

Day 1				Nov 27	Day 2				No
Accelerati	on & Lower R	RFD Hypertrop	hy	0 min	Athlete Sp	ecific Hypertr	ophy & COD		0
Dynamic Warm Up and Acceleration				Dynamic V	Varm Up, Rot	ation, and COI)		
Walking Lunges				Jump Rop	e - Continuou	IS			
10 reps*						lateral, 15 second	ls right leg, 15 seco	nds left leg, and	finish 15 sec
Unilateral	Standing Hip	Abduction			both legs.	-1		1	00.00
8 reps*	00:00				1:00				00:00
Side Luna	e Warm Up			•	Prone Arm		neck relaxed with y	our forshood ro	
8 reps*						nt should be slow		our lorenead res	sted on the gr
Forward I	unge. Elbow	to Instep - Cra	wling	1	8 reps				
8 reps*					Walking L	unges			
	zation - Quad		(Anterior to Po	sterior)	10 reps*				
00:30					Squat - Di	Imbbell (goble	et)		
MQ - Hip I					This one is to	focus on stability	while emphasizing r	max range of mo	tion. This will
3 reps*	00:30						que as a squat: fee tral spine, and eyes		
3 reps*	00:30				1 kg	1 reps	85%Difficulty	00:30	1:30
Pillar Skip	- Linear			1		n, Squat, and	,		
10 m			1	1			movements slow ar	nd controlled.	
10 m					5 reps				
Power Ski	ip - Vertical			1	Lateral Lu				-
10 m				1	8 reps*			1	—
10 m					· · · · · · · · · · · · · · · · · · ·		utah		
Linear Bo	und - Counter	rmovement to	Stabiliza	1	5 reps*	st Hip IR Stre	lich	1	
	sets of 2 stabilizat		Otabilize			1			
4 reps*				00:00			ank Clam Shel Id each rep for two		
4 reps*				00:00	6 reps*	00:30		1	
4 reps*				00:00	6 reps*	00:30			-
Sprint throug	h 10 yd and decel	erate at 15yd prom			2 Inch Lift Here's a majo	Half Kneeling	Front Heel Ho	plate with your	
00:00	13.72 m	9 RPE					will make a video to c hold ea set on ea		any. 3 reps o
00:00	13.72 m 13.72 m	9 RPE 10 RPE		┥───┤	3 reps*	00:25		Î	
	13.12 m	IU KPE		1	3 reps*	00:25			
Sprinting		orkout now because	e to get really good	at something you	Medial Ho Reps refers to	p Hop Bound the amount of hu	- Quick/Stabiliz	going over the h	
need to do th	-			0.00	back as in the	video. Start on th	e opposite side eac	n set.	
	20 m	8 RPE		2:00				1	
need to do th	20 m 20 m 20 m	8 RPE 9 RPE 10 RPE		2:00 2:00 2:00	4 reps* 4 reps*				

4 reps*

Athlatia C	and Day &	owor Lligh Ve	looity Strongth	Nov
			locity Strength	0
Dynamic \	Warm Up and	Speed Devel	opment	
Standing	Unilateral Hip	Extension		
8 reps*	00:00			
Side Lung	e Warm Up			
8 reps*				
Hip Mobili	zation - Quad	Iruped Tubina	(Anterior to Po	sterior)
00:30				
Forward I	unge Elbow	to Instep - Cra	awling	
8 reps*				
MQ - Hip		1		
3 reps*	00:30			
3 reps*	00:30			
Ankle Bou				
13.72 m				00:00
13.72 m 13.72 m	_			00:00
-		1		00.00
Pillar Skip	- Linear	-	-	1
10 m 10 m	+			
The reps refe	t, Skip - Med er to the bilateral (t ch the ground.	· · · ·	the beginning. The	goal is to no
	10 m			
5 reps	10 m 10 m			
5 reps 5 reps				
5 reps 5 reps 5 reps Linear Bo Now we are j	10 m 10 m und - Continu		e and short ground	
5 reps 5 reps 5 reps Linear Bo Now we are j 15 m	10 m 10 m und - Continu		e and short ground	00:00
5 reps 5 reps 5 reps Linear Bo Now we are j 15 m 15 m	10 m 10 m und - Continu ust bounding with	a focus on distanc		
5 reps 5 reps 5 reps Linear Bo Now we are j 15 m 15 m Accelerati	10 m 10 m und - Continu ust bounding with on Run - Slee	a focus on distance		00:00
5 reps 5 reps 5 reps Linear Bo Now we are j 15 m 15 m Accelerati 11.34 kg	10 m 10 m und - Continu ust bounding with	a focus on distanc		00:00
5 reps 5 reps 5 reps Linear Bo Now we are j 15 m 15 m Accelerati	10 m 10 m und - Continu ust bounding with on Run - Slee 13.72 m	a focus on distance		00:00
5 reps 5 reps 5 reps Linear Bo Now we are j 15 m 15 m Accelerati 11.34 kg 11.34 kg 11.34 kg 11.34 kg Sprinting	10 m 10 m und - Continu ust bounding with on Run - Slect 13.72 m 13.72 m 13.72 m	a focus on distance Resisted (Wa 8 RPE 9 RPE 10 RPE		00:00 00:00
5 reps 5 reps 5 reps Linear Bo Now we are j 15 m 15 m Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting We are going	10 m 10 m und - Continu ust bounding with on Run - Slect 13.72 m 13.72 m 13.72 m	a focus on distance Resisted (Wa 8 RPE 9 RPE 10 RPE	aist)	00:00 00:00
5 reps 5 reps 5 reps Linear Bo Now we are j 15 m 15 m Accelerati 11.34 kg 11.34 kg 11.34 kg 11.34 kg Sprinting We are going need to do th	10 m 10 m und - Continu ust bounding with on Run - Slee 13.72 m 13.72 m 13.72 m to sprint each wo at thing.	a focus on distance Resisted (Wa 8 RPE 9 RPE 10 RPE 10 RPE	aist)	00:00 00:00

Dower Do	volopmont			c *a
	velopment			لها
Hang Clea				
Just keep the the Alternativ	ese above the knee ve Exercise, while v	es. However, I am th vorking on learning	inking that it's be to clean from the	est for you to use power position.
1 kg	3 reps	80%1RME	7 RPE	
1 kg	3 reps	80%1RME	7 RPE	
1 kg	3 reps	80%1RME	7 RPE	
1 kg	3 reps	80%1RME	7 RPE	
Seated Bo	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 I	-lypertrophy a	nd Rotational F	ower	
	at - Barbell			
•		%ish/0.73m/s and t	hen subtract 109	% for 2x10 at
maximum ve				
0.5 kg	10 reps	63%1RME	0.80 m/s	1:30
0 kg	10 reps	R%1RME	0.73 m/s	1:30
0.5 kg	10 reps	58%1RME	0.87 m/s	1:30
0.5 kg	10 reps	58%1RME	0.87 m/s	1:30
Medicine	Ball Perpendic	cular Rotationa	l Throw - Kn	eeling
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		
1 kg	6 reps	85%Difficulty	I	1:00
1 kg	6 reps	85%Difficulty		1:00
1 kg	6 reps	85%Difficulty		1:00
nordic leg	- ·			
		ting the weight adde	ed from your owr	n body weight.
1 kg	8 reps	85%Difficulty	8 RPE	1:00
1 kg	8 reps	85%Difficulty	8 RPE	1:00
1 kg	8 reps	85%Difficulty	8 RPE	1:00
-		ries for Sprintir		•
	a small plate like		'9	
8 reps*				
8 reps*	1			
8 reps*	1			

		1 C		
	ill to 8yd Acce	leration	ī	
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
Posture Sup	oporting Stren	gth		
	quat - Barbel		d to do a few of m	y own videos.
1 kg	5 reps	85%Difficulty	8 RPE	1:00
1 kg	5 reps	85%Difficulty	8 RPE	1:00
1 kg	5 reps	85%Difficulty	8 RPE	1:00
Banded Hip	Flexion for S	printing		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Strength for	High Velocity	Force		C\$3
reps as possible	RM at 8 RPE/80%/ e (AMRAP) leaving the three sets prio	1-2 reps in the ta	nk. I want the exp	
0.5 kg	10 reps	63%1RME	0.63 m/s	00:00
0 kg	10 reps	R%1RME	0.55 m/s	00:00
0.5 kg	10 reps	58%1RME	0.67 m/s	00:00
0.5 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
Hypertrophy	/ for Symmetr	у		c;)
Tricep Exte	nsion - Dip			
8 reps				00:00
8 reps				00:00
R reps				00:00
	Row - Barbell	-		
1 kg	8 reps	85%Difficulty	8 RPE	
1 kg	8 reps	85%Difficulty	8 RPE	
1 kg	8 reps	85%Difficulty	8 RPE	
1 0	v - Kettlebell er than the ascent			
1 kg	8 reps	85%Difficulty		2:00
1 kg	8 reps	85%Difficulty		2:00
1 kg	8 reps	85%Difficulty		2:00

	er Clean Hip ative exercise b	ut practice Clean from	Power Position	n.
1 kg	3 reps	80%1RME	7 RPE	2:00
1 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	or High Veloo	city Force		•
Front Squa				
		6/0.47m/s and then -1	0% for 2x5	
1 kg	5 reps	78%1RME	0.55 m/s	2:00
0 kg	5 reps	R%1RME	0.47 m/s	2:00
0.5 kg	5 reps	73%1RME	0.65 m/s	2:00
0.5 kg	5 reps	73%1RME	0.65 m/s	2:00
Lightened	Method Jum	ps with Bands	-	-
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Knee H <u>eal</u>	th for Speed			
		Elevated Dumb	bell	
0.5 kg *	6 reps*	85%Difficulty	8 RPE	1:00
0.5 kg *	6 reps*	85%Difficulty	8 RPE	1:00
0.5 kg *	6 reps*	85%Difficulty	8 RPE	1:00
nordic leg	curls			
		cting the weight adde	d from your owr	n body weight.
1 kg	8 reps	85%Difficulty	8 RPE	1:00
1 kg	8 reps	85%Difficulty	8 RPE	1:00
1 kg	8 reps	85%Difficulty	8 RPE	1:00
Barbell Hip	Thrusts Ba	ck Elevated on I	Bench	
1 kg	10 reps	85%Difficulty	8 RPE	00:00
1 kg	10 reps	85%Difficulty	8 RPE	00:00
1 kg	10 reps	90%Difficulty	9 RPE	00:00



Day 4				Dec 02	
Max Speed & Upper High Velocity Strength 0					
Dynamic W	arm Up and S	Speed Develop	oment		
	- Continuous teral, 15 seconds	right leg, 15 secor	nds left leg, and fin	ish 15 seconds	
1:00				00:00	
Unilateral S	tanding Hip A	bduction			
8 reps*	00:00				
Standing Ur	nilateral Hip E	xtension			
8 reps*	00:00				
Side Lunge	Warm Up				
8 reps*					
Stride Strete two sets of 6 re	ch - 90/90 ps at 30 sec ea si	de			
6 reps*	00:30				
6 reps*	00:30				
90/90 Lift O Two sets of 3 re		g the internal rotati	ion 10 seconds ea	rep.	
3 reps*	00:30				
3 reps*	00:30				
Knee Hug to	o Lunge - with	n Rotation			
13.72 m					
13.72 m					
Ankle Boun	d				
15 m				00:00	
15 m				00:00	
Pillar Skip -	Linear				
10 m					
10 m					
1	nd - Counterm ts of 2 stabilization	novement to S	tabilize		
4 reps*				00:00	
4 reps*				00:00	
4 reps*				00:00	
	nd - Continuou t bounding with a	US focus on distance	and short ground	contact time.	
15 m				00:00	
15 m				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	nt Power Deve	elopment		
	h Press + OH so you do 2 BHN F	Squat Push Presses + 1 OH	Squat paused	3 sec in bottom.
1 kg	3 reps*	80%Difficulty	7 RPE	
1 kg	3 reps*	80%Difficulty	7 RPE	
1 kg	3 reps*	80%Difficulty	7 RPE	
1 kg	3 reps*	80%Difficulty	7 RPE	
alternative e	know your 1RM, we exercise and practic	ork to a 2RM at arour the clean from pow	ver position.	
1 kg	2 reps	80%1RME	7 RPE	2:00
1 kg	2 reps	80%1RME	7 RPE	2:00
1 kg	2 reps	80%1RME	7 RPE	2:00
1 kg	2 reps	80%1RME	7 RPE	2:00
Athletic S	trength Bench Press			¢;
		.37m/s, and then -10	% for 2x5.	
1 kg	5 reps	78%1RME	0.44 m/s	00:00
0 kg	5 reps	R%1RME	0.34 m/s	00:00
0.5 kg	5 reps	73%1RME	0.50 m/s	00:00
0.5 kg	5 reps	73%1RME	0.50 m/s	00:00
Landmine	e Rotational P	unch with Isome	etric	
1 kg	6 reps*	85%Difficulty	8 RPE	
1 kg	6 reps*	85%Difficulty	8 RPE	
1 kg	6 reps*	85%Difficulty	8 RPE	
1 kg	6 reps*	85%Difficulty	8 RPE	
Transmut	tation Giant Se	et 1 Upper		C‡
Work to a 5F	d Press - Stan RM at 8RPE/80%/0 rep in the tank.	ding Barbell 0.5m/s and then subtr	act 10% for ma	x repetitions
1 kg	5 reps	75%1RME	0.58 m/s	00:00
0 kg	5 reps	R%1RME	0.50 m/s	00:00
0.5 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
1 kg	5 reps	78%1RME	8 RPE	1:30
0 kg	5 reps	R%1RME	9 RPE	1:30

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



Day 1			Dec 04	Day 2				Dec 05	Day 3	
Accelerat	tion & Lower F	RFD Hypertrophy	ertrophy 0 min Athlete Specific Hyp			ific Hypertrophy & COD 0 min			Athletic S	peed
Dynamic Warm Up and Acceleration			Dynamic V	/arm Up, Rot	tation, and COE)		Dynamic	Warn	
Walking I	Lunges			Jump Rope	e - Continuou	IS			Standing	Unila
10 reps*					ateral, 15 second	ds right leg, 15 secor	nds left leg, and	finish 15 seconds	8 reps*	00
Unilatera	I Standing Hip	Abduction		both legs. 1:00	1	-	1	00:00	Side Lung	ge Wa
8 reps*	00:00				<u> </u>			00:00	8 reps*	Ť
Side Lun	ge Warm Up			Prone Arm		neck relaxed with yo	ur forebood rea	ated on the ground	Hip Mobil	izatio
8 reps*					t should be slow		ui ioreneau res	sted on the ground.	00:30	Т
Forward	Lunge, Elbow	to Instep - Crawling	•	8 reps					Forward L	unae
8 reps*				Walking Lu	inges				8 reps*	T
· ·	lization - Quad	Iruped Tubing (Ante	rior to Posterior)	10 reps*	Ť				MQ - Hip	IR
00:30				Squat - Du	nbbell (goble	et)			3 reps*	
MQ - Hip				This one is to	ocus on stability	while emphasizing n			3 reps*	00
3 reps*	00:30			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.				Ankle Bou	und	
3 reps*	00:30			1 kg	1 reps	90%Difficulty	00:30	1:30	13.72 m	T
	p - Linear	1	1			Reach (Box)		1	13.72 m	+
10 m		- I I			· · ·	movements slow an	d controlled.		Pillar Skip) - Lir
10 m				5 reps					10 m	<u> </u>
Power Sk	kip - Vertical		•	Lateral Lur					10 m	+
10 m				8 reps*			1		Pop, Floa	t. Ski
10 m				· · ·	st Hip IR Stre	tab		1	The reps refe	er to the
Linear Bo	ound - Counter	rmovement to Stabil	ize	5 reps*			1	1	the heels tou	
	e sets of 2 stabilizat		20	<u> </u>					5 reps	15
4 reps*			00:00			lank Clam Shell			5 reps	15
4 reps*			00:00		00:30				5 reps	
4 reps*			00:00	6 reps* 6 reps*	00:30				Linear Bo	
Get Ups	- Down Positic	on to Deceleration		· · · · · · · · · · · · · · · · · · ·		Front Heel Ho	voring	1	20 m	100
Sprint throug	gh 10 yd and decel	erate at 15yd promptly.		Here's a major	key: I want the b	ball of your foot on a	plate with your		20 m	+
00:00	13.72 m	9 RPE		an isometric h	old for your calf. I	will make a video to ic hold ea set on ea s	show more cle			
00:00	13.72 m	9 RPE				ie noid ea set off eas	5iuo.		Accelerat	
00:00	13.72 m	10 RPE		3 reps*	00:25				11.34 kg 11.34 kg	13
00:00	13.72 m	10 RPE		3 reps*					11.34 kg	13
Sprinting We are goin need to do t	ng to sprint each wo	rkout now because to get	really good at something you	Reps refers to	the amount of hu	- Quick/Stabiliz urdles with each set ne opposite side each	going over the h		Sprinting We are going	g to spi
00:00	20 m	8 RPE	2:00	4 reps*					need to do th	
00:00	20 m	9 RPE	2:00	4 reps*				_	13.72 m	9
R	20 m	10 RPE	2:00	4 reps*					13.72 m	9.
				4 reps*					13.72 m	10

	peed Dev & I	_ower High Ve	elocity Strength	0 min
Dynamic '	Warm Up and	d Speed Deve	lopment	
Standing	Unilateral Hip	Extension		
8 reps*	00:00			
Side Lunc	e Warm Up	•	•	
8 reps*	,			
	zation - Qua	druped Tubing	(Anterior to Po	sterior)
00:30			,	
Forward I	unge Elbow	to Instep - Cr	awling	
8 reps*			awiing	
MQ - Hip	00:30	-1		
3 reps* 3 reps*	00:30			
Ankle Bou	Ind	- 1		
13.72 m				00:00
13.72 m				00:00
Pillar Skip	- Linear			
10 m				
10 m				
-		I		
Pop, Floa	· ·	Ball (Goblet) both legs) jumps in	n the beginning. The	goal is to not let
Pop, Floa	er to the bilateral (· · · ·	n the beginning. The	goal is to not let
Pop, Floa The reps refe the heels tou	ch the bilateral (ch the ground. 15 m 15 m	· · · ·	n the beginning. The	goal is to not let
Pop, Floa The reps refe the heels tou 5 reps	er to the bilateral (ch the ground. 15 m	· · · ·	n the beginning. The	goal is to not let
Pop, Floa The reps refe the heels tou 5 reps 5 reps 5 reps Linear Bo	r to the bilateral (ch the ground. 15 m 15 m 15 m 15 m und - Continu	iboth legs) jumps i	n the beginning. The d	
Pop, Floa The reps refe the heels tou 5 reps 5 reps 5 reps Linear Bo	r to the bilateral (ch the ground. 15 m 15 m 15 m 15 m und - Continu	iboth legs) jumps i		
Pop, Floa The reps refe the heels tou 5 reps 5 reps 5 reps Linear Bo Now we are j	r to the bilateral (ch the ground. 15 m 15 m 15 m 15 m und - Continu	iboth legs) jumps i		contact time.
Pop, Floa The reps refet the heels tou 5 reps 5 reps 5 reps Linear Bo Now we are j 20 m 20 m	r to the bilateral (ch the ground. 15 m 15 m 15 m und - Continu ust bounding with	iboth legs) jumps i	ce and short ground o	contact time.
Pop, Floa The reps refet the heels tou 5 reps 5 reps 5 reps Linear Bo Now we are j 20 m 20 m	r to the bilateral (ch the ground. 15 m 15 m 15 m und - Continu ust bounding with	both legs) jumps ii JOUS a focus on distan	ce and short ground o	contact time.
Pop, Floa The reps refet the heels tou 5 reps 5 reps 5 reps Linear Bo Now we are j 20 m 20 m Accelerati	r to the bilateral (ch the ground. 15 m 15 m 15 m und - Continu ust bounding with	both legs) jumps ii Jous a focus on distan d Resisted (W	ce and short ground o	contact time.
Pop, Floa The reps refet the heels tou 5 reps 5 reps 5 reps Linear Bo Now we are j 20 m 20 m Accelerati 11.34 kg	r to the bilateral (ch the ground. 15 m 15 m und - Continu ust bounding with ion Run - Sle 13.72 m	Jous a focus on distan d Resisted (W 8 RPE	ce and short ground o	contact time.
Pop, Floa The reps refet the heels tou 5 reps 5 reps Linear Bo Now we are j 20 m 20 m 20 m Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting	r to the bilateral (ch the ground. 15 m 15 m und - Continu ust bounding with ion Run - Sle 13.72 m 13.72 m 13.72 m	both legs) jumps in Jous a a focus on distan d Resisted (W 8 RPE 9 RPE 10 RPE	ce and short ground o	contact time. 00:00 00:00
Pop, Floa The reps refet the heels tou 5 reps 5 reps Linear Bo Now we are j 20 m 20 m Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting We are going	r to the bilateral (ch the ground. 15 m 15 m und - Continu ust bounding with ion Run - Sle 13.72 m 13.72 m 13.72 m	both legs) jumps in Jous a a focus on distan d Resisted (W 8 RPE 9 RPE 10 RPE	ce and short ground o	contact time. 00:00 00:00
Pop, Floa The reps refet the heels tou 5 reps 5 reps 5 reps Linear Bo Now we are j 20 m 20 m Accelerati 11.34 kg 11.34 kg 11.34 kg Sprinting We are going need to do th	to sprint each weat thing.	both legs) jumps in Jous a a focus on distan d Resisted (W 8 RPE 9 RPE 10 RPE	ce and short ground o	contact time. 00:00 00:00

Power Dev	elopment			¢)			
Hang Clear	1						
0	e above the knees.	However, I am th	inking that it's best	t for you to use			
	Exercise, while wo						
1 kg	3 reps	85%1RME	8 RPE				
1 kg	3 reps	85%1RME	8 RPE				
1 kg	3 reps	85%1RME	8 RPE				
1 kg	3 reps	85%1RME	8 RPE				
Seated Box	, 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 Hy	pertrophy and	d Rotational P	ower	¢7			
Back Squat	- Barbell						
	ORM at 9RPE/70%	ish/0.7m/s and the	en subtract 10% fo	or 2x10 at			
0.5 kg	10 reps	65%1RME	0.75 m/s	1:30			
0 kg	10 reps	R%1RME	0.70 m/s	1:30			
0.5 kg	10 reps	60%1RME	0.85 m/s	1:30			
0.5 kg	10 reps	60%1RME	0.85 m/s	1:30			
	all Perpendicu	lar Rotational	Throw - Knee	eling			
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 Healt	h for Speed	I	I	, C)			
	Squat - Count	erbalance		· · ·			
1 kg	6 reps	90%Difficulty		1:00			
1 kg	6 reps	90%Difficulty		1:00			
1 kg	6 reps	90%Difficulty		1:00			
nordic leg curls 90% Difficulty 1.00 The weight if figured by subtracting the weight added from your own body weight. 1.00							
1 kg	8 reps	90%Difficulty	9 RPE	1:00			
1 kg	8 reps	90%Difficulty	9 RPE	1:00			
1 kg	8 reps	90%Difficulty	9 RPE	1:00			
	gthening Series		g				
8 reps*							
8 reps*							
8 reps*							

3 Hurdle [Drill to 8yd Ac	celeration		
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
Posture S	upporting Str	ength		
Overhead Of course I w	Squat - Barb		d to do a few of	my own videos.
1 kg	5 reps	90%Difficulty	9 RPE	1:00
1 kg	5 reps	90%Difficulty	9 RPE	1:00
1 kg	5 reps	90%Difficulty	9 RPE	1:00
Banded H	lip Flexion for	Sprinting		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Strength f	or High Veloc	city Force		C‡
Bench Pre	ess - Barbell			
		70%/0.53m/s, and the	n subtract 10%	for 2x10 max
0.5 kg	10 reps	65%1RME	0.60 m/s	00:00
0 kg	10 reps	R%1RME	0.53 m/s	00:00
0.5 kg	10 reps	60%1RME	0.65 m/s	00:00
0.5 kg	10 reps	60%1RME	0.65 m/s	00:00
Ws (TRX)	1			
10 reps				00:00
10 reps				00:00
10 reps				00:00
10 reps				00:00
Hypertrop	hy for Symm	etry		C;
	tension - Dip			
8 reps				00:00
8 reps				00:00
R reps				00:00
	r Row - Barbe			
1 kg	8 reps	90%Difficulty	9 RPE	
1 kg	8 reps	90%Difficulty	9 RPE	
1 kg	8 reps	90%Difficulty	9 RPE	
1 0	ow - Kettlebe ower than the asc			
1 kg	8 reps	90%Difficulty		2:00
1 kg	8 reps	90%Difficulty		2:00
1 kg	8 reps	90%Difficulty		2:00

0	er Clean Hip	_	_	
1 kg	3 reps	82%1RME	8 RPE	2:00
1 kg	3 reps	87%1RME	9 RPE	2:00
0 kg	3 reps	R%1RME	9.5 RPE	2:00
Dumbbell	Squat Jump	w/Pause		
22.68 kg *	3 reps			
22.68 kg *	3 reps			
22.68 kg *	3 reps			
Strength fe	or High Veloo	city Force		
Front Sau	at - Barbell			
		5/0.47m/s and then -	10% for 2x5	
1 kg	5 reps	80%1RME	0.50 m/s	2:00
0 kg	5 reps	R%1RME	0.45 m/s	2:00
1 kg	5 reps	75%1RME	0.65 m/s	2:00
1 kg	5 reps	75%1RME	0.65 m/s	2:00
Lightened	Method Jum	ps with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Knee Hea	Ith for Speed	•	•	
		Elevated Dum	bhall	
0.5 kg *	6 reps*	90%Difficulty		1:00
0.5 kg 0.5 kg *	6 reps*	90%Difficulty		1:00
0.5 kg *	6 reps*	90%Difficulty		1:00
		1 00 /0D mildury		1.00
nordic leg		cting the weight add	od from your own	hody woight
			•	
1 kg	8 reps	90%Difficulty		1:00
1 kg	8 reps	90%Difficulty		1:00
1 kg	8 reps	90%Difficulty		1:00
Barbell Hi	p Thrusts Ba	ck Elevated on	Bench	
1 kg	10 reps	85%Difficulty		00:00
1 kg	10 reps	85%Difficulty		00:00
1 kg	10 reps	90%Difficulty	9 RPE	00:00



Day 4				Dec 09
Max Speed	& Upper High	n Velocity Stre	ength	0 min
Dynamic W	arm Up and S	Speed Develop	oment	
Jump Rope	- Continuous			
15 seconds bila both legs.	iteral, 15 seconds	right leg, 15 secor	nds left leg, and fir	ish 15 seconds
1:00	1			00:00
	tanding Hip A	bduction		00100
8 reps*	00:00			1
· · · · · · · · · · · · · · · · · · ·	nilateral Hip E			
8 reps*				1
Side Lunge	Warm I In		I	1
8 reps*				1
Stride Stret	rh - 90/90		I	1
	ps at 30 sec ea si	de		
6 reps*	00:30			
6 reps*	00:30			
90/90 Lift O	ffs			
Two sets of 3 re	eps ea side holdin	g the internal rotati	ion 10 seconds ea	rep.
3 reps*	00:30			
3 reps*	00:30			
Knee Hug to	o Lunge - with	n Rotation		
13.72 m				
13.72 m				
Ankle Boun	d			_
15 m				00:00
15 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
1		novement to S	tabilize	
	ts of 2 stabilizatior	ns per leg.		
4 reps*				00:00
4 reps*				00:00
4 reps*		L		00:00
	nd - Continuou t bounding with a	JS focus on distance	and short ground	contact time.
20 m				00:00
20 m				00:00
L				



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
Concurre	nt Power Dev	elopment		c)
BHN Pus	h Press + OH	Squat		
		Push Presses + 1 OH	Squat paused	3 sec in bottom.
1 kg	3 reps*	85%Difficulty	8 RPE	
1 kg	3 reps*	85%Difficulty	8 RPE	
1 kg	3 reps*	85%Difficulty	8 RPE	
1 kg	3 reps*	85%Difficulty	8 RPE	
Cleans -	Barbell	•	•	
		ork to a 2RM at arour	nd 7-8 RPE. ***I	suggest using the
		ce the clean from pow		00 0
1 kg	2 reps	85%1RME	8 RPE	2:00
1 kg	2 reps	85%1RME	8 RPE	2:00
1 kg	2 reps	85%1RME	8 RPE	2:00
1 kg	2 reps	85%1RME	8 RPE	2:00
Athletic S	strength			c;)
	Bench Press	m/s, and then -10% f	or 2x5	
1 kg	5 reps	80%1RME	0.40 m/s	00:00
0 kg	5 reps	R%1RME	0.40 m/s	00:00
1 kg	5 reps	75%1RME	0.30 m/s	00:00
1 kg	5 reps	75%1RME	0.45 m/s	00:00
				00.00
		unch with Isome		
1 kg	6 reps*	90%Difficulty	9 RPE	_
1 kg	6 reps*	90%Difficulty	9 RPE	_
1 kg	6 reps*	90%Difficulty	9 RPE	
Transmu	tation Giant Se	et 1 Upper		
Overhead	d Press - Stan	ding Barbell		
Work to a 5F	RM at 9RPE/82.5%	5/0.46m/s and then su	ubtract 10% for	max repetitions
leaving one	rep in the tank.			
1 kg	5 reps	78%1RME	0.54 m/s	00:00
0 kg	5 reps	R%1RME	0.46 m/s	00:00
0.5 kg	R reps	73%1RME	0.62 m/s	00:00
Pull Up				
•		to load the pull up. w	ork to a 5RM at	a 9.5RPE and then
1 kg	5 reps	80%1RME	8.5 RPE	1:30
-	5 reps	R%1RME	9.5 RPE	1:30
0.5 kg	R reps	73%1RME	9.5 RPE	1:30
-10% for ma 1 kg 0 kg	x reps. 5 reps 5 reps	80%1RME R%1RME	8.5 RPE 9.5 RPE	1:30 1:30

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



Day 1				Dec 11	Day 2				Dee
Accelerati	on & Lower R	FD Hypertroph	ıy	0 min	Athlete Sp	pecific Hypertr	ophy & COD		0
Dynamic \	Warm Up and	Acceleration			Dynamic V	Warm Up, Ro	tation, and COI)	
Walking L	unges				Jump Rop	pe - Continuou	IS		
10 reps*						pilateral, 15 second	ds right leg, 15 secor	nds left leg, and	finish 15 seco
Unilateral	Standing Hip	Abduction			both legs.				00.00
8 reps*	00:00				1:00				00:00
Side Lung	e Warm Up			•	Prone Arr			our forshood roo	
8 reps*	<u>,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,</u>					ent should be slow	neck relaxed with ye and controlled.	our iorenead res	aea on the gro
	unge Elbow t	o Instep - Crav	wling	1	8 reps				
8 reps*					Walking L	.unaes	•		
•	zation Quad	ruped Tubing (Antorior to Pr		10 reps*				
00:30					Squat - D	umbbell (gobl	et)		
				1	This one is to	o focus on stability	while emphasizing r		
MQ - Hip	IR 00:30	-	<u> </u>				ique as a squat: feet utral spine, and eyes		knees track v
3 reps* 3 reps*	00:30				1 kg	1 reps	85%Difficulty	00:20	1:30
			1	1		·		00.20	1.00
Pillar Skip			1			h, Squat, and mechanics with all	Reach (BOX) movements slow an	nd controlled.	
10 m	-	-			5 reps			1	1
-				1	· · · · ·			I	1
10 m	ip - Vertical		<u> </u>		Lateral Lu 8 reps*		-	1	
10 m			+						I
-	und Counter	movement to S	Stabiliza	1		est Hip IR Stre	etch	1	-
	sets of 2 stabilization		SIGDIIIZE		5 reps*	00:45		<u> </u>	
4 reps*				00:00			lank Clam Shel		
4 reps*	1		+	00:00			ld each rep for two s	eis.	-
4 reps*			1	00:00	6 reps* 6 reps*	00:30			_
Get Ups -	Down Positio	n to Decelerati	on					L	
		erate at 15yd promp					Front Heel Ho ball of your foot on a		neel off makin
00:00	13.72 m	9 RPE			an isometric	hold for your calf.	will make a video to	show more clea	arly. 3 reps of
00:00	13.72 m	9 RPE					ic hold ea set on ea	siae.	
00:00	13.72 m	9 RPE			3 reps*	00:25			_
Sprinting					3 reps*	00:25		L	
		kout now because	to get really good	at something you			- Quick/Stabiliz		
need to do th	at ming.	-1	1	1.0.00			urdles with each set ne opposite side eac		urdles down a
10 m 10 m				2:00 2:00	4 reps*				
					4 reps*				
Power De	velopment			¢)		Drill to 8yd Ac	celeration		
Hang Clea					1 reps*	7.32 m			
		es. However, I am the vorking on learning			1 reps*	7.32 m			
1 kg	3 reps	80%1RME	7 RPE		1 reps*	7.32 m			
1 kg	3 reps	80%1RME	7 RPE	+	·	•	-		
	5.000		1	I I					

	beed Dev & L	ower High Velocity S	Strength 0 mi
Dynamic \	Warm Up and	d Speed Developmer	t
Standing l	Jnilateral Hip	Extension	
8 reps*	00:00		
Side Lung	e Warm Up		
8 reps*			
Hip Mobili	zation - Quad	druped Tubing (Anter	ior to Posterior)
00:30			,
Forward L	unge. Elbow	to Instep - Crawling	
8 reps*	<u> </u>		
MQ - Hip I	IR	I	
3 reps*	00:30		
3 reps*	00:30		
Ankle Bou	ind	· ·	•
13.72 m			00:00
13.72 m	-		00:00
Pillar Skip	- Linear		•
10 m			
10 m			
The reps refe		Ball (Goblet) both legs) jumps in the begi	nning. The goal is to not let
the neels touc			
5 reps	10 m		
5 reps 5 reps	10 m 10 m		
5 reps 5 reps 5 reps	10 m 10 m 10 m		
5 reps 5 reps 5 reps Linear Bou	10 m 10 m 10 m 10 m und - Continu	IOUS a focus on distance and sh	ort ground contact time.
5 reps 5 reps 5 reps Linear Bou Now we are ju 15 m	10 m 10 m 10 m 10 m und - Continu		00:00
5 reps 5 reps 5 reps Linear Bou Now we are ju 15 m 15 m	10 m 10 m 10 m und - Continu ust bounding with	a focus on distance and sh	-
5 reps 5 reps 5 reps Linear Bou Now we are ju 15 m 15 m Accelerati	10 m 10 m 10 m und - Continu ust bounding with	a focus on distance and sh d Resisted (Waist)	00:00
5 reps 5 reps 5 reps Linear Bou Now we are ju 15 m 15 m Accelerati 11.34 kg	10 m 10 m 10 m und - Continu ust bounding with on Run - Slee 9.14 m	d Resisted (Waist)	00:00
5 reps 5 reps 5 reps Linear Bou Now we are ju 15 m 15 m Acceleratii 11.34 kg 11.34 kg	10 m 10 m 10 m und - Continu ust bounding with on Run - Slee 9.14 m 9.14 m	d Resisted (Waist) 8 RPE 9 RPE	00:00
5 reps 5 reps 5 reps Linear Bou Now we are ju 15 m 15 m Accelerati 11.34 kg 11.34 kg	10 m 10 m 10 m und - Continu ust bounding with on Run - Slee 9.14 m	d Resisted (Waist)	00:00
5 reps 5 reps 5 reps Linear Bou Now we are ju 15 m 15 m Acceleration 11.34 kg 11.34 kg 11.34 kg Sprinting We are going	10 m 10 m 10 m und - Continu ust bounding with on Run - Slee 9.14 m 9.14 m 9.14 m	d Resisted (Waist) 8 RPE 9 RPE	00:00 00:00
5 reps 5 reps 5 reps Linear Bou Now we are ju 15 m Acceleration 11.34 kg 11.34 kg 11.34 kg 11.34 kg Sprinting We are going need to do the	10 m 10 m 10 m und - Continu ust bounding with on Run - Slee 9.14 m 9.14 m 9.14 m	a focus on distance and sh d Resisted (Waist) 8 RPE 9 RPE 10 RPE	00:00 00:00
5 reps 5 reps 5 reps Linear Bou Now we are ju 15 m 15 m Acceleration 11.34 kg 11.34 kg 11.34 kg Sprinting We are going	10 m 10 m 10 m und - Continuust bounding with on Run - Slea 9.14 m 9.14 m 9.14 m 10.14 m	d Resisted (Waist) 8 RPE 9 RPE 10 RPE	00:00 00:00

Seated Box	jumps			
3 reps	Rm	0 W		
3 reps	Rm	0 W		
3 reps	Rm	0 W		
Strength Hy	pertrophy and	d Rotational P	ower	¢)
Back Squat 3x10 at 57.5%/				
0.5 kg	10 reps	58%1RME	0.87 m/s	1:30
0.5 kg	10 reps	58%1RME	0.87 m/s	1:30
0.5 kg	10 reps	58%1RME	0.87 m/s	1:30
Medicine B	all Perpendicu	lar Rotational	Throw - Knee	eling
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
Knee Healt	h for Speed			с р
Single Leg	Squat - Count	erbalance		
1 kg	6 reps	75%Difficulty		1:00
1 kg	6 reps	75%Difficulty		1:00
1 kg	6 reps	75%Difficulty		1:00
nordic leg c The weight if fig	u rls gured by subtractin	g the weight adde	d from your own b	ody weight.
1 kg	6 reps	85%Difficulty	8 RPE	1:00
1 kg	6 reps	85%Difficulty	8 RPE	1:00
1 kg	6 reps	85%Difficulty	8 RPE	1:00
You will need a	gthening Serie small plate like a s		g	
8 reps*				
8 reps*				
8 reps*				

Posture Su	pporting Stren	igth		
	Squat - Barbel		d to do a few of r	ny own videos.
1 kg	3 reps	80%Difficulty	7 RPE	1:00
1 kg	3 reps	80%Difficulty	7 RPE	1:00
1 kg	3 reps	80%Difficulty	7 RPE	1:00
Banded Hi	p Flexion for S	printing		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Strength fo	r High Velocity	/ Force		¢)
Bench Pres	ss - Barbell			
0.5 kg	10 reps	60%1RME	0.65 m/s	00:00
0.5 kg	10 reps	60%1RME	0.65 m/s	00:00
0.5 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
Hypertroph	y for Symmetr	y		¢)
Tricep Exte	ension - Dip			
8 reps				00:00
8 reps				00:00
8 reps				00:00
Bent Over	Row - Barbell			
1 kg	8 reps	80%Difficulty	7 RPE	
1 kg	8 reps	80%Difficulty	7 RPE	
1 kg	8 reps	80%Difficulty	7 RPE	
1 0	w - Kettlebell wer than the ascent	t.		
1 kg	8 reps	85%Difficulty		2:00
1 kg	8 reps	85%Difficulty		2:00
1 kg	8 reps	85%Difficulty		2:00

	er Clean Hip	, ut practice Clean from	Power Positio	n.
kg	3 reps	80%1RME		2:00
kg	3 reps	80%1RME		2:00
kg	3 reps	80%1RME		2:00
Jumbbell S	Squat Jump	w/Pause		•
18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			
Strenath fo	or High Velo	citv Force		
	at - Barbell			
		f the velocity stays ab	ove .7m/s in the	e first 2-3 reps
0.5 kg	3 reps	65%1RME	0.75 m/s	2:00
).5 kg	3 reps	65%1RME	0.75 m/s	2:00
).5 kg	3 reps	65%1RME	0.75 m/s	2:00
Lightened	Method Jum	ps with Bands		
B reps				00:00
3 reps				00:00
3 reps				00:00
Knee H <u>eal</u>	th for Speed			
		t Elevated Dumb	bell	
0.5 kg *	6 reps*	80%Difficulty	7 RPE	1:00
0.5 kg *	6 reps*	80%Difficulty	7 RPE	1:00
0.5 kg *	6 reps*	80%Difficulty	7 RPE	1:00
nordic leg		cting the weight adde	d from your own	n body weigh
1 kg	6 reps	80%Difficulty	7 RPE	1:00
1 kg	6 reps	80%Difficulty	7 RPE	1:00
1 kg	6 reps	80%Difficulty	7 RPE	1:00
-	<u> </u>	· · ·		1.00
	-	ck Elevated on E		00.00
1 kg	10 reps	85%Difficulty	8 RPE	00:00
1 kg	10 reps	85%Difficulty	8 RPE	00:00
1 kg	10 reps	90%Difficulty	9 RPE	00:00



Day 4				Dec 16
Max Speed	& Upper High	n Velocity Stre	ength	0 min
Dynamic W	arm Up and S	Speed Develop	oment	
	- Continuous teral, 15 seconds	right leg, 15 secor	nds left leg, and fin	ish 15 seconds
1:00				00:00
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Standing Ur	nilateral Hip E	xtension		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
Stride Strete two sets of 6 re	ch - 90/90 ps at 30 sec ea sid	de		
6 reps*	00:30			
6 reps*	00:30			
90/90 Lift O Two sets of 3 re		g the internal rotati	ion 10 seconds ea	rep.
3 reps*	00:30			
3 reps*	00:30			
Knee Hug to	o Lunge - with	n Rotation		
13.72 m				
13.72 m				
Ankle Boun	d	_		_
15 m				00:00
15 m				00:00
Pillar Skip -	Linear		-	-
10 m				
10 m				
	nd - Counterm ts of 2 stabilization	ovement to S	tabilize	
4 reps*				00:00
4 reps*		ļ		00:00
4 reps*				00:00
	nd - Continuou t bounding with a f	JS focus on distance	and short ground	contact time.
15 m				00:00
15 m				00:00



Spiniting 20 m 7 RPE 2:00 20 m 7 RPE 2:00 30 m 8 RPE 2:00 30 m 9 RPE 2:00 Concurrent Power Development 2:00 Kanada 2:00 Concurrent Power Development 2:00 Concurrent Power Development 2:00 So m 9 RPE 2:00 Concurrent Power Development 2:00 Kanada 3 reps* 80%Difficulty 1 kg 3 reps* 80%Difficulty 7 RPE 1 kg 3 reps* 80%Difficulty 7 RPE 1 kg 3 reps* 80%Difficulty 7 RPE 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 0:50 m/s 0.5 kg 5 reps 73%1RME 0.50 m/s 0:0:00 0.5 kg 5 reps 73%1RME 0.50 m/s	Corinting				
20 m 7 RPE 2:00 30 m 8 RPE 2:00 30 m 9 RPE 2:00 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. 1 kg 3 reps* 80%Difficulty 7 RPE 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 0:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME <	Sprinting	7.005	1	1	
30 m 8 RPE 2:00 30 m 9 RPE 2:00 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. 1 kg 3 reps* 80%Difficulty 7 RPE 1 kg 3 reps* 80%Difficulty 7 RPE 1 1 kg 2 reps 75%1RME 2:00 1 Athletic Strength C C C 0:00 0:00 0:00 0:00 0:5 kg 5 reps 73%1RME 0:50 m/s 00:00 0:00 0:5 kg 5 reps 73%1RME 0:50 m/s 00:00 0:00 0:5 kg 5 reps 73%1RME <td>-</td> <td></td> <td></td> <td></td> <td></td>	-				
30 m 9 RPE 2:00 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. 1 kg 3 reps* 80%Difficulty 7 RPE 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 Athletic Strength C C C Closegrip Bench Press 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 0:000 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg					
Concurrent Power Development C> BHN Push Press + OH Squat This is 2+1, so you do 2 BHN Push Presses + 1 OH Squat paused 3 sec in bottom. 1 kg 3 reps* 80%Difficulty 7 RPE Cleans - Barbell **** 2:00 1 *** I suggest using the alternative exercise and practice the clean from power position. 1 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 Athletic Strength C C Closegrip Bench Press 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 Landmine Rotational Punch with Isometric 1 kg 6 reps*		-			
BHN Push Press + OH Squat This is 2+1, so you do 2 BHN Push Presses + 1 OH Squat paused 3 sec in bottom. 1 kg 3 reps* 80%Difficulty 7 RPE Cleans - Barbell **** suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 0:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* <t< td=""><td>30 m</td><td>9 RPE</td><td></td><td></td><td>2:00</td></t<>	30 m	9 RPE			2:00
This is 2+1, so you do 2 BHN Push Presses + 1 OH Squat paused 3 sec in bottom. 1 kg 3 reps* 80%Difficulty 7 RPE Cleans - Barbell ***I suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 Athletic Strength Closegrip Bench Press 0:50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE 1 </td <td>Concurrent</td> <td>Power Develo</td> <td>opment</td> <td></td> <td>c;)</td>	Concurrent	Power Develo	opment		c;)
1 kg 3 reps* 80%Difficulty 7 RPE 1 kg 3 reps* 80%Difficulty 7 RPE Cleans - Barbell **** 80%Difficulty 7 RPE **** suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 1 kg 2 reps 75%1RME 2:00 Athletic Strength 2:00 1 Kg Closegrip Bench Press 0.50 m/s 00:00 0.5 kg 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE				Squat paused 3 s	sec in bottom.
1 kg 3 reps* 80%Difficulty 7 RPE Cleans - Barbell ****I suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 75%1RME 2:00 Athletic Strength Closegrip Bench Press 0:50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Diffi	1 kg	3 reps*	80%Difficulty	7 RPE	
Cleans - Barbell***I suggest using the alternative exercise and practice the clean from power position.1 kg2 reps75%1RME2:001 kg2 reps75%1RME2:001 kg2 reps75%1RME2:00Athletic Strength \checkmark Closegrip Bench Press0.5 kg5 reps73%1RME0.50 m/s0.5 kg5 reps73%1RME0.50 m/s00:000.5 kg5 reps73%1RME0.50 m/s00:000.5 kg5 reps73%1RME0.50 m/s00:000.5 kg5 reps73%1RME0.50 m/s00:001 kg6 reps*80%Difficulty7 RPE11 kg5 reps70%1RME0.66 m/s00:000.5 kg5 reps70%1RME0.66 m/s<		3 reps*	80%Difficulty	7 RPE	
***I suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 75%1RME 2:00 Athletic Strength Image: close state st	1 kg	3 reps*	80%Difficulty	7 RPE	
1 kg 2 reps 75%1RME 2:00 1 kg 2 reps 75%1RME 2:00 Athletic Strength 2:00 Closegrip Bench Press 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 Landmine Rotational Punch with Isometric 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 0 Kg 5 reps 70%1RME 0.66 m/s 00:00 0.5 kg			exercise and pract	ice the clean from	power position.
1 kg 2 reps 75%1RME 2:00 Athletic Strength Closegrip Bench Press 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 Landmine Rotational Punch with Isometric 1 1 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE 0 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE 0 kg 5 reps	1 kg	2 reps	75%1RME		2:00
Athletic Strength C Closegrip Bench Press 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 Landmine Rotational Punch with Isometric 1	1 kg	2 reps	75%1RME		2:00
Closegrip Bench Press 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 Landmine Rotational Punch with Isometric 1 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 1 Kg 6 reps* 80%Difficulty 7 RPE 1 1 Kg 6 reps* 80%Difficulty 7 RPE 1 1 Kg 6 reps* 80%Difficulty 7 RPE 1 1 Kg 6 reps* 80%Difficulty 7 RPE 1 1 Kg 5 reps 70%1RME 0.66 m/s 00:00 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 0.5	1 kg	2 reps	75%1RME		2:00
Closegrip Bench Press 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 Landmine Rotational Punch with Isometric 1 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 1 Kg 6 reps* 80%Difficulty 7 RPE 1 1 Kg 6 reps* 80%Difficulty 7 RPE 1 1 Kg 6 reps* 80%Difficulty 7 RPE 1 1 Kg 6 reps* 80%Difficulty 7 RPE 1 1 Kg 5 reps 70%1RME 0.66 m/s 00:00 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 0.5	Athletic Stre	ength			ct D
0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 0.5 kg 5 reps 73%1RME 0.50 m/s 00:00 Landmine Rotational Punch with Isometric 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE 0 kg 5 reps 70%1RME 0.66 m/s 00:00 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00					
O.5 kg 5 reps 73%1RME 0.50 m/s 00:00 Landmine Rotational Punch with Isometric 1 kg 6 reps* 80%Difficulty 7 RPE 1 1 kg 6 reps* 80%Difficulty 7 RPE 1	0.5 kg	5 reps	73%1RME	0.50 m/s	00:00
Landmine Rotational Punch with Isometric 1 kg 6 reps* 80%Difficulty 7 RPE Transmutation Giant Set 1 Upper Image: Comparison of the set of th	0.5 kg	5 reps	73%1RME	0.50 m/s	00:00
1 kg 6 reps* 80%Difficulty 7 RPE Transmutation Giant Set 1 Upper Image: Comparison of the start of the star	0.5 kg	5 reps	73%1RME	0.50 m/s	00:00
1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE 1 kg 6 reps* 80%Difficulty 7 RPE Transmutation Giant Set 1 Upper C C Overhead Press - Standing Barbell Make sure the velocities stay above .7m/s. C 0.66 m/s 00:00 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 0.90 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 0.90 0	Landmine R	otational Pun	ch with Isome	etric	
1 kg 6 reps* 80%Difficulty 7 RPE Transmutation Giant Set 1 Upper C Overhead Press - Standing Barbell Make sure the velocities stay above .7m/s. C 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 Pull Up France France France France	1 kg	6 reps*	80%Difficulty	7 RPE	
Transmutation Giant Set 1 Upper C> Overhead Press - Standing Barbell Make sure the velocities stay above .7m/s. 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 Pull Up E 0.66 m/s 00:00 0.00	1 kg	6 reps*	80%Difficulty	7 RPE	
Overhead Press - Standing Barbell Make sure the velocities stay above .7m/s. 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 Pull Up Full Up 0.66 m/s 00:00 00:00	1 kg	6 reps*	80%Difficulty	7 RPE	
Make sure the velocities stay above .7m/s. 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 Pull Up 0.66 m/s 00:00 0.00	Transmutati	on Giant Set	1 Upper		с ; р
0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 Pull Up 0.66 m/s 00:00 00:00			0		
0.5 kg 5 reps 70%1RME 0.66 m/s 00:00 Pull Up	0.5 kg	5 reps	70%1RME	0.66 m/s	00:00
Pull Up	0.5 kg	5 reps	70%1RME	0.66 m/s	00:00
	0.5 kg	5 reps	70%1RME	0.66 m/s	00:00
		or hang plates to le	oad the pull up. W	ork to a 5RM on la	ast set.
1 kg 5 reps 78%1RME 8 RPE 1:30	1 kg	5 reps	78%1RME	8 RPE	1:30
1 kg 5 reps 82%1RME 9 RPE 1:30		5 reps	82%1RME	9 RPE	1:30
0 kg 5 reps R%1RME 10 RPE 1:30	0 kg	5 reps	R%1RME	10 RPE	1:30
Biceps Curls - Barbell	Biceps Curl	s - Barbell	-	-	·
1 kg 10 reps 85%Difficulty 00:00	1 kg	10 reps	85%Difficulty		00:00
1 kg 10 reps 85%Difficulty 00:00	1 kg	10 reps	85%Difficulty		00:00
1 kg 10 reps 85%Difficulty 00:00	1 kg	10 reps	85%Difficulty		00:00



Day 1				Dec 18	Day 2				Dec 19
Accelerat	tion & Lower R	FD Hypertrop	hy	0 min	Athlete Sp	ecific Hypertr	ophy & COD		0 min
Dynamic	Warm Up and	Acceleration			Dynamic V	Varm Up, Rot	tation, and CO)	
Walking L	unges				Jump Rop	e - Continuou	IS		
10 reps*		T		T	15 seconds b		ls right leg, 15 secor	nds left leg, and fir	nish 15 seconds
Unilateral	I Standing Hip	Abduction		•	both legs.	_	_		
8 reps*	00:00			1	1:00				00:00
· ·	ge Warm Up			1	Prone Arm				
8 reps*				1	Just a couple The movement	of keys: keep the nt should be slow	neck relaxed with ye and controlled.	our forehead reste	d on the ground.
<u> </u>	Lunge, Elbow	to Insten - Cra	wling	•	8 reps				
8 reps*					Walking L	unaes			•
	lization - Quad		(Antorior to P	ostorior)	10 reps*			1	I
00:30					· · ·	Imbbell (goble	⊇t)		1
				1	This one is to	focus on stability	while emphasizing r	nax range of motio	on. This will be
MQ - Hip		- <u>T</u>	1				ique as a squat: feet itral spine, and eyes		nees track with
3 reps* 3 reps*	00:30	_			1 kg	1 reps	95%Difficulty	00:30	1:30
				1			,	00.50	1.50
Pillar Skip	p - Linear	-	_			n, Squat, and	Reach (Box) movements slow an	nd controlled	
10 m					5 reps				
	in Vertical				· · · · · · · · · · · · · · · · · · ·				
10 m	kip - Vertical	-	-1		Lateral Lu	nge		1	1
10 m					8 reps*				
-			Ctabiliza			st Hip IR Stre	etch		
	ound - Counter sets of 2 stabilizati		Stabilize		5 reps*	00:45			1
		ions per leg.	1	00:00			ank Clam Shel		
4 reps* 4 reps*			-	00:00		-	ld each rep for two s	sets.	
4 reps*				00:00	6 reps*	00:30			
	- Down Positio	n to Decelerat	tion	1	6 reps*	00:30			
	gh 10 yd and decele						Front Heel Ho ball of your foot on a		
00:00	13.72 m	9 RPE		1	an isometric h	old for your calf. I	will make a video to	show more clear	
00:00	13.72 m	9 RPE			lift and then 2	5 second Isometri	c hold ea set on ea	side.	
00:00	13.72 m	10 RPE			3 reps*	00:25			
				•	3 reps*	00:25			
Sprinting		rkout now because	e to get really good	l at something you			- Quick/Stabiliz		
Sprinting We are going need to do th									
We are going		9 RPE		2:00	back as in the		ne opposite side eac		
We are going need to do th	hat thing. 20 m 20 m	9 RPE		2:00	back as in the 4 reps*				
We are going need to do th 00:00	hat thing. 20 m	-			back as in the				

9 Day	/ 3				Dec 21
n Ath	letic Spe	ed Dev & Lov	ver High Velo	city Strength	0 min
Dyr	namic Wa	arm Up and S	peed Develop	oment	
Sta	nding Ur	nilateral Hip E	xtension		
8 re	ps*	00:00			
Side	e Lunge	Warm Up			
8 re	ps*				
Hip	Mobiliza	tion - Quadru	, ped Tubing (A	Anterior to Po	sterior)
00:3	0				,
For	ward Lur	nge, Elbow to	Instep - Craw	ling	
8 re	ps*			0	
MQ	- Hip IR				
3 re		00:30			
3 re		00:30			
Ank	le Bound	b			
	'2 m				00:00
13.7	'2 m				00:00
Pilla	ar Skip -	Linear			
10 n					
10 n	n				
		Skip - Med Ba	all (Goblet) h legs) jumps in th	o boginning. Tho	roal is to not lot
		the ground.	n legs) junips in ui	e beginning. The	
5 re	ps	15 m			
5 re	ps	15 m			
5 re	ps	15 m			
		d - Continuou bounding with a f	IS ocus on distance a	and short ground o	contact time.
20 n	n				00:00
20 n					00:00
20 n	n				00:00
Acc	eleration	Run - Sled F	Resisted (Wais	st)	
	84 kg	18.29 m	8 RPE		
	84 kg	18.29 m	9 RPE		
-	14 kg	18.29 m	10 RPE		
Wea	inting are going to I to do that		out now because to	o get really good a	t something you
00:0	0	18.29 m	9 RPE		2:00
00:0	00	18.29 m	9.5 RPE		2:00
R		18.29 m	10 RPE		2:00

Power Development Hang Clean Just keep these above the knees. However, I am thinking that it's best for you to the Alternative Exercise, while working on learning to clean from the power position 1 kg 2 reps 85%1RME 8 RPE 1 kg 1 reps 90%1RME 8 RPE 0 kg 1 reps 90%1RME 8 RPE 3 reps 91.44 cm 0 W 1 3 reps R cm 0 W 1 Strength Hypertrophy and Rotational Power Back Squat - Barbell Max 10 RPE/74%ish/0.63m/s, and then -10% f	
Just keep these above the knees. However, I am thinking that it's best for you to the Alternative Exercise, while working on learning to clean from the power position 1 kg 2 reps 85%1RME 8 RPE 1 kg 1 reps 90%1RME 8 RPE 0 kg 1 reps 90%1RME 8 RPE 3 kg 1 reps R%1RME 9 RPE Seated Box jumps 3 reps 91.44 cm 0 W	
1 kg 2 reps 85%1RME 8 RPE 1 kg 1 reps 90%1RME 8 RPE 1 kg 2 reps 85%1RME 8 RPE 1 kg 2 reps 85%1RME 8 RPE 1 kg 1 reps 90%1RME 8 RPE 0 kg 1 reps R%1RME 9 RPE Seated Box jumps 3 7 7 3 reps R cm 0 W - - 3 reps R cm 0 W - - Strength Hypertrophy and Rotational Power - - - Back Squat - Barbell Max 10R M at 10 RPE/74%ish/0.63m/s, and then -10% for 2x10 - - 0.5	
1 kg 1 reps 90%1RME 8 RPE 1 kg 2 reps 85%1RME 8 RPE 1 kg 1 reps 90%1RME 8 RPE 0 kg 1 reps 90%1RME 8 RPE 0 kg 1 reps 90%1RME 8 RPE 0 kg 1 reps R%1RME 9 RPE Seated Box jumps 3 reps 91.44 cm 0 W 3 reps R cm 0 W	on.
1 kg 2 reps 85%1RME 8 RPE 1 kg 1 reps 90%1RME 8 RPE 0 kg 1 reps 90%1RME 8 RPE 0 kg 1 reps R%1RME 9 RPE Seated Box jumps 3 reps 91.44 cm 0 W 3 reps R cm 0 W Strength Hypertrophy and Rotational Power Back Squat - Barbell Max 10RM at 10 RPE/74%ish/0.63m/s, and then -10% for 2x10 0.5 kg 10 reps 68%1RME 0.73 m/s 1:30 0 kg 10 reps 63%1RME 0.80 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 0.5 kg	
1 kg 1 reps 90%1RME 8 RPE 0 kg 1 reps R%1RME 9 RPE Seated Box jumps Seated Box jumps Image: Seated Box jumps Image: Seated Box jumps 3 reps 91.44 cm 0 W Image: Seated Box jumps Image: Seated Box jumps 3 reps 91.44 cm 0 W Image: Seated Box jumps Image: Seated Box jumps 3 reps R cm 0 W Image: Seated Box jumps Image: Seated Box jumps 3 reps R cm 0 W Image: Seated Box jumps Image: Seated Box jumps 3 reps R cm 0 W Image: Seated Box jumps Image: Seated Box jumps 3 reps R cm 0 W Image: Seated Box jumps Image: Seated Box jumps Image: Seate Box jumps 3 reps R cm 0 W Image: Seate Box jumps Image: Seate Box jumps Image: Seate Box jumps Strength Hypertrophy and Rotational Power Image: Seate Box jumps Image: Seate Box jumps Image: Seate Box jumps Max 10RM at 10 RPE/74%ish/0.63m/s, and then -10% for 2x10 Image: Seate Box jumps Image: Seate Box jumps Image: Seate B	
0 kg 1 reps R%1RME 9 RPE Seated Box jumps 3 reps 91.44 cm 0 W	
Seated Box jumps 3 reps 91.44 cm 0 W	
3 reps 91.44 cm 0 W Image: Second system 3 reps R cm 0 W Image: Second system Image: Second system 3 reps R cm 0 W Image: Second system Image: Second system Image: Second system 3 reps R cm 0 W Image: Second system Image: Second system Image: Second system 3 reps R cm 0 W Image: Second system Image: Secon	
3 reps R cm 0 W 3 reps R cm 0 W 3 reps R cm 0 W Strength Hypertrophy and Rotational Power Back Squat - Barbell Max 10RM at 10 RPE/74%ish/0.63m/s, and then -10% for 2x10 0.5 kg 10 reps 68%1RME 0.73 m/s 1:30 0 kg 10 reps 63%1RME 0.63 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 Medicine Ball Perpendicular Rotational Throw - Kneeling The set and the set	
3 reps R cm 0 W Strength Hypertrophy and Rotational Power Back Squat - Barbell Max 10RM at 10 RPE/74%ish/0.63m/s, and then -10% for 2x10 0.5 kg 10 reps 68%1RME 0.73 m/s 0.5 kg 10 reps 63%1RME 0.63 m/s 0.5 kg 10 reps 63%1RME 0.80 m/s 1.30	
Strength Hypertrophy and Rotational Power Back Squat - Barbell Max 10RM at 10 RPE/74%ish/0.63m/s, and then -10% for 2x10 0.5 kg 10 reps 68%1RME 0.73 m/s 1:30 0 kg 10 reps 68%1RME 0.63 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30	
Back Squat - Barbell Max 10RM at 10 RPE/74%ish/0.63m/s, and then -10% for 2x10 0.5 kg 10 reps 68%1RME 0.73 m/s 1:30 0 kg 10 reps R%1RME 0.63 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 Medicine Ball Perpendicular Rotational Throw - Kneeling 10 10 10	
Back Squat - Barbell Max 10RM at 10 RPE/74%ish/0.63m/s, and then -10% for 2x10 0.5 kg 10 reps 68%1RME 0.73 m/s 1:30 0 kg 10 reps R%1RME 0.63 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 Medicine Ball Perpendicular Rotational Throw - Kneeling 10 10 10	47
Max 10 RPE/74%ish/0.63m/s, and then -10% for 2x10 0.5 kg 10 reps 68%1RME 0.73 m/s 1:30 0 kg 10 reps R%1RME 0.63 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 Medicine Ball Perpendicular Rotational Throw - Kneeling 10 10 10	
0 kg 10 reps R%1RME 0.63 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 Medicine Ball Perpendicular Rotational Throw - Kneeling 1000000000000000000000000000000000000	
0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 Medicine Ball Perpendicular Rotational Throw - Kneeling	
0.5 kg 10 reps 63%1RME 0.80 m/s 1:30 Medicine Ball Perpendicular Rotational Throw - Kneeling	
Medicine Ball Perpendicular Rotational Throw - Kneeling	
6.8 kg 5 reps* 2:00	
Speed Knee Health	47
Single Leg Squat - Counterbalance	
1 kg 6 reps 90%Difficulty 1:00	
1 kg 6 reps 90%Difficulty 1:00	
1 kg 6 reps 95%Difficulty 1:00	
nordic leg curls The weight if figured by subtracting the weight added from your own body weight. Work to an 8RM max.	
1 kg 8 reps 90%Difficulty 9 RPE 1:00	
1 kg 8 reps 95%Difficulty 9.5 RPE 1:00	
0 kg 8 reps R%Difficulty 10 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*	

3 Hurdle Dr	ill 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 Sup	oporting Stren	igth	•	•
Overhead S	Squat - Barbel	I		
Of course I wan Let's work up to	t these as low as a 5RM.	possible. I will nee	d to do a few of m	y own videos.
1 kg	5 reps	90%Difficulty	9 RPE	1:00
1 kg	5 reps	95%Difficulty	9.5 RPE	1:00
0 kg	5 reps	R%Difficulty	10 RPE	1:00
Banded Hip	Flexion for S			
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Strength for	High Velocity	/ Force		c;)
Bench Pres	s - Barbell			
Work up to a 10 velocity.	ORM at 10 RPE/73	%/0.49m/s, and th	en subtract 10% f	or 2x10 max
0.5 kg	10 reps	68%1RME	0.56 m/s	00:00
0 kg	10 reps	R%1RME	0.49 m/s	00:00
0.5 kg	10 reps	63%1RME	0.62 m/s	00:00
0.5 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
Hypertrophy	y for Symmetr	.y	•	¢p
Tricep Exte				
8 reps				00:00
8 reps				00:00
R reps				00:00
	Row - Barbell // Max at 10 RPE			
1 kg	8 reps	90%Difficulty	9 RPE	1
1 kg	8 reps	95%Difficulty	9.5 RPE	1
0 kg	8 reps	R%Difficulty	10 RPE	
Upright Rov	v - Kettlebell	, , , , , , , , , , , , , , , , , , ,		•
1 kg	8 reps	85%Difficulty		2:00
1 kg	8 reps	90%Difficulty		2:00
1 kg	8 reps	95%Difficulty		2:00
1 NY	Lo ieps	3370Difficulty		2.00

Jse the Alterr	native exercise b	ut practice Clean fron	n Power Position	า.
l kg	3 reps	85%Difficulty	8 RPE	2:00
1 kg	3 reps	90%Difficulty	9.5 RPE	2:00
) kg	2 reps	R%Difficulty	10 RPE	2:00
Dumbbell	Squat Jump	w/Pause		
27.22 kg *	3 reps			
27.22 kg *	3 reps			
27.22 kg *	3 reps			
Strength fo	or High Veloo	city Force		(
	at - Barbell M at 9RPE/82.5%	%/0.47m/s and then -1	10% for 2x5	
l kg	5 reps	82%1RME	0.48 m/s	2:00
) kg	5 reps	R%1RME	0.43 m/s	2:00
l kg	5 reps	77%1RME	0.62 m/s	2:00
1 kg	5 reps	77%1RME	0.62 m/s	2:00
_ightened	Method Jum	ps with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Knee Heal	th for Speed			
Split Squa	t - Rear Foot	Elevated Dumb	bell	
).5 kg *	6 reps*	90%Difficulty	9 RPE	1:00
).5 kg *	6 reps*	95%Difficulty	9.5 RPE	1:00
).5 kg *	6 reps*	100%Difficulty	/ 10 RPE	1:00
nordic leg	curls		-	
l kg	6 reps	90%Difficulty	9 RPE	1:00
l kg	6 reps	95%Difficulty	9.5 RPE	1:00
) kg	6 reps	R%Difficulty	10 RPE	1:00
Barbell Hip	Thrusts Ba	ck Elevated on I	Bench	-
		050/ D'//	8 RPE	00:00
1 kg	10 reps	85%Difficulty	ORPE	00.00
1 kg 1 kg	10 reps 10 reps	85%Difficulty 85%Difficulty	8 RPE	00:00



Day 4				Dec 23
Max Speed	& Upper Hig	h Velocity Stre	ength	0 min
Dynamic W	arm Up and S	Speed Develop	oment	
	- Continuous teral, 15 seconds	s right leg, 15 secon	nds left leg, and fin	ish 15 seconds
1:00				00:00
Unilateral S	tanding Hip A	Abduction		
8 reps*	00:00			
Standing Ur	nilateral Hip E	Extension		
8 reps*	00:00			
Side Lunge	Warm Up	•	•	
8 reps*				
Stride Streto two sets of 6 rep	ch - 90/90 ps at 30 sec ea si	de		
6 reps*	00:30			
6 reps*	00:30			
90/90 Lift O Two sets of 3 re		g the internal rotati	ion 10 seconds ea	rep.
3 reps*	00:30			
3 reps*	00:30			
Knee Hug to	o Lunge - witl	h Rotation		
13.72 m				
13.72 m				
Ankle Boun	d			
15 m				00:00
15 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
	nd - Countern is of 2 stabilizatio	novement to S	tabilize	
4 reps*				00:00
4 reps*				00:00
4 reps*				00:00
	nd - Continuo t bounding with a	US focus on distance a	and short ground	contact time.
20 m				00:00
20 m				00:00
20 m				00:00



Sprinting				
00:00	20 m	7 RPE		2:00
00:00	30 m	8 RPE		2:00
00:00	30 m	9 RPE		2:00
R	40 m	10 RPE		2:00
Concurre	ent Power Dev	elopment	1	
BHN Pus	sh Press + OH	•	Squat paused	
1 kg	3 reps*	85%Difficulty	8 RPE	
1 kg	3 reps*	90%Difficulty	9 RPE	
1 kg	3 reps*	95%Difficulty	9.5 RPE	
Cleans - ***I suggest		ve exercise and pract	ice the clean fr	om power position.
1 kg	2 reps	80%1RME	7 RPE	2:00
1 kg	2 reps	80%1RME	7 RPE	2:00
1 kg	2 reps	85%1RME	8 RPE	2:00
0 kg	2 reps	R%1RME	9 RPE	2:00
Athletic S	Strength			C
Work to a 5	D Bench Press RM/87%/10RPE/0.	3m/s, and then -10%	for 2x5.	
1 kg	5 reps	82%1RME	0.38 m/s	00:00
0 kg	5 reps	R%1RME	0.30 m/s	00:00
1 kg	5 reps	75%1RME	0.45 m/s	00:00
1 kg	5 reps	75%1RME	0.45 m/s	00:00
Landmin	e Rotational P	unch with Isome	etric	
1 kg	6 reps*	90%Difficulty	9 RPE	
1 kg	6 reps*	95%Difficulty	9.5 RPE	
0 kg	6 reps*	R%Difficulty	10 RPE	
Transmu	tation Giant Se	et 1 Upper		C
Overhea Work to a 5	d Press - Stan		ubtract 10% for	max repetitions
1 kg	5 reps	80%1RME	0.50 m/s	00:00
0 kg	5 reps	R%1RME	0.43 m/s	00:00
1 kg	R reps	75%1RME	0.58 m/s	00:00
-10% for ma	ax reps.	to load the pull up. w	_	
1 kg	5 reps	82%1RME	9 RPE	1:30
0 kg	5 reps	R%1RME	10 RPE	1:30
1 kg	R reps	77%1RME	8 RPE	1:30
	urls - Barbell			
Biceps C			-	
Biceps C 1 kg	10 reps	85%Difficulty		00:00
		85%Difficulty 90%Difficulty		00:00



Day 1				Dec 25
Acceleration	h & Lower Hig	h Velocity Str	ength	0 min
Acceleratior	n Warm Up			
Walking Lur	nges			
10 reps*				
Unilateral St	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 Lur	nge, Elbow to	Instep - In Pla	ace with Rota	tion
8 reps*				
Hip Mobiliza This is 30 sec ea		ped Tubing (<i>I</i>	Anterior to Po	sterior)
00:30				
MQ - Hip IR				
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	-			
00:00	13.72 m	8 RPE		2:00
00:00	13.72 m	9 RPE		2:00
R R	13.72 m	10 RPE 10 RPE		2:00
Sprinting		10 RPE	p get really good a	2:00 It something you
00:00	15 m	8 RPE		2:00
00:00	15 m	9 RPE		2:00
R	15 m	10 RPE		2:00
R	15 m	10 RPE		2:00

Day 2				Dec 26
Acceleration	n & Upper Hig	h Velocity Stre	ength	0 min
Change of I	Direction Warr	n Up		
	- Continuous teral, 15 seconds i	right leg, 15 secon	ds left leg, and fin	ish 15 seconds
1:00				00:00
	Arc keys: keep the ne should be slow an		our forehead rested	d on the ground.
8 reps				
This one is to fo performed with	nbbell (goblet) cus on stability wh the same techniqu ertical torso, neutra	ile emphasizing m e as a squat: feet	shoulder width, kn	
1 kg	1 reps	85%Difficulty	00:30	1:30
1 kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lung	ge			
8 reps*				
Worlds Best	t Hip IR Streto	h		
5 reps*	00:45			
	tion Side Plar			
6 reps*	00:30			
6 reps*	00:30			
Carioca I want the first to	wo to be simple ca	rioca, and the sec	ond two to be high	n knee.
13.72 m				
	over & Cut (Zi yards apart cover		al.	
Use the first two	as a warm up.			
00:00	13.72 m	8 RPE		
00:00	13.72 m	8 RPE		
00:00	13.72 m	9 RPE		
R	13.72 m	10 RPE		
SL Boundin	g Series Real	ization wk1		
· ·	Explosive Cu	t		
4 reps*	20 m			
4 reps*	20 m			

Day 3				Dec 28
Speed Deve	elopment & Lo	wer High Vel	ocity Power	0 min
Athletic Spe	ed Developm	ent		
Standing Ur	nilateral Hip E	xtension		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
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 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 oposite leg each se			izing rep 5
5 reps				00:00
5 reps				00:00
3 Hurdle Dri	ill to Crossove	er to 10yd Acc	eleration	
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
Acceleration	n Run - Harne	ss Resisted (Shoulders)	
0.5 kg	25%BW	00:00	13.72 m	
0.5 kg	25%BW	00:00	13.72 m	
0.5 kg	25%BW	R	13.72 m	
0.5 kg	25%BW	R	13.72 m	

Hang Clea	an			
Just keep the	ese above the kne	ees. However, I am th		
		working on learning		e power position
1 kg	2 reps	85%1RME	7 RPE	
1 kg	2 reps	85%1RME	7 RPE	
1 kg	2 reps	85%1RME	7 RPE	
1 kg	2 reps	85%1RME	7 RPE	
1 kg	2 reps	85%1RME	7 RPE	
Medicine	Ball Perpend	licular Rotationa	l Throw - Kr	neeling
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	
Strength f	or High Velo	city Force		ſ
	at - Barbell			
Work up to a velocity.	5RM at 8RPE/80	0%ish/0.5m/s and the	n subtract 10%	for 2x5 at maxim
1 kg	5 reps	75%1RME	0.60 m/s	1:30
0 kg	5 reps	R%1RME	0.50 m/s	1:30
0.5 kg	-	70%1RME	0.70 m/s	1:30
U.J KY	5 reps	70% I KIVIE	0.7011/5	1.00
0.5 kg 24" Depth Ground Cont if available. Y	5 reps JUMP act Time and Hei four jump height	70%1RME ight are to be measur needs to be at least t	0.70 m/s red with GymAw he same as the	1:30 vare of Force Plat box height. If not
0.5 kg 24" Depth Ground Cont if available. Y lower the boy	5 reps JUMP act Time and Hei four jump height	70%1RME	0.70 m/s red with GymAw he same as the	1:30 vare of Force Plat box height. If not
0.5 kg 24" Depth Ground Cont if available. Y lower the boy jump height.	5 reps Jump act Time and Hei 'our jump height (. Distance refers	70%1RME ight are to be measur needs to be at least t	0.70 m/s red with GymAw he same as the	1:30 vare of Force Plat box height. If not
0.5 kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps	5 reps a Jump act Time and Hei Your jump height I (. Distance refers 0.3 m	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm	0.70 m/s red with GymAw he same as the	1:30 vare of Force Plat box height. If not
0.5 kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps	5 reps a Jump act Time and Hei Your jump height act Distance refers 0.3 m 0.3 m	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm	0.70 m/s red with GymAw he same as the	1:30 vare of Force Plat box height. If not
0.5 kg 24" Depth Ground Cont if available. Y lower the bos jump height. 3 reps 3 reps 3 reps 3 reps	5 reps a Jump act Time and Hei Your jump height I (. Distance refers 0.3 m	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm	0.70 m/s red with GymAw he same as the	1:30 vare of Force Plat box height. If not
0.5 kg 24" Depth Ground Cont if available. Y lower the bos jump height. 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps	5 reps act Time and Hei our jump height cour jump height cour jump height cour jump height cour jump height of a m 0.3 m 0.3 m 0.3 m	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm R cm	0.70 m/s red with GymAw he same as the	1:30 vare of Force Plat box height. If not
0.5 kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea	5 reps act Time and Hei our jump height I c. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm	0.70 m/s red with GymAw he same as the	1:30 vare of Force Plat box height. If not
0.5 kg 24" Depth Ground Cont if available. Y lower the boy jump height. 3 reps 3 reps 3 reps 3 reps 3 reps 5 reps Knee Hea Single Leg	5 reps a Jump act Time and Hei Your jump height (C. 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	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm d unterbalance	0.70 m/s red with GymAw he same as the	1:30 rare of Force Plat box height. If not is in reference to
0.5 kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea	5 reps a Jump act Time and Hei Your jump height c. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m alth for Speec g Squat - Col 6 reps	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm d unterbalance 85%Difficulty	0.70 m/s red with GymAw he same as the	1:30 rare of Force Plat box height. If not is in reference to
0.5 kg 24" Depth Ground Cont if available. Y lower the boy lower the boy lower the boy lower the boy lower the boy lower the boy 3 reps 3 reps 3 reps 3 reps 3 reps 5 Knee Hea Single Leg 1 kg 1 kg	5 reps a Jump act Time and Hei Your jump height c. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.4 for Speec g Squat - Col 6 reps 6 reps 6 reps	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm unterbalance 85%Difficulty 85%Difficulty	0.70 m/s red with GymAw he same as the	1:30 rare of Force Plat box height. If not is in reference to
0.5 kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea Single Leg 1 kg	5 reps a Jump act Time and Hei Your jump height c. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m alth for Speec g Squat - Col 6 reps	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm d unterbalance 85%Difficulty	0.70 m/s red with GymAw he same as the	1:30 rare of Force Plat box height. If not is in reference to
0.5 kg 24" Depth Ground Cont if available. Y lower the boy lower the boy lower the boy lower the boy lower the boy lower the boy 3 reps 3 reps 3 reps 3 reps 3 reps 5 Knee Hea Single Leg 1 kg 1 kg	5 reps a Jump act Time and Hei 'our jump height k. Distance refers 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m alth for Speec g Squat - Col 6 reps 6 reps 6 reps 6 reps	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm unterbalance 85%Difficulty 85%Difficulty	0.70 m/s red with GymAw he same as the	1:30 rare of Force Plat box height. If not is in reference to
0.5 kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea Single Lee 1 kg 1 kg 1 kg nordic leg	5 reps a Jump act Time and Hei Your jump height (Cour jump height (Cour jump height (Cour jump height (Cour jump height) (Cour	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm unterbalance 85%Difficulty 85%Difficulty	0.70 m/s	1:30 rare of Force Plat box height. If not is in reference to 1:00 1:00 1:00
0.5 kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps 3 reps Knee Hea Single Lee 1 kg 1 kg 1 kg nordic leg	5 reps a Jump act Time and Hei Your jump height (Cour jump height (Cour jump height (Cour jump height (Cour jump height) (Cour	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm R cm Sunterbalance 85%Difficulty 85%Difficulty	0.70 m/s	1:30 rare of Force Plat box height. If not is in reference to 1:00 1:00 1:00
0.5 kg 24" Depth Ground Cont if available. Y lower the boy jump height. 3 reps 3 reps 3 reps 3 reps Knee Heat Single Leat 1 kg 1 kg 1 kg nordic leg The weight if	5 reps act Time and Hei Your jump height act 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 0.4 for Speece g Squat - Con 6 reps 6 reps 6 reps curls figured by subtra	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm R cm B cm S unterbalance 85%Difficulty 85%Difficulty 85%Difficulty acting the weight add	0.70 m/s ed with GymAw he same as the yox, and height i	1:30 rare of Force Plat box height. If not is in reference to 1:00 1:00 1:00 1:00 1:00
0.5 kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Heat Single Leat 1 kg 1 kg nordic leg The weight if 1 kg	5 reps a Jump act Time and Hei 'our jump height I (. 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 for Speece g Squat - Cou 6 reps 6 reps 6 reps 1 curls figured by subtration 8 reps	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm R cm B cm S unterbalance 85%Difficulty 85%Difficulty acting the weight adde	0.70 m/s ed with GymAw he same as the yox, and height i	1:30 rare of Force Plat box height. If not is in reference to 1:00 1:00 1:00 1:00 1:00 1:00
0.5 kg 24" Depth Ground Cont if available. Y lower the boy jump height. 3 reps 3 reps 3 reps 3 reps Knee Heat Single Leat 1 kg 1 kg nordic leg The weight if 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg	5 reps a Jump act Time and Hei 'our jump height 1 (a. 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 for Speece g Squat - Col 6 reps 6 reps 6 reps 1 curls figured by subtra 8 reps 8 reps 8 reps 8 reps 8 reps 8 reps 9 seps 9 seps 1 curls 1 curl	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm R cm B cm Unterbalance 85%Difficulty	ed with GymAw he same as the yox, and height i ed from your ow 8 RPE 8 RPE 8 RPE 8 RPE	1:30 rare of Force Plat box height. If not is in reference to 1:00 1:00 1:00 1:00 1:00 1:00 1:00
0.5 kg 24" Depth Ground Cont if available. Y lower the boy jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Leg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 k	5 reps a Jump act Time and Hei 'our jump height 1 (a. 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 for Speece g Squat - Col 6 reps 6 reps 6 reps 1 curls figured by subtra 8 reps 8 reps 8 reps 8 reps 8 reps 8 reps 9 seps 9 seps 1 curls 1 curl	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm R cm Unterbalance 85%Difficulty 85%Difficulty acting the weight add 85%Difficulty 85%Difficulty 85%Difficulty 85%Difficulty	ed with GymAw he same as the yox, and height i ed from your ow 8 RPE 8 RPE 8 RPE 8 RPE	1:30 rare of Force Plat box height. If not is in reference to 1:00 1:00 1:00 1:00 1:00 1:00 1:00
0.5 kg 24" Depth Ground Cont if available. Y lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Lea 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg	5 reps a Jump act Time and Hei 'our jump height 1 (a. 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 for Speece g Squat - Col 6 reps 6 reps 6 reps 1 curls figured by subtra 8 reps 8 reps 8 reps 8 reps 8 reps 8 reps 9 seps 9 seps 1 curls 1 curl	70%1RME ight are to be measur needs to be at least t to the height of the b 30.48 cm R cm R cm R cm R cm B cm Unterbalance 85%Difficulty	ed with GymAw he same as the yox, and height i ed from your ow 8 RPE 8 RPE 8 RPE 8 RPE	1:30 rare of Force Plat box height. If not is in reference to 1:00 1:00 1:00 1:00 1:00 1:00 1:00

6 reps*	o side tuck jur			
6 reps*	15 m			-
•				
	feet lateral he	ops		
12 m				
12 m				
SL quick	feet medial -	lateral jumps		
6 reps*	10 m			
6 reps*	10 m			
Posture S	Supporting Str	ength		C
Overhead	d Squat - Bart		d to do a few of	my own videos.
1 kg	3 reps	85%Difficulty	8 RPE	1:00
1 kg	3 reps	85%Difficulty	8 RPE	1:00
1 kg	3 reps	85%Difficulty	8 RPE	1:00
Banded H	lip Flexion for	r Sprintina		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Strength	for High Velo	city Force		r
The goal is r power and h		so make sure to rest b for those that have a v	velocity instrum	ent to measure.
				st anyone. Let m
know if you	want a discount co			st anyone. Let m
know if you v 5 reps				st anyone. Let m
	want a discount co	0 W 0 W		
5 reps	want a discount co	0 W		2:00
5 reps 5 reps 5 reps	want a discount co 0 cm 0 cm	0 W 0 W 0 W 0 W		2:00
5 reps 5 reps 5 reps Hypertrop Tricep Ex work to a 5R	0 cm 0 cm R cm ohy for Symm ctension - Dip M weighted at 96	0 W 0 W 0 W 0 W etry RPE and then -10% fo	r 5+	2:00 2:00 2:00
5 reps 5 reps 5 reps Hypertrop Tricep Ex work to a 5R 1 kg	want a discount or 0 cm 0 cm R cm bhy for Symm ctension - Dip M weigthted at 9F 5 reps	0 W 0 W 0 W 0 W etry RPE and then -10% fo 78%1RME	r 5+ 8 RPE	2:00 2:00 2:00
5 reps 5 reps 5 reps Hypertrop Tricep Ex work to a 5R 1 kg 0 kg	want a discount or 0 cm 0 cm R cm bhy for Symm ctension - Dip M weigthted at 9F 5 reps 5 reps 5 reps	0 W 0 W 0 W 0 W etry RPE and then -10% fo 78%1RME R%1RME	r 5+ 8 RPE 9 RPE	2:00 2:00 2:00
5 reps 5 reps 5 reps Hypertrop Tricep Ex work to a 5R 1 kg	want a discount or 0 cm 0 cm R cm bhy for Symm ctension - Dip M weigthted at 9F 5 reps	0 W 0 W 0 W 0 W etry RPE and then -10% fo 78%1RME	r 5+ 8 RPE	2:00 2:00 2:00
5 reps 5 reps 5 reps Hypertrop Tricep Ex work to a 5R 1 kg 0 kg 0.5 kg Bent Ove	want a discount or 0 cm 0 cm R cm bhy for Symm ctension - Dip M weigthted at 9F 5 reps 5 reps R reps er Row - Barbe	0 W 0 W 0 W etry RPE and then -10% fo 78%1RME R%1RME 73%1RME	^{r 5+} 8 RPE 9 RPE 9.5 RPE	2:00 2:00 2:00
5 reps 5 reps 5 reps Hypertrop Tricep Ex work to a 5R 1 kg 0 kg 0.5 kg Bent Ove	0 cm 0 cm 0 cm R cm Ohy for Symm Attension - Dip Attensing - Dip Attensing -	0 W 0 W 0 W 0 W 0 W 78%1RME R%1RME 73%1RME PE and then -10% for 73%1RME 73%1RME 73%1RME 73%1RME 73%1RME 73%1RME	r 5+ 8 RPE 9 RPE 9.5 RPE r 5+ 8 RPE	2:00 2:00 2:00
5 reps 5 reps 5 reps Hypertrop Tricep Ex work to a 5R 1 kg 0 kg 0.5 kg Bent Ove work to a 5R	ant a discount of 0 cm 0 cm R cm 0 cm ctension - Dip M weigthted at 9f 5 reps 7 reps R reps er Row - Barbe	0 W 0 W 0 W 0 W etry RPE and then -10% fo 78%1RME R%1RME 73%1RME Pill RPE and then -10% fo	r 5+ 8 RPE 9 RPE 9.5 RPE	2:00 2:00 2:00

Sprinting We are going t need to do that	o sprint each worke t thing.	out now because t	o get really good	at something you
00:00	10 m	9 RPE		2:00
00:00	10 m	10 RPE		2:00
R	10 m	10 RPE		2:00
Power Dev	elopment	•		
Power Clea	an from Mediu	m Blocks		
1 kg	3 reps	80%1RME	7 RPE	2:00
1 kg	3 reps	85%1RME	8 RPE	2:00
0 kg	3 reps	R%1RME	9 RPE	2:00
Landmine I	Rotational Pun	ch with Isome	tric	
1 kg	6 reps*	85%Difficulty	8 RPE	
1 kg	6 reps*	85%Difficulty	8 RPE	
1 kg	6 reps*	85%Difficulty	8 RPE	
Power Dev	elopment Con	trast	•	رئ ا
Front Squa You can increa	t - Barbell use the weight if the	e velocity stays abo	ove .7m/s in the f	irst 2-3 reps.
0.5 kg	3 reps	70%1RME	0.70 m/s	2:00
0.5 kg	3 reps	70%1RME	0.70 m/s	2:00
0.5 kg	3 reps	70%1RME	0.70 m/s	2:00
0.5 kg	3 reps	70%1RME	0.70 m/s	2:00
Dumbbell S	Squat Jump w/	Pause		
18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			
Lightened I	Method Jumps	with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Lower Bod	y Accessory			с;р
	ve Sprint Step ould be at proper hip		2 degrees	
1 kg	6 reps	80%Difficulty	40 cm	1:00
1 kg	6 reps	80%Difficulty	40 cm	1:00
1 kg	6 reps	80%Difficulty	40 cm	1:00
Glute Ham Read the cues	Raise and watch the vide	eo. Add plate, dum	bbell, or bands fo	or load.
1 kg	8 reps	85%Difficulty	8 RPE	1:00
1 kg	8 reps	85%Difficulty	8 RPE	1:00

	v - Kettlebell er than the ascent		
1 kg	5 reps	85%Difficulty	2:00
1 kg	5 reps	85%Difficulty	2:00
1 kg	5 reps	90%Difficulty	2:00

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



Day 4				Dec 30
Max Speed	& Upper Pov	wer/Strength		0 min
Max Speed	Warm Up			
	- Continuous ateral, 20 seconds		onds left leg, and fir	nish 20 seconds
1:20				00:00
Unilateral S	tanding Hip	Abduction		
8 reps*	00:00			
Standing U	nilateral Hip I	Extension		
8 reps*	00:00			
Side Lunge	Warm Up	•		•
8 reps*				1
Stride Stret	ch - 90/90		- 1	
6 reps*	00:30			
6 reps*	00:30			
90/90 Lift O Two sets of 3 re		ng the internal rot	ation 10 seconds ea	ı rep.
3 reps*	00:30			
3 reps*	00:30			
Knee Hug t	o Lunge - wit	h Rotation		
13.72 m				
13.72 m				
Ankle Boun	d			
15 m				00:00
15 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
10 m				
	nd - Continuc at bounding with a		e and short ground	contact time.
25 m				00:00
25 m				00:00
25 m				00:00
Sprinting				
00:00	27.43 m	7 RPE		2:00
00:00	27.43 m	8 RPE		2:00
00:00	36.58 m	9 RPE		2:00
R	36.58 m	10 RPE		2:00
R	36.58 m	10 RPE		2:00



Concurrent	Power Deve	lopment		¢)	
Clean					
Just make note	e of velocity for no	w.			
1 kg	3 reps	80%1RME	0 m/s		
1 kg	2 reps	85%1RME	0 m/s		
1 kg	3 reps	80%1RME	0 m/s		
1 kg	2 reps	85%1RME	0 m/s		
1 kg	1 reps	90%1RME	0 m/s		
Banded Ro	tational Chop	S			
		ne key is to use a lo		r max power. Take	
two minutes re	- -	g the next superset	t.	-	
0.5 kg	5 reps*	65%Difficulty		2:00	
0.5 kg	5 reps*	65%Difficulty		2:00	
0.5 kg	5 reps*	65%Difficulty		2:00	
0.5 kg	5 reps*	65%Difficulty		2:00	
0.5 kg	5 reps*	65%Difficulty		2:00	
Athletic Str	ength			C\$1	
Closegrip E	Bench Press				
1 kg	3 reps	83%1RME	0.37 m/s	2:30	
0 kg	3 reps	R%1RME	0.31 m/s	2:30	
1 kg	3 reps	78%1RME	0.45 m/s	2:30	
1 kg	R reps	78%1RME	0.45 m/s	2:30	
	unch with Dro d with first three se				
5.44 kg	6 reps*				
5.44 kg	6 reps*				
5.44 kg	6 reps*				
Upper Bod	y Accessory		-		
		in a Dauball			
	Press - Stand	Ing Barbell id then -10% as ma	ny rone as nossil		
	1			1	
1 kg	3 reps	83%1RME R%1RME	0.46 m/s 0.39 m/s		
0 kg 1 kg	3 reps R reps	78%1RME	0.39 m/s 0.54 m/s		
<u> </u>	IX Teps		0.54 11/5		
	Pull Up Use dumbbells or hang plates to load the pull up. Work to a 3RM at 9RPE then -10% for 3+				
1 kg	3 reps	83%1RME	8 RPE	1:30	
0 kg	3 reps	R%1RME	9 RPE	1:30	
1 kg	R reps	78%1RME	9 RPE	1:30	
Ls (TRX)					
12 reps				00:00	
12 reps				00:00	
12 reps				00:00	



Day 1 Jan 01					
Acceleration & Lower High Velocity Strength 0 min					
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 Sq	uat led for 8 reps per s	side 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		iped Tubing (A	Anterior to Po	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 sprint each workout now because to get really good at something you need to do that thing.					
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 ; э	
Just keep these	Power Development 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.				

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

Day 2 Jan 02				
Acceleration & Upper High Velocity Strength 0 min				
Change of Direction Realization wk2				
Jump Rope - Continuous 15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.				
1:00				00:00
		eck relaxed with yo d controlled.	our forehead rested	d on the ground.
8 reps				
This one is to fo performed with	the same techniqu) hile emphasizing n le as a squat: feet al spine, and eyes	shoulder width, kr	
1 kg	1 reps	85%Difficulty	00:30	1:30
1 kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lung	ge			
8 reps*				
Worlds Best	t Hip IR Streto	:h		
5 reps*	00:45			
six reps ea side		nk Clam Shell each rep for two s		
6 reps*	00:30			
6 reps*	00:30			
Carioca I want the first to	wo to be simple ca	rioca, and the sec	ond two to be high	n knee.
13.72 m				
Drop Crossover & Cut (Zig Zag) Six cones at 3-4 yards apart covering 15 yards in total. Use the first two as a warm up.				
00:00	13.72 m	8 RPE		
00:00	13.72 m	9 RPE		
R	13.72 m	10 RPE		
R	13.72 m	10 RPE		
SI Boundin	g Series Real	ization wk2		I
	Explosive Cu			
5 reps*	20 m			
5 reps*	20 m	1	1	
•				

Day 3				Jan 04	
Speed Dev	elopment & l	_ower High	Velocity Power	0 min	
Athletic Speed Development Realization wk2					
Standing U	nilateral Hip	Extension			
8 reps*	00:00				
Side Lunge Warm Up					
8 reps*					
Forward Lu	nae. Elbow t	o Instep - Ir	n Place with Rota	ation	
8 reps*	1			1	
		ruped Tubin	ng (Anterior to Po	osterior)	
00:30					
MQ - Hip IF	2				
3 reps*	00:30				
3 reps*	00:30				
Ankle Skip			-		
13.72 m					
13.72 m					
Pillar Skip -	Linear				
10 m					
10 m					
	nd - Continu pposite leg each		ilize e last rep aka the stab	ilizing rep 5	
5 reps				00:00	
5 reps				00:00	
3 Hurdle Dr	ill 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 Bound - Continuous					
30 m				00:00	
30 m				00:00	
30 m				00:00	
Acceleratio	n Run - Harr	iess Resiste	ed (Shoulders)	_	
0.5 kg	30%BW	00:00	13.72 m		
0.5 kg	30%BW	00:00	13.72 m		
0.5 kg	30%BW	R	13.72 m		
0.5 kg	30%BW	R	13.72 m		

		and an Distantion of	-	ooling
Medicine	Ball Perpendi	cular Rotational	Throw - Kn	leeling
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 f	or High Veloc	ity Force	-	¢0
Back Squ	at - Barbell			
Work up to a velocity.	5RM at 9RPE/82.	.5%/0.47m/s and the	n subtract 10%	for 2x5 at max
1 kg	5 reps	78%1RME	0.55 m/s	1:30
0 kg	5 reps	R%1RME	0.47 m/s	1:30
0.5 kg	5 reps	73%1RME	0.65 m/s	1:30
0.5 kg	5 reps	73%1RME	0.65 m/s	1:30
		eeds to be at least th	e same as the	
		eeds to be at least th to the height of the bo	e same as the	box height. If not,
lower the box			e same as the	box height. If not,
lower the boy jump height.	k. Distance refers	to the height of the bo	e same as the	box height. If not,
lower the boy jump height. 3 reps	0.3 m 0.3 m 0.3 m 0.3 m	to the height of the bo 30.48 cm	e same as the	box height. If not,
lower the boy jump height. 3 reps 3 reps	0.3 m	to the height of the bo 30.48 cm R cm	e same as the	box height. If not,
lower the box jump height. 3 reps 3 reps 3 reps 3 reps 3 reps	0.3 m 0.3 m 0.3 m 0.3 m	30.48 cm R cm R cm	e same as the	box height. If not,
lower the boy jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea	0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m	to the height of the bo 30.48 cm R cm R cm R cm	e same as the	box height. If not, s in reference to
lower the boy jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea	C. Distance refers t 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.4 m	30.48 cm R cm R cm R cm anterbalance 90%Difficulty	e same as the	box height. If not, s in reference to
lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Leg	C. Distance refers 1 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.3 m 0.4 m 0.4 m	a 30.48 cm R cm R cm R cm R cm anterbalance 90%Difficulty 90%Difficulty	e same as the	box height. If not, s in reference to
lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Lea 1 kg	Oistance refers t O.3 m O.4 m O.5 m O.5 m	30.48 cm R cm R cm R cm anterbalance 90%Difficulty	e same as the	box height. If not, s in reference to
lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Leg 1 kg 1 kg 1 kg nordic leg	Oistance refers t O.3 m O.4 m O.5 m O.5 m Oistance refers t	a 30.48 cm R cm R cm R cm R cm anterbalance 90%Difficulty 90%Difficulty	e same as the local state is and height is	box height. If not, s in reference to 1:00 1:00 1:00
lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Leg 1 kg 1 kg 1 kg nordic leg	Oistance refers t O.3 m O.4 m O.5 m O.5 m Oistance refers t	30.48 cm R cm R cm R cm mterbalance 90%Difficulty 90%Difficulty 90%Difficulty	e same as the local state is and height is	box height. If not, s in reference to 1:00 1:00 1:00
lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Lea 1 kg 1 kg 1 kg nordic leg The weight if	Oistance refers t O.3 m O.4 m O.5 m O.5 m O.5 m O.5 m O.5 m Oistance refers t	to the height of the bo 30.48 cm R cm R cm R cm Interbalance 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty	e same as the local structure of the same as the local structure of the same as the local structure of the same as	box height. If not, s in reference to 1:00 1:00 1:00 1:00
lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Lea 1 kg 1 kg 1 kg nordic leg The weight if 1 kg	A Distance refers to the second	to the height of the bo 30.48 cm R cm R cm R cm Interbalance 90%Difficulty 90%Difficulty 90%Difficulty sting the weight adde 90%Difficulty	e same as the box, and height is	box height. If not, s in reference to 1:00 1:00 1:00 1:00 n body weight. 1:00
lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Lea 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg	A Distance refers to the second	to the height of the bo 30.48 cm R cm R cm R cm Interbalance 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty	e same as the lock, and height is and height is by the same same same same same same same sam	box height. If not, s in reference to 1:00 1:00 1:00 1:00 n body weight. 1:00 1:00
lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Hea Single Lea 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg	A Distance refers to the second	to the height of the bo 30.48 cm R cm R cm R cm Interbalance 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty	e same as the lock, and height is and height is by the same same same same same same same sam	box height. If not, s in reference to 1:00 1:00 1:00 1:00 n body weight. 1:00 1:00
lower the box jump height. 3 reps 3 reps 3 reps 3 reps Knee Heat Single Leat 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg	A Distance refers to the second	to the height of the bo 30.48 cm R cm R cm R cm Interbalance 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty 90%Difficulty	e same as the lock, and height is and height is by the same same same same same same same sam	box height. If not, s in reference to 1:00 1:00 1:00 1:00 n body weight. 1:00 1:00

SL side to si	de tuck jumps	6		
6 reps*	15 m			
6 reps*	15 m			
	et lateral hops			
12 m				
12 m				
	t modial late	roliumpo		
	et medial - late	ai jumps		
6 reps* 6 reps*	10 m 10 m			
-				
Posture Sup	porting Stren	gth		
	quat - Barbell t these as low as p	oossible. I will nee	d to do a few of m	/ own videos.
1 kg	3 reps	90%Difficulty	9 RPE	1:00
1 kg	3 reps	90%Difficulty	9 RPE	1:00
1 kg	3 reps	90%Difficulty	9 RPE	1:00
	Flexion for S	-		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0		,		
Strength for	High Velocity	Force		لها
Bench Press				
5RM and then ty	vo downsets with	the last set 5+		
1 kg	5 reps	80%1RME	0.40 m/s	2:00
0 kg	5 reps	R%1RME	0.34 m/s	2:00
1 kg	5 reps	75%1RME	0.47 m/s	2:00
1 kg	R reps	75%1RME	0.47 m/s	2:00
Push Up (PI	yometric - Co	ntinuous)		
			etween supersets.	
			velocity instrument ordable to almost a	
	t a discount code.			,
5 reps	0 cm	0 W		2:00
5 reps	0 cm	0 W		2:00
5 reps	R cm	0 W		2:00
	for Symmetry			רליז
		y		
Tricep Extension - Dip work to a 5RM weigthted at 9.5RPE and then -10% for 5+				
1 kg	5 reps	80%1RME	8.5 RPE	00:00
0 kg	5 reps	R%1RME	9.5 RPE	00:00
1 kg	R reps	75%1RME	9.5 RPE	00:00
Bent Over R	ow - Barbell			
	veigthted at 9.5RP	E and then -10%	for 5+	
1 kg	5 reps	80%1RME	8.5 RPE	
0 kg	5 reps	R%1RME	9.5 RPE	
1 kg	R reps	75%1RME	9.5 RPE	

L

need to do that		orkout now because t	o get really goo	a at something yo
00:00	10 m	9 RPE	<u> </u>	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	velopment	•	•	
Power Cle	an from Med	lium Blocks		
1 kg	3 reps	82%1RME	8 RPE	2:00
1 kg	3 reps	87%1RME	9 RPE	2:00
0 kg	3 reps	R%1RME	9.5 RPE	2:00
Landmine	Rotational F	unch with Isome	etric	
1 kg	6 reps*	90%Difficulty	9 RPE	
1 kg	6 reps*	90%Difficulty	9 RPE	
1 kg	6 reps*	90%Difficulty	9 RPE	
Power Dev	elopment C	ontrast		C
You can incre 1 kg	ase the weight if 3 reps	the velocity stays about 75%1RME	ove .7m/s in the 0.60 m/s	first 2-3 reps. 1:00
1 kg	3 reps	75%1RME	0.60 m/s	1:00
1 kg	3 reps	75%1RME	0.60 m/s	1:00
1 kg	3 reps	75%1RME	0.60 m/s	1:00
-	Squat Jump	w/Pause		
22.68 kg *	3 reps		Ī	
22.68 kg *	3 reps			
22.68 kg *	3 reps			
22.68 kg *	3 reps			
Lightened	Method Jurr	ps with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
	ly Accessory	/		Ċ
Lower Bod	ivo Sprint St		2 degrees	
DB Explos	ould be at prope	r hip angle which is 82		
DB Explos	•	r hip angle which is 82 85%Difficulty	40 cm	1:00
DB Explos The height sho 1 kg	ould be at prope		40 cm 40 cm	1:00 1:00
DB Explos The height sho 1 kg 1 kg	ould be at prope	85%Difficulty		
DB Explos The height sho 1 kg 1 kg 1 kg	ould be at prope 6 reps 6 reps 6 reps 6 reps	85%Difficulty 85%Difficulty	40 cm	1:00
DB Explos The height sho 1 kg 1 kg 1 kg	ould be at prope 6 reps 6 reps 6 reps 6 reps	85%Difficulty 85%Difficulty	40 cm	1:00
DB Explos The height sho 1 kg 1 kg 1 kg Glute Ham	6 reps 6 reps 6 reps 6 reps 8 reps	85%Difficulty 85%Difficulty 85%Difficulty	40 cm 40 cm	1:00 1:00

	v - Kettlebell er than the ascent		
1 kg	5 reps	90%Difficulty	2:00
1 kg	5 reps	90%Difficulty	2:00
1 kg	5 reps	95%Difficulty	2:00

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



Day 4				Jan 06	
Max Speed	& Upper Pow	er/Strength		0 min	
Max Speed	Max Speed Warm Up				
	- Continuous teral, 20 seconds	right leg, 20 secon	ids left leg, and fin	ish 20 seconds	
1:20				00:00	
Standing Ur	nilateral Hip E	xtension			
8 reps*	00:00				
Unilateral S	tanding Hip A	bduction			
8 reps*	00:00				
Side Lunge	Warm Up	•			
8 reps*					
Stride Streto	ch - 90/90				
6 reps*	00:30				
6 reps*	00:30				
90/90 Lift O	ffs				
Two sets of 3 re	ps ea side holding	g the internal rotati	on 10 seconds ea	rep.	
3 reps*	00:30				
3 reps*	00:30				
Knee Hug to	b Lunge - with	Rotation			
13.72 m					
13.72 m					
Ankle Bound	d				
15 m				00:00	
15 m				00:00	
Pillar Skip -	Linear				
10 m					
10 m					
10 m					
	d - Continuou	JS focus on distance a	and short ground o	contact time.	
25 m				00:00	
25 m				00:00	
25 m				00:00	
25 m				00:00	
Sprinting					
00:00	27.43 m	7 RPE		2:00	
00:00	27.43 m	8 RPE		2:00	
00:00	36.58 m	9 RPE		2:00	
R	36.58 m	10 RPE		2:00	
R	36.58 m	10 RPE		2:00	



Construct				ct a
	Power Develo	pment		لڼا
Clean				
Just make note o 92-94%	of velocity for now	. Work to a 1RM a	at a 9RPE after wa	ives. Around
1 kg	3 reps	83%1RME	0 m/s	
1 kg	2 reps	88%1RME	0 m/s	
1 kg	3 reps	83%1RME	0 m/s	
1 kg	2 reps	88%1RME	0 m/s	
1 kg	1 reps	90%1RME	0 m/s	00:00
0 kg	1 reps	R%1RME	0 m/s	00:00
Banded Rota	ational Chops	6		
You can use bar	nds or cables. The	e key is to use a lo the next superset		max power. Take
0.5 kg	6 reps*	65%Difficulty		2:00
0.5 kg	6 reps*	65%Difficulty		2:00
0.5 kg	6 reps*	65%Difficulty		2:00
0.5 kg	6 reps*	65%Difficulty		2:00
0.5 kg	6 reps*	65%Difficulty		2:00
Athletic Stre	ngth			с;)
Closegrip Be	ench Press			
1 kg	3 reps	85%1RME	0.34 m/s	2:30
0 kg	3 reps	R%1RME	0.28 m/s	2:30
1 kg	3 reps	80%1RME	0.40 m/s	2:30
1 kg	R reps	80%1RME	0.40 m/s	2:30
	nch with Drop with first three set			
6.8 kg	6 reps*			
6.8 kg	6 reps*			
6.8 kg	6 reps*			
Upper Body	Accessorv			I
		e Derkell		
	ress - Standir 90%/0.35m/s and	then -10% as ma	ny reps as possibl	e.
1 kg	3 reps	85%1RME	0.40 m/s	
0 kg	3 reps	R%1RME	0.35 m/s	
1 kg	R reps	80%1RME	0.50 m/s	
Pull Up				
Use dumbbells of for 3+	or hang plates to lo	oad the pull up. W	ork to a 3RM at 9	RPE then -10%
1 kg	3 reps	85%1RME	9 RPE	1:30
0 kg	3 reps	R%1RME	9.5 RPE	1:30
1 kg	R reps	80%1RME	8 RPE	1:30
Ls (TRX)				
12 reps				00:00
12 reps				00:00
				00:00



100 00

Day 1				Jan 08
Acceleration	n & Lower Hig	h Velocity Str	ength	0 min
Acceleration	n Warm Up			
Walking Lur	nges			
10 reps*	Ī			
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
	tension in Squid 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 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 (bot 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	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 to need to do that	sprint each worko	out now because to	o get really good a	t 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 Deve	elopment			с р
Hang Clean				
Just keep these	above the knees. Exercise, while wo			
1 kg	2 reps	85%1RME	7 RPE	
1 kg	2 reps	85%1RME	7 RPE	
1 kg	2 reps	85%1RME	7 RPE	

Dayz				Jan 05	
Acceleration	n & Upper Hig	h Velocity Str	ength	0 min	
Change of I	Direction Real	ization wk3			
	Jump Rope - Continuous 15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.				
1:00				00:00	
	Arc keys: keep the ne should be slow an		our forehead rested	d on the ground.	
8 reps					
This one is to fo performed with	nbbell (goblet) acus on stability wh the same techniqu ertical torso, neutra	ile emphasizing m e as a squat: feet	shoulder width, kr		
1 kg	1 reps	85%Difficulty	00:30	1:30	
1 kg	1 reps	85%Difficulty	00:30	1:30	
Lateral Lung	ge				
8 reps*					
Worlds Best	t Hip IR Streto	h			
5 reps*	00:45				
	tion Side Plar with a 5 sec hold				
6 reps*	00:30				
6 reps*	00:30				
Carioca I want the first to	wo to be simple ca	rioca, and the sec	ond two to be high	n knee.	
13.72 m					
13.72 m					
13.72 m					
Drop Crossover & Cut (Zig Zag) Six cones at 3-4 yards apart covering 15 yards in total.					
Use the first two	·				
00:00	13.72 m	8 RPE			
00:00	13.72 m	9 RPE			
R	13.72 m	10 RPE			
SL Bounding	g Series Real	ization wk3			
SL Jump to	Explosive Cu	t			
3 reps*	15 m				
3 reps*	15 m				
SL side to s	ide tuck jump	S			
4 reps*	10 m				
4 reps*	10 m				

Day 3				Jan 11
Speed Deve	elopment & Lo	wer High Vel	ocity Power	0 min
Athletic Spe	ed Developm	ent Realizatio	on wk3	
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 (A	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 oposite leg each se			izing rep 5
5 reps				00:00
5 reps				00:00
3 Hurdle Dr	ill to Crossove	er to 10yd Acc	eleration	
1 reps*	9.14 m			
1 reps*	9.14 m			
Linear Bour	nd - Continuou	IS		
30 m				00:00
30 m				00:00
Acceleration Run - Harness Resisted (Shoulders)				
0.5 kg	30%BW	00:00	13.72 m	
0.5 kg	30%BW	00:00	13.72 m	
0.5 kg	30%BW	R	13.72 m	1
Sprinting We are going to need to do that	sprint each worko thing.	out now because to	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

4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
Strength for	High Velocity	/ Force		C‡
Back Squat	- Barbell			
0.5 kg	3 reps	70%1RME	0.70 m/s	1:30
0.5 kg	3 reps	70%1RME	0.70 m/s	1:30
0.5 kg	3 reps	70%1RME	0.70 m/s	1:30
	Ir jump height need Distance refers to t			
3 reps	0.3 m	30.48 cm		
3 reps	0.3 m	R cm		
3 reps	0.3 m	R cm		
Knee Health	h for Speed			C‡
Single Leg	Squat - Count	erbalance		
1 kg	6 reps	75%Difficulty		1:00
1 kg	6 reps	75%Difficulty		1:00
1 kg	6 reps	75%Difficulty		1:00
nordic leg c The weight if fig	urls jured by subtractin	g the weight adde	d from your own b	ody weight.
1 kg	6 reps	85%Difficulty	8 RPE	1:00
1 kg	6 reps	85%Difficulty	8 RPE	1:00
	6 ropo	85%Difficulty	8 RPE	1:00
-	6 reps	00 /0D intoally	-	1.00
1 kg Ankle Stren	gthening Serie small plate like a s	es for Sprintin	g	
1 kg Ankle Stren	gthening Serie	es for Sprintin	g	
1 kg Ankle Stren You will need a	gthening Serie	es for Sprintin	g 	

SL Quick	feet lateral h	ops		
10 m		-		
10 m				
SL quick f	feet medial -	lateral jumps		-
6 reps*	10 m			
6 reps*	10 m			
Posture S	Supporting St	rength		
	I Squat - Barl vant these as low	oell as possible. I will nee	ed to do a few of	my own videos.
1 kg	3 reps	80%Difficulty	7 RPE	1:00
1 kg	3 reps	80%Difficulty	7 RPE	1:00
1 kg	3 reps	80%Difficulty	7 RPE	1:00
Banded H	lip Flexion fo	r Sprinting		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
	ess - Barbell is in reference to	the first 2-3 reps, but	avoid a velocity	loss of 30% or
0.5 kg	5 reps	70%1RME	0.53 m/s	2:00
0.5 kg	5 reps	70%1RME	0.53 m/s	2:00
0.5 kg	5 reps	70%1RME	0.53 m/s	2:00
The goal is n power and he use GymAwa	eight parameters	so make sure to rest I for those that have a . The FLEX unit is aff ode.	velocity instrum	ent to measure. W
5 reps	0 cm	0 W		2:00
5 reps	0 cm	0 W		2:00
5 reps	R cm	0 W		2:00
Hypertrop	ohy for Symm	etry		C‡
Tricep Ex	tension - Dip			
1 kg	5 reps	78%1RME	8 RPE	00:00
1 kg	5 reps	78%1RME	8 RPE	00:00
1 kg	5 reps	78%1RME	8 RPE	00:00
	r Row - Barbo M weigthted at 9P	ell RPE and then -10% fo	or 5+	-
1 kg	5 reps	78%1RME	8 RPE	
0 kg	8 reps	R%1RME	9 RPE	

Power Dev	velopment			
Power Clea	an from Med	lium Blocks		
1 kg	3 reps	80%1RME		2:00
l kg	3 reps	80%1RME		2:00
1 kg	3 reps	80%1RME		2:00
andmine	Rotational P	unch with Isome	etric	
l kg	6 reps*	80%Difficulty	7 RPE	
l kg	6 reps*	80%Difficulty	7 RPE	
l kg	6 reps*	80%Difficulty	7 RPE	
ower Dev	elopment Co	ontrast		
Front Squa	at - Barbell			
		f the velocity stays ab	ove .7m/s in the	e first 2-3 reps.
0.5 kg	3 reps	65%1RME	0.75 m/s	2:00
0.5 kg	3 reps	65%1RME	0.75 m/s	2:00
0.5 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	ous		
3 reps	<u>'</u>			
3 reps				
3 reps				
Lower Bod	y Accessory		-	-
	ive Sprint St			
		ep op r hip angle which is 82	2 dearees	
1 kg	6 reps	80%Difficulty	40 cm	1:00
1 kg	6 reps	80%Difficulty	40 cm	1:00
1 kg	6 reps	80%Difficulty	40 cm	1:00
Glute Ham	Raise	•		
1 kg	6 reps	80%Difficulty	7 RPE	1:00
	6 reps	80%Difficulty	7 RPE	1:00
-		80%Difficulty	7 RPE	1:00
1 kg	6 reps	80%Difficulty		
1 kg 1 kg	- ·	ck Elevated on E	Bench	
1 kg 1 kg Barbell Hip	- ·	,	Bench 7.5 RPE	00:00
1 kg 1 kg	Thrusts Ba	ck Elevated on E		00:00

1 kg	5 reps	78%1RME	8 RPE	
0 kg	8 reps	R%1RME	9 RPE	
0.5 kg	R reps	73%1RME	9.5 RPE	

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



Max Speed & Upper Power/Strength 0 min Max Speed Warm Up Jump Rope - Continuous 20 seconds bilateral, 20 seconds left leg, and finish 20 seconds both legs. 1:20 00:00 00:00 Standing Unilateral A Disconds right leg, 20 seconds left leg, and finish 20 seconds both legs. 00:00 1:20 00:00 00:00 Standing Unilateral Hip Extension 8 reps* 00:00 8 reps* 00:00 0 0 Side Lunge Warm Up 8 reps* 00:30 0 0 Stride Stretch - 90/90 6 reps* 00:30 0 0 0 6 reps* 00:30 0 0 0 0 0 90/90 Lift Offs Two sets of 3 reps as ide holding the internal rotation 10 seconds ea rep. 1 0	Day 4			Jan 13		
Jump Rope - Continuous 20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs. 1:20 00:00 Standing Unitateral Hip Extension 8 reps* 00:00 8 reps* 00:00 1 1 8 reps* 00:30 1 1 9 reps* 00:30 1 1 13 reps* 00:30 1 1 <td< th=""><th>Max Speed</th><th>& Upper Pow</th><th>er/Strength</th><th>0 min</th></td<>	Max Speed	& Upper Pow	er/Strength	0 min		
20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs. 1:20 00:00 Standing Unilateral Hip Extension 8 reps* 00:00 8 reps* 00:00	Max Speed	Warm Up				
both legs. 00:00 Standing Unilateral Hip Extension 00:00 8 reps* 00:00	Jump Rope	- Continuous				
1:20 00:00 Standing Unilateral Hip Extension 8 reps* 00:00 8 reps* 00:00	20 seconds bila both leas.	20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.				
8 reps* 00:00			Г	00:00		
8 reps* 00:00	Standing Ur	nilateral Hip E	xtension	•		
8 reps* 00:00	8 reps*	00:00				
Side Lunge Warm Up Image: Side Lunge Warm Up 8 reps* 0 8 reps* 00:30 6 reps* 00:30 6 reps* 00:30 6 reps* 00:30 90/90 Lift Offs Two sets of 3 reps ea side holding the internal rotation 10 seconds ea rep. 3 reps* 00:30 13.72 m Image: Streps = Streps	Unilateral S	tanding Hip A	bduction			
8 reps*	8 reps*	00:00				
8 reps*	Side Lunge	Warm Up				
6 reps* 00:30 Image: Mark and the internal rotation 10 seconds ear ep. 90/90 Lift Offs						
6 reps* 00:30 Image: constraint of the internal rotation 10 seconds ear ep. 90/90 Lift Offs Two sets of 3 reps ea side holding the internal rotation 10 seconds ear ep. 3 reps* 00:30 Image: constraint of the internal rotation 10 seconds ear ep. 3 reps* 00:30 Image: constraint of the internal rotation 10 seconds ear ep. Image: constraint of the internal rotation 10 seconds ear ep. 3 reps* 00:30 Image: constraint of the internal rotation 10 seconds ear ep. Image: constraint of the internal rotation 10 seconds ear ep. 3 reps* 00:30 Image: constraint of the internal rotation 10 seconds ear ep. Image: constraint of the internal rotation 10 seconds ear ep. 13.72 m Image: constraint of the internal rotation Image: constraint of the internal rotation 10 seconds ear ep. 13.72 m Image: constraint of the internal rotation Image: constraint of the internal rotation 10 for 00:00 15 m Image: constraint of the internal rotation Image: constraint of the internal rotation 10 for 00:00 10 m Image: constraint of the internal rotation of istance and short ground contact time. Image: constraint of the internal rotation 10 for 00:00 30 m Image: constraint of the internal rotation of istance and short ground contact time. Image: constraint istance and short ground contact time.	Stride Strete	ch - 90/90				
90/90 Lift Offs Two sets of 3 reps ea side holding the internal rotation 10 seconds ea rep. 3 reps* 00:30 3 reps* 00:30 3 reps* 00:30 3 reps* 00:30 Knee Hug to Lunge - with Rotation 13.72 m Image: Constraint of the second se	6 reps*	00:30				
Two sets of 3 reps ea side holding the internal rotation 10 seconds ea rep. 3 reps* 00:30	6 reps*	00:30				
3 reps* 00:30 Image: Constraint of the second	90/90 Lift O	ffs				
3 reps* 00:30 Image: Seps*	Two sets of 3 re	eps ea side holdin	g the internal rotation	10 seconds ea rep.		
Knee Hug to Lunge - with Rotation 13.72 m						
13.72 m	3 reps*	00:30				
13.72 m Image: margin and marg	-	o Lunge - with	Rotation			
Ankle Bound 00:00 15 m 00:00 15 m 00:00 15 m 00:00 Pillar Skip - Linear 00:00 10 m Image: Constraint of the second se	-					
15 m 00:00 15 m 00:00 15 m 00:00 Pillar Skip - Linear 00:00 10 m Image: Construct of the structure of the struc	-					
15 m 00:00 Pillar Skip - Linear 00:00 10 m Linear Bound - Continuous Now we are just bounding with a focus on distance and short ground contact time. 30 m 30 m 30 m 00:00 27.43 m 7 RPE 2:00 00:00 27.43 m 8 RPE 2:00 R 36.58 m 9 RPE 2:00 Concurrent Power Develowment C C Cleans - Barbell ****1 suggest using the alternative exercise and practice the clean from power posi		d	·			
Pillar Skip - Linear Image: Skip - Linear 10 m	-					
10 m				00:00		
10 m Image: mark term is a stand base of term is a stand base		Linear				
Linear Bound - Continuous Now we are just bounding with a focus on distance and short ground contact time. 30 m 00:00 00:00 00:00 00:00 00:00 00:00 Sprinting 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 9 RPE 2:00 00:00 36.58 m 9 RPE 2:00 Concurrent Power Development Cleans - Barbell Cleans - Barbell Cleans - Barbell Cleans - Barbell 2:00 Concurrent power position. 1 kg 2 reps 80%1RME 2:00 2:00 2:00 Concurrent power position. 1 kg 2 reps 80%1RME 2:00 Concurrent power position. 1 kg 2 reps 80%1RME 2:00 Concurrent power position. Concurrent power position. 1 kg 2 reps 80%1RME 2:00 Concurrent power position. Concurrent power position. 1 kg 2 reps 80%1RME 2:00 Concurrent power position. Concurrent power position. Concurrent power position. Concurrent power position. Concurrent power po	-					
Now we are just bounding with a focus on distance and short ground contact time. 30 m 00:00 30 m 00:00 30 m 00:00 30 m 00:00 30 m 1 00:00 30 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 9 RPE 2:00 R 36.58 m 10 RPE 2:00 Concurrent Power Development Cleans - Barbell ****I suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 80%1RME 2:00						
30 m 00:00 Sprinting 00:00 00:00 27.43 m 7 RPE 2:00 00:00 27.43 m 8 RPE 2:00 00:00 27.43 m 9 RPE 2:00 00:00 36.58 m 9 RPE 2:00 R 36.58 m 10 RPE 2:00 Concurrent Power Development Cleans - Barbell ****I suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 80%1RME 2:00 1 kg 2 reps 80%1RME 2:00				d short ground contact time.		
Sprinting 7 RPE 2:00 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 Concurrent Power Development Cleans - Barbell ***1 suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 80%1RME 2:00 1 kg 2 reps 80%1RME 2:00	30 m			00:00		
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 Concurrent Power Development Cleans - Barbell ***1 suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 80%1RME 2:00	30 m			00:00		
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 Concurrent Power Development Cleans - Barbell ***1 suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 80%1RME 2:00 1 kg 2 reps 80%1RME 2:00	Sprinting					
00:00 36.58 m 9 RPE 2:00 R 36.58 m 10 RPE 2:00 Concurrent Power Development Cleans - Barbell ****I suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 80%1RME 2:00 1 kg 2 reps 80%1RME 2:00	00:00	27.43 m	7 RPE	2:00		
R 36.58 m 10 RPE 2:00 Concurrent Power Development C Cleans - Barbell Cleans - Barbell Cleans - Barbell ****I suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 1 kg 2 reps 80%1RME 2:00 1 kg 2 reps 80%1RME 2:00	00:00	27.43 m	8 RPE	2:00		
Concurrent Power Development Cleans - Barbell ****I suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 80%1RME 2:00 1 kg 2 reps 80%1RME 2:00						
Cleans - Barbell ****I suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 80%1RME 2:00 1 kg 2 reps 80%1RME 2:00	R	36.58 m	10 RPE	2:00		
***I suggest using the alternative exercise and practice the clean from power position. 1 kg 2 reps 80%1RME 2:00 1 kg 2 reps 80%1RME 2:00	Concurrent	Power Develo	opment	C1		
1 kg 2 reps 80%1RME 2:00 1 kg 2 reps 80%1RME 2:00			exercise and practice	the clean from power position		
1 kg 2 reps 80%1RME 2:00		-				
	-					
	1 kg	2 reps	80%1RME	2:00		



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.						
0.5 kg	5 reps*	65%Difficulty		2:00		
0.5 kg	5 reps*	65%Difficulty		2:00		
0.5 kg	5 reps*	65%Difficulty		2:00		
Athletic Strength						
Closegrip E	Bench Press					
1 kg	3 reps	83%1RME	0.37 m/s	2:30		
1 kg	3 reps	83%1RME	0.37 m/s	2:30		
1 kg	3 reps	83%1RME	0.37 m/s	2:30		
	unch with Dro d with first three se					
4.54 kg	5 reps*					
4.54 kg	5 reps*					
4.54 kg	5 reps*					
Upper Bod	y Accessory					
Overhead Press - Standing Barbell						
Deload						
Deload 1 kg	3 reps	83%1RME	0.46 m/s			
	3 reps 3 reps	83%1RME 83%1RME	0.46 m/s 0.46 m/s			
1 kg						
1 kg 1 kg 1 kg Pull Up	3 reps	83%1RME 83%1RME	0.46 m/s 0.46 m/s	10RPE then -10%		
1 kg 1 kg 1 kg Pull Up Use dumbbells	3 reps 3 reps	83%1RME 83%1RME	0.46 m/s 0.46 m/s	10RPE then -10%		
1 kg 1 kg 1 kg Pull Up Use dumbbells for 3+	3 reps 3 reps or hang plates to	83%1RME 83%1RME load the pull up. W	0.46 m/s 0.46 m/s ork to a 3RM at	-		
1 kg 1 kg 1 kg Pull Up Use dumbbells for 3+ 1 kg	3 reps 3 reps or hang plates to 3 reps	83%1RME 83%1RME oad the pull up. W 87%1RME	0.46 m/s 0.46 m/s ork to a 3RM at 9 RPE	1:30		
1 kg 1 kg 1 kg Pull Up Use dumbbells for 3+ 1 kg 0 kg	3 reps 3 reps or hang plates to 1 3 reps 3 reps	83%1RME 83%1RME oad the pull up. W 87%1RME R%1RME	0.46 m/s 0.46 m/s ork to a 3RM at 1 9 RPE 10 RPE	1:30 1:30		
1 kg 1 kg 1 kg Pull Up Use dumbbells for 3+ 1 kg 0 kg 1 kg	3 reps 3 reps or hang plates to 1 3 reps 3 reps	83%1RME 83%1RME oad the pull up. W 87%1RME R%1RME	0.46 m/s 0.46 m/s ork to a 3RM at 1 9 RPE 10 RPE	1:30 1:30		
1 kg 1 kg 1 kg Pull Up Use dumbbells for 3+ 1 kg 0 kg 1 kg Ls (TRX)	3 reps 3 reps or hang plates to 1 3 reps 3 reps	83%1RME 83%1RME oad the pull up. W 87%1RME R%1RME	0.46 m/s 0.46 m/s ork to a 3RM at 1 9 RPE 10 RPE	1:30 1:30 1:30		



Day 1				Jan 15
Acceleration	n & Lower Hig	h Velocity Str	ength	0 min
Acceleration	n Warm Up			
Walking Lur	nges			
10 reps*				
Unilateral St	tanding Hip A	bduction		
8 reps*	00:00			
Side Lunge	Warm Up			
8 reps*				
	tension in Squ slow and controll		ide approximately	45 seconds.
8 reps*	00:45			
Forward Lur	nge, Elbow to	Instep - In Pla	ace with Rota	tion
8 reps*				
Hip Mobiliza This is 30 sec ea	ation - Quadru ^{a leg}	ped Tubing (<i>I</i>	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	sprint each workc	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

Day 2				Jan 16				
Acceleration	n & Upper Hig	h Velocity Str	ength	0 min				
Change of Direction Realization wk4								
	- Continuous teral, 15 seconds	right leg, 15 secon	ids left leg, and fin	ish 15 seconds				
1:00				00:00				
Just a couple of	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								
This one is to for performed with	the same techniqu) hile emphasizing n le as a squat: feet al spine, and eyes	shoulder width, kr	n. This will be nees track with				
1 kg	1 reps	85%Difficulty	00:30	1:30				
1 kg	1 reps	85%Difficulty	00:30	1:30				
Lateral Lung	ge							
8 reps*								
Worlds Best	t Hip IR Streto	:h						
5 reps*	00:45							
		nk Clam Shell each rep for two s						
6 reps*	00:30							
6 reps*	00:30							
Carioca I want the first to	wo to be simple ca	rioca, and the sec	ond two to be high	n knee.				
13.72 m								
13.72 m								
13.72 m								
13.72 m								
Drop Crossover & Cut (Zig Zag) Six cones at 3-4 yards apart covering 15 yards in total. Use the first two as a warm up.								
00:00	13.72 m	9 RPE						
R	13.72 m	10 RPE						
R	13.72 m	10 RPE						
R	13.72 m	10 RPE						
SL Boundin	g Series Real	ization wk4						
	Explosive Cu							

5 reps*	20 m		
5 reps*	20 m		
5 reps*	20 m		

Day 3				Jan 18				
Speed De	velopment &	Lower High Ve	elocity Power	0 min				
Athletic Sp	peed Develop	ment Realizat	ion wk4					
Standing Unilateral Hip Extension								
8 reps*	00:00							
Side Lung	e Warm Up							
8 reps*								
Forward L	unge, Elbow	to Instep - In F	Place with Rota	tion				
8 reps*								
Hip Mobili This is 30 sec		Iruped Tubing	(Anterior to Po	sterior)				
00:30								
MQ - Hip I	IR							
3 reps*	00:30							
3 reps*	00:30							
Ankle Skip)							
13.72 m								
13.72 m								
Pillar Skip	- Linear							
10 m								
10 m								
		uous to Stabiliz a set pausing the la	Ze st rep aka the stabi	lizing rep 5				
5 reps				00:00				
5 reps				00:00				
5 reps				00:00				
5 reps				00:00				
3 Hurdle D	Drill to Crosso	ver to 10yd Ac	celeration					
1 reps*	9.14 m							
1 reps*	9.14 m							
1 reps*	9.14 m							
1 reps*	9.14 m							
Linear Bo	und - Continu	ous						
30 m				00:00				
30 m				00:00				
30 m				00:00				
30 m				00:00				



-
C)
C\$D
jht.

SL side to s	ide tuck jump	S		
6 reps*	15 m			
6 reps*	15 m			
6 reps*	15 m			
SL Quick fe	et lateral hops	6		
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	oporting Stren	gth		
Overhead S	Squat - Barbel			
Of course I war	it these as low as p	oossible. I will nee	d to do a few of m	y own videos.
Let's work up to				
1 kg	3 reps	90%Difficulty	9 RPE	1:00
1 kg	3 reps	95%Difficulty	9.5 RPE	1:00
0 kg	3 reps	R%Difficulty	10 RPE	1:00
Banded Hip	Flexion for S	printing		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Strength for	High Velocity	Force		
Bench Pres	s - Barbell			
The velocity is i more. Work to a	n reference to the a 5RM at 10RPE	first 2-3 reps, but	avoid a velocity los	ss of 30% or
1 kg	5 reps	81%1RME	0.39 m/s	2:00
0 kg	5 reps	R%1RME	0.33 m/s	2:00
1 kg	5 reps	78%1RME	0.44 m/s	2:00
1 kg	5 reps	78%1RME	0.44 m/s	2:00
-	lyometric - Co	ntinuous)	1	
• •	kimum height, so n	,	etween supersets	I have the
power and heig	ht parameters for t	hose that have a	velocity instrument	t to measure. We
	FLEX and RS. Th t a discount code.	e FLEX unit is affo	ordable to almost a	anyone. Let me
5 reps	0 cm	0 W		2:00
5 reps	0 cm	0 W		2:00
5 reps	R cm	0 W		2:00
Hypertrophy	y for Symmetr	у		
Tricep Exte				
work to a 5RM	weigthted at 10RP	E and then -10% f	or 5+	
1 kg	5 reps	82%1RME	9 RPE	00:00
0 kg				
	5 reps	R%1RME	10 RPE	00:00
1 kg	5 reps R reps	R%1RME 77%1RME	10 RPE 10 RPE	00:00 00:00

).5 kg	35%BW	00:00	13.72 m	
0.5 kg	35%BW	00:00	13.72 m	
0.5 kg	35%BW	R	13.72 m	
0.5 kg	25%BW	R	13.72 m	
Sprinting We are going need to do tha		rkout now because t	o get really goo	d at something y
00:00	10 m	9 RPE	<u> </u>	2:00
00:00	10 m	10 RPE		2:00
3	10 m	10 RPE		2:00
२	10 m	10 RPE		2:00
Power Dev	velopment	1		
	an from Med	ium Blocks		
1 kg	3 reps	85%Difficulty	8 RPE	2:00
1 kg	3 reps	90%Difficulty	9.5 RPE	2:00
) kg	2 reps	R%Difficulty	10 RPE	2:00
		unch with Isome	etric	
1 kg	6 reps*	90%Difficulty	9 RPE	
1 kg	6 reps*	95%Difficulty	9.5 RPE	
-	· ·	,		
Power Dev	6 reps* velopment Co at - Barbell	R%Difficulty	10 RPE	
Power Dev Front Squa	velopment Co at - Barbell	ontrast the velocity stays abo		
Power Dev Front Squa You can incre	velopment Co at - Barbell ase the weight if 3 reps	the velocity stays about 80%1RME	ove .7m/s in the 0.50 m/s	first 2-3 reps.
Power Dev Front Squa You can incre	velopment Co at - Barbell ase the weight if 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME	ove .7m/s in the 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00
Power Dev Front Squa You can incre 1 kg 1 kg 1 kg	velopment Co at - Barbell ase the weight if 3 reps 3 reps 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00
Power Dev Front Squa You can incre 1 kg 1 kg 1 kg	velopment Co at - Barbell ase the weight if 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME	ove .7m/s in the 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00
Power Dev Front Squa You can incre 1 kg 1 kg 1 kg 1 kg	velopment Co at - Barbell ase the weight if 3 reps 3 reps 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00
Power Dev Front Squa You can incre I kg I kg I kg J kg Dumbbell 27.22 kg *	velopment Co at - Barbell ase the weight if 3 reps 3 reps 3 reps 3 reps Squat Jump v 3 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00
Power Dev Front Squa You can incre 1 kg 1 kg 1 kg 1 kg 0 umbbell 27.22 kg * 27.22 kg *	velopment Co at - Barbell ase the weight if 3 reps 3 reps 3 reps 3 reps Squat Jump v 3 reps 3 reps 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00
Power Dev Front Squa You can incre 1 kg 1 kg 1 kg 1 kg 20 umbbell 27.22 kg * 27.22 kg * 27.22 kg *	velopment Co at - Barbell ase the weight if 3 reps 3 reps 3 reps 3 reps Squat Jump v 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00
Power Dev Front Squa You can incre 1 kg 1 kg 1 kg 1 kg 20 umbbell 27.22 kg * 27.22 kg * 27.22 kg *	velopment Co at - Barbell ase the weight if 3 reps 3 reps 3 reps 3 reps Squat Jump v 3 reps 3 reps 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00
Power Dev Front Squa You can incre 1 kg 1 kg 1 kg 1 kg 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg *	velopment Co at - Barbell ase the weight if 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00 2:00
Power Dev Front Squa (ou can incre 1 kg 1 kg 1 kg 1 kg 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg * 27.22 kg *	velopment Co at - Barbell ase the weight if 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME w/Pause	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00 2:00 2:00 00:00
Power Dev Front Squa (ou can incre 1 kg 1 kg 1 kg 1 kg 27.22 kg * 27.22 kg *	velopment Co at - Barbell ase the weight if 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME w/Pause	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00 2:00 0:00 00:00 00:00
Power Dev Front Squa (ou can incre 1 kg 1 kg 1 kg 1 kg 27.22 kg * 27.22 kg *	velopment Co at - Barbell ase the weight if 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME w/Pause	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00 2:00 0:00 00:00 00:00
Power Dev Front Squa (ou can incre 1 kg 1 kg 1 kg 1 kg 27.22 kg * 27.22 kg *	velopment Co at - Barbell ase the weight if 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 4 reps 3 reps 4 reps 4 reps 5 reps 5 reps 4 reps 5 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME w/Pause	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00 2:00 0:00 00:00 00:00
Power Dev Front Squa (ou can incre 1 kg 1 kg 1 kg 1 kg 27.22 kg * 27.22 kg *	velopment Co at - Barbell ase the weight if 3 reps 3 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME w/Pause	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00 2:00 0:00 00:00 00:00
Power Dev Front Squa (ou can incre 1 kg 1 kg 1 kg 1 kg 2 numbbell 27.22 kg * 27.22 kg *	velopment Co at - Barbell ase the weight if 3 reps 3 reps 4 vecessory 4 vecessory	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME w/Pause ps with Bands	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00 2:00 2:00 00:00 00:00 00:00 00:00 00:00
Power Dev Front Squa You can incre 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 27.22 kg * 27.22 kg * 2	velopment Co at - Barbell ase the weight if 3 reps 3 reps 4 vecessory 4 vecessory	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME w/Pause ps with Bands ps with Bands	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps. 2:00 2:00 2:00 2:00 2:00 00:00 00:00 00:00 00:00 00:00
Front Squa You can incre 1 kg 1 kg 1 kg 1 kg Dumbbell 27.22 kg * 27.22 kg * 27.23 kg * 27.24 kg * 27.24 kg * 27.25 kg * 2	velopment Co at - Barbell ase the weight if 3 reps 3 reps 4 reps 3 reps 4 reps	the velocity stays abo 80%1RME 80%1RME 80%1RME 80%1RME 80%1RME w/Pause w/Pause ps with Bands ps with Bands ps with Bands	ove .7m/s in the 0.50 m/s 0.50 m/s 0.50 m/s 0.50 m/s	first 2-3 reps.



Bent Over Row - Barbell	

1 kg

1 kg

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

5 reps

5 reps

WORK to a SIXIN V								
1 kg	5 reps	82%1RME	9 RPE					
0 kg	8 reps	R%1RME	10 RPE					
1 kg	R reps	77%1RME	10 RPE					
	Upright Row - Kettlebell Descent is slower than the ascent.							
1 kg	5 reps	90%Difficulty		2:00				

95%Difficulty

100%Difficulty

2:00

2:00

Glute Ham Raise						
1 kg	6 reps	90%Difficulty	9 RPE	1:00		
1 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.						
1 kg	10 reps	90%Difficulty	9 RPE	00:00		
1 kg	10 reps	95%Difficulty	9.5 RPE	00:00		
0 kg	10 reps	R%Difficulty	10 RPE	00:00		



Day 4				Jan 20		
Max Speed	& Upper Po	wer/Strength		0 min		
Max Speed	Warm Up					
Jump Rope - Continuous 20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.						
1:20				00:00		
Standing Ur	Standing Unilateral Hip Extension					
8 reps*	00:00					
Unilateral S	tanding Hip	Abduction				
8 reps*	00:00		1			
Side Lunge	Warm Up					
8 reps*						
Stride Strete	ch - 90/90					
6 reps*	00:30					
6 reps*	00:30					
90/90 Lift O	ffs					
Two sets of 3 re	eps ea side holdi	ng the internal rotat	tion 10 seconds ea	rep.		
3 reps*	00:30					
3 reps*	00:30					
Knee Hug to	o Lunge - wi	th Rotation				
13.72 m						
13.72 m						
Ankle Boun	d					
15 m				00:00		
15 m				00:00		
Pillar Skip -	Linear					
15 m						
15 m						
15 m						
	Linear Bound - Continuous Now we are just bounding with a 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	Sprinting					
00:00	27.43 m	7 RPE		2:00		
00:00	27.43 m	8 RPE		2:00		
00:00	36.58 m	9 RPE		2:00		
R	36.58 m	10 RPE		2:00		
R	36.58 m	10 RPE		2:00		



0				et a
	t Power Dev	elopment		
Clean				
Just make not 95-97%	te of velocity for r	now. Work to a 1RM a	at a 9.5RPE aft	er waves. Around
1 kg	2 reps	83%1RME	0 m/s	
1 kg	2 reps	83%1RME	0 m/s	
1 kg	1 reps	88%1RME	0 m/s	
1 kg	1 reps	93%1RME	0 m/s	00:00
0 kg	1 reps	R%1RME	0 m/s	00:00
Banded R	otational Cho	ops		
		The key is to use a lo ning the next superse		or max power. Take
0.5 kg	8 reps*	65%Difficulty		2:00
0.5 kg	8 reps*	65%Difficulty		2:00
0.5 kg	8 reps*	65%Difficulty		2:00
0.5 kg	8 reps*	65%Difficulty		2:00
0.5 kg	8 reps*	65%Difficulty		2:00
Athletic St	rength			¢5
Closegrip	Bench Press	5		
1 kg	3 reps	87%1RME	0.31 m/s	2:30
0 kg	3 reps	R%1RME	0.26 m/s	2:30
1 kg	3 reps	82%1RME	0.37 m/s	2:30
1 kg	R reps	82%1RME	0.37 m/s	2:30
Med Ball F	Punch with D	ron Sten		•
	ed with first three			
8.16 kg	6 reps*			
8.16 kg	6 reps*			
8.16 kg	6 reps*			
Upper Boo	ly Accessory	/		I
	Press - Stan E/92%/0.31m/s a	Iding Barbell and then -10% as mai	ny reps as poss	ible.
1 kg	3 reps	87%1RME	0.37 m/s	
0 kg	3 reps	R%1RME	0.31 m/s	
1 kg	R reps	82%1RME	0.46 m/s	
Pull Up				
Use dumbbell for 3+	s or hang plates	to load the pull up. W	ork to a 3RM a	t 10RPE then -10%
1 kg	3 reps	87%1RME	9 RPE	1:30
0 kg	3 reps	R%1RME	10 RPE	1:30
1 kg	R reps	82%1RME	10 RPE	1:30
Ls (TRX)				
12 reps				00:00
12 reps				00:00
12 reps				00:00
		-		*



Day 1				Jan 22	
Acceleration	Acceleration & Lower High Velocity Strength				
Acceleratior	n Warm Up Re	ealization/Pea	ık wk1		
Walking Lur	nges				
10 reps*					
Side Lunge	Warm Up				
8 reps*					
Forward Lur	nge, Elbow to	Instep - Knee	ling in Place		
8 reps*					
Hip Mobiliza This is 30 sec e	ation - Half Kn ^{a leg}	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	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 kip + 10yd sprint	print			
18.29 m					
18.29 m					
Linear Boun	d - Continuou	IS			
30 m	8 RPE			00:00	
30 m	9 RPE			00:00	
30 m	9 RPE			00:00	
	g acceleration	sprint			
9.14 m					
9.14 m					
9.14 m					
Acceleration Potentiation Realization/Peak wk1					
0.5 kg	25%BW	00:00	9.14 m	00:00	
0.5 kg	25%BW	00:00	9.14 m	00:00	
0.5 kg	25%BW	00:00	9.14 m	00:00	
0.5 kg	25%BW	R	9.14 m	00:00	

Day 2				Jan 23
Speed Deve	elopment & U	pper High Vel	ocity Strength	0 min
Athletic Spe	ed Developm	ent Warm Up	Realization/F	eak wk1
Jump Rope - Continuous 20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.				
1:20				00:00
Goblet Squa	at Holds			
1 kg	1 reps	85%Difficulty	00:30	1:30
Side Lunge	Warm Up			
8 reps*				
		eck relaxed with your documents of the second se	our forehead reste	d on the ground.
8 reps				
Heel to Glut	e - to Inverted	d Hamstring		
13.72 m				
13.72 m				
0	- Moving Forv	vard	-	-
13.72 m				
Knee Hug to	o Lunge			
13.72 m				
Pillar Skip -	Linear			
9.14 m				
9.14 m				
Sprinting We are going to need to do that		out now because to	o get really good a	t something you
15 m				2:00
15 m				2:00
	to 8yd Accele backpedal plus 8 y			
10.97 m	9 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
Mirror Drill				
00:10				
00:10				
00:10				
00.10		I		1

COD & Lo	wer High Ve	locity Power		0 mir
		arm Up Realiza	tion/Peak w	
	e - Continuo			
		us Ids right leg, 15 secor	nds left leg, and	finish 15 seconds
both legs.	,			
1:00				00:00
1:00				00:00
Prone Arn	n Arc			
	of keys: keep the nt should be slow	e neck relaxed with ye and controlled.	our forehead re	sted on the ground.
8 reps				
	Extension in S led slow and cont	Squat trolled for 8 reps per s	side approxima	tely 45 seconds.
8 reps*	00:45			
		hique as a squat: feet outral spine, and eyes 85%Difficulty		
1 kg	1 reps	85%Difficulty	00:30	1:30
-		oo /oz iniouty	00.00	
Lateral Lu			<u> </u>	
8 reps*				
	est Hip IR Str	etch		
5 reps*	00:45			
		Plank Clam Shel		
6 reps*	00:30			
Crossover	· Pillar Skip			
13.72 m	T			
13.72 m				
13.72 m				
13.72 m				
Drop Step	Skip			
18.29 m	T			
18.29 m				
	Bound - 90 Deg	gree Countermove	ment Quick t	o Stabilization
2 reps*	_			
				l
2 reps*		alization/Peak	wk1	
Change o				
Change o SL Jump 1	o Explosive (-
Change o				

Sprinting	1			
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 D	evelopment		1	
Hang Cle	ean Below Kne	ee dd the readout for long	g term tracking.	
1 kg	2 reps	80%1RME	0 m/s	1:30
1 kg	2 reps	80%1RME	0 m/s	1:30
1 kg	1 reps	85%1RME	0 m/s	1:30
1 kg	1 reps	85%1RME	0 m/s	1:30
1 kg	1 reps	85%1RME	0 m/s	1:30
Banded I	Hip Flexion for	· Sprinting		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		1
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Strength	for High Velo	city Force	1	<u>ن</u> ے
	back squat			
1 kg	3 reps	78%1RME	0.55 m/s	1:30
1 kg	3 reps	83%1RME	0.47 m/s	1:30
0 kg	3 reps	R%1RME	0.43 m/s	1:30
1 kg	3 reps	78%1RME	0.55 m/s	1:30
1 kg	3 reps	78%1RME	0.55 m/s	1:30
The first rep contact time	e.	I then three repeat jur	nps tracking he	ght and ground
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
	alth for Speed			
	m Deficit with			
1 kg	5 reps	85%Difficulty		1:30
1 kg	5 reps	85%Difficulty		1:30
1 kg	5 reps	85%Difficulty		1:30
1 kg	5 reps	85%Difficulty		1:30
Single Le	eg Squat - Gol	olet		
				1.00
1 kg	6 reps	85%Difficulty		1:00
1 kg 1 kg	6 reps 6 reps	85%Difficulty 85%Difficulty		1:00
		,		

	upporting Sti			
snatch ba			-	
1 kg	3 reps	80%Difficulty	7 RPE	1:00
1 kg	3 reps	80%Difficulty	7 RPE	1:00
1 kg	3 reps	80%Difficulty	7 RPE	1:00
Here's a majo an isometric l	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 s	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	ess - Barbell			
1 kg	3 reps	83%1RME	0.37 m/s	2:30
0 kg	3 reps	R%1RME	0.31 m/s	2:30
1 kg	3 reps	78%1RME	0.45 m/s	2:30
1 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		Ę
DB Tricep	s extension 2	2 Arms		
1 kg	6 reps	85%Difficulty		00:00
1 kg	6 reps	85%Difficulty		00:00
1 kg	6 reps	85%Difficulty		00:00
1 kg	6 reps	85%Difficulty		00:00
Bent Over	Row - Duml	bbell		
0.5 kg *	8 reps	85%Difficulty		
0.5 kg *	8 reps	85%Difficulty		
0.5 kg *	8 reps	85%Difficulty		
0.5 kg *	8 reps	85%Difficulty		
TRX Ls +	Ms		-	
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00

6 reps*	15 m	nps I		
6 reps*	15 m			
-	Drill - Crosso	over to Accelerat	ion/Deceler	ation
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power Dev	velopment			C
	arbell (Off B 2RM at 9 RPE so	,		
1 kg	2 reps	80%Difficulty	7 RPE	2:00
1 kg	2 reps	85%Difficulty	8 RPE	2:00
) kg	2 reps	R%Difficulty	9 RPE	2:00
Standing 1	Triple Jump	•		
0 m				00:00
Rm				00:00
Rm				00:00
Power Dev	velopment C	ontrast		C
Front Squa	at with Bands	6		
1 kg	1 reps	83%1RME	0.47 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
Kettlebell I	Figure 8 Late	eral Jumps		
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
Lightened	Method Jum	ps with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - La This is three e as possible.		bounding as far as po	ssible with as li	ttle ground contac
6 reps				



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

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



Day 4				Jan 27	
Max Speed	& Upper Higl	n Velocity Pow	ver	0 min	
Linear Spee	ed Warm Up I	Realization/Pe	ak wk1		
	- Continuous teral, 20 seconds	right leg, 20 secon	ids left leg, and fir	iish 20 seconds	
1:20				00:00	
Unilateral S	tanding Hip A	bduction			
8 reps*	00:00				
Heel to Glut	e - to Inverte	d Hamstring		•	
13.72 m					
13.72 m					
Knee Hug to	o Lunge				
13.72 m					
Leg Cradle	- Moving Forv	ward			
13.72 m					
Side Lunge	Warm Up				
8 reps*					
Ankle Boun	d				
15 m				00:00	
15 m				00:00	
Pillar Skip -	Linear				
10 m					
10 m					
Pop/Float S	kip - Horizon	al			
10 m					
10 m					
	Linear Bound - Continuous Now we are just bounding with a focus on distance and short ground contact time.				
15 m				00:00	
15 m				00:00	
Sprinting					
00:00	27.43 m	7 RPE		2:00	
00:00	27.43 m	8 RPE		2:00	
00:00	36.58 m	8 RPE		2:00	
00:00	36.58 m	9 RPE		2:00	
R	36.58 m	10 RPE		2:00	
R	36.58 m	10 RPE		2:00	



Athletic Pow	ver			
Cleans - Ba	rbell			
1 kg	2 reps	83%1RME		2:00
1 kg	1 reps	88%1RME		2:00
1 kg	2 reps	83%1RME		2:00
1 kg	1 reps	88%1RME		2:00
1 kg	1 reps	93%1RME		2:00
Dynamic Hi	p Flexor Force	e Absorption		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
Upper Body	Strength			¢)
Closegrip B	ench with Bar	nds		
1 kg	1 reps	80%1RME	0.40 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
Med Ball Pa	artner Rotatior	nal Throws		
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
Upper Body	Accessory			47
1	Half Kneeling	Cable		
1 kg	10 reps*	85%Difficulty		
1 kg	10 reps*	85%Difficulty		
1 kg	10 reps*	85%Difficulty		
1 kg	10 reps*	90%Difficulty		
Shoulder Fr	ont Raise Pla	te		
1 kg	10 reps	85%Difficulty	8 RPE	00:00
1 kg	10 reps	85%Difficulty	8 RPE	00:00
1 kg	10 reps	85%Difficulty	8 RPE	00:00
1 kg	10 reps	90%Difficulty	9 RPE	00:00
Axle Bar Bio	ceps Curl			
1 kg	10 reps	85%Difficulty		00:00
1 kg	10 reps	85%Difficulty		00:00
1 kg	10 reps	85%Difficulty		00:00
1 kg	10 reps	90%Difficulty		00:00



0.5 kg

30%BW

R

A. Galpin

Day 1				Jan 29
Acceleration	n & Lower Hig	gh Velocity Str	ength	0 min
Acceleration	n Warm Up R	ealization/Pea	ak wk2	
Walking Lu	nges			
10 reps*				
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	2			
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	10 RPE			00:00
30 m	10 RPE			00:00
	g acceleratior	n sprint		
9.14 m				<u> </u>
9.14 m 9.14 m				┨────┤
Acceleration Potentiation Realization/Peak wk2				
0.5 kg	30%BW	00:00	9.14 m	00:00
0.5 kg	30%BW	00:00	9.14 m	00:00
0.5 kg	30%BW	00:00	9.14 m	00:00
		1	+	

00:00

9.14 m

Day 2				Jan 30	
Speed Deve	elopment & U	pper High Vel	ocity Strength	0 min	
Athletic Spe	ed Developm	ent Warm Up	Realization/P	eak wk2	
Jump Rope - Continuous 20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.					
1:20				00:00	
Goblet Squat Holds					
1 kg	1 reps	85%Difficulty	00:30	1:30	
Side Lunge	Warm Up				
8 reps*					
		eck relaxed with yo d controlled.	our forehead reste	d on the ground.	
8 reps					
Heel to Glut	e - to Inverte	d Hamstring			
13.72 m					
13.72 m					
Leg Cradle	- Moving Forv	vard			
13.72 m					
Knee Hug to	o Lunge				
13.72 m					
Pillar Skip -	Linear				
10 m					
10 m					
Sprinting We are going to need to do that		out now because to	o get really good a	t something you	
15 m				2:00	
15 m				2:00	
	to 8yd Accele backpedal plus 8 y				
10.97 m	9 RPE			2:00	
10.97 m	10 RPE			2:00	
10.97 m	10 RPE			2:00	
10.97 m	10 RPE			2:00	
Mirror Drill					
00:10					
00:10					
00:10					
00:10					

Day 3				Feb 01
COD & Lo	wer High Vel	ocity Power		0 min
Change o	f Direction Wa	arm Up Realizat	ion/Peak v	vk2
Jump Rop	e - Continuou	ıs		
15 seconds b both legs.	ilateral, 15 second	ds right leg, 15 secor	ids left leg, an	d finish 15 seconds
1:00				00:00
1:00				00:00
Prone Arn	n Arc			
	of keys: keep the nt should be slow	neck relaxed with yo and controlled.	our forehead re	ested on the ground.
8 reps				
	Extension in S	Squat rolled for 8 reps per s	ide approxima	ately 45 seconds.
8 reps*	00:45			
performed wi first two toes,	th the same techn vertical torso, net	while emphasizing n ique as a squat: feet utral spine, and eyes	shoulder widtl straight ahead	h, knees track with d.
1 kg	1 reps	85%Difficulty	00:30	1:30
1 kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lu	nge		_	
8 reps*				
Worlds Be	est Hip IR Stre	etch		
5 reps*	00:45			
		lank Clam Shell		
6 reps*	00:30			
Crossove	r Pillar Skip			
13.72 m	1			
13.72 m				
13.72 m				
13.72 m				
Drop Step	Skip			
18.29 m				
18.29 m				
	Bound - 90 Deg	ree Countermove	ment Quick	to Stabilization
2 reps*				
2 reps*				
Change o		alization/Peak v	wk2	
CI 1				
	to Explosive C		1	-
SL Jump 1 5 reps* 5 reps*	20 m			

0:				
Sprinting		0.005		
00:00	9.14 m	9 RPE		2:00
00:00	9.14 m	9 RPE		00:00
00:00	9.14 m	10 RPE		2:00
R	9.14 m	10 RPE		2:00
Power De	evelopment			
0	an Below Kne	ee Id the readout for long	a tana tradica	
			у теппі паскіпу. Т	1.00
1 kg	2 reps	85%1RME		1:30
1 kg	2 reps	85%1RME		1:30
1 kg	2 reps	85%1RME		1:30
1 kg	2 reps	85%1RME		1:30
1 kg	2 reps	85%1RME		1:30
Banded H	lip Flexion for	Sprinting		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
	_	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Strength t Back Squ	for High Veloc at - Barbell	city Force	I	predict the 1RM
Strength f Back Squ Work to a 1R without puttir	for High Veloc lat - Barbell RM at .4m/s/90%is ng you at risk maxi	h/8RPE which is what ing out. Then -10% for	or 3x3	predict the 1RM
Strength f Back Squ Work to a 1F without puttir 1 kg	for High Veloc lat - Barbell RM at .4m/s/90%is ng you at risk maxi 1 reps	h/8RPE which is whating out. Then -10% fc 85%1RME	or 3x3 0.45 m/s	predict the 1RM
Strength 1 Back Squ Work to a 15 without puttir 1 kg 0 kg	for High Veloc lat - Barbell RM at .4m/s/90%is ng you at risk maxi 1 reps 1 reps	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME	or 3x3 0.45 m/s 0.40 m/s	predict the 1RM 1:30 1:30
Strength 1 Back Squ Work to a 1F without puttin 1 kg 0 kg 1 kg	for High Veloc lat - Barbell RM at .4m/s/90%is ng you at risk maxi 1 reps 1 reps 3 reps	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME 80%1RME	or 3x3 0.45 m/s 0.40 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1F without puttir 1 kg 0 kg 1 kg 1 kg	for High Veloc lat - Barbell RM at .4m/s/90%is ng you at risk maxi 1 reps 1 reps 3 reps 3 reps 3 reps	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME	or 3x3 0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1F without puttin 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg	for High Veloc lat - Barbell RM at .4m/s/90%is ng you at risk maxi 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 80%1RME	or 3x3 0.45 m/s 0.40 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1F without puttir 1 kg 0 kg 1 kg 1 kg 1 kg Depth Jur	for High Veloc lat - Barbell Mat .4m/s/90%is ng you at risk maxi 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps mp 30" + Jum	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 80%1RME p Repeat	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1F without puttir 1 kg 0 kg 1 kg 1 kg 1 kg Depth Jur	for High Veloc iat - Barbell RM at .4m/s/90%is ing you at risk maximation 1 reps 1 reps 3 reps	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 80%1RME	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1R without puttin 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg Depth Jun The first rep	for High Veloc iat - Barbell RM at .4m/s/90%is ing you at risk maximation 1 reps 1 reps 3 reps	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 80%1RME p Repeat	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1R without puttin 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg Depth Jun The first rep contact time.	for High Veloc iat - Barbell RM at .4m/s/90%is ng you at risk maxi 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps mp 30" + Jum is depth jump and	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 80%1RME p Repeat then three repeat jur	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1R without puttin 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg Depth Jun The first rep contact time. 4 reps	for High Veloc iat - Barbell RM at .4m/s/90%is ng you at risk maxi 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps mp 30" + Jum is depth jump and 00:00	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 9 Repeat then three repeat jur 76.2 cm	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1R without puttin 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg 1 kg Depth Jun The first rep contact time. 4 reps 4 reps	for High Veloc iat - Barbell Mat .4m/s/90%is ng you at risk maxi 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps mp 30" + Jum is depth jump and 00:00 00:00	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME p Repeat then three repeat jur 76.2 cm 76.2 cm	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1R without puttin 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg 1 kg Depth Jun The first rep contact time. 4 reps 4 reps 4 reps 4 reps	for High Veloc iat - Barbell Mat .4m/s/90%is ng you at risk maxi 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps mp 30" + Jum is depth jump and 00:00 00:00	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME p Repeat then three repeat jur 76.2 cm 76.2 cm 76.2 cm	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1F without puttin 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1	for High Veloc iat - Barbell M at .4m/s/90%is ing you at risk maxi 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 00:00 00:00 00:00 00:00	h/8RPE which is what ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 80%1RME p Repeat then three repeat jur 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1F without puttin 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 2 hg 1 kg 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 5 Knee Heat	for High Veloc iat - Barbell RM at .4m/s/90%is ng you at risk maxi 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps 00:00 00:00 00:00 00:00 00:00 00:00	bits Force h/8RPE which is whating out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 9 Repeat then three repeat jur 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Strength 1 Back Squ Work to a 1F without puttin 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 2 hg 1 kg 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 5 Knee Heat	for High Veloc iat - Barbell M at 4m/s/90%is ing you at risk maxi- 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps 00:00 00:00 00:00 00:00 00:00 00:00 alth for Speed	bits Force h/8RPE which is whating out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 9 Repeat then three repeat jur 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Strength f Back Squ Work to a 1F without puttin 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 1 kg 2 Depth Jun The first rep contact time. 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 5 RDLs from	for High Veloc iat - Barbell Mat .4m/s/90%is ing you at risk maxi- 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps 00:00 0	h/8RPE which is what ing out. Then -10% for 85%1RME 80%1RME 80%1RME 80%1RME 80%1RME 9 Repeat then three repeat jun 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM
Strength 1 Back Squ Work to a 1F without puttin 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg Depth Jun The first rep contact time. 4 reps 4 reps 4 reps 4 reps 4 reps 5 A reps 5 A reps 7 RDLs from 1 kg	for High Veloc iat - Barbell Mat 4m/s/90%is ing you at risk maxi- 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps mp 30" + Jum is depth jump and 00:00	h/8RPE which is what ing out. Then -10% for 85%1RME 80%1RME 80%1RME 80%1RME 80%1RME 9 Repeat then three repeat jur 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm	0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM

Posture Su	pporting Strer	nath		
snatch bala		igui		
1 kg	3 reps	85%Difficulty	8 RPE	1:00
1 kg	3 reps	85%Difficulty	8 RPE	1:00
1 kg	3 reps	85%Difficulty	8 RPE	1:00
Here's a major an isometric ho	key: I want the ba	Front Heel Ho Il of your foot on a vill make a video to hold ea set on ea	plate with your h show more clea	eel off making this rly. 3 reps of the
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
Strength fo	r High Velocit	v Force	-	C\$3
Bench Pres				
Work to a 1RM	1 at .28m/s/90%ish	/8RPE which is wh g out. Then -10% fo		predict the 1RM
1 kg	1 reps	85%1RME	0.34 m/s	00:00
0 kg	1 reps	R%1RME	0.28 m/s	00:00
1 kg	3 reps	80%1RME	0.40 m/s	00:00
1 kg	3 reps	80%1RME	0.40 m/s	00:00
1 kg	3 reps	80%1RME	0.40 m/s	00:00
Push Up A	Iternating over	r block (Plyom	etric-Continu	ious)
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertroph	y for Symmet	rv	•	
	extension 2 A			
1 kg	6 reps	90%Difficulty		00:00
1 kg	6 reps	90%Difficulty		00:00
1 kg	6 reps	90%Difficulty		00:00
1 kg	6 reps	90%Difficulty		00:00
Bent Over	Row - Dumbb	ell		•
0.5 kg *	8 reps	90%Difficulty		
0.5 kg *	8 reps	90%Difficulty		
0.5 kg *	8 reps	90%Difficulty		
0.5 kg *	8 reps	90%Difficulty		
TRX Ls + N	Лs			
10 reps*				00:00
10 reps*	1			00:00
10 reps*				00:00
		+	-	

6 reps*	15 m			
6 reps*	15 m			
6 Yd Star	Drill - Crosso	over to Accelera	ation/Deceler	ation
1 reps*	00:00	32.92 m	T	
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power De	velopment			C‡1
	Barbell (Off B M at 9.5 RPE or			
1 kg	2 reps	82%1RME	8 RPE	2:00
1 kg	2 reps	87%1RME	9 RPE	2:00
0 kg	2 reps	R%1RME	9.5 RPE	2:00
Standing	Triple Jump			
0 m				00:00
Rm				00:00
Rm				00:00
Power De	evelopment C	Contrast		
Front Squ	at with Band	S		
1 kg	1 reps	85%1RME	0.45 m/s	2:00
0.5 kg	3 reps	65%1RME	0.75 m/s	1:00
0.5 kg	3 reps	65%1RME	0.75 m/s	1:00
0.5 kg	3 reps	65%1RME	0.75 m/s	1:00
0.5 kg	3 reps	65%1RME	0.75 m/s	1:00
0.5 kg	3 reps	65%1RME	0.75 m/s	1:00
Kettlebell	Figure 8 Late	eral Jumps		
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
Lightenec	I Method Jun	nps with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
				00:00

Single Leg Squat - Goblet				
1 kg	6 reps	90%Difficulty	1:00	
1 kg	6 reps	90%Difficulty	1:00	
1 kg	6 reps	90%Difficulty	1:00	
1 kg	6 reps	90%Difficulty	1:00	
nordic leg	g curls			
5 reps			1:00	
5 reps			1:00	
5 reps			1:00	
5 reps			1:00	

Bound - L 3 each leg	ateral			
6 reps				
Lower Bo	dy Strength Ac	cessories		
Deadlift w	ith Bands			
1 kg	1 reps	88%1RME	0.30 m/s	2:00
1 kg	3 reps	75%1RME	0.50 m/s	1:00
1 kg	3 reps	75%1RME	0.50 m/s	1:00
1 kg	3 reps	75%1RME	0.50 m/s	1:00
1 kg	3 reps	75%1RME	0.50 m/s	1:00
Step Up -	Dumbbell			
0.5 kg *	5 reps*	90%Difficulty	40 cm	1:00
0.5 kg *	5 reps*	90%Difficulty	40 cm	1:00
0.5 kg *	5 reps*	90%Difficulty	40 cm	1:00
Barbell Hi	p Thrusts Bac	k Elevated on I	Bench	
1 kg	8 reps	90%Difficulty		00:00
1 kg	8 reps	90%Difficulty		00:00
1 kg	8 reps	90%Difficulty		00:00



Day 4				Feb 03
Max Speed & Upper High Velocity Power			ver	0 min
Linear Spee	ed Warm Up F	Realization/Pe	ak wk2	
Jump Rope	- Continuous			
20 seconds bila both legs.	teral, 20 seconds	right leg, 20 secon	ids left leg, and fin	ish 20 seconds
1:20				00:00
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Heel to Glut	e - to Inverted	d Hamstring		
13.72 m				
13.72 m				
Knee Hug to	o Lunge			
13.72 m				
Leg Cradle	- Moving Forv	vard		
13.72 m				
Side Lunge	Warm Up			
8 reps*				
Ankle Boun	d			
15 m				00:00
15 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
Pop/Float S	kip - Horizont	al		
10 m				
10 m				
	nd - Continuou t bounding with a f	JS focus on distance a	and short ground (contact time.
15 m				00:00
15 m				00:00
Sprinting				
00:00	27.43 m	7 RPE		2:00
00:00	27.43 m	8 RPE		2:00
00:00	36.58 m	8 RPE		2:00
00:00	36.58 m	9 RPE		2:00
R	36.58 m	10 RPE		2:00
R	36.58 m	10 RPE		2:00



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



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



Day 1			Feb 05		
Acceleration & Lower High Velocity Strength			0 min		
Acceleration	Acceleration Warm Up Realization/Peak wk3				
Walking Lur	nges				
10 reps*					
Side Lunge	Warm Up				
8 reps*					
Forward Lunge, Elbow to Instep - Kneeling in Place					
8 reps*					
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	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	IS			
30 m	8 RPE			00:00	
30 m	8 RPE			00:00	
30 m	9 RPE			00:00	
	g acceleratior	sprint			
9.14 m					
9.14 m					
Acceleration Potentiation Realization/Peak wk3					
	n Run - Load a				
0.5 kg	25%BW	00:00	9.14 m	00:00	
0.5 kg	25%BW	00:00	9.14 m	00:00	
0.5 kg	25%BW	00:00	9.14 m	00:00	

Day 2				Feb 06
Speed Deve	elopment & U	oper High Vel	ocity Strength	n 0 min
Athletic Spe	ed Developm	ent Warm Up	Realization/F	Peak wk3
	- Continuous teral, 20 seconds	right leg, 20 secon	nds left leg, and fir	nish 20 seconds
1:20				00:00
Goblet Squa	at Holds			
1 kg	1 reps	85%Difficulty	00:30	1:30
Side Lunge	Warm Up			
8 reps*				
		eck relaxed with yo	our forehead reste	d on the ground.
8 reps				
Heel to Glut	e - to Inverted	d Hamstring		_
13.72 m				
13.72 m				
Leg Cradle ·	- Moving Forv	vard		
13.72 m				
Knee Hug to	b Lunge			
13.72 m				
Pillar Skip -	Linear			
10 m				
10 m				
Sprinting We are going to need to do that		out now because to	o get really good a	at something you
10 m				2:00
10 m				2:00
	to 8yd Accele backpedal plus 8 y			
10.97 m	9 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
Mirror Drill				
00:10				
00:10				
00:10				

Day 3				Feb 08
COD & Lo	wer High Velo	city Power		0 min
Change of	f Direction Wa	rm Up Realiza	tion/Peak wk3	
	e - Continuou ilateral, 15 second	S s right leg, 15 secor	nds left leg, and fin	ish 15 seconds
1:00				00:00
1:00				00:00
		neck relaxed with yound controlled.	our forehead reste	d on the ground.
8 reps				
	Extension in Soled slow and control	quat olled for 8 reps per s	side approximately	45 seconds.
8 reps*	00:45			
This one is to performed wit	th the same technic	while emphasizing r que as a squat: feet tral spine, and eyes	shoulder width, ki	on. This will be nees track with
1 kg	1 reps	85%Difficulty	00:30	1:30
1 kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lu	nge			
8 reps*				
Worlds Be	est Hip IR Stre	tch		
5 reps*	00:45			1
		ank Clam Shel		
6 reps*	00:30			
Crossover	Pillar Skip			
13.72 m				
Drop Step	Skip			
18.29 m				
18.29 m				
Rotational E	Bound - 90 Degr	ee Countermove	ment Quick to S	Stabilization
2 reps*				
2 reps*				
Change of	f Direction Rea	alization/Peak	wk3	
	o Explosive C			
3 reps*	15 m	T		
3 reps*	15 m	1	İ	1

L.				
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 Deve	elopment			
Hang Clean	Below Knee			
1 kg	2 reps	75%1RME		1:30
1 kg	2 reps	75%1RME		1:30
1 kg	2 reps	75%1RME		1:30
Banded Hip	Flexion for S	printing		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Strength for	High Velocity	Force		c)
High Bar Ba	ick Squat Bar	lds		
1 kg	1 reps	80%1RME	0.50 m/s	2:00
0.5 kg	3 reps	60%1RME	0.85 m/s	1:00
0.5 kg	3 reps	60%1RME	0.85 m/s	1:00
0.5 kg	3 reps	60%1RME	0.85 m/s	1:00
	30" + Jump I d contact time. Thi /0.		th jump + 3 Jump	Repeats. Max
4 reps	00:00	76.2 cm		
4 reps	00:00	R cm		
4 reps	00:00	R cm		
4 reps	00:00	R cm		
Knee Health	n for Speed			
RDLs from I	Deficit with Ba			
1 kg	5 reps	75%Difficulty		1:30
1 kg	5 reps	75%Difficulty		1:30
1 kg	5 reps	75%Difficulty		1:30
Single Leg S		+		
1 kg	Squat - Goble	l		
	5 reps	75%Difficulty		1:00
1 kg	5 reps 5 reps	75%Difficulty 75%Difficulty		1:00
0	5 reps	75%Difficulty		
1 kg	5 reps 5 reps 5 reps	75%Difficulty 75%Difficulty		1:00
1 kg 1 kg	5 reps 5 reps 5 reps	75%Difficulty 75%Difficulty		1:00
1 kg 1 kg nordic leg c	5 reps 5 reps 5 reps	75%Difficulty 75%Difficulty		1:00 1:00

Posture Sup	oporting Stren	gth		
snatch bala	nce			
1 kg	3 reps	75%Difficulty	6 RPE	1:00
1 kg	3 reps	75%Difficulty	6 RPE	1:00
1 kg	3 reps	75%Difficulty	6 RPE	1:00
Here's a major l an isometric hol lift and then 20 s	alf Kneeling F key: I want the ball d for your calf. I wi second Isometric h	of your foot on a ill make a video to	plate with your hee show more clearly	
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
Strength for	High Velocity	Force		C\$2
bench press	s barbell band	S		
1 kg	1 reps	80%1RME	0.40 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
Push Up Alt	ernating over	block (Plyom	etric-Continuc	ous)
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrophy	ofor Symmetry	y		c)
DB Triceps	extension 2 A	rms		
1 kg	5 reps	80%Difficulty		00:00
1 kg	5 reps	80%Difficulty		00:00
1 kg	5 reps	80%Difficulty		00:00
Bent Over F	Row - Dumbbe	ell		
0.5 kg *	8 reps	80%Difficulty		
0.5 kg *	8 reps	80%Difficulty		
0.5 kg *	8 reps	80%Difficulty		
TRX Ls + M	S			
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00

SL side to	side tuck jur	nps		
4 reps*	10 m			
4 reps*	10 m			
6 Yd Star	Drill - Crosso	over to Accelerat	ion/Deceler	ation
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power De	velopment			(
	Barbell (Off B	locks)		
1 kg	2 reps	85%Difficulty		2:00
1 kg	2 reps	85%Difficulty		2:00
1 kg	2 reps	85%Difficulty		2:00
Standing ⁻	Triple Jump			
0 m				00:00
Rm				00:00
Rm				00:00
Power De	velopment C	ontrast		(
	at with Band			
1 kg	1 reps	80%1RME	0.50 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
Kettlebell	Figure 8 Late	eral Jumps	•	•
9.07 kg	3 reps*			Î
9.07 kg	3 reps*			
9.07 kg	3 reps*			
9.07 kg	3 reps*			
-	Method Jum	ps with Bands	•	•
3 reps		-		00:00
3 reps	1		1	00:00
3 reps				00:00
3 reps				00:00
Bound - La 3 each leg.	ateral			
6 reps				
Lower Boo	dy Strength A	Accessories		
Deadlift w	ith Bands			
1 kg	1 reps	80%1RME	0.40 m/s	2:00
0.5 kg	3 reps	70%1RME	0.55 m/s	1:00
0.5 kg	3 reps	70%1RME	0.55 m/s	1:00
-	3 reps	70%1RME	0.55 m/s	1:00



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



Day 4				Feb 10
Max Speed	& Upper High	Velocity Pow	ver	0 min
Linear Spee	ed Warm Up F	Realization/Pe	ak wk3	
	- Continuous teral, 20 seconds	right leg, 20 secon	ids left leg, and fin	ish 20 seconds
1:20				00:00
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Heel to Glut	e - to Inverted	d Hamstring		
13.72 m				
13.72 m				
Knee Hug to	o Lunge			
13.72 m				
Leg Cradle	- Moving Forv	vard		
13.72 m				
Side Lunge	Warm Up			
8 reps*				
Ankle Boun	d			
15 m				00:00
15 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
Pop/Float S	kip - Horizont	al	-	
10 m				
10 m				
	nd - Continuou t bounding with a f		and short ground (contact time.
15 m				00:00
15 m				00:00
Sprinting				
00:00	27.43 m	7 RPE		2:00
00:00	27.43 m	8 RPE		2:00
00:00	36.58 m	8 RPE		2:00
00:00	36.58 m	9 RPE		2:00
Athletic Pov	ver			
Cleans - Ba	rbell			
1 kg	1 reps	85%1RME		2:00
1 kg	1 reps	85%1RME		2:00
1 kg	1 reps	85%1RME		2:00

Dynamic Hi	p Flexor Force	e Absorption		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
Upper Body	/ Strength			¢7
Closegrip E	ench with Bar	nds		
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
Med Ball Pa	artner Rotatior	nal Throws		
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
Upper Body	/ Accessory			ct)
Pull Down -	Half Kneeling	Cable		
1 kg	10 reps*	85%Difficulty		
1 kg	10 reps*	85%Difficulty		
1 kg	10 reps*	85%Difficulty		
Shoulder F	ront Raise Pla	te		
1 kg	10 reps	85%Difficulty	8 RPE	00:00
1 kg	10 reps	85%Difficulty	8 RPE	00:00
1 kg	10 reps	85%Difficulty	8 RPE	00:00
Axle Bar Bi	ceps Curl			
1 kg	10 reps	85%Difficulty		00:00
1 kg	10 reps	85%Difficulty		00:00
1 kg	10 reps	85%Difficulty		00:00



Day 1				Feb 12
Acceleration	n & Lower Hig	h Velocity Str	ength	0 min
Acceleratior	n Warm Up Re	ealization/Pea	k wk4	
Walking Lur	nges			
10 reps*				
Side Lunge	Warm Up			
8 reps*				
Forward Lui	nge, Elbow to	Instep - Knee	ling in Place	
8 reps*				
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				
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	IS		
40 m	8 RPE			00:00
40 m	9 RPE			00:00
40 m	10 RPE			00:00
40 m	10 RPE			00:00
	g acceleration	sprint		
9.14 m				
9.14 m				
9.14 m				
		Realization/P	eak wk4	
Walking Lur	nges	-		
10 reps*				

Day 2				Feb 13
Speed Deve	elopment & U	oper High Vel	ocity Strength	0 min
Athletic Spe	ed Developm	ent Warm Up	Realization/F	eak wk4
	- Continuous teral, 20 seconds	right leg, 20 secon	ds left leg, and fin	ish 20 seconds
1:20				00:00
Goblet Squa	at Holds			
1 kg	1 reps	85%Difficulty	00:30	1:30
Side Lunge	Warm Up			
8 reps*				
		eck relaxed with yo d controlled.	our forehead reste	d on the ground.
8 reps				
Heel to Glut	e - to Inverted	d Hamstring		
13.72 m				
13.72 m				
Leg Cradle -	 Moving Forv 	vard		
13.72 m				
Knee Hug to	o Lunge			
13.72 m				
Pillar Skip -	Linear			
10 m				
10 m				
Sprinting We are going to need to do that t		out now because to	o get really good a	t something you
20 m				2:00
20 m				2:00
	to 8yd Accele backpedal plus 8 y			
10.97 m	9 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
Mirror Drill				
00:10				
00:10				
00:10				
00.10		1		1

	ver High Veloo	ity Power		0 min
Change of I	Direction War	m Up Realizat	ion/Peak wk4	
Jump Rope	- Continuous			
1:00				00:00
1:00				00:00
The movement		eck relaxed with yo d controlled.	our forehead reste	d on the ground.
8 reps				
	ttension in Sq d slow and control	uat ed for 8 reps per s	ide approximately	45 seconds.
8 reps*	00:45			
performed with	the same techniqu	hile emphasizing n le as a squat: feet al spine, and eyes 85%Difficulty	shoulder width, kr	
1 kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lun	qe	· · ·		
8 reps*	Ĩ			
Worlds Bes	t Hip IR Streto	ch		
	t Hip IR Streto	ch I		
5 reps* Glute Activa	00:45 ation Side Pla	ch 		
5 reps* Glute Activa	00:45 ation Side Pla	nk Clam Shell		
5 reps* Glute Activa six reps ea side 6 reps*	00:45 ation Side Pla with a 5 sec hold 00:30	nk Clam Shell		
5 reps* Glute Activa six reps ea side	00:45 ation Side Pla with a 5 sec hold 00:30	nk Clam Shell		
5 reps* Glute Activa six reps ea side 6 reps* Crossover F	00:45 ation Side Pla with a 5 sec hold 00:30	nk Clam Shell		
5 reps* Glute Activa six reps ea side 6 reps* Crossover F 13.72 m	00:45 ation Side Pla with a 5 sec hold 00:30	nk Clam Shell		
5 reps* Glute Activa six reps ea side 6 reps* Crossover F 13.72 m 13.72 m	00:45 ation Side Pla with a 5 sec hold 00:30	nk Clam Shell		
5 reps* Glute Activa six reps ea side 6 reps* Crossover F 13.72 m 13.72 m 13.72 m	00:45 ation Side Pla with a 5 sec hold 00:30 Pillar Skip	nk Clam Shell		
5 reps* Glute Activa six reps ea side 6 reps* Crossover F 13.72 m 13.72 m 13.72 m 13.72 m	00:45 ation Side Pla with a 5 sec hold 00:30 Pillar Skip	nk Clam Shell		
5 reps* Glute Activa six reps ea side 6 reps* Crossover F 13.72 m 13.72 m 13.72 m 13.72 m Drop Step S	00:45 ation Side Pla with a 5 sec hold 00:30 Pillar Skip	nk Clam Shell		
5 reps* Glute Activa six reps ea side 6 reps* Crossover F 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.29 m	00:45 ation Side Pla with a 5 sec hold 00:30 Pillar Skip	nk Clam Shell	ets.	Labilization
5 reps* Glute Activa six reps ea side 6 reps* Crossover F 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.29 m	00:45 ation Side Pla with a 5 sec hold 00:30 Pillar Skip	hk Clam Shell each rep for two s	ets.	L Stabilization

	14/ 11		
Side Lung	ge warm Up		
8 reps*			
Forward I	Lunge, Elbow	to Instep - Kneeling	in Place
8 reps*			
Hip Mobil This is 30 se		Kneeling w/ Elbow to	Instep
00:30			
MQ - Hip	IR		
3 reps*	00:30		
3 reps*	00:30		
Heel to G	ilute - to Inver	rted Hamstring	
13.72 m			
13.72 m			
Power Sk	kip - Vertical		
10 m			
10 m			
Dillar Skir	o - Linear		
	Enioai		
10 m			
10 m 10 m 10 yd Pill	ar skip + 10 y ar Skip + 10yd spr		
10 m 10 m 10 yd Pill	ar skip + 10 y		
10 m 10 m 10 yd Pill 10 yd of Pilla	ar skip + 10 y		
10 m 10 m 10 yd Pill 10 yd of Pill 18.29 m 18.29 m	ar skip + 10 y		
10 m 10 m 10 yd Pill 10 yd of Pill 18.29 m 18.29 m	ar skip + 10 y ar Skip + 10yd spr		00:00
10 m 10 m 10 yd Pill 10 yd of Pilla 18.29 m 18.29 m Linear Bo	ar skip + 10 y ar Skip + 10yd spr		00:00
10 m 10 yd Pill 10 yd Pill 18.29 m 18.29 m Linear Bo 40 m	ar skip + 10 y ar Skip + 10yd spr skip + 10yd spr ound - Continu 8 RPE		
10 m 10 yd Pill 10 yd Pill 10 yd of Pilla 18.29 m 18.29 m Linear Bo 40 m	ar skip + 10 y ar Skip + 10yd spr bund - Continu 8 RPE 9 RPE		00:00
10 m 10 yd Pill 10 yd of Pilla 18.29 m 18.29 m Linear Bc 40 m 40 m 40 m	ar skip + 10 y ar Skip + 10yd spr bund - Continu 8 RPE 9 RPE 10 RPE	int UDUS	00:00 00:00
10 m 10 yd Pill 10 yd of Pilla 18.29 m 18.29 m Linear Bc 40 m 40 m 40 m	ar skip + 10 y ar Skip + 10yd spr bund - Continu 8 RPE 9 RPE 10 RPE 10 RPE 10 RPE	int UDUS	00:00 00:00
10 m 10 yd Pill 10 yd of Pilla 18.29 m 18.29 m Linear Bo 40 m 40 m 40 m 40 m 40 m	ar skip + 10 y ar Skip + 10yd spr bund - Continu 8 RPE 9 RPE 10 RPE 10 RPE 10 RPE	int UDUS	00:00 00:00
10 m 10 yd Pill 10 yd of Pilla 18.29 m 18.29 m Linear Bo 40 m 40 m 40 m 40 m 40 m 40 m	ar skip + 10 y ar Skip + 10yd spr bund - Continu 8 RPE 9 RPE 10 RPE 10 RPE 10 RPE	int UDUS	00:00 00:00
10 m 10 yd Pill 10 yd of Pilla 18.29 m 18.29 m Linear Bo 40 m 40 m 40 m 40 m 40 m 9.14 m 9.14 m	ar skip + 10 y ar Skip + 10yd spr bund - Continu 8 RPE 9 RPE 10 RPE 10 RPE 10 RPE	int UDUS	00:00 00:00
10 m 10 yd Pill 10 yd Pill 10 yd of Pilla 18.29 m 18.29 m Linear Bo 40 m 40 m 40 m 40 m 40 m 41 m 9.14 m 9.14 m 9.14 m	ar skip + 10 y ar Skip + 10yd spr Dund - Continu 8 RPE 9 RPE 10 RPE 10 RPE 10 RPE 10 RPE	int Lucus	00:00 00:00
10 m 10 yd Pill 10 yd Pill 10 yd of Pilla 18.29 m 18.29 m Linear Bo 40 m 40 m 40 m 40 m 40 m 41 m 9.14 m 9.14 m 9.14 m	ar skip + 10 y ar Skip + 10yd spr ound - Continu 8 RPE 9 RPE 10 RPE 10 RPE 10 RPE ling accelerat	int Lucus	00:00 00:00
10 m 10 yd Pill 10 yd Pill 10 yd Pilla 18.29 m 18.29 m Linear Bo 40 m 40 m 40 m 40 m 40 m 9.14 m 9.14 m 9.14 m 9.14 m	ar skip + 10 y ar Skip + 10yd spr ound - Continu 8 RPE 9 RPE 10 RPE 10 RPE 10 RPE ling accelerat	int	00:00 00:00 00:00
10 m 10 yd Pill 10 yd Pill 10 yd Pill 18.29 m 18.29 m Linear Bo 40 m 40 m 40 m 40 m 40 m 9.14 m 9.14 m 9.14 m 9.14 m 9.14 m 9.14 m	ar skip + 10 y ar Skip + 10yd spr bund - Continu 8 RPE 9 RPE 10 RPE 10 RPE 10 RPE ling accelerat bing accelerat cevelopment ean Below Kno 2 reps	int uous uous ion sprint ee 85%1RME	00:00 00:00 00:00
10 m 10 yd Pill 10 yd Pill 10 yd Pilla 18.29 m 18.29 m Linear Bo 40 m 40 m 40 m 40 m 40 m 40 m 9.14 m 9.14 m 9.14 m 9.14 m 9.14 m 9.14 m	ar skip + 10 y ar Skip + 10yd spr ound - Continu 8 RPE 9 RPE 10 RPE 10 RPE 10 RPE ling accelerat current exelopment ean Below Kne 2 reps 1 reps	int uous uous ion sprint ee 85%1RME 90%1RME	00:00 00:00 00:00

snatch ba	lance			
1 kg	3 reps	80%Difficulty	7 RPE	1:00
1 kg	3 reps	85%Difficulty	8 RPE	1:00
1 kg	3 reps	90%Difficulty	9 RPE	1:00
Here's a maj an isometric	or key: I want the hold for your calf.	ball of your foot on a 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 t	for High Velo	city Force	•	(
bench pre	ess barbell ba	ands		
1 kg	1 reps	85%1RME	0.34 m/s	00:00
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
Push Up	Alternating ov	ver block (Plyom	etric-Contin	uous)
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrop	ohy for Symm	etry		C
DB Tricep	os extension 2	2 Arms		
1 kg	6 reps	90%Difficulty	Ī	00:00
1 kg	6 reps	95%Difficulty		00:00
1 kg	6 reps	100%Difficulty	/	00:00
Bent Ove	r Row - Dumi	bbell	-	
0.5 kg *	8 reps	90%Difficulty		
0.5 kg *	8 reps	90%Difficulty		
0.5 kg *	8 reps	95%Difficulty		
0.5 kg *	8 reps	100%Difficulty	/	
TRX Ls +	Ms			-
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00
	_		1	00:00

		ealization/Peak		
	o Explosive (_
5 reps*	20 m 20 m			
5 reps*		_		_
5 reps*	20 m			
SL side to	side tuck jur	nps		
6 reps*	15 m			
6 reps*	15 m			
6 reps*	15 m			
6 Yd Star	Drill - Crosso	over to Accelerat	ion/Deceler	ation
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power De	velopment	-	-	
1RM No miss	2 reps	85%Difficulty	8 RPE	2:00
	-	90%Difficulty	9.5 RPE	2:00
1 kg	2 reps 1 reps	95%Difficulty	9.5 RPE	2.00
1 kg	-	R%Difficulty	9.5 RFE	2:00
0 kg	1 reps	R %Difficulty	IURFE	2.00
-	Triple Jump		-	
0 m				00:00
Rm				00:00
Rm				00:00
Rm				00:00
Power De	velopment C	ontrast		C
Front Sau	at with Bands	S		
	1 reps	90%1RME	0.40 m/s	2:00
1 kg	3 reps	70%1RME	0.70 m/s	2:00
0			0.70 m/s	2:00
0.5 kg	3 reps	70%1RME	0.70 m/s	2.00
1 kg 0.5 kg 0.5 kg 0.5 kg	3 reps 3 reps	70%1RME 70%1RME	0.70 m/s	2:00
0.5 kg 0.5 kg				
0.5 kg 0.5 kg 0.5 kg	3 reps	70%1RME	0.70 m/s	2:00
0.5 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg	3 reps 3 reps 3 reps	70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s	2:00 2:00
0.5 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg Kettlebell	3 reps 3 reps 3 reps Figure 8 Late	70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s	2:00 2:00
0.5 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg Kettlebell 13.61 kg	3 reps 3 reps 3 reps Figure 8 Late 3 reps*	70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s	2:00 2:00
0.5 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg Kettlebell	3 reps 3 reps 3 reps Figure 8 Late 3 reps* 3 reps*	70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s	2:00 2:00
0.5 kg 0.5 kg 0.5 kg 0.5 kg Kettlebell 13.61 kg 13.61 kg 13.61 kg	3 reps 3 reps 3 reps Figure 8 Late 3 reps* 3 reps* 3 reps* 3 reps*	70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s	2:00 2:00
0.5 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg Kettlebell 13.61 kg 13.61 kg	3 reps 3 reps 3 reps Figure 8 Late 3 reps* 3 reps*	70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s	2:00 2:00

Banded Hip	Flexion for S	printing		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Strength fo	r High Velocity	Force		¢)
High Bar B	ack Squat Bar	lds		
1 kg	1 reps	85%1RME	0.45 m/s	2:00
0.5 kg	5 reps	65%1RME	0.75 m/s	1:00
0.5 kg	5 reps	65%1RME	0.75 m/s	1:00
0.5 kg	5 reps	65%1RME	0.75 m/s	1:00
0.5 kg	5 reps	65%1RME	0.75 m/s	1:00
	p 30" + Jump I nd contact time. Th		th jump + 3 Jump	Repeats.
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
Speed Kne	e Health			
RDLs from	Deficit with Ba	ands		
1 kg	5 reps	90%Difficulty		1:30
1 kg	5 reps	90%Difficulty		1:30
1 kg	5 reps	95%Difficulty		1:30
1 kg	5 reps	100%Difficulty		1:30
Single Leg	Squat - Goble	t		
1 kg	6 reps	90%Difficulty		1:00
1 kg	6 reps	90%Difficulty		1:00
1 kg	6 reps	95%Difficulty		1:00
1 kg	6 reps	95%Difficulty		1:00
nordic leg o	curls	-		-
5 reps				1:00
5 reps				1:00
5 reps				1:00
5 reps				1:00

3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - L 3 each leg.	ateral			
6 reps				
Lower Bo	dy Strength A	ccessories		
Deadlift w	vith Bands			
1 kg	1 reps	88%1RME	0.30 m/s	2:00
1 kg	2 reps	80%1RME	0.40 m/s	1:00
1 kg	2 reps	80%1RME	0.40 m/s	1:00
			0.40 m/s	1:00
1 kg	2 reps	80%1RME	0.40 11/5	1.00
1 kg 1 kg	2 reps 2 reps	80%1RME 80%1RME	0.40 m/s	1:00
1 kg		•••••		
1 kg	2 reps	•••••		
1 kg Step Up -	2 reps Dumbbell	80%1RME	0.40 m/s	1:00
1 kg Step Up - 0.5 kg * 0.5 kg *	2 reps Dumbbell 5 reps*	80%1RME 90%Difficulty	0.40 m/s 40 cm	1:00
1 kg Step Up - 0.5 kg * 0.5 kg * 0.5 kg *	2 reps Dumbbell 5 reps* 5 reps* 5 reps*	80%1RME 90%Difficulty 90%Difficulty	0.40 m/s 40 cm 40 cm 40 cm	1:00 1:00 1:00
1 kg Step Up - 0.5 kg * 0.5 kg * 0.5 kg *	2 reps Dumbbell 5 reps* 5 reps* 5 reps*	80%1RME 90%Difficulty 90%Difficulty 95%Difficulty	0.40 m/s 40 cm 40 cm 40 cm	1:00 1:00 1:00
1 kg Step Up - 0.5 kg * 0.5 kg * 0.5 kg * Barbell Hi	2 reps Dumbbell 5 reps* 5 reps* 5 reps* p Thrusts Bar	80%1RME 90%Difficulty 90%Difficulty 95%Difficulty ck Elevated on E	0.40 m/s 40 cm 40 cm 40 cm	1:00 1:00 1:00 1:00



Day 4				Feb 17
Max Speed	& Upper Hig	n Velocity Pow	/er	0 min
Linear Spee	ed Warm Up I	Realization/Pe	ak wk4	
	- Continuous teral, 20 seconds	right leg, 20 secon	ids left leg, and fin	ish 20 seconds
1:20				00:00
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Heel to Glut	e - to Inverte	d Hamstring		•
13.72 m				
13.72 m				
Knee Hug to	o Lunge			
13.72 m				
Leg Cradle	- Moving For	ward		
13.72 m				
Side Lunge	Warm Up			
8 reps*				
Ankle Boun	d			
15 m				00:00
15 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
Pop/Float S	kip - Horizon	tal		
10 m				
10 m				
	nd - Continuo t bounding with a	US focus on distance a	and short ground	contact time.
15 m				00:00
15 m				00:00
Sprinting				
00:00	27.43 m	7 RPE		2:00
00:00	27.43 m	8 RPE		2:00
00:00	36.58 m	8 RPE		2:00
00:00	36.58 m	9 RPE		2:00
R	36.58 m	10 RPE		2:00
R	36.58 m	10 RPE		2:00



Athletic Pov	ver			
Cleans - Ba	rbell			
1 kg	2 reps	83%1RME	7 RPE	2:00
1 kg	1 reps	88%1RME	8 RPE	2:00
1 kg	1 reps	93%1RME	9 RPE	2:00
1 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		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
Upper Body	Strength			다
Closegrip B	ench with Bar	nds		
1 kg	1 reps	85%1RME	0.34 m/s	00:00
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
Med Ball Pa	artner Rotatior	nal 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			¢D
Pull Down -	Half Kneeling	Cable		
1 kg	10 reps*	90%Difficulty		
1 kg	10 reps*	90%Difficulty		
1 kg	10 reps*	95%Difficulty		
1 kg	10 reps*	100%Difficulty		
Shoulder Fr	ont Raise Pla	te		
1 kg	10 reps	90%Difficulty	9 RPE	00:00
1 kg	10 reps	90%Difficulty	9 RPE	00:00
1 kg	10 reps	95%Difficulty	9 RPE	00:00
1 kg	10 reps	100%Difficulty	9.5 RPE	00:00
Axle Bar Bio	ceps Curl			
1 kg	10 reps	90%Difficulty		00:00
1 kg	10 reps	90%Difficulty		00:00
1 kg	10 reps	95%Difficulty		00:00
1 kg	10 reps	100%Difficulty		00:00



Day 1				Feb 19
Acceleration	h & Lower Hig	h Velocity Str	ength	0 min
Acceleration	Warm Up Re	ealization/Pea	k wk4	
Walking Lur	nges			
10 reps*				
Side Lunge	Warm Up			
8 reps*				
Forward Lur	nge, Elbow to	Instep - Knee	ling in Place	
8 reps*				
Hip Mobiliza This is 30 sec ea	ition - Half Kn	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	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 kip + 10yd sprint	print		
18.29 m				
18.29 m				
half kneeling	g acceleration	sprint		
9.14 m				
9.14 m				
Sprinting Testing Day for	Acceleration.			
00:00	9.14 m	9 RPE		00:00
R	9.14 m	10 RPE		00:00
R	9.14 m	10 RPE		00:00
Power Deve	elopment			
Hang Clean	Below Knee			
1 kg	1 reps	80%1RME		1:30
1 kg	1 reps	80%1RME		1:30
1 kg	1 reps	85%1RME		1:30
1 kg	1 reps	85%1RME		1:30

Day 2				Feb 20
Speed Deve	elopment & Up	oper High Vel	ocity Strength	0 min
Athletic Spe	ed Developm	ent Warm Up	Realization/F	eak wk4
	- Continuous teral, 20 seconds	right leg, 20 secon	ids left leg, and fin	ish 20 seconds
1:20				00:00
Goblet Squa	at Holds			
1 kg	1 reps	85%Difficulty	00:30	1:30
Side Lunge	Warm Up			
8 reps*				
	Arc keys: keep the ne should be slow an		our forehead reste	d on the ground.
8 reps				
Heel to Glut	e - to Inverted	d Hamstring		
13.72 m				
13.72 m				
Leg Cradle	- Moving Forv	vard		
13.72 m				
Knee Hug to	o Lunge			
13.72 m				
Pillar Skip -	Linear			
10 m				
10 m				
Carioca				
9.14 m				
9.14 m				
Rotational Bo	und - 90 Degree	e Countermover	ment Quick to S	Stabilization
2 reps*				
2 reps*				
Strength for	High Velocity	Force		c;)
Bench Pres Work up to a ma	s - Barbell ax at 0.4m/s (arou	nd 80%)(and then	two downsets.	
0 kg	1 reps	R%1RME	0.40 m/s	00:00
0.5 kg	3 reps	65%1RME	0.60 m/s	
0.5 kg	3 reps	65%1RME	0.60 m/s	
Hypertrophy	/ for Symmetr	у		¢)
Triceps Exte	ension - Stand	ling Cable		
1 kg	8 reps	80%Difficulty		00:00
1 kg	8 reps	80%Difficulty		00:00
1 kg	8 reps	80%Difficulty		00:00

Day 3				Feb 22
COD & Lo	wer High Ve	locity Power		0 min
Change of	Direction W	/arm Up Realizat	ion/Peak v	wk4
Jump Rop	e - Continuo	us		
15 seconds b both legs.	lateral, 15 secor	nds right leg, 15 secon	ids left leg, an	d finish 15 seconds
1:00				00:00
1:00				00:00
	of keys: keep the	e neck relaxed with yo v and controlled.	our forehead r	ested on the ground.
8 reps				
	Extension in a slow and con	Squat trolled for 8 reps per s	side approxim	ately 45 seconds.
8 reps*	00:45			
performed wit	h the same tech	y while emphasizing m nique as a squat: feet eutral spine, and eyes	shoulder widt	h, knees track with
1 kg	1 reps	85%Difficulty	00:30	1:30
1 kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lu	nge			
8 reps*				
Worlds Be	st Hip IR Str	etch		
5 reps*	00:45			
		Plank Clam Shell		
6 reps*	00:30			
Crossover	Pillar Skip			
13.72 m				
13.72 m				
13.72 m				
13.72 m 13.72 m				
-	Skip			
13.72 m	Skip			
13.72 m Drop Step	Skip			
13.72 m Drop Step 18.29 m				
13.72 m Drop Step 18.29 m 18.29 m				2:00
13.72 m Drop Step 18.29 m 18.29 m Pro Agility	5-10-5			2:00
13.72 m Drop Step 18.29 m 18.29 m Pro Agility 10.97 m	5-10-5 9 RPE			



Strength for High Velocity Force					
High Bar Back Squat Bands Work up to a max at 0.5m/s (around 80%)(and then two downsets.					
0 kg	1 reps	R%1RME	0.50 m/s	2:00	
0.5 kg	3 reps	65%1RME	0.75 m/s	1:00	
0.5 kg	5 reps	65%1RME	0.75 m/s	1:00	
Squat Jump	Squat Jump - Continuous				
3 reps					
3 reps					
3 reps					
Taper Accessory Lower Body					
Taper Acce	ssory Lower E	bouy			
Leg Curl (T		Body			
		sody		1:00	
Leg Curl (T				1:00 1:00	
Leg Curl (T 6 reps					
Leg Curl (Tl 6 reps 6 reps 6 reps Reverse Hy	RX)		ension.	1:00	
Leg Curl (Tl 6 reps 6 reps 6 reps Reverse Hy	RX)		ension. 00:30	1:00	
Leg Curl (TI 6 reps 6 reps 6 reps Reverse Hy Keep the torso	RX)	I to avoid hyperext		1:00	

Row - Standing 1 Arm Cable				
1 kg	8 reps*	80%Difficulty		00:00
1 kg	8 reps*	80%Difficulty		00:00
1 kg	8 reps*	80%Difficulty		00:00
TRX Ls + M	S			
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00

Power De	velopment T	esting		
Squat Jun	np - Counter	movement to St	tabilize	
1 reps	0 cm	8 RPE		
1 reps	0 cm	9 RPE		
1 reps	R cm	10 RPE		
1 reps	R cm	10 RPE		
1 reps	R cm	10 RPE		
Broad jurr	ıp			
1 reps	0 m	8 RPE		
1 reps	0 m	9 RPE		
1 reps	Rm	10 RPE		
1 reps	Rm	10 RPE		
1 reps	Rm	10 RPE		
Power De	velopment C	ontrast Taper		C)
Front Squ	at with Band	s		
0.5 kg	3 reps	60%1RME	0.85 m/s	2:00
0.5 kg	3 reps	60%1RME	0.85 m/s	2:00
0.5 kg	3 reps	60%1RME	0.85 m/s	2:00
Lightened	Method Jur	nps with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00



Day 4				Feb 24
Max Speed	& Upper High	NVelocity Pow	er	0 min
Linear Spee	ed Warm Up F	Realization/Pe	ak wk4	
Jump Rope	- Continuous			
20 seconds bila both legs.	teral, 20 seconds	right leg, 20 secon	ds left leg, and fin	ish 20 seconds
1:20				00:00
Unilateral S	tanding Hip A	bduction		
8 reps*	00:00			
Heel to Glut	te - to Inverted	d Hamstring		
13.72 m				
13.72 m				
Knee Hug to	o Lunge			
13.72 m				
Leg Cradle	- Moving Forv	vard		
13.72 m				
Side Lunge	Warm Up			
8 reps*				
Ankle Boun	d			
15 m				00:00
15 m				00:00
Drop Step S	Skip			
18.29 m				
18.29 m				
Pillar Skip -	Linear			
10 m				
10 m				
Power Skip	- Vertical			
9.14 m				
9.14 m				
	skip + 10 yd s skip + 10yd sprint	sprint		
18.29 m				
18.29 m				
	nd - Continuou t bounding with a f	JS focus on distance a	and short ground o	contact time.
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	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
Upper Bod	y Strength			¢D
Closegrip E	Bench with Bar	nds		
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00
Med Ball P	artner Rotation	nal Throws		
9.07 kg	5 reps*			
9.07 kg	5 reps*			
9.07 kg	5 reps*			
Upper Bod	y Accessory			¢D
Pull Down	- Half Kneeling	Cable		
1 kg	10 reps*	80%Difficulty		
1 kg	10 reps*	80%Difficulty		
1 kg	10 reps*	80%Difficulty		
Axle Bar B	iceps Curl			
1 kg	10 reps	80%Difficulty		00:00
1 kg	10 reps	80%Difficulty		00:00
1 kg	10 reps	80%Difficulty		00:00



Day 1				Feb 26
Acceleratio	on & Lower H	ligh Velocity	Strength	0 min
Acceleratio	on Warm Up	Realization/	Peak wk1	
Walking Lu	unges			
10 reps*				
Side Lung	e Warm Up			
8 reps*				
Forward L	unge, Elbow	to Instep - K	neeling in Plac	e.
8 reps*				
Hip Mobiliz This is 30 sec		Kneeling w/	Elbow to Instep)
00:30				
MQ - Hip I	R			
3 reps*	00:30			
3 reps*	00:30			
Heel to Gl	ute - to Invert	ed Hamstrin	ng	
13.72 m				
13.72 m				
Power Ski	p - Vertical			
10 m				
10 m				
Pillar Skip	- Linear			
10 m				
10 m				
	r skip + 10 yo Skip + 10yd sprii			
18.29 m				
18.29 m				
Linear Bou	und - Continu	ous		
30 m	8 RPE			00:00
30 m	9 RPE			00:00
30 m	9 RPE			00:00
half kneeli	ng accelerati	on sprint		
9.14 m				
9.14 m				
9.14 m				
Acceleratio	on Potentiatio	on Realizatio	on/Peak wk1	c) C
	on Run - Loa I/m and then sprii			
0.5 kg	25%BW	00:00	9.14 m	00:00
0.5 kg	25%BW	00:00	9.14 m	00:00
0.5 kg	25%BW	00:00	9.14 m	00:00
0.5 kg	25%BW	R	9.14 m	00:00

Day 2				Feb 27
Speed Deve	elopment & Up	oper High Vel	ocity Strength	0 min
Athletic Spe	ed Developm	ent Warm Up	Realization/P	eak wk1
	- Continuous teral, 20 seconds i	right leg, 20 secon	ids left leg, and fin	ish 20 seconds
1:20				00:00
Goblet Squa	at Holds			
1 kg	1 reps	85%Difficulty	00:30	1:30
Side Lunge	Warm Up			
8 reps*				
			our forehead rested	d on the ground.
8 reps				
Heel to Glut	e - to Inverted	I Hamstring		
13.72 m				
13.72 m				
0	Moving Forw	/ard		
13.72 m				
Knee Hug to	b Lunge			
13.72 m				
Pillar Skip -	Linear			
9.14 m				
9.14 m				
Sprinting We are going to need to do that		out now because to	o get really good a	t something you
15 m				2:00
15 m				2:00
	to 8yd Accele backpedal plus 8 y			
10.97 m	9 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
Mirror Drill				
00:10				
00:10				
00:10				
00:10				

Day 3				Feb 29
COD & Lo	wer High Ve	locity Power		0 min
Change of	Direction W	/arm Up Realiza	tion/Peak	wk1
Jump Rop	e - Continuo	ous		
15 seconds b both legs.	ilateral, 15 secor	nds right leg, 15 secor	nds left leg, ar	nd finish 15 seconds
1:00				00:00
1:00				00:00
		e neck relaxed with yo v and controlled.	our forehead i	rested on the ground.
8 reps				
	Extension in ed slow and con	Squat trolled for 8 reps per s	side approxim	ately 45 seconds.
8 reps*	00:45			
		nique as a squat: feet eutral spine, and eyes 85%Difficulty		
1 kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lu		_		1
8 reps*	1		1	
•	est Hip IR Str	retch		
5 reps*	00:45			
		Plank Clam Shel	-	
6 reps*	00:30			
Crossover	Pillar Skip			
13.72 m				
13.72 m				
13.72 m				
13.72 m				
13.72 m Drop Step	Skip		L	1
-	Skip			
Drop Step	Skip			
Drop Step 18.29 m 18.29 m		gree Countermove	ment Quick	to Stabilization
Drop Step 18.29 m 18.29 m Rotational E 2 reps*		gree Countermove	ment Quick	to Stabilization
Drop Step 18.29 m 18.29 m Rotational E 2 reps*		gree Countermove	ment Quick	to Stabilization
Drop Step 18.29 m 18.29 m Rotational E 2 reps* 2 reps*	Bound - 90 De	gree Countermove		to Stabilization
Drop Step 18.29 m 18.29 m Rotational E 2 reps* 2 reps* Change of	Bound - 90 De	ealization/Peak		to Stabilization
Drop Step 18.29 m 18.29 m Rotational E 2 reps* 2 reps* Change of	Bound - 90 De	ealization/Peak		to Stabilization

Sprinting 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		2:00
00.00 R	9.14 m	10 RPE		2:00
	-	TORFE		2.00
Power D	evelopment			
	an Below Kne			
No velocity	prescription, but ac	dd the readout for long	g term tracking.	
1 kg	2 reps	80%1RME	0 m/s	1:30
1 kg	2 reps	80%1RME	0 m/s	1:30
1 kg	1 reps	85%1RME	0 m/s	1:30
1 kg	1 reps	85%1RME	0 m/s	1:30
1 kg	1 reps	85%1RME	0 m/s	1:30
Banded I	Hip Flexion for	Sprinting		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Strength	for High Veloo	city Force	•	
0	back squat	700/4010	0.55 /	14:00
1 kg	3 reps	78%1RME 83%1RME	0.55 m/s	1:30
1 kg	3 reps	R%1RME	0.47 m/s	1:30
0 kg	3 reps	78%1RME	0.43 m/s	_
1 kg	3 reps	78%1RME	0.55 m/s 0.55 m/s	1:30
1 kg	3 reps		0.55 11/5	1.30
	mp 30" + Jum			
The first rep contact time		I then three repeat jun	nps tracking he	ight and ground
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		-
4 reps	00:00	76.2 cm		-
4 reps	00:00	76.2 cm		-
4 reps	00:00	76.2 cm		
	alth for Speed			I
RDLs fro	m Deficit with			-
	5 reps	85%Difficulty		1:30
1 kg				1:30
1 kg 1 kg	5 reps	85%Difficulty		
1 kg 1 kg 1 kg	5 reps 5 reps	85%Difficulty		1:30
1 kg 1 kg 1 kg	5 reps	,		1:30 1:30
1 kg 1 kg 1 kg 1 kg	5 reps 5 reps	85%Difficulty 85%Difficulty		
1 kg 1 kg 1 kg 1 kg Single Le	5 reps 5 reps 5 reps	85%Difficulty 85%Difficulty		
1 kg 1 kg 1 kg 1 kg Single Le 1 kg	5 reps 5 reps 5 reps 9 Squat - Got	85%Difficulty 85%Difficulty		1:30
1 kg 1 kg 1 kg 1 kg	5 reps 5 reps 5 reps 9 Squat - Got 6 reps	85%Difficulty 85%Difficulty blet 85%Difficulty		1:30

Posture Su	upporting Str	rength		
snatch bal	ance			
1 kg	3 reps	80%Difficulty	7 RPE	1:00
1 kg	3 reps	80%Difficulty	7 RPE	1:00
1 kg	3 reps	80%Difficulty	7 RPE	1:00
Here's a majo an isometric h	r key: I want the old for your calf.	g Front Heel Ho ball of your foot on a I will make a video to ric hold ea set on ea	plate with your show more cle	
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
Strength for	or High Velo	city Force		¢)
Bench Pre	ss - Barbell			
1 kg	3 reps	83%1RME	0.37 m/s	2:30
0 kg	3 reps	R%1RME	0.31 m/s	2:30
1 kg	3 reps	78%1RME	0.45 m/s	2:30
1 kg	3 reps	78%1RME	0.45 m/s	2:30
Push Up A	Iternating ov	ver block (Plyom	etric-Contin	uous)
6 reps		Ĩ		2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertroph	ny for Symm	etry		¢)
DB Triceps	s extension 2	2 Arms		
1 kg	6 reps	85%Difficulty		00:00
1 kg	6 reps	85%Difficulty		00:00
1 kg	6 reps	85%Difficulty		00:00
1 kg	6 reps	85%Difficulty		00:00
Bent Over	Row - Duml	obell		
0.5 kg *	8 reps	85%Difficulty		
0.5 kg *	8 reps	85%Difficulty		
0.5 kg *	8 reps	85%Difficulty		
0.5 kg *	8 reps	85%Difficulty		
TRX Ls + I	Ms			
10 reps*		Î		00:00
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00

6 reps*	15 m			
6 reps*	15 m			
•	Drill - Crosso	over to Accelerat	ion/Deceler	ation
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power De	velopment			C‡
	Barbell (Off B 2RM at 9 RPE so			
1 kg	2 reps	80%Difficulty	7 RPE	2:00
1 kg	2 reps	85%Difficulty	8 RPE	2:00
0 kg	2 reps	R%Difficulty	9 RPE	2:00
Standing ⁻	Friple Jump			
0 m				00:00
Rm				00:00
Rm				00:00
Power De	velopment C	ontrast		
Front Squ	at with Bands	6		
1 kg	1 reps	83%1RME	0.47 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
Kettlebell	Figure 8 Late	eral Jumps		
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
Lightened	Method Jum	ps with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - La This is three e as possible.		bounding as far as po	ossible with as li	ttle ground contact
6 reps				
6 reps				
6 reps				



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

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



Day 4				Mar 02
Max Speed	& Upper Hig	h Velocity Pow	ver	0 min
Linear Spee	ed Warm Up I	Realization/Pe	ak wk1	
	- Continuous teral, 20 seconds	s right leg, 20 secon	ids left leg, and fir	iish 20 seconds
1:20				00:00
Unilateral S	tanding Hip A	Abduction		
8 reps*	00:00			
Heel to Glut	e - to Inverte	d Hamstring		•
13.72 m				
13.72 m				
Knee Hug to	o Lunge			
13.72 m				
Leg Cradle	- Moving For	ward		
13.72 m				
Side Lunge	Warm Up			
8 reps*				
Ankle Bound	d			
15 m				00:00
15 m				00:00
Pillar Skip -	Linear			
10 m				
10 m				
Pop/Float S	kip - Horizon	tal		
10 m				
10 m				
	nd - Continuo t bounding with a	US focus on distance a	and short ground	contact time.
15 m				00:00
15 m				00:00
Sprinting				
00:00	27.43 m	7 RPE		2:00
00:00	27.43 m	8 RPE		2:00
00:00	36.58 m	8 RPE		2:00
00:00	36.58 m	9 RPE		2:00
R	36.58 m	10 RPE		2:00
R	36.58 m	10 RPE		2:00



Athletic Pov	ver					
Cleans - Ba	rbell					
1 kg	2 reps	83%1RME		2:00		
1 kg	1 reps	88%1RME		2:00		
1 kg	2 reps	83%1RME		2:00		
1 kg	1 reps	88%1RME		2:00		
1 kg	1 reps	93%1RME		2:00		
Dynamic Hi	Dynamic Hip Flexor Force Absorption					
0.5 kg	10 reps*	50%Difficulty				
0.5 kg	10 reps*	50%Difficulty				
0.5 kg	10 reps*	50%Difficulty				
0.5 kg	10 reps*	50%Difficulty				
0.5 kg	10 reps*	50%Difficulty				
Upper Body	Strength			c;)		
Closegrip B	ench with Bar	nds				
1 kg	1 reps	80%1RME	0.40 m/s	00:00		
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00		
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00		
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00		
0.5 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			c)		
Pull Down -	Half Kneeling	Cable				
1 kg	10 reps*	85%Difficulty				
1 kg	10 reps*	85%Difficulty				
1 kg	10 reps*	85%Difficulty				
1 kg	10 reps*	90%Difficulty				
Shoulder Fr	ont Raise Pla	te				
1 kg	10 reps	85%Difficulty	8 RPE	00:00		
1 kg	10 reps	85%Difficulty	8 RPE	00:00		
1 kg	10 reps	85%Difficulty	8 RPE	00:00		
1 kg	10 reps	90%Difficulty	9 RPE	00:00		
Axle Bar Bio	ceps Curl					
1 kg	10 reps	85%Difficulty		00:00		
1 kg	10 reps	85%Difficulty		00:00		
1 kg	10 reps	85%Difficulty		00:00		
1 kg	10 reps	90%Difficulty		00:00		



Day 1				Mar 04	
Acceleratio	on & Lower Hig	gh Velocity Str	ength	0 min	
Acceleration Warm Up Realization/Peak wk2					
Walking Lu	inges				
10 reps*					
Side Lunge	Warm Up				
8 reps*					
Forward Lu	unge, Elbow to	nstep - Knee	eling in Place		
8 reps*					
Hip Mobiliz This is 30 sec		neeling w/ Elbo	ow to Instep		
00:30					
MQ - Hip If	٦				
3 reps*	00:30				
3 reps*	00:30				
Heel to Glu	ute - to Inverte	d Hamstring			
13.72 m					
13.72 m					
Power Skip	o - Vertical				
10 m					
10 m					
Pillar Skip	- Linear				
10 m					
10 m					
	r skip + 10 yd Skip + 10yd sprint	sprint			
18.29 m					
18.29 m					
Linear Bou	nd - Continuo	us			
30 m	8 RPE			00:00	
30 m	9 RPE		ļ	00:00	
30 m 30 m	10 RPE			00:00 00:00	
		L		00.00	
	ng acceleratio	n sprint			
9.14 m 9.14 m					
9.14 m 9.14 m		+			
-	n Potontiation	n Realization/F	look wk2	دې د	
Acceleratio	on Run - Load			د م	
0.5 kg	30%BW	00:00	9.14 m	00:00	
0.5 kg	30%BW	00:00	9.14 m	00:00	
0.5 kg	30%BW	00:00	9.14 m	00:00	
0.5 kg	30%BW	R	9.14 m	00:00	

Day 2				Mar 05		
Speed Deve	elopment & Up	oper High Vel	ocity Strength	0 min		
Athletic Speed Development Warm Up Realization/Peak wk2						
Jump Rope - Continuous 20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.						
1:20				00:00		
Goblet Squa	at Holds					
1 kg	1 reps	85%Difficulty	00:30	1:30		
Side Lunge	Warm Up					
8 reps*						
			our forehead rested	d on the ground.		
8 reps						
Heel to Glut	e - to Inverted	Hamstring				
13.72 m						
13.72 m						
Leg Cradle ·	- Moving Forw	/ard				
13.72 m						
Knee Hug to	b Lunge					
13.72 m						
Pillar Skip -	Linear					
10 m						
10 m						
Sprinting We are going to need to do that		out now because to	o get really good a	t something you		
15 m				2:00		
15 m				2:00		
Back Pedal to 8yd Acceleration This is 4 yards backpedal plus 8 yd acceleration						
10.97 m	9 RPE			2:00		
10.97 m	10 RPE			2:00		
10.97 m	10 RPE			2:00		
10.97 m	10 RPE			2:00		
Mirror Drill						
00:10						
00:10						
00:10						
00:10						

Day 3				Mar 07
COD & Lo	ower High Ve	elocity Power		0 mir
Change o	f Direction V	Varm Up Realiza	ation/Peak w	k2
Jump Rop	be - Continuo	ous		
15 seconds b both legs.	pilateral, 15 seco	nds right leg, 15 secc	nds left leg, and	finish 15 seconds
1:00				00:00
1:00				00:00
Prone Arr	n Arc			
		ne neck relaxed with y w and controlled.	our forehead re	sted on the ground.
8 reps				
	Extension in	Squat ntrolled for 8 reps per	sido approvima	toly 45 soconds
	00:45			
8 reps*	umbbell (got			
first two toes,	, vertical torso, n	nnique as a squat: fee eutral spine, and eye	s straight ahead	
1 kg	1 reps	85%Difficulty		1:30
1 kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lu	inge			
8 reps*				
Worlds Be	est Hip IR St	retch		
	00:45			
	00.45			
5 reps* Glute Acti	vation Side I	Plank Clam She		
5 reps* Glute Acti six reps ea si	vation Side I			
5 reps* Glute Acti six reps ea si 6 reps*	vation Side l ide with a 5 sec l 00:30			
5 reps* Glute Acti six reps ea si 6 reps* Crossove	vation Side I ide with a 5 sec I			
5 reps* Glute Acti six reps ea si 6 reps* Crossove 13.72 m	vation Side l ide with a 5 sec l 00:30			
5 reps* Glute Acti six reps ea si 6 reps* Crossove 13.72 m 13.72 m	vation Side l ide with a 5 sec l 00:30			
5 reps* Glute Acti six reps ea si 6 reps* Crossove	vation Side l ide with a 5 sec l 00:30			
5 reps* Glute Acti six reps ea si 6 reps* Crossove 13.72 m 13.72 m 13.72 m 13.72 m	vation Side I ide with a 5 sec I 00:30 r Pillar Skip			
5 reps* Glute Acti six reps ea si 6 reps* Crossove 13.72 m 13.72 m 13.72 m 13.72 m Drop Step	vation Side I ide with a 5 sec I 00:30 r Pillar Skip			
5 reps* Glute Acti six reps ea si 6 reps* Crossove 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m	vation Side I ide with a 5 sec I 00:30 r Pillar Skip			
5 reps* Glute Acti six reps ea si 6 reps* Crossove 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.29 m	vation Side I ide with a 5 sec I 00:30 r Pillar Skip	hold each rep for two		
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 13.29 m 18.29 m Rotational	vation Side I ide with a 5 sec I 00:30 r Pillar Skip			o Stabilization
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 Rote step 18.29 m Rotational 1 2 reps*	vation Side I ide with a 5 sec I 00:30 r Pillar Skip	hold each rep for two		o Stabilization
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 13.29 m 18.29 m 18.29 m Rotational I 2 reps* 2 reps*	vation Side I ide with a 5 sec I 00:30 r Pillar Skip	hold each rep for two	sets.	o Stabilization
5 reps* Glute Acti six reps ea si 6 reps* Crossove 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m Drop Step 18.29 m 18.29 m Rotational I 2 reps* 2 reps* Change o	vation Side I ide with a 5 sec I 00:30 r Pillar Skip Skip Skip Bound - 90 De	ealization/Peak	sets.	o Stabilization
5 reps* Glute Acti six reps ea si 6 reps* Crossove 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m Drop Step 18.29 m 18.29 m Rotational I 2 reps* 2 reps* Change o	vation Side I ide with a 5 sec I 00:30 r Pillar Skip	ealization/Peak	sets.	o Stabilization

Sprinting	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
	evelopment	TIOTALE		12.00
	•			
0	ean Below Kne prescription, but ac	ee Id the readout for long	g term tracking.	
1 kg	2 reps	85%1RME		1:30
1 kg	2 reps	85%1RME		1:30
1 kg	2 reps	85%1RME		1:30
1 kg	2 reps	85%1RME		1:30
1 kg	2 reps	85%1RME		1:30
Banded H	Hip Flexion for	Sprinting		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
0.5 kg	8 reps*	50%Difficulty		
Back Squ	for High Veloo uat - Barbell RM at .4m/s/90%is	bity Force	t we will use to	predict the 1RM
Back Squ Work to a 1F without putti	uat - Barbell RM at .4m/s/90%is ng you at risk max	h/8RPE which is wha ing out. Then -10% fo	or 3x3	predict the 1RM
Back Squ Work to a 1F without puttin 1 kg	uat - Barbell RM at .4m/s/90%is ng you at risk max 1 reps	h/8RPE which is wha ing out. Then -10% fo 85%1RME	or 3x3 0.45 m/s	predict the 1RM
Back Squ Work to a 1F without putti 1 kg 0 kg	uat - Barbell RM at .4m/s/90%is ng you at risk max 1 reps 1 reps	h/8RPE which is wha ing out. Then -10% fo	or 3x3	predict the 1RM
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg	uat - Barbell RM at .4m/s/90%is ng you at risk max 1 reps 1 reps 3 reps	h/8RPE which is wha ing out. Then -10% fo 85%1RME R%1RME	or 3x3 0.45 m/s 0.40 m/s	predict the 1RM 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg	uat - Barbell RM at .4m/s/90%is ng you at risk max 1 reps 1 reps	h/8RPE which is wha ing out. Then -10% fo 85%1RME R%1RME 80%1RME	or 3x3 0.45 m/s 0.40 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg 1 kg	uat - Barbell RM at .4m/s/90%is ng you at risk max 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps	h/8RPE which is wha ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 80%1RME	or 3x3 0.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s	1:30 1:30 1:30 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg 1 kg Depth Ju	Jat - Barbell RM at .4m/s/90% is ng you at risk max 1 reps 3 reps 3 reps 3 reps 3 reps mp 30" + Jum is depth jump and	h/8RPE which is wha ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 80%1RME	o.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg 1 kg Depth Ju The first rep	Jat - Barbell RM at .4m/s/90% is ng you at risk max 1 reps 3 reps 3 reps 3 reps 3 reps mp 30" + Jum is depth jump and	h/8RPE which is wha ing out. Then -10% for 85%1RME R%1RME 80%1RME 80%1RME 80%1RME 80%1RME p Repeat	o.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg Depth Ju The first rep contact time	at - Barbell M at .4m/s/90%is ng you at risk max 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps mp 30" + Jum is depth jump and	h/8RPE which is wha ing out. Then -10% fo 85%1RME 80%1RME 80%1RME 80%1RME 80%1RME p Repeat then three repeat jun	o.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg 1 kg Depth Ju The first rep contact time 4 reps	Jat - Barbell RM at .4m/s/90% is ng you at risk max 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps mp 30" + Jum is depth jump and 00:00	h/8RPE which is wha ing out. Then -10% fo 85%1RME R%1RME 80%1RME 80%1RME 80%1RME p Repeat then three repeat jun 76.2 cm	o.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg 1 kg Depth Ju The first rep contact time 4 reps 4 reps	Jat - Barbell RM at .4m/s/90% is ng you at risk max 1 reps 3 reps 0 reps 00:00 00:00	h/8RPE which is wha ing out. Then -10% fo 85%1RME 80%1RME 80%1RME 80%1RME 90%1RME p Repeat then three repeat jun 76.2 cm 76.2 cm	o.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg 1 kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps	Jat - Barbell RM at .4m/s/90% is ng you at risk max 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps 0 reps 00:00 00:00 00:00	h/8RPE which is wha ing out. Then -10% fo 85%1RME 80%1RME 80%1RME 80%1RME 90%1RME p Repeat then three repeat jun 76.2 cm 76.2 cm 76.2 cm	o.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps	Jat - Barbell RM at .4m/s/90% is ng you at risk max 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps 00:00 00:00 00:00 00:00 00:00	h/8RPE which is wha ing out. Then -10% fo 85%1RME 80%1RME 80%1RME 80%1RME 80%1RME p Repeat then three repeat jun 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm	o.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps	Jat - Barbell RM at .4m/s/90% is ng you at risk max 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps 00:00 00:00 00:00 00:00 00:00 00:00 00:00 00:00	h/8RPE which is wha ing out. Then -10% fo 85%1RME 80%1RME 80%1RME 80%1RME 9 Repeat then three repeat jun 76.2 cm 76.2 cm 76.2 cm 76.2 cm	o.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg 1 kg 1 kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps	Jat - Barbell RM at .4m/s/90% is ng you at risk max 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps 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	h/8RPE which is wha ing out. Then -10% fo 85%1RME 80%1RME 80%1RME 80%1RME 9 Repeat then three repeat jun 76.2 cm 76.2 cm 76.2 cm 76.2 cm	o.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM 1:30 1:30 1:30 1:30 1:30 1:30
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg 1 kg Depth Ju The first rep contact time 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 4 reps 5 reps 5 reps 6 reps 6 reps 7 r	Jat - Barbell RM at .4m/s/90% is ng you at risk max 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps 00:00 00:01 00:02 00:03 04:04 05:05 06:06	h/8RPE which is wha ing out. Then -10% fo 85%1RME 80%1RME 80%1RME 80%1RME 9 Repeat then three repeat jun 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm	o.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM
Back Squ Work to a 1F without putti 1 kg 0 kg 1 kg 1 kg 1 kg Depth Ju The first rep contact time 4 reps 4 reps	Jat - Barbell RM at .4m/s/90% is ng you at risk max 1 reps 1 reps 3 reps 3 reps 3 reps 3 reps 00:00 00:01 00:02 00:03 04:04 5 05 05	h/8RPE which is wha ing out. Then -10% fo 85%1RME 80%1RME 80%1RME 80%1RME p Repeat then three repeat jun 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm 76.2 cm	o.45 m/s 0.40 m/s 0.50 m/s 0.50 m/s 0.50 m/s	predict the 1RM

Posture S	supporting Str	rength		
snatch ba	lance			
1 kg	3 reps	85%Difficulty	8 RPE	1:00
1 kg	3 reps	85%Difficulty	8 RPE	1:00
1 kg	3 reps	85%Difficulty	8 RPE	1:00
Here's a maje 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 ric 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;)
Work to a 1R		ish/8RPE which is wh ting out. Then -10% fo		o predict the 1RM
1 kg	1 reps	85%1RME	0.34 m/s	00:00
0 kg	1 reps	R%1RME	0.28 m/s	00:00
1 kg	3 reps	80%1RME	0.40 m/s	00:00
1 kg	3 reps	80%1RME	0.40 m/s	00:00
1 kg	3 reps	80%1RME	0.40 m/s	00:00
Push Up /	Alternating ov	ver block (Plyom	etric-Contin	uous)
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrop	hy for Symm	etry		¢)
DB Tricep	s extension 2	2 Arms		
1 kg	6 reps	90%Difficulty		00:00
1 kg	6 reps	90%Difficulty		00:00
1 kg	6 reps	90%Difficulty		00:00
1 kg	6 reps	90%Difficulty		00:00
Bent Ove	r Row - Duml	obell		
0.5 kg *	8 reps	90%Difficulty		
0.5 kg *	8 reps	90%Difficulty		
0.5 kg *	8 reps	90%Difficulty		
0.5 kg *	8 reps	90%Difficulty		
TRX Ls +	Ms		-	
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00

	side tuck ju	Пра		
6 reps*	15 m		+	
6 reps*	15 m			
6 Yd Star	Drill - Crosso	over to Accelera	ation/Deceler	ation
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power De	velopment			C
Cleans - F	Barbell (Off B	Blocks)		
	M at 9.5 RPE or			
1 kg	2 reps	82%1RME	8 RPE	2:00
1 kg	2 reps	87%1RME	9 RPE	2:00
0 kg	2 reps	R%1RME	9.5 RPE	2:00
	Triple Jump	1	1	
				00:00
Rm			+	00:00
Rm	-			00:00
Power De	velopment C	Contrast		C.
Front Squ	at with Band	s		
1 kg	1 reps	85%1RME	0.45 m/s	2:00
0.5 kg	3 reps	65%1RME	0.75 m/s	1:00
0.5 kg	3 reps	65%1RME	0.75 m/s	1:00
0.5 kg	3 reps	65%1RME	0.75 m/s	1:00
0.5 kg	3 reps	65%1RME	0.75 m/s	1:00
0.5 kg	3 reps	65%1RME	0.75 m/s	1:00
Kettlebell	Figure 8 Late	eral Jumps		
11.34 kg	3 reps*			
11.34 kg	3 reps*		1	
11.34 kg	3 reps*		1	
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
0		nps with Bands		
3 reps				00:00
3 reps				00:00
3 reps				00:00
				00:00
3 reps				
3 reps 3 reps				00:00

Single Le	g Squat - Go	blet	
1 kg	6 reps	90%Difficulty	1:00
1 kg	6 reps	90%Difficulty	1:00
1 kg	6 reps	90%Difficulty	1:00
1 kg	6 reps	90%Difficulty	1:00
nordic leg	g curls		
5 reps			1:00

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



Day 4 Mar 09						
Max Speed & Upper High Velocity Power 0 n						
Linear Speed Warm Up Realization/Peak wk2						
	- Continuous teral, 20 seconds	right leg, 20 secon	ds left leg, and fin	ish 20 seconds		
1:20				00:00		
Unilateral S	Unilateral Standing Hip Abduction					
8 reps*	00:00					
Heel to Glut	e - to Inverte	d Hamstring				
13.72 m						
13.72 m						
Knee Hug to	o Lunge					
13.72 m						
Leg Cradle	- Moving Forv	ward				
13.72 m	_					
Side Lunge	Warm Up					
8 reps*						
Ankle Boun	d					
15 m				00:00		
15 m				00:00		
Pillar Skip -	Linear					
10 m						
10 m						
Pop/Float S	kip - Horizoni	tal				
10 m						
10 m						
Linear Bound - Continuous Now we are just bounding with a focus on distance and short ground contact time.						
15 m				00:00		
15 m				00:00		
Sprinting						
00:00	27.43 m	7 RPE		2:00		
00:00	27.43 m	8 RPE		2:00		
00:00	36.58 m	8 RPE		2:00		
00:00	36.58 m	9 RPE		2:00		
R	36.58 m	10 RPE		2:00		
R	36.58 m	10 RPE		2:00		



Cleans - Barbell 1 kg 2 reps 85%1RME 2:00 1 kg 1 reps 90%1RME 2:00 1 kg 1 reps 90%1RME 2:00 1 kg 1 reps 90%1RME 2:00 0 kg 1 reps 90%1RME 2:00 0 kg 1 reps 90%1RME 2:00 Dynamic Hip Flexor Force Absorption 2:00 0.5 kg 10 reps* 50%Difficulty 0 0.5 kg 10 reps* 50%Difficulty 0 0 0 0.5 kg 10 reps* 50%Difficulty 0 0 0.5 kg 10 reps* 50%Difficulty 0 0 0.5 kg 10 reps* 50%Difficulty 0 0 0.5 kg 10 reps 63%1RME 0.37 m/s 00:00 0.5 kg 5 reps 63%1RME 0.62 m/s 00:00	Athletic Pow	ver			
1 kg 1 reps 90%1RME 2:00 1 kg 2 reps 85%1RME 2:00 1 kg 1 reps 90%1RME 2:00 0 kg 1 reps 90%1RME 2:00 0 kg 1 reps R%1RME 2:00 Dynamic Hip Flexor Force Absorption 0.5 kg 10 reps* 50%Difficulty 10 0.5 kg 10 reps* 50%Difficulty 10 10 10 0.5 kg 10 reps* 50%Difficulty 10 10 10 10 0.5 kg 10 reps* 50%Difficulty 10			1 95%		
1 kg 2 reps 85%1RME 2:00 1 kg 1 reps 90%1RME 2:00 0 kg 1 reps R%1RME 2:00 0 kg 1 reps R%1RME 2:00 0 kg 1 reps R%1RME 2:00 Dynamic Hip Flexor Force Absorption . . 0.5 kg 10 reps* 50%Difficulty . . 0.5 kg 10 reps* 50%Difficulty . . 0.5 kg 10 reps* 50%Difficulty . . 0.5 kg 5 reps 63%1RME 0.62 m/s 00:00 0.5 kg	1 kg	2 reps	85%1RME		2:00
1 kg 1 reps 90%1RME 2:00 0 kg 1 reps R%1RME 2:00 Dynamic Hip Flexor Force Absorption 0.5 kg 10 reps* 50%Difficulty 0 0.5 kg 10 reps* 50%Difficulty 0 0 0 0 0.5 kg 10 reps* 50%Difficulty 0 </td <td>1 kg</td> <td>1 reps</td> <td>90%1RME</td> <td></td> <td>2:00</td>	1 kg	1 reps	90%1RME		2:00
0 kg 1 reps R%1RME 2:00 Dynamic Hip Flexor Force Absorption 50%Difficulty 10 10 0.5 kg 10 reps* 50%Difficulty 10 10 10 0.5 kg 10 reps* 50%Difficulty 10	1 kg	2 reps	85%1RME		2:00
Dynamic Hip Flexor Force Absorption 0.5 kg 10 reps* 50%Difficulty	1 kg	1 reps	90%1RME		2:00
0.5 kg 10 reps* 50%Difficulty Image: Some system syst	0 kg	1 reps	R%1RME		2:00
0.5 kg 10 reps* 50%Difficulty Image: Some set of the set	Dynamic Hi	p Flexor Force	e Absorption		
0.5 kg 10 reps* 50%Difficulty Image: Some system syst	0.5 kg	10 reps*	50%Difficulty		
0.5 kg 10 reps* 50%Difficulty Image: Some system syst	0.5 kg	10 reps*	50%Difficulty		
0.5 kg 10 reps* 50%Difficulty Image: Constraint of the system of th	0.5 kg		50%Difficulty		
Upper Body Strength Closegrip Bench with Bands 1 kg 1 reps 83%1RME 0.37 m/s 00:00 0.5 kg 5 reps 63%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.8 kg 5 reps* 0 0 6.8 kg 5 reps* 0 0 6.8 kg 5 reps* 0 0 90%Difficulty 0 0 1 kg 10 reps* 90%Difficulty	0.5 kg	10 reps*	50%Difficulty		
Closegrip Bench with Bands 1 kg 1 reps 83%1RME 0.37 m/s 00:00 0.5 kg 5 reps 63%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.62 m/s 00:00 00:00 Med Ball Partner Rotational Throws 6.8 kg 5 reps* 0 0 6.8 kg 5 reps* 0 0 0 0 6.8 kg 5 reps* 0 0 0 0 90wper Body Accessory V V V <td< td=""><td>0.5 kg</td><td>10 reps*</td><td>50%Difficulty</td><td></td><td></td></td<>	0.5 kg	10 reps*	50%Difficulty		
1 kg 1 reps 83%1RME 0.37 m/s 00:00 0.5 kg 5 reps 63%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.63 kg 5 reps* 0 6.8 kg 5 reps* 0 0 6.8 kg 5 reps* 0 0 0 0 0 0 0 0<	Upper Body	Strength			c)
0.5 kg 5 reps 63%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.63%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.8 kg 5 reps* 6.8 kg 10 reps* 90%Difficulty 1 1 kg 10 reps* 90%Difficulty </td <td>Closegrip B</td> <td>ench with Bar</td> <td>nds</td> <td></td> <td></td>	Closegrip B	ench with Bar	nds		
0.5 kg 5 reps 63%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.3%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.8 kg 5 reps* 00:00 6.8 kg 5 reps* 0 0.62 m/s 00:00 6.8 kg 5 reps* 0 0.62 m/s 00:00 6.8 kg 5 reps* 0 0.62 m/s 00:00 6.8 kg 5 reps* 0 0 0.62 m/s 0.62 m/s Upper Body Accessory Upper Body Accessory Upper Dougle 0 0 0 0 1 kg 10 reps* 90%Difficulty 1 0 0 <td>1 kg</td> <td>1 reps</td> <td>83%1RME</td> <td>0.37 m/s</td> <td>00:00</td>	1 kg	1 reps	83%1RME	0.37 m/s	00:00
0.5 kg 5 reps 63%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.3%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.3%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.3%1RME 0.62 m/s 00:00 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* 0.8 kg 5 reps* <td>0.5 kg</td> <td>5 reps</td> <td>63%1RME</td> <td>0.62 m/s</td> <td>00:00</td>	0.5 kg	5 reps	63%1RME	0.62 m/s	00:00
0.5 kg 5 reps 63%1RME 0.62 m/s 00:00 0.5 kg 5 reps 63%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.8 kg 5 reps* 00:00 6.8 kg 5 reps* 00:00 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.8 kg 5 reps* 00:00 6.8 kg 5 reps* 0 0.62 m/s 00:00 6.8 kg 5 reps* 0 0.62 m/s 00:00 6.8 kg 5 reps* 0 0.62 m/s 0.62 m/s 6.8 kg 5 reps* 0 0.62 m/s 0.62 m/s 6.8 kg 5 reps* 0 0.62 m/s 0.62 m/s 6.8 kg 5 reps* 0 0 0.63 m/s 0.63 m/s 6.8 kg 5 reps* 0 0 0.63 m/s 0.63 m/s 9 reper Body Accessory Upper Body Accessory Upper Body Accessory Upper 1 m/s 0.63 m/s 1 kg 10 reps* 90%Difficulty 0 0.63 m/s	0.5 kg	5 reps	63%1RME	0.62 m/s	00:00
0.5 kg 5 reps 63%1RME 0.62 m/s 00:00 Med Ball Partner Rotational Throws 6.8 kg 5 reps* 00:00 6.8 kg 5 reps* 00:00 00:00 0 reps* 90%Difficulty 00:00 1 kg 10 reps* 90%Difficulty 00:00 1 kg 10 reps 90%Difficulty 00:00 1 kg 10 reps 90%Difficulty 9 RPE 00:00 1 kg 10 reps 90%Difficulty 9 RPE 00:00 <	0.5 kg	5 reps	63%1RME	0.62 m/s	00:00
Med Ball Partner Rotational Throws 6.8 kg 5 reps* 7 1 7 9 reps* 90%Difficulty 1 1 kg 10 reps* 90%Difficulty 1 1 kg 10 reps* 90%Difficulty 1 1 kg 10 reps 90%Difficulty 1 1 kg 10 reps 90%Difficulty 9 RPE 1 kg 10 reps 90%Difficulty 9 RPE 1 kg 10 reps 90%Difficulty 9 RPE	0.5 kg	5 reps	63%1RME	0.62 m/s	00:00
6.8 kg 5 reps* 7 Dyper Body Accessory Upper Body Accessory Pull Down - Half Kneeling Cable 1 kg 10 reps* 90%Difficulty 1 kg 10 reps* 90%Difficulty 1 kg 10 reps* 90%Difficulty 1 kg 10 reps 90%Difficulty 9 RPE 1 kg 10 reps 90%Difficulty 9 RPE 1 kg 10 reps 90%Difficulty 9 RPE 1 kg 10 reps <td>0.5 kg</td> <td>5 reps</td> <td>63%1RME</td> <td>0.62 m/s</td> <td>00:00</td>	0.5 kg	5 reps	63%1RME	0.62 m/s	00:00
6.8 kg 5 reps* Image: constraint of the system of the	Med Ball Pa	rtner Rotatior	al Throws		
6.8 kg 5 reps* Image: Constraint of the second	6.8 kg	5 reps*			
6.8 kg 5 reps* Image: Calibratic constraints of the constraints of	6.8 kg	5 reps*			
6.8 kg 5 reps* Image: Second Sec	6.8 kg	5 reps*			
6.8 kg 5 reps* Image: Second state	6.8 kg	5 reps*			
Upper Body Accessory C1 Pull Down - Half Kneeling Cable 1 kg 10 reps* 90%Difficulty 1 1 kg 10 reps* 90%Difficulty 1 1 1 kg 10 reps* 90%Difficulty 1 1 1 kg 10 reps* 90%Difficulty 1 1 1 kg 10 reps* 95%Difficulty 1 1 1 kg 10 reps 95%Difficulty 1 1 Shoulder Front Raise Plate 1 1 10 reps 90%Difficulty 9 RPE 00:00 1 kg 10 reps 90%Difficulty 9 RPE 00:00 1 1 kg 10 reps 90%Difficulty 9 RPE 00:00 1	6.8 kg	5 reps*			
Pull Down - Half Kneeling Cable 1 kg 10 reps* 90%Difficulty	6.8 kg	5 reps*			
1 kg 10 reps* 90%Difficulty Image: Second secon	Upper Body	Accessory			c;)
1 kg 10 reps* 90%Difficulty Image: Second system 1 kg 10 reps* 90%Difficulty Image: Second system Image: Second system 1 kg 10 reps* 95%Difficulty Image: Second system	Pull Down -	Half Kneeling	Cable		
1 kg 10 reps* 90%Difficulty Image: Constraint of the system 1 kg 10 reps* 95%Difficulty Image: Constraint of the system Image: Constraint of the system 1 kg 10 reps 90%Difficulty 9 RPE 00:00	1 kg	10 reps*	90%Difficulty		
1 kg 10 reps* 95%Difficulty Image: Constraint of the system Shoulder Front Raise Plate 5	1 kg	10 reps*	90%Difficulty		
Shoulder Front Raise Plate 1 kg 10 reps 90%Difficulty 9 RPE 00:00	1 kg	10 reps*	90%Difficulty		
1 kg 10 reps 90%Difficulty 9 RPE 00:00	1 kg	10 reps*	95%Difficulty		
1 kg 10 reps 90%Difficulty 9 RPE 00:00 1 kg 10 reps 90%Difficulty 9 RPE 00:00	Shoulder Fr	ont Raise Pla	te		
1 kg 10 reps 90%Difficulty 9 RPE 00:00		10 reps	90%Difficulty	9 RPE	00:00
3	1 kg	10 reps	90%Difficulty	9 RPE	00:00
1 kg 10 reps 95%Difficulty 9.5 RPE 00:00	1 kg	10 reps	90%Difficulty	9 RPE	00:00
	1 kg	10 reps	95%Difficulty	9.5 RPE	00:00

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



Day 1				Mar 11
Acceleration	h & Lower Hig	h Velocity Str	ength	0 min
Acceleration	n Warm Up Re	ealization/Pea	k wk3	
Walking Lur	nges			
10 reps*				
Side Lunge	Warm Up			
8 reps*				
Forward Lur	nge, Elbow to	Instep - Knee	ling in Place	
8 reps*		-	-	
Hip Mobiliza This is 30 sec ea		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				
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 Boun	d - Continuou	IS		
30 m	8 RPE			00:00
30 m	8 RPE			00:00
30 m	9 RPE			00:00
	g acceleration	sprint		
9.14 m				
9.14 m				
Acceleration	Potentiation	Realization/P	eak wk3	с ; >
	Run - Load A	And Release he rest of the way		
0.5 kg	25%BW	00:00	9.14 m	00:00
0.5 kg	25%BW	00:00	9.14 m	00:00
0.5 kg	25%BW	00:00	9.14 m	00:00

Day 2				Mar 12
	elopment & U	oper High Vel	ocity Strength	
Athletic Spe	ed Developm	ent Warm Up	Realization/P	eak wk3
Jump Rope	- Continuous			
		right leg, 20 secon	nds left leg, and fin	ish 20 seconds
1:20				00:00
Goblet Squa	at Holds			
1 kg	1 reps	85%Difficulty	00:30	1:30
Side Lunge	Warm Up			
8 reps*				
Prone Arm	Arc	•	•	
Just a couple of			our forehead rested	d on the ground.
8 reps				
Heel to Glut	e - to Inverted	d Hamstring		
13.72 m				
13.72 m				
Leg Cradle	- Moving Forv	vard		
13.72 m				
Knee Hug to	o Lunge			
13.72 m				
Pillar Skip -	Linear			
10 m				
10 m				
Sprinting We are going to need to do that		out now because to	o get really good a	t something you
10 m				2:00
10 m				2:00
	to 8yd Accele backpedal plus 8 y			
10.97 m	9 RPE			2:00
10.97 m	10 RPE			2:00
10.97 m	10 RPE			2:00
Mirror Drill				
00:10				
00:10				
00:10				

Day 3				Mar 14
COD & Lo	wer High Vel	ocity Power		0 min
Change of	Direction Wa	arm Up Realiza	tion/Peak wk	3
Jump Rop	e - Continuou	IS		
15 seconds bi both legs.	lateral, 15 second	ls right leg, 15 secor	nds left leg, and f	inish 15 seconds
1:00				00:00
1:00				00:00
		neck relaxed with yo and controlled.	our forehead rest	ed on the ground.
8 reps				
	xtension in S	quat olled for 8 reps per s	side approximate	ly 45 seconds.
8 reps*	00:45			
		ique as a squat: feet itral spine, and eyes 85%Difficulty		thees track with
1 kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lui				
8 reps*	1		r	1
•	st Hip IR Stre	etch	1	
5 reps*	00:45			
		ank Clam Shel		
6 reps*	00:30			
Crossover	Pillar Skip			
13.72 m				
Drop Step	Skip			
18.29 m				
18.29 m				
Rotational E	ound - 90 Deg	ree Countermove	ment Quick to	Stabilization
2 reps*				
2 reps*				
Change of	Direction Re	alization/Peak	wk3	
	- Evolocivo (Cut		
SL Jump to	· ·			
SL Jump to 3 reps* 3 reps*	15 m			

BRIDGE

0					
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 De	evelopment				
Hang Cle	an Below Kne	e			
1 kg	2 reps	75%1RME		1:30	
1 kg	2 reps	75%1RME		1:30	
1 kg	2 reps	75%1RME		1:30	
Banded H	Hip Flexion for	Sprinting			
0.5 kg	8 reps*	50%Difficulty			
0.5 kg	8 reps*	50%Difficulty			
0.5 kg	8 reps*	50%Difficulty			
Strength	for High Veloc	city Force			Þ
High Bar	Back Squat B	ands			
1 kg	1 reps	80%1RME	0.50 m/s	2:00	
0.5 kg	3 reps	60%1RME	0.85 m/s	1:00	
0.5 kg	3 reps	60%1RME	0.85 m/s	1:00	
0.5 kg	3 reps	60%1RME	0.85 m/s	1:00	
Depth Ju Track height height on las	mp 30" + Jum t and contact time. st two.	p Repeat This is actually 1 dep	oth jump + 3 Jur	np Repeats. Max	¢
4 reps	00:00	76.2 cm			
4 reps	00:00	R cm			
4 reps	00:00	R cm			
4 reps	00:00	R cm			
Knee He					
RDLs fro	alth for Speed				
	alth for Speed m Deficit with				
1 kg		Bands 75%Difficulty		1:30	
	m Deficit with	Bands		1:30 1:30	
1 kg	m Deficit with 5 reps	Bands 75%Difficulty			
1 kg 1 kg 1 kg	m Deficit with 5 reps 5 reps	Bands 75%Difficulty 75%Difficulty 75%Difficulty		1:30	
1 kg 1 kg 1 kg	m Deficit with 5 reps 5 reps 5 reps 5 reps	Bands 75%Difficulty 75%Difficulty 75%Difficulty Det 75%Difficulty		1:30	
1 kg 1 kg 1 kg Single Le	m Deficit with 5 reps 5 reps 5 reps eg Squat - Got 5 reps 5 reps 5 reps	Bands 75%Difficulty 75%Difficulty 75%Difficulty Net 75%Difficulty 75%Difficulty		1:30 1:30	
1 kg 1 kg 1 kg Single Le 1 kg	m Deficit with 5 reps 5 reps 5 reps eg Squat - Gob 5 reps	Bands 75%Difficulty 75%Difficulty 75%Difficulty Det 75%Difficulty		1:30 1:30 1:00	
1 kg 1 kg 1 kg Single Le 1 kg 1 kg	m Deficit with 5 reps 5 reps 5 reps eg Squat - Got 5 reps 5 reps 5 reps 5 reps 5 reps	Bands 75%Difficulty 75%Difficulty 75%Difficulty Net 75%Difficulty 75%Difficulty		1:30 1:30 1:00 1:00	
1 kg 1 kg 1 kg Single Le 1 kg 1 kg 1 kg	m Deficit with 5 reps 5 reps 5 reps eg Squat - Got 5 reps 5 reps 5 reps 5 reps 5 reps	Bands 75%Difficulty 75%Difficulty 75%Difficulty Net 75%Difficulty 75%Difficulty		1:30 1:30 1:00 1:00	
1 kg 1 kg 1 kg Single Le 1 kg 1 kg nordic leg	m Deficit with 5 reps 5 reps 5 reps eg Squat - Got 5 reps 5 reps 5 reps 5 reps 5 reps	Bands 75%Difficulty 75%Difficulty 75%Difficulty Net 75%Difficulty 75%Difficulty		1:30 1:30 1:00 1:00 1:00	

Posture Supporting Strength				
snatch bala	nce			
1 kg	3 reps	75%Difficulty	6 RPE	1:00
1 kg	3 reps	75%Difficulty	6 RPE	1:00
1 kg	3 reps	75%Difficulty	6 RPE	1:00
Here's a major l an isometric hol	alf Kneeling F key: I want the ball d for your calf. I wi second Isometric h	of your foot on a ill make a video to	plate with your hee show more clearly	el off making this y. 3 reps of the
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
Strength for	High Velocity	Force		¢)
bench press	s barbell band	s		
1 kg	1 reps	80%1RME	0.40 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
Push Up Alt	ernating over	block (Plyom	etric-Continuc	ous)
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrophy	ofor Symmetry	у		ср С
DB Triceps	extension 2 A	rms		
1 kg	5 reps	80%Difficulty		00:00
1 kg	5 reps	80%Difficulty		00:00
1 kg	5 reps	80%Difficulty		00:00
Bent Over F	Row - Dumbbe	ell		
0.5 kg *	8 reps	80%Difficulty		
0.5 kg *	8 reps	80%Difficulty		
0.5 kg *	8 reps	80%Difficulty		
TRX Ls + M	S			
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00

1 reps*	side tuck jur	1	1	-
+ reps* 4 reps*	10 m	_		_
			('	- 1
		over to Accelera	tion/Deceler	ation
1 reps*	00:00	32.92 m		_
1 reps*	00:00	32.92 m		
Power De	evelopment			
Cleans - E around 87.59	Barbell (Off B %	locks)		
1 kg	2 reps	85%Difficulty		2:00
1 kg	2 reps	85%Difficulty		2:00
1 kg	2 reps	85%Difficulty		2:00
Standing	Triple Jump			
0 m	1			00:00
Rm				00:00
Rm				00:00
Power De	velopment C	ontrast	·	-
	at with Band			
1 kg	1 reps	80%1RME	0.50 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
0.5 kg	3 reps	60%1RME	0.83 m/s	2:00
Kettlebell	Figure 8 Late	eral Jumps		
9.07 kg	3 reps*			
9.07 kg	3 reps*			
9.07 kg	3 reps*			
9.07 kg	3 reps*			
Lighteneo	Method Jum	ps with Bands		-
3 reps				00:00
3 reps				00:00
3 reps	1			00:00
3 reps				00:00
Bound - L 3 each leg.	ateral	1	•	
6 reps				
Lower Bo	dy Strength A	Accessories		
Deadlift w	vith Bands			
1 kg	1 reps	80%1RME	0.40 m/s	2:00
0.5 kg	3 reps	70%1RME	0.55 m/s	1:00
0.5 kg	3 reps	70%1RME	0.55 m/s	1:00
0.5 kg	3 reps	70%1RME	0.55 m/s	1:00



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



Day 4				Mar 16	
Max Speed	& Upper High	Velocity Power		0 min	
Linear Spee	d Warm Up R	Realization/Peak	wk3		
	- Continuous teral, 20 seconds i	right leg, 20 seconds	left leg, and fini	sh 20 seconds	
1:20				00:00	
Unilateral St	tanding Hip A	bduction			
8 reps*	00:00				
Heel to Glut	e - to Inverted	Hamstring			
13.72 m					
13.72 m					
Knee Hug to	b Lunge				
13.72 m					
Leg Cradle	- Moving Forw	vard			
13.72 m					
Side Lunge	Warm Up				
8 reps*					
Ankle Bound	d				
15 m				00:00	
15 m				00:00	
Pillar Skip -	Linear				
10 m					
10 m					
Pop/Float S	kip - Horizonta	al			
10 m					
10 m					
	d - Continuou bounding with a f	IS ocus on distance and	l short ground c	ontact 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	
Athletic Pow	Athletic Power				
Cleans - Ba	rbell				
1 kg	1 reps	85%1RME		2:00	
1 kg	1 reps	85%1RME		2:00	
1 kg	1 reps	85%1RME		2:00	

Dynamic I	Hip Flexor Fo	rce Absorption		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
0.5 kg	10 reps*	50%Difficulty		
Upper Bo	dy Strength			¢)
Closegrip	Bench with B	ands		
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
0.5 kg	5 reps	60%1RME	0.65 m/s	00:00
Med Ball	Partner Rotati	onal Throws		
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
Upper Bo	dy Accessory			c)
Pull Dowr	n - Half Kneeli	ng Cable		
1 kg	10 reps*	85%Difficulty		
1 kg	10 reps*	85%Difficulty		
1 kg	10 reps*	85%Difficulty		
Shoulder	Front Raise P	late		
1 kg	10 reps	85%Difficulty	8 RPE	00:00
1 kg	10 reps	85%Difficulty	8 RPE	00:00
1 kg	10 reps	85%Difficulty	8 RPE	00:00
Axle Bar B	Biceps Curl			
1 kg	10 reps	85%Difficulty		00:00
1 kg	10 reps	85%Difficulty		00:00
1 kg	10 reps	85%Difficulty		00:00



A. Galpin

Day 1			Mar 18		
Acceleration	Acceleration & Lower High Velocity Strength				
Acceleration	n Warm Up R	ealization/Pea	ık wk4		
Walking Lur	nges				
10 reps*					
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		eeling w/ Elbo	ow to Instep		
00:30					
MQ - Hip IR					
3 reps*	00:30				
3 reps*	00:30				
Heel to Glut	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	JS			
40 m	8 RPE			00:00	
40 m	9 RPE			00:00	
40 m	10 RPE			00:00	
40 m	10 RPE			00:00	
	g acceleratior	n sprint	1		
9.14 m				 	
9.14 m 9.14 m				 	
-					
		Realization/P	eak wk4		
Walking Lur	nges	1	1		
10 reps*					

Day 2 Mar 19						
Speed Development & Upper High Velocity Strength 0 min						
Athletic Speed Development 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.						
1:20				00:00		
Goblet Squa	Goblet Squat Holds					
1 kg	1 reps	85%Difficulty	00:30	1:30		
Side Lunge	Side Lunge Warm Up					
8 reps*						
Prone Arm Just a couple of The movement		eck relaxed with yo nd controlled.	our forehead reste	d on the ground.		
8 reps						
Heel to Glut	e - to Inverte	d Hamstring				
13.72 m						
13.72 m						
Leg Cradle	- Moving Forv	ward	-			
13.72 m						
Knee Hug to	o Lunge					
13.72 m						
Pillar Skip -	Linear					
10 m						
10 m						
Sprinting We are going to need to do that		out now because to	o get really good a	t something you		
20 m				2:00		
20 m				2:00		
	to 8yd Accele backpedal plus 8 y					
10.97 m	9 RPE			2:00		
10.97 m	10 RPE			2:00		
10.97 m	10 RPE			2:00		
10.97 m	10 RPE			2:00		
Mirror Drill						
00:10						
00:10						
00:10						
00.10						

	awar Lligh Ve	looity Dowor		Mar 21
	ower High Ve	locity Power		0 min
Change c	f Direction W	arm Up Realizat	ion/Peak v	vk4
Jump Ro	pe - Continuo	us		
15 seconds l both legs.	pilateral, 15 secor	nds right leg, 15 secor	ids left leg, an	d finish 15 seconds
1:00				00:00
1:00				00:00
		e neck relaxed with yo v and controlled.	our forehead r	ested on the ground.
8 reps				
	Extension in S	Squat trolled for 8 reps per s	ide approxima	ately 45 seconds.
8 reps*	00:45			
		nique as a squat: feet eutral spine, and eyes 85%Difficulty	straight ahea	d. 1:30
1 kg	1 reps	85%Difficulty	00:30	1:30
Lateral Lu	inge	_		
8 reps*				
Worlds B	est Hip IR Str	etch		-
	00:45			
5 reps*	00.40			
Glute Act	ivation Side F	Plank Clam Shell		
Glute Act	ivation Side F			
Glute Act six reps ea s 6 reps*	ivation Side F ide with a 5 sec h			
Glute Act six reps ea s 6 reps*	ivation Side F ide with a 5 sec h 00:30			
Glute Act six reps ea s 6 reps* Crossove	ivation Side F ide with a 5 sec h 00:30			
Glute Act six reps ea s 6 reps* Crossove 13.72 m	ivation Side F ide with a 5 sec h 00:30			
Glute Act six reps ea s 6 reps* Crossove 13.72 m 13.72 m	ivation Side F ide with a 5 sec h 00:30			
Glute Act six reps ea s 6 reps* Crossove 13.72 m 13.72 m 13.72 m	ivation Side F ide with a 5 sec h 00:30 r Pillar Skip			
Glute Act six reps ea s 6 reps* Crossove 13.72 m 13.72 m 13.72 m 13.72 m	ivation Side F ide with a 5 sec h 00:30 r Pillar Skip			
Glute Act six reps ea s 6 reps* Crossove 13.72 m 13.72 m 13.72 m 13.72 m Drop Step	ivation Side F ide with a 5 sec h 00:30 r Pillar Skip			
Glute Act six reps ea s 6 reps* Crossove 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m Drop Step 18.29 m	o Skip			to Stabilization
Glute Act six reps ea s 6 reps* Crossove 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.72 m 13.29 m	o Skip	lold each rep for two s		to Stabilization

BRIDGE

Side Lunge	e Warm Up	-		
8 reps*				
Forward Lu	unge, Elbow to	o Instep - Kne	eling in Place	
8 reps*				
Hip Mobiliz This is 30 sec		neeling w/ Elb	ow to Instep	
00:30				
MQ - Hip IF	२			
3 reps*	00:30			
3 reps*	00:30			
	ite - 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 Bou	nd - Continuo	us		
40 m	8 RPE			00:00
40 m	9 RPE			00:00
40 m	10 RPE			00:00
40 m	10 RPE			00:00
	ng acceleratio	n sprint		
9.14 m				
9.14 m				
9.14 m				
Power Dev	elopment			
•	n Below Knee	•		
1 kg	2 reps	85%1RME		1:30
1 kg	1 reps	90%1RME		1:30
1 kg	2 reps	85%1RME		1:30
1 kg	1 reps	90%1RME		1:30
1 kg	1 reps	93%1RME		1:30

Posture S	upporting Sti	renath				
snatch balance						
1 kg	3 reps	80%Difficulty	7 RPE	1:00		
1 kg	3 reps	85%Difficulty	8 RPE	1:00		
1 kg	3 reps	90%Difficulty	9 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	or High Velo	city Force		¢)		
bench pres	ss barbell ba	inds				
1 kg	1 reps	85%1RME	0.34 m/s	00:00		
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00		
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00		
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00		
0.5 kg	5 reps	65%1RME	0.60 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		
6 reps				2:00		
Hypertropl	hy for Symm	etry		с;)		
	s extension 2					
1 kg	6 reps	90%Difficulty		00:00		
1 kg	6 reps	95%Difficulty		00:00		
1 kg	6 reps	100%Difficulty	r	00:00		
Bent Over	Row - Duml			•		
0.5 kg *	8 reps	90%Difficulty				
0.5 kg *	8 reps	90%Difficulty				
0.5 kg *	8 reps	95%Difficulty				
0.5 kg *	8 reps	100%Difficulty				
TRX Ls +	Ms					
10 reps*				00:00		
10 reps*				00:00		
10 reps*				00:00		
10 reps*				00:00		

SE Jump t	o Explosive	Cut		
5 reps*	20 m			
5 reps*	20 m			
5 reps*	20 m			
SL side to	side tuck jur	nps		
6 reps*	15 m			
6 reps*	15 m			
6 reps*	15 m			
6 Yd Star	Drill - Crosso	over to Accelerat	ion/Deceler	ation
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power Dev	velopment			C
Cleans - B	arbell (Off B	locks)		
1 kg	2 reps	85%Difficulty	8 RPE	2:00
1 kg	2 reps	90%Difficulty	9.5 RPE	2:00
1 kg	1 reps	95%Difficulty	9.5 RPE	
) kg	1 reps	R%Difficulty	10 RPE	2:00
Standing 1	Triple Jump			
) m			1	00:00
				00.00
Rm				00:00
Rm				00:00
Rm Rm	velopment C	ontrast		00:00
R m R m Power Dev	velopment C at with Bands			00:00 00:00 00:00
R m R m Power Dev Front Squa			0.40 m/s	00:00 00:00 00:00
R m R m Power Dev Front Squa 1 kg	at with Band	S	0.40 m/s 0.70 m/s	00:00 00:00 00:00
R m R m Power Dev Front Squa 1 kg 0.5 kg 0.5 kg	at with Band 1 reps	s 90%1RME		00:00 00:00 00:00 2:00
R m R m Power Dev Front Squa 1 kg 0.5 kg 0.5 kg	at with Bands 1 reps 3 reps	s 90%1RME 70%1RME	0.70 m/s	00:00 00:00 00:00 2:00 2:00
R m R m Power Dev Front Squa D.5 kg D.5 kg D.5 kg	at with Bands 1 reps 3 reps 3 reps	s 90%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s	00:00 00:00 00:00 2:00 2:00 2:00
R m R m Power Dev Front Squa 1 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg	at with Bands 1 reps 3 reps 3 reps 3 reps 3 reps	s 90%1RME 70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s 0.70 m/s	00:00 00:00 00:00 2:00 2:00 2:00 2:00
R m R m Power Dev Front Squa 1 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg	at with Bands 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps	S 90%1RME 70%1RME 70%1RME 70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s 0.70 m/s 0.70 m/s	00:00 00:00 00:00 2:00 2:00 2:00 2:00 2
R m R m Power Dev Front Squa 1 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg Kettlebell I	at with Bands 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps 3 reps	S 90%1RME 70%1RME 70%1RME 70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s 0.70 m/s 0.70 m/s	00:00 00:00 00:00 2:00 2:00 2:00 2:00 2
R m R m Power Dev Front Squa 1 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg Xettlebell I 13.61 kg	at with Bands 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps 5 reps Figure 8 Late	S 90%1RME 70%1RME 70%1RME 70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s 0.70 m/s 0.70 m/s	00:00 00:00 00:00 2:00 2:00 2:00 2:00 2
R m R m Power Dev Front Squa 1 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg Kettlebell I 13.61 kg 13.61 kg	at with Bands 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps Figure 8 Late 3 reps*	S 90%1RME 70%1RME 70%1RME 70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s 0.70 m/s 0.70 m/s	00:00 00:00 00:00 2:00 2:00 2:00 2:00 2
Front Squa 1 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg 0.5 kg	at with Bands 1 reps 3 reps 3 reps 3 reps 3 reps 3 reps Figure 8 Late 3 reps* 3 reps*	S 90%1RME 70%1RME 70%1RME 70%1RME 70%1RME 70%1RME	0.70 m/s 0.70 m/s 0.70 m/s 0.70 m/s	00:00 00:00 00:00 2:00 2:00 2:00 2:00 2

Banded Hi	p Flexion for S	printing				
0.5 kg	8 reps*	50%Difficulty				
0.5 kg	8 reps*	50%Difficulty				
0.5 kg	8 reps*	50%Difficulty				
0.5 kg	8 reps*	50%Difficulty				
0.5 kg	8 reps*	50%Difficulty				
Strength fo	r High Velocity	Force		с ; Э		
High Bar Back Squat Bands						
1 kg	1 reps	85%1RME	0.45 m/s	2:00		
0.5 kg	5 reps	65%1RME	0.75 m/s	1:00		
0.5 kg	5 reps	65%1RME	0.75 m/s	1:00		
0.5 kg	5 reps	65%1RME	0.75 m/s	1:00		
0.5 kg	5 reps	65%1RME	0.75 m/s	1:00		
	p 30" + Jump I nd contact time. Th		th jump + 3 Jump	Repeats.		
4 reps	00:00	76.2 cm				
4 reps	00:00	76.2 cm				
4 reps	00:00	76.2 cm				
4 reps	00:00	76.2 cm				
4 reps	00:00	76.2 cm				
Speed Kne	Speed Knee Health					
RDLs from	Deficit with Ba	ands				
1 kg	5 reps	90%Difficulty		1:30		
1 kg	5 reps	90%Difficulty		1:30		
1 kg	5 reps	95%Difficulty		1:30		
1 kg	5 reps	100%Difficulty		1:30		
Single Leg	Squat - Goble	t				
1 kg	6 reps	90%Difficulty		1:00		
1 kg	6 reps	90%Difficulty		1:00		
1 kg	6 reps	95%Difficulty		1:00		
1 kg	6 reps	95%Difficulty		1:00		
nordic leg	curls					
5 reps				1:00		
5 reps				1:00		
5 reps				1:00		
5 reps				1:00		

3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - L 3 each leg.	ateral			
6 reps				
Lower Boo	dy Strength A	ccessories		
Deadlift w	ith Bands			
1 kg	1 reps	88%1RME	0.30 m/s	2:00
		80%1RME	0.40	
1 kg	2 reps	80% I KIVIE	0.40 m/s	1:00
1 kg 1 kg	2 reps 2 reps	80%1RME 80%1RME	0.40 m/s 0.40 m/s	1:00
<u> </u>				
1 kg	2 reps	80%1RME	0.40 m/s	1:00
1 kg 1 kg	2 reps 2 reps 2 reps	80%1RME 80%1RME	0.40 m/s 0.40 m/s	1:00 1:00
1 kg 1 kg 1 kg	2 reps 2 reps 2 reps	80%1RME 80%1RME	0.40 m/s 0.40 m/s	1:00 1:00
1 kg 1 kg 1 kg Step Up -	2 reps 2 reps 2 reps Dumbbell	80%1RME 80%1RME 80%1RME	0.40 m/s 0.40 m/s 0.40 m/s	1:00 1:00 1:00
1 kg 1 kg 1 kg Step Up - 0.5 kg *	2 reps 2 reps 2 reps Dumbbell 5 reps*	80%1RME 80%1RME 80%1RME 90%Difficulty	0.40 m/s 0.40 m/s 0.40 m/s 40 cm	1:00 1:00 1:00 1:00
1 kg 1 kg 1 kg Step Up - 0.5 kg * 0.5 kg *	2 reps 2 reps 2 reps Dumbbell 5 reps* 5 reps* 5 reps*	80%1RME 80%1RME 80%1RME 90%Difficulty 90%Difficulty	0.40 m/s 0.40 m/s 0.40 m/s 40 cm 40 cm 40 cm	1:00 1:00 1:00 1:00 1:00 1:00
1 kg 1 kg 1 kg Step Up - 0.5 kg * 0.5 kg *	2 reps 2 reps 2 reps Dumbbell 5 reps* 5 reps* 5 reps*	80%1RME 80%1RME 80%1RME 90%Difficulty 90%Difficulty 95%Difficulty	0.40 m/s 0.40 m/s 0.40 m/s 40 cm 40 cm 40 cm	1:00 1:00 1:00 1:00 1:00 1:00
1 kg 1 kg Step Up - 0.5 kg * 0.5 kg * Barbell Hi	2 reps 2 reps 2 reps Dumbbell 5 reps* 5 reps* p Thrusts Bar	80%1RME 80%1RME 80%1RME 90%Difficulty 90%Difficulty 95%Difficulty ck Elevated on E	0.40 m/s 0.40 m/s 0.40 m/s 40 cm 40 cm 40 cm	1:00 1:00 1:00 1:00 1:00 1:00 1:00



Day 4 Mar 23						
Max Speed	& Upper Higl	n Velocity Pow	ver	0 min		
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.						
1:20				00:00		
Unilateral Standing Hip Abduction						
8 reps*	00:00					
Heel to Glut	Heel to Glute - to Inverted Hamstring					
13.72 m						
13.72 m						
Knee Hug to	o Lunge					
13.72 m						
Leg Cradle	- Moving Forv	ward				
13.72 m	_					
Side Lunge	Warm Up					
8 reps*						
Ankle Boun	d					
15 m				00:00		
15 m				00:00		
Pillar Skip -	Linear					
10 m						
10 m						
Pop/Float S	kip - Horizoni	al				
10 m						
10 m						
	nd - Continuo t bounding with a	US focus on distance a	and short ground (contact time.		
15 m				00:00		
15 m				00:00		
Sprinting						
00:00	27.43 m	7 RPE		2:00		
00:00	27.43 m	8 RPE		2:00		
00:00	36.58 m	8 RPE		2:00		
00:00	36.58 m	9 RPE		2:00		
R	36.58 m	10 RPE		2:00		
R	36.58 m	10 RPE		2:00		



Athletic Pow	ver					
Cleans - Ba	rbell					
1 kg	2 reps	83%1RME	7 RPE	2:00		
1 kg	1 reps	88%1RME	8 RPE	2:00		
1 kg	1 reps	93%1RME	9 RPE	2:00		
1 kg	1 reps	97%1RME	9.5 RPE	2:00		
0 kg	1 reps	R%1RME	10 RPE	2:00		
Dynamic Hip Flexor Force Absorption						
0.5 kg	10 reps*	50%Difficulty				
0.5 kg	10 reps*	50%Difficulty				
0.5 kg	10 reps*	50%Difficulty				
0.5 kg	10 reps*	50%Difficulty				
0.5 kg	10 reps*	50%Difficulty				
Upper Body	Strength			다		
Closegrip B	ench with Bar	nds				
1 kg	1 reps	85%1RME	0.34 m/s	00:00		
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00		
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00		
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00		
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00		
0.5 kg	5 reps	65%1RME	0.60 m/s	00:00		
Med Ball Pa	artner Rotatior	nal 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			c)		
Pull Down -	Half Kneeling	Cable				
1 kg	10 reps*	90%Difficulty				
1 kg	10 reps*	90%Difficulty				
1 kg	10 reps*	95%Difficulty				
1 kg	10 reps*	100%Difficulty				
Shoulder Fr	ont Raise Pla	te		•		
1 kg	10 reps	90%Difficulty	9 RPE	00:00		
1 kg	10 reps	90%Difficulty	9 RPE	00:00		
1 kg	10 reps	95%Difficulty	9 RPE	00:00		
1 kg	10 reps	100%Difficulty	9.5 RPE	00:00		
Axle Bar Bio	ceps Curl					
1 kg	10 reps	90%Difficulty		00:00		
1 kg	10 reps	90%Difficulty		00:00		
1 kg	10 reps	95%Difficulty		00:00		
1 kg	10 reps	100%Difficulty		00:00		