m			
SL side to s	ide tuck jump	s		
6 reps*	15 m			
6 reps*	15 m			
6 reps*	15 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		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power Deve	elopment			c;)
	rbell (Off Bloc	ks)		
1RM No misses				
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 Tr	iple Jump			
0 m				00:00
Rm				00:00
Rm				00:00
Rm				00:00
Power Deve	elopment Con	trast		c)
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 Fi	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*			



3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - I 3 each leg.	_ateral			
6 reps				
Lower Bo	ody Strength A	ccessories		
Deadlift v	vith 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
٢g	2 reps	80%1RME	0.40 m/s	1:00
kg	2 reps	80%1RME	0.40 m/s	1:00
	- Dumbbell			
			40 cm	1:00
	5 reps*	90%Difficulty	40 011	1.00
<g *<="" td=""><td>5 reps* 5 reps*</td><td>90%Difficulty 90%Difficulty</td><td>40 cm</td><td>1:00</td></g>	5 reps* 5 reps*	90%Difficulty 90%Difficulty	40 cm	1:00
ig * ig *		,		
kg * kg * kg *	5 reps* 5 reps*	90%Difficulty	40 cm 40 cm	1:00
kg * kg * kg * Barbell H	5 reps* 5 reps*	90%Difficulty 95%Difficulty	40 cm 40 cm	1:00
kg * kg * kg *	5 reps* 5 reps* lip Thrusts Ba	90%Difficulty 95%Difficulty ck Elevated on E	40 cm 40 cm	1:00

Week 1				Week 2				
		gh Velocity Power		· · ·		igh Velocity P		
Linear Spe	ed Warm Up	Realization/Peak	wk1	Linear Sp	eed Warm Up	o Realization/	Peak wk2	
	e - Continuou ateral, 20 secono		eft leg, and finish 20 seconds		be - Continuor bilateral, 20 secon		conds left leg, a	and finish 20 seconds
1:20			00:00	1:20				00:00
Unilateral S	Standing Hip	Abduction		Unilateral	Standing Hip	Abduction		
8 reps*	00:00			8 reps*	00:00			
Heel to Glu	ite - to Invert	ed Hamstring	•	Heel to G	lute - to Inver	ted Hamstring		
13.72 m				13.72 m				
13.72 m				13.72 m				
Knee Hug t	to Lunge			Knee Hug	to Lunge			
13.72 m				13.72 m				
Leg Cradle	- Moving Fo	orward		Leg Crad	e - Moving Fo	orward		•
13.72 m				13.72 m				
Side Lunge	Warm Up			Side Lund	e Warm Up			•
8 reps*	· ·			8 reps*				
Ankle Bour	nd		•	Ankle Bou	und			
15 m	<u> </u>		00:00	15 m	1	1		00:00
15 m			00:00	15 m				00:00
Pillar Skip ·	- Linear		-	Pillar Skip	- Linear	_		
10 m				10 m				
10 m				10 m				
Pop/Float S	Skip - Horizo	ntal		Pop/Float	Skip - Horizo	ontal		
10 m				10 m				
10 m				10 m				
	nd - Continu st bounding with		short ground contact time.		und - Continu	IOUS a focus on distand	ce and short gr	ound contact time.
15 m			00:00	15 m				00:00
15 m			00:00	15 m				00:00
Sprinting				Sprinting				
00:00	27.43 m	7 RPE	2:00	00:00	27.43 m	7 RPE		2:00
00:00	27.43 m	8 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	8 RPE		2:00
00:00 R	36.58 m	9 RPE	2:00	00:00	36.58 m	9 RPE		2:00
	36.58 m	10 RPE	2:00	R	36.58 m	10 RPE	1	2:00

Max Sne	ed & Upper Hi	gh Velocity Power	
		-	
Linear Sp	beed Warm Up	Realization/Peak w	(3
•	pe - Continuo		
20 seconds both legs.	bilateral, 20 secon	ds right leg, 20 seconds left	leg, and finish 20 sec
1:20		1	00:00
-		Abduction	00.00
8 reps*	I Standing Hip	Abduction	
•			
	Blute - to Inver	ted Hamstring	
13.72 m 13.72 m			
	g to Lunge		
13.72 m			
-	lle - Moving Fo	orward	
13.72 m			
Side Lun	ge Warm Up		
8 reps*			
Ankle Bo	und		
15 m			00:00
15 m			00:00
Pillar Ski	p - Linear		
10 m			
10 m			
Pop/Floa	t Skip - Horizc	ontal	
10 m			
10 m			
Linear Bo	ound - Continu	ious	
Now we are	just bounding with	a focus on distance and sho	ort ground contact tin
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
Athletic F	Power		
Cleans -	Barbell		
kg	1 reps	85%1RME	2:00
kg	1 reps	85%1RME	2:00
kg	1 reps	85%1RME	2:00

Andy's Power and Strength Program

Athletic Pow	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			C)
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 Rotatior	al 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			¢
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

Athletic Po	wer			
Cleans - B	arhell			
	M at 9.5RPE arou	ind 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 H	lip Flexor For	ce 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 Bod	y Strength			47
Closegrip I	Bench with Ba	ands		
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 P	artner Rotatio	onal 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 Bod	y Accessory			다
Pull Down	- Half Kneelir	ng Cable		
kg	10 reps*	90%Difficulty		
kg	10 reps*	90%Difficulty		
kg	10 reps*	90%Difficulty		
kg	10 reps*	95%Difficulty		
Shoulder F	ront Raise Pl	ate		
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

Dynamic I	Hip Flexor For	ce Absorption		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
kg	10 reps*	50%Difficulty		
Upper Bo	dy Strength			C‡1
Closegrip	Bench with Ba	ands		
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 I	Partner Rotatio	onal Throws		
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
Upper Bo	dy Accessory			¢
Pull Dowr	n - Half Kneelir	ng Cable		
kg	10 reps*	85%Difficulty		
kg	10 reps*	85%Difficulty		
kg	10 reps*	85%Difficulty		
Shoulder	Front Raise Pl	ate		
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
Axle Bar	Biceps Curl			
kg	10 reps	85%Difficulty		00:00
kg	10 reps	85%Difficulty		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



ľ	Veel	< 4	

Max Speed & Upper High Velocity Power

Linear Speed Warm Up Realization/Peak wk4 Jump Rope - Continuous

20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.

both legs.			
1:20			00:00
Unilatera	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	orward	•
13.72 m			
Side Lune	ge Warm Up		•
8 reps*			
Ankle Bo	und	•	•
15 m			00:00
15 m			00:00
Pillar Skip	o - Linear		_
10 m			
10 m			
Pop/Float	t Skip - Horizo	ntal	
10 m			
10 m			
	ound - Continu	OUS a focus on distance and sh	nort 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	7 RPE	2:00	
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 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	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 Pa	artner Rotatior	al 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*				
Upper Body	Accessory			다	
Pull Down -	Half Kneeling	Cable			
kg	10 reps*	90%Difficulty			
kg	10 reps*	90%Difficulty			
kg	10 reps*	95%Difficulty			
kg	10 reps*	100%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	95%Difficulty	9 RPE	00:00	
kg	10 reps	100%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	95%Difficulty		00:00	
kg	10 reps	100%Difficulty		00:00	