

Day 1					Nov 27				
Acceleration & Lower RFD Hypertrophy					0 min				
Dynamic Warm Up and Acceleration									
Walking Lunges									
10 reps*									
Unilateral Standing Hip Abduction									
8 reps*	00:00								
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - Crawling									
8 reps*									
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)									
00:30									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Pillar Skip - Linear									
10 m									
10 m									
Power Skip - Vertical									
10 m									
10 m									
Linear Bound - Countermovement to Stabilize This is three sets of 2 stabilizations per leg.									
4 reps*									00:00
4 reps*									00:00
4 reps*									00:00
Get Ups - Down Position to Deceleration Sprint through 10 yd and decelerate at 15yd promptly.									
00:00	13.72 m	9 RPE							
00:00	13.72 m	9 RPE							
00:00	13.72 m	10 RPE							
Sprinting We are going to sprint each workout now because to get really good at something you need to do that thing.									
00:00	20 m	8 RPE							2:00
00:00	20 m	9 RPE							2:00
R	20 m	10 RPE							2:00

Day 2					Nov 28				
Athlete Specific Hypertrophy & COD					0 min				
Dynamic Warm Up, Rotation, and COD									
Jump Rope - Continuous 15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.									
1:00									00:00
Prone Arm Arc Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.									
8 reps									
Walking Lunges									
10 reps*									
Squat - Dumbbell (goblet) This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.									
1 kg	1 reps	85%Difficulty	00:30						1:30
Toe Touch, Squat, and Reach (Box) Same squat mechanics with all movements slow and controlled.									
5 reps									
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells six reps ea side with a 5 sec hold each rep for two sets.									
6 reps*	00:30								
6 reps*	00:30								
2 Inch Lift Half Kneeling Front Heel Hovering Here's a major key: I want the ball of your foot on a plate with your heel off making this an isometric hold for your calf. I will make a video to show more clearly. 3 reps of the lift and then 25 second Isometric hold ea set on ea side.									
3 reps*	00:25								
3 reps*	00:25								
Medial Hop Hop Bound - Quick/Stabilize Over Hurdle Reps refers to the amount of hurdles with each set going over the hurdles down and back as in the video. Start on the opposite side each set.									
4 reps*									
4 reps*									
4 reps*									
4 reps*									

Day 3					Nov 30				
Athletic Speed Dev & Lower High Velocity Strength					0 min				
Dynamic Warm Up and Speed Development									
Standing Unilateral Hip Extension									
8 reps*	00:00								
Side Lunge Warm Up									
8 reps*									
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)									
00:30									
Forward Lunge, Elbow to Instep - Crawling									
8 reps*									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Ankle Bound									
13.72 m									00:00
13.72 m									00:00
Pillar Skip - Linear									
10 m									
10 m									
Pop, Float, Skip - Med Ball (Goblet) The reps refer to the bilateral (both legs) jumps in the beginning. The goal is to not let the heels touch the ground.									
5 reps	10 m								
5 reps	10 m								
5 reps	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
Acceleration Run - Sled Resisted (Waist)									
11.34 kg	13.72 m	8 RPE							
11.34 kg	13.72 m	9 RPE							
11.34 kg	13.72 m	10 RPE							
Sprinting We are going to sprint each workout now because to get really good at something you need to do that thing.									
00:00	13.72 m	9 RPE							2:00
00:00	13.72 m	9.5 RPE							2:00
00:00	13.72 m	10 RPE							2:00

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	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 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 Hypertrophy and Rotational Power

Back Squat - Barbell
Work up to a 10RM at 8RPE/68%ish/0.73m/s and then subtract 10% for 2x10 at maximum velocity.

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 Perpendicular Rotational Throw - Kneeling

4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	

Knee Health for Speed

Single Leg Squat - Counterbalance

1 kg	6 reps	85%Difficulty		1:00
1 kg	6 reps	85%Difficulty		1:00
1 kg	6 reps	85%Difficulty		1:00

nordic leg curls
The weight if figured by subtracting the weight added from your own 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

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 Drill to 8yd Acceleration

1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			

Posture Supporting Strength

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

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 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 Velocity Force

Bench Press - Barbell
Work up to a 5RM at 8 RPE/80%/0.4m/s, and then subtract 10% for one set as many reps as possible (AMRAP) leaving 1-2 reps in the tank. I want the explosive pushups performed with the three sets prior to the AMRAP set.

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 Symmetry

Tricep Extension - Dip

8 reps				00:00
8 reps				00:00
R reps				00:00

Bent Over 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	

Upright Row - Kettlebell
Descent is slower 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

Power Development

Hang Power Clean Hip
Use the Alternative exercise but practice Clean from Power Position.

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 Squat Jump w/Pause

18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			

Strength for High Velocity Force

Front Squat - Barbell
Work to a 5RM at 9RPE/82.5%/0.47m/s and then -10% 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 Jumps with Bands

3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00

Knee Health for Speed

Split Squat - Rear Foot Elevated Dumbbell

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
The weight if figured by subtracting the weight added from your own 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 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 02		
Max Speed & Upper High Velocity Strength		0 min		
Dynamic Warm Up and Speed Development				
Jump Rope - Continuous				
15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.				
1:00				00:00
Unilateral Standing Hip Abduction				
8 reps*	00:00			
Standing Unilateral Hip Extension				
8 reps*	00:00			
Side Lunge Warm Up				
8 reps*				
Stride Stretch - 90/90				
two sets of 6 reps at 30 sec ea side				
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			
3 reps*	00:30			
Knee Hug to Lunge - with Rotation				
13.72 m				
13.72 m				
Ankle Bound				
15 m				00:00
15 m				00:00
Pillar Skip - Linear				
10 m				
10 m				
Linear Bound - Countermovement to Stabilize				
This is three sets of 2 stabilizations per leg.				
4 reps*				00:00
4 reps*				00:00
4 reps*				00:00
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	18.29 m	7 RPE		2:00
00:00	18.29 m	7 RPE		2:00
00:00	27.43 m	9 RPE		2:00
R	27.43 m	10 RPE		2:00
Concurrent Power 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 kg	3 reps*	80%Difficulty	7 RPE	
1 kg	3 reps*	80%Difficulty	7 RPE	
Cleans - Barbell				
If you don't know your 1RM, work to a 2RM at around 7-8 RPE. ****I suggest using the alternative exercise and practice the clean from power position.				
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 Strength				
Closegrip Bench Press				
Work to a 5RM/82.5%/9RPE/0.37m/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 Rotational Punch with Isometric				
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	
Transmutation Giant Set 1 Upper				
Overhead Press - Standing Barbell				
Work to a 5RM at 8RPE/80%/0.5m/s and then subtract 10% for max repetitions leaving one rep in the tank.				
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 dumbbells or hang plates to load the pull up. work to a 5RM at a 9 RPE and then -10% for max reps.				
1 kg	5 reps	78%1RME	8 RPE	1:30
0 kg	5 reps	R%1RME	9 RPE	1:30
0.5 kg	R reps	73%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				
Acceleration & Lower RFD Hypertrophy					0 min				
Dynamic Warm Up and Acceleration									
Walking Lunges									
10 reps*									
Unilateral Standing Hip Abduction									
8 reps*	00:00								
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - Crawling									
8 reps*									
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)									
00:30									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Pillar Skip - Linear									
10 m									
10 m									
Power Skip - Vertical									
10 m									
10 m									
Linear Bound - Countermovement to Stabilize This is three sets of 2 stabilizations per leg.									
4 reps*									00:00
4 reps*									00:00
4 reps*									00:00
Get Ups - Down Position to Deceleration Sprint through 10 yd and decelerate at 15yd promptly.									
00:00	13.72 m	9 RPE							
00:00	13.72 m	9 RPE							
00:00	13.72 m	10 RPE							
00:00	13.72 m	10 RPE							
Sprinting We are going to sprint each workout now because to get really good at something you need to do that thing.									
00:00	20 m	8 RPE							2:00
00:00	20 m	9 RPE							2:00
R	20 m	10 RPE							2:00

Day 2					Dec 05				
Athlete Specific Hypertrophy & COD					0 min				
Dynamic Warm Up, Rotation, and COD									
Jump Rope - Continuous 15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.									
1:00									00:00
Prone Arm Arc Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.									
8 reps									
Walking Lunges									
10 reps*									
Squat - Dumbbell (goblet) This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.									
1 kg	1 reps	90%Difficulty	00:30						1:30
Toe Touch, Squat, and Reach (Box) Same squat mechanics with all movements slow and controlled.									
5 reps									
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells six reps ea side with a 5 sec hold each rep for two sets.									
6 reps*	00:30								
6 reps*	00:30								
2 Inch Lift Half Kneeling Front Heel Hovering Here's a major key: I want the ball of your foot on a plate with your heel off making this an isometric hold for your calf. I will make a video to show more clearly. 3 reps of the lift and then 25 second Isometric hold ea set on ea side.									
3 reps*	00:25								
3 reps*	00:25								
Medial Hop Hop Bound - Quick/Stabilize Over Hurdle Reps refers to the amount of hurdles with each set going over the hurdles down and back as in the video. Start on the opposite side each set.									
4 reps*									
4 reps*									
4 reps*									
4 reps*									

Day 3					Dec 07				
Athletic Speed Dev & Lower High Velocity Strength					0 min				
Dynamic Warm Up and Speed Development									
Standing Unilateral Hip Extension									
8 reps*	00:00								
Side Lunge Warm Up									
8 reps*									
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)									
00:30									
Forward Lunge, Elbow to Instep - Crawling									
8 reps*									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Ankle Bound									
13.72 m									00:00
13.72 m									00:00
Pillar Skip - Linear									
10 m									
10 m									
Pop, Float, Skip - Med Ball (Goblet) The reps refer to the bilateral (both legs) jumps in the beginning. The goal is to not let the heels touch the ground.									
5 reps	15 m								
5 reps	15 m								
5 reps	15 m								
Linear Bound - Continuous Now we are just bounding with a focus on distance and short ground contact time.									
20 m									00:00
20 m									00:00
Acceleration Run - Sled Resisted (Waist)									
11.34 kg	13.72 m	8 RPE							
11.34 kg	13.72 m	9 RPE							
11.34 kg	13.72 m	10 RPE							
Sprinting We are going to sprint each workout now because to get really good at something you need to do that thing.									
13.72 m	9 RPE								2:00
13.72 m	9.5 RPE								2:00
13.72 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 use the Alternative Exercise, while working on learning to clean from the power position.

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 Hypertrophy and Rotational Power

Back Squat - Barbell
Work up to a 10RM at 9RPE/70%ish/0.7m/s and then subtract 10% for 2x10 at maximum velocity.

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

Medicine Ball Perpendicular Rotational Throw - Kneeling

5.44 kg	6 reps*		2:00	
5.44 kg	6 reps*		2:00	
5.44 kg	6 reps*		2:00	
5.44 kg	6 reps*		2:00	

Knee Health for Speed

Single Leg Squat - Counterbalance

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

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

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 Drill to 8yd Acceleration

1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			

Posture Supporting Strength

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

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 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 Velocity Force

Bench Press - Barbell
Work up to a 10RM at 9 RPE/70%/0.53m/s, and then subtract 10% for 2x10 max velocity.

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)

10 reps				00:00
10 reps				00:00
10 reps				00:00
10 reps				00:00

Hypertrophy for Symmetry

Tricep Extension - Dip

8 reps				00:00
8 reps				00:00
R reps				00:00

Bent Over Row - Barbell

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

Upright Row - Kettlebell
Descent is slower than the ascent.

1 kg	8 reps	90%Difficulty		2:00
1 kg	8 reps	90%Difficulty		2:00
1 kg	8 reps	90%Difficulty		2:00

Power Development

Hang Power 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 for High Velocity Force

Front Squat - Barbell
Work to a 5RM at 9RPE/82.5%/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 Jumps with Bands

3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00

Knee Health for Speed

Split Squat - Rear Foot Elevated Dumbbell

0.5 kg *	6 reps*	90%Difficulty	9 RPE	1:00
0.5 kg *	6 reps*	90%Difficulty	9 RPE	1:00
0.5 kg *	6 reps*	90%Difficulty	9 RPE	1:00

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

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

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 09		
Max Speed & Upper High Velocity Strength		0 min		
Dynamic Warm Up and Speed Development				
Jump Rope - Continuous				
15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.				
1:00				00:00
Unilateral Standing Hip Abduction				
8 reps*	00:00			
Standing Unilateral Hip Extension				
8 reps*	00:00			
Side Lunge Warm Up				
8 reps*				
Stride Stretch - 90/90				
two sets of 6 reps at 30 sec ea side				
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			
3 reps*	00:30			
Knee Hug to Lunge - with Rotation				
13.72 m				
13.72 m				
Ankle Bound				
15 m				00:00
15 m				00:00
Pillar Skip - Linear				
10 m				
10 m				
Linear Bound - Countermovement to Stabilize				
This is three sets of 2 stabilizations per leg.				
4 reps*				00:00
4 reps*				00:00
4 reps*				00:00
Linear Bound - Continuous				
Now we are just bounding with a focus on distance and short ground contact time.				
20 m				00:00
20 m				00:00

Sprinting				
00:00	20 m	7 RPE		2:00
00:00	30 m	8 RPE		2:00
00:00	30 m	9 RPE		2:00
R	30 m	10 RPE		2:00
Concurrent Power Development				
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*	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				
If you don't know your 1RM, work to a 2RM at around 7-8 RPE. ****I suggest using the alternative exercise and practice the clean from power position.				
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 Strength				
Closegrip Bench Press				
Work to a 5RM/85%/9RPE/0.3m/s, and then -10% for 2x5.				
1 kg	5 reps	80%1RME	0.40 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
Landmine Rotational Punch with Isometric				
1 kg	6 reps*	90%Difficulty	9 RPE	
1 kg	6 reps*	90%Difficulty	9 RPE	
1 kg	6 reps*	90%Difficulty	9 RPE	
Transmutation Giant Set 1 Upper				
Overhead Press - Standing Barbell				
Work to a 5RM at 9RPE/82.5%/0.46m/s and then subtract 10% for max repetitions leaving one rep in the tank.				
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				
Use dumbbells or hang plates to load the pull up. work to a 5RM at a 9.5RPE and then -10% for max reps.				
1 kg	5 reps	80%1RME	8.5 RPE	1:30
0 kg	5 reps	R%1RME	9.5 RPE	1:30
0.5 kg	R reps	73%1RME	9.5 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	90%Difficulty		00:00

Day 1					Dec 11				
Acceleration & Lower RFD Hypertrophy					0 min				
Dynamic Warm Up and Acceleration									
Walking Lunges									
10 reps*									
Unilateral Standing Hip Abduction									
8 reps*	00:00								
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - Crawling									
8 reps*									
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)									
00:30									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Pillar Skip - Linear									
10 m									
10 m									
Power Skip - Vertical									
10 m									
10 m									
Linear Bound - Countermovement to Stabilize This is three sets of 2 stabilizations per leg.									
4 reps*									00:00
4 reps*									00:00
4 reps*									00:00
Get Ups - Down Position to Deceleration Sprint through 10 yd and decelerate at 15yd promptly.									
00:00	13.72 m	9 RPE							
00:00	13.72 m	9 RPE							
00:00	13.72 m	9 RPE							
Sprinting We are going to sprint each workout now because to get really good at something you need to do that thing.									
10 m									2:00
10 m									2:00
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	3 reps	80%1RME	7 RPE						
1 kg	3 reps	80%1RME	7 RPE						
1 kg	3 reps	80%1RME	7 RPE						

Day 2					Dec 12				
Athlete Specific Hypertrophy & COD					0 min				
Dynamic Warm Up, Rotation, and COD									
Jump Rope - Continuous 15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.									
1:00									00:00
Prone Arm Arc Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.									
8 reps									
Walking Lunges									
10 reps*									
Squat - Dumbbell (goblet) This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.									
1 kg	1 reps	85%Difficulty	00:20						1:30
Toe Touch, Squat, and Reach (Box) Same squat mechanics with all movements slow and controlled.									
5 reps									
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells six reps ea side with a 5 sec hold each rep for two sets.									
6 reps*	00:30								
6 reps*	00:30								
2 Inch Lift Half Kneeling Front Heel Hovering Here's a major key: I want the ball of your foot on a plate with your heel off making this an isometric hold for your calf. I will make a video to show more clearly. 3 reps of the lift and then 25 second Isometric hold ea set on ea side.									
3 reps*	00:25								
3 reps*	00:25								
Medial Hop Hop Bound - Quick/Stabilize Over Hurdle Reps refers to the amount of hurdles with each set going over the hurdles down and back as in the video. Start on the opposite side each set.									
4 reps*									
4 reps*									
3 Hurdle Drill to 8yd Acceleration									
1 reps*	7.32 m								
1 reps*	7.32 m								
1 reps*	7.32 m								

Day 3					Dec 14				
Athletic Speed Dev & Lower High Velocity Strength					0 min				
Dynamic Warm Up and Speed Development									
Standing Unilateral Hip Extension									
8 reps*	00:00								
Side Lunge Warm Up									
8 reps*									
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)									
00:30									
Forward Lunge, Elbow to Instep - Crawling									
8 reps*									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Ankle Bound									
13.72 m									00:00
13.72 m									00:00
Pillar Skip - Linear									
10 m									
10 m									
Pop, Float, Skip - Med Ball (Goblet) The reps refer to the bilateral (both legs) jumps in the beginning. The goal is to not let the heels touch the ground.									
5 reps	10 m								
5 reps	10 m								
5 reps	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
Acceleration Run - Sled Resisted (Waist)									
11.34 kg	9.14 m	8 RPE							
11.34 kg	9.14 m	9 RPE							
11.34 kg	9.14 m	10 RPE							
Sprinting We are going to sprint each workout now because to get really good at something you need to do that thing.									
00:00	9.14 m	9 RPE							2:00
00:00	9.14 m	9 RPE							2:00
00:00	9.14 m	9.5 RPE							2:00

Seated Box jumps				
3 reps	R m	0 W		
3 reps	R m	0 W		
3 reps	R m	0 W		
Strength Hypertrophy and Rotational Power				
Back Squat - Barbell				
3x10 at 57.5%/0.87m/s				
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 Ball Perpendicular Rotational Throw - Kneeling				
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
Knee Health for Speed				
Single Leg Squat - Counterbalance				
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 curls				
The weight if figured by subtracting the weight added from your own body 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
Ankle Strengthening Series for Sprinting				
You will need a small plate like a 5 or 10lb plate.				
8 reps*				
8 reps*				
8 reps*				

Posture Supporting Strength				
Overhead Squat - Barbell				
Of course I want these as low as possible. I will need to do a few of my own videos.				
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 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 Velocity Force				
Bench Press - 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
Hypertrophy for Symmetry				
Tricep Extension - 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	
Upright Row - Kettlebell				
Descent is slower 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

Power Development				
Hang Power Clean Hip				
Use the Alternative exercise but practice Clean from Power Position.				
1 kg	3 reps	80%1RME		2:00
1 kg	3 reps	80%1RME		2:00
1 kg	3 reps	80%1RME		2:00
Dumbbell Squat Jump w/Pause				
18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			
Strength for High Velocity Force				
Front Squat - Barbell				
You can increase the weight if the velocity stays above .7m/s in the 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
Lightened Method Jumps with Bands				
3 reps				00:00
3 reps				00:00
3 reps				00:00
Knee Health for Speed				
Split Squat - Rear Foot Elevated Dumbbell				
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 curls				
The weight if figured by subtracting the weight added from your own body weight.				
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
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 16		
Max Speed & Upper High Velocity Strength		0 min		
Dynamic Warm Up and Speed Development				
Jump Rope - Continuous				
15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.				
1:00				00:00
Unilateral Standing Hip Abduction				
8 reps*	00:00			
Standing Unilateral Hip Extension				
8 reps*	00:00			
Side Lunge Warm Up				
8 reps*				
Stride Stretch - 90/90				
two sets of 6 reps at 30 sec ea side				
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			
3 reps*	00:30			
Knee Hug to Lunge - with Rotation				
13.72 m				
13.72 m				
Ankle Bound				
15 m				00:00
15 m				00:00
Pillar Skip - Linear				
10 m				
10 m				
Linear Bound - Countermovement to Stabilize				
This is three sets of 2 stabilizations per leg.				
4 reps*				00:00
4 reps*				00:00
4 reps*				00:00
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				
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				
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 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				
0.5 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
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	
Transmutation Giant Set 1 Upper				
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
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				
Use dumbbells or hang plates to load the pull up. Work to a 5RM on last set.				
1 kg	5 reps	78%1RME	8 RPE	1:30
1 kg	5 reps	82%1RME	9 RPE	1:30
0 kg	5 reps	R%1RME	10 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 18	
Acceleration & Lower RFD Hypertrophy		0 min	
Dynamic Warm Up and Acceleration			
Walking Lunges			
10 reps*			
Unilateral Standing Hip Abduction			
8 reps*	00:00		
Side Lunge Warm Up			
8 reps*			
Forward Lunge, Elbow to Instep - Crawling			
8 reps*			
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)			
00:30			
MQ - Hip IR			
3 reps*	00:30		
3 reps*	00:30		
Pillar Skip - Linear			
10 m			
10 m			
Power Skip - Vertical			
10 m			
10 m			
Linear Bound - Countermovement to Stabilize This is three sets of 2 stabilizations per leg.			
4 reps*			00:00
4 reps*			00:00
4 reps*			00:00
Get Ups - Down Position to Deceleration Sprint through 10 yd and decelerate at 15yd promptly.			
00:00	13.72 m	9 RPE	
00:00	13.72 m	9 RPE	
00:00	13.72 m	10 RPE	
Sprinting We are going 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
00:00	20 m	9 RPE	2:00
00:00	20 m	9.5 RPE	2:00
R	20 m	10 RPE	2:00

Day 2		Dec 19	
Athlete Specific Hypertrophy & COD		0 min	
Dynamic Warm Up, Rotation, and COD			
Jump Rope - Continuous			
15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.			
1:00			00:00
Prone Arm Arc			
Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.			
8 reps			
Walking Lunges			
10 reps*			
Squat - Dumbbell (goblet)			
This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.			
1 kg	1 reps	95%Difficulty	00:30 1:30
Toe Touch, Squat, and Reach (Box)			
Same squat mechanics with all movements slow and controlled.			
5 reps			
Lateral Lunge			
8 reps*			
Worlds Best Hip IR Stretch			
5 reps*	00:45		
Glute Activation Side Plank Clam Shells			
six reps ea side with a 5 sec hold each rep for two sets.			
6 reps*	00:30		
6 reps*	00:30		
2 Inch Lift Half Kneeling Front Heel Hovering			
Here's a major key: I want the ball of your foot on a plate with your heel off making this an isometric hold for your calf. I will make a video to show more clearly. 3 reps of the lift and then 25 second Isometric hold ea set on ea side.			
3 reps*	00:25		
3 reps*	00:25		
Medial Hop Hop Bound - Quick/Stabilize Over Hurdle			
Reps refers to the amount of hurdles with each set going over the hurdles down and back as in the video. Start on the opposite side each set.			
4 reps*			
4 reps*			
4 reps*			
4 reps*			

Day 3		Dec 21	
Athletic Speed Dev & Lower High Velocity Strength		0 min	
Dynamic Warm Up and Speed Development			
Standing Unilateral Hip Extension			
8 reps*	00:00		
Side Lunge Warm Up			
8 reps*			
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)			
00:30			
Forward Lunge, Elbow to Instep - Crawling			
8 reps*			
MQ - Hip IR			
3 reps*	00:30		
3 reps*	00:30		
Ankle Bound			
13.72 m			00:00
13.72 m			00:00
Pillar Skip - Linear			
10 m			
10 m			
Pop, Float, Skip - Med Ball (Goblet)			
The reps refer to the bilateral (both legs) jumps in the beginning. The goal is to not let the heels touch the ground.			
5 reps	15 m		
5 reps	15 m		
5 reps	15 m		
Linear Bound - Continuous			
Now we are just bounding with a focus on distance and short ground contact time.			
20 m			00:00
20 m			00:00
20 m			00:00
Acceleration Run - Sled Resisted (Waist)			
11.34 kg	18.29 m	8 RPE	
11.34 kg	18.29 m	9 RPE	
11.34 kg	18.29 m	10 RPE	
Sprinting We are going to sprint each workout now because to get really good at something you need to do that thing.			
00:00	18.29 m	9 RPE	2:00
00:00	18.29 m	9.5 RPE	2:00
R	18.29 m	10 RPE	2:00

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	85%1RME	8 RPE	
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	R%1RME	9 RPE	

Seated Box jumps

3 reps	91.44 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	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

Medicine Ball Perpendicular Rotational Throw - Kneeling

6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		2:00	

Speed Knee Health

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 is 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 Drill to 8yd Acceleration

1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			
1 reps*	7.32 m			

Posture Supporting Strength

Overhead Squat - Barbell
Of course I want these as low as possible. I will need to do a few of my own videos. Let's work up to a 5RM.

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 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 Velocity Force

Bench Press - Barbell
Work up to a 10RM at 10 RPE/73%/0.49m/s, and then subtract 10% for 2x10 max velocity.

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 for Symmetry

Tricep Extension - Dip

8 reps				00:00
8 reps				00:00
R reps				00:00

Bent Over Row - Barbell
Work to an 8RM Max at 10 RPE

1 kg	8 reps	90%Difficulty	9 RPE	
1 kg	8 reps	95%Difficulty	9.5 RPE	
0 kg	8 reps	R%Difficulty	10 RPE	

Upright Row - Kettlebell
Descent is slower than the ascent.

1 kg	8 reps	85%Difficulty		2:00
1 kg	8 reps	90%Difficulty		2:00
1 kg	8 reps	95%Difficulty		2:00

Power Development

Hang Power Clean Hip
Use the Alternative exercise but practice Clean from Power Position.

1 kg	3 reps	85%Difficulty	8 RPE	2:00
1 kg	3 reps	90%Difficulty	9.5 RPE	2:00
0 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 for High Velocity Force

Front Squat - Barbell
Work to a 5RM at 9RPE/82.5%/0.47m/s and then -10% for 2x5

1 kg	5 reps	82%1RME	0.48 m/s	2:00
0 kg	5 reps	R%1RME	0.43 m/s	2:00
1 kg	5 reps	77%1RME	0.62 m/s	2:00
1 kg	5 reps	77%1RME	0.62 m/s	2:00

Lightened Method Jumps with Bands

3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00

Knee Health for Speed

Split Squat - Rear Foot Elevated Dumbbell

0.5 kg *	6 reps*	90%Difficulty	9 RPE	1:00
0.5 kg *	6 reps*	95%Difficulty	9.5 RPE	1:00
0.5 kg *	6 reps*	100%Difficulty	10 RPE	1:00




nordic leg curls

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

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 23	
Max Speed & Upper High Velocity Strength		0 min	
Dynamic Warm Up and Speed Development			
Jump Rope - Continuous			
15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.			
1:00			00:00
Unilateral Standing Hip Abduction			
8 reps*	00:00		
Standing Unilateral Hip Extension			
8 reps*	00:00		
Side Lunge Warm Up			
8 reps*			
Stride Stretch - 90/90			
two sets of 6 reps at 30 sec ea side			
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		
3 reps*	00:30		
Knee Hug to Lunge - with Rotation			
13.72 m			
13.72 m			
Ankle Bound			
15 m			00:00
15 m			00:00
Pillar Skip - Linear			
10 m			
10 m			
Linear Bound - Countermovement to Stabilize			
This is three sets of 2 stabilizations per leg.			
4 reps*			00:00
4 reps*			00:00
4 reps*			00:00
Linear Bound - Continuous			
Now we are just bounding with a focus on distance and short ground contact time.			
20 m			00:00
20 m			00:00
20 m			00:00

Sprinting				
00:00	20 m	7 RPE		2:00
00:00	30 m	8 RPE		2:00
00:00	30 m	9 RPE		2:00
R	40 m	10 RPE		2:00
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*	85%Difficulty	8 RPE	
1 kg	3 reps*	90%Difficulty	9 RPE	
1 kg	3 reps*	95%Difficulty	9.5 RPE	
Cleans - Barbell				
***I suggest using the alternative exercise and practice the clean from 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 Strength 				
Closegrip Bench Press				
Work to a 5RM/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
Landmine Rotational Punch with Isometric				
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	
Transmutation Giant Set 1 Upper 				
Overhead Press - Standing Barbell				
Work to a 5RM at 9.5RPE/85%/0.43m/s and then subtract 10% for max repetitions leaving one rep in the tank.				
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
Pull Up				
Use dumbbells or hang plates to load the pull up. work to a 5RM at a 10 RPE and then -10% for max reps.				
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
Biceps Curls - Barbell				
1 kg	10 reps	85%Difficulty		00:00
1 kg	10 reps	90%Difficulty		00:00
1 kg	10 reps	100%Difficulty		00:00

Day 1					Dec 25				
Acceleration & Lower High Velocity Strength					0 min				
Acceleration Warm Up									
Walking Lunges									
10 reps*									
Unilateral Standing Hip Abduction									
8 reps*	00:00								
Side Lunge Warm Up									
8 reps*									
Thoracic Extension in Squat									
Reps performed slow and controlled for 8 reps per side approximately 45 seconds.									
8 reps*	00:45								
Forward Lunge, Elbow to Instep - In Place with Rotation									
8 reps*									
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)									
This is 30 sec ea leg									
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 - Up Position									
00:00	13.72 m	8 RPE							2:00
00:00	13.72 m	9 RPE							2:00
R	13.72 m	10 RPE							2:00
R	13.72 m	10 RPE							2:00
Sprinting									
We are going to sprint each workout now because to get really good at something you need to do that thing.									
00:00	15 m	8 RPE							2:00
00:00	15 m	9 RPE							2:00
R	15 m	10 RPE							2:00
R	15 m	10 RPE							2:00

Day 2					Dec 26				
Acceleration & Upper High Velocity Strength					0 min				
Change of Direction Warm Up									
Jump Rope - Continuous									
15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.									
1:00									00:00
Prone Arm Arc									
Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.									
8 reps									
Squat - Dumbbell (goblet)									
This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.									
1 kg	1 reps	85%Difficulty	00:30						1:30
1 kg	1 reps	85%Difficulty	00:30						1:30
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells									
six reps ea side with a 5 sec hold each rep for two sets.									
6 reps*	00:30								
6 reps*	00:30								
Carioca									
I want the first two to be simple carioca, and the second two to be high knee.									
13.72 m									
13.72 m									
13.72 m									
13.72 m									
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	8 RPE							
00:00	13.72 m	9 RPE							
R	13.72 m	10 RPE							
SL Bounding Series Realization wk1									
SL Jump to Explosive Cut									
4 reps*	20 m								
4 reps*	20 m								

Day 3					Dec 28				
Speed Development & Lower High Velocity Power					0 min				
Athletic Speed Development									
Standing Unilateral Hip Extension									
8 reps*	00:00								
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - In Place with Rotation									
8 reps*									
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)									
This is 30 sec ea leg									
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									
Lateral Bound - Continuous to Stabilize									
Start with the opposite leg each set pausing the last rep aka the stabilizing rep 5 seconds.									
5 reps									00:00
5 reps									00:00
3 Hurdle Drill to Crossover to 10yd Acceleration									
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
Acceleration Run - Harness 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		

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	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 Perpendicular Rotational Throw - Kneeling

4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	
4.54 kg	6 reps*		2:00	

Strength for High Velocity Force

Back Squat - Barbell

Work up to a 5RM at 8RPE/80%ish/0.5m/s and then subtract 10% for 2x5 at maximum velocity.

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	5 reps	70%1RME	0.70 m/s	1:30
0.5 kg	5 reps	70%1RME	0.70 m/s	1:30

24" Depth Jump

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

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

Knee Health for Speed

Single Leg Squat - Counterbalance

1 kg	6 reps	85%Difficulty		1:00
1 kg	6 reps	85%Difficulty		1:00
1 kg	6 reps	85%Difficulty		1:00

nordic leg curls

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

Ankle Strengthening Series for Sprinting

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

8 reps*				
8 reps*				
8 reps*				

SL side to side tuck jumps

6 reps*	15 m			
6 reps*	15 m			

SL Quick feet lateral hops

12 m				
12 m				

SL quick feet medial - lateral jumps

6 reps*	10 m			
6 reps*	10 m			

Posture Supporting Strength

Overhead Squat - Barbell

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

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 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 Velocity Force

Bench Press - Barbell

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

1 kg	5 reps	78%1RME	0.45 m/s	2:00
0 kg	5 reps	R%1RME	0.37 m/s	2:00
0.5 kg	5 reps	73%1RME	0.55 m/s	2:00
0.5 kg	R reps	73%1RME	0.55 m/s	2:00

Push Up (Plyometric - Continuous)

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

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

Hypertrophy for Symmetry

Tricep Extension - Dip

work to a 5RM weighted at 9RPE and then -10% for 5+

1 kg	5 reps	78%1RME	8 RPE	00:00
0 kg	5 reps	R%1RME	9 RPE	00:00
0.5 kg	R reps	73%1RME	9.5 RPE	00:00

Bent Over Row - Barbell

work to a 5RM weighted at 9RPE and then -10% for 5+

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	

Sprinting

We are going to sprint each workout now because to get really good at something you need to do that thing.

00:00	10 m	9 RPE		2:00
00:00	10 m	10 RPE		2:00
R	10 m	10 RPE		2:00

Power Development

Power Clean from Medium 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 Rotational Punch with Isometric

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 Development Contrast

Front Squat - Barbell

You can increase the weight if the velocity stays above .7m/s in the first 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 Squat Jump w/Pause

18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			
18.14 kg *	3 reps			

Lightened Method Jumps with Bands

3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00

Lower Body Accessory

DB Explosive Sprint Step Up

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

Read the cues and watch the video. Add plate, dumbbell, or bands for load.

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

Upright Row - Kettlebell				
Descent is slower 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 Power/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
Unilateral Standing Hip Abduction			
8 reps*	00:00		
Standing Unilateral Hip Extension			
8 reps*	00:00		
Side Lunge Warm Up			
8 reps*			
Stride Stretch - 90/90			
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		
3 reps*	00:30		
Knee Hug to Lunge - with Rotation			
13.72 m			
13.72 m			
Ankle Bound			
15 m			00:00
15 m			00:00
Pillar Skip - Linear			
10 m			
10 m			
10 m			
Linear Bound - Continuous			
Now we are just bounding with a focus on distance 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 Development

Clean
Just make note of velocity for now.

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 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
0.5 kg	5 reps*	65%Difficulty		2:00
0.5 kg	5 reps*	65%Difficulty		2:00

Athletic Strength

Closegrip 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

Med Ball Punch with Drop Step
Only performed with first three sets of bench.

5.44 kg	6 reps*			
5.44 kg	6 reps*			
5.44 kg	6 reps*			

Upper Body Accessory

Overhead Press - Standing Barbell
3RM at 9RPE/87.5%/0.39m/s and then -10% as many reps as possible.

1 kg	3 reps	83%1RME	0.46 m/s	
0 kg	3 reps	R%1RME	0.39 m/s	
1 kg	R reps	78%1RME	0.54 m/s	

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 Standing Hip Abduction							
8 reps*	00:00						
Side Lunge Warm Up							
8 reps*							
Thoracic Extension in Squat							
Reps performed slow and controlled for 8 reps per side approximately 45 seconds.							
8 reps*	00:45						
Forward Lunge, Elbow to Instep - In Place with Rotation							
8 reps*							
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)							
This is 30 sec ea leg							
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 - Up Position							
00:00	13.72 m	8 RPE					2:00
00:00	13.72 m	9 RPE					2:00
R	13.72 m	10 RPE					2:00
R	13.72 m	10 RPE					2:00
Sprinting							
We are going 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 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				

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
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							
Squat - Dumbbell (goblet)							
This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.							
1 kg	1 reps	85%Difficulty	00:30	1:30			
1 kg	1 reps	85%Difficulty	00:30	1:30			
Lateral Lunge							
8 reps*							
Worlds Best Hip IR Stretch							
5 reps*	00:45						
Glute Activation Side Plank Clam Shells							
six reps ea side with a 5 sec hold each rep for two sets.							
6 reps*	00:30						
6 reps*	00:30						
Carioca							
I want the first two to be simple carioca, and the second two to be high knee.							
13.72 m							
13.72 m							
13.72 m							
13.72 m							
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					
SL Bounding Series Realization wk2							
SL Jump to Explosive Cut							
5 reps*	20 m						
5 reps*	20 m						

Day 3				Jan 04			
Speed Development & Lower High Velocity Power				0 min			
Athletic Speed Development Realization wk2							
Standing Unilateral Hip Extension							
8 reps*	00:00						
Side Lunge Warm Up							
8 reps*							
Forward Lunge, Elbow to Instep - In Place with Rotation							
8 reps*							
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)							
This is 30 sec ea leg							
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							
Lateral Bound - Continuous to Stabilize							
Start with the opposite leg each set pausing the last rep aka the stabilizing rep 5 seconds.							
5 reps							00:00
5 reps							00:00
3 Hurdle Drill to Crossover to 10yd 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
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				
0.5 kg	30%BW	R	13.72 m				

Medicine Ball Perpendicular Rotational Throw - Kneeling				
5.44 kg	6 reps*		2:00	
5.44 kg	6 reps*		2:00	
5.44 kg	6 reps*		2:00	
5.44 kg	6 reps*		2:00	
Strength for High Velocity Force				
Back Squat - Barbell				
Work up to a 5RM at 9RPE/82.5%/0.47m/s and then subtract 10% for 2x5 at max velocity.				
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
24" Depth Jump				
Ground Contact Time and Height are to be measured with GymAware of Force Plates if available. Your jump height needs to be at least the same as the box height. If not, lower the box. Distance refers to the height of the box, and height is in reference to jump height.				
3 reps	0.3 m	30.48 cm		
3 reps	0.3 m	R cm		
3 reps	0.3 m	R cm		
3 reps	0.3 m	R cm		
Knee Health for Speed				
Single Leg Squat - Counterbalance				
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				
The weight if figured by subtracting the weight added from your own body weight.				
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
Ankle Strengthening Series for Sprinting				
You will need a small plate like a 5 or 10lb plate.				
8 reps*				
8 reps*				
8 reps*				

SL side to side tuck jumps				
6 reps*	15 m			
6 reps*	15 m			
SL Quick feet lateral hops				
12 m				
12 m				
SL quick feet medial - lateral jumps				
6 reps*	10 m			
6 reps*	10 m			
Posture Supporting Strength				
Overhead Squat - Barbell				
Of course I want these as low as possible. I will need to do a few of my own videos.				
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
Banded 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 Velocity Force				
Bench Press - Barbell				
5RM and then two downssets 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 (Plyometric - Continuous)				
The goal is maximum height, so make sure to rest between supersets. I have the power and height parameters for those that have a velocity instrument to measure. We use GymAware FLEX and RS. The FLEX unit is affordable to almost anyone. Let me know if you want a discount code.				
5 reps	0 cm	0 W		2:00
5 reps	0 cm	0 W		2:00
5 reps	R cm	0 W		2:00
Hypertrophy for Symmetry				
Tricep Extension - Dip				
work to a 5RM weightd 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 Row - Barbell				
work to a 5RM weightd at 9.5RPE 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	

Sprinting				
We are going to sprint each workout now because to get really good at something you need to do that thing.				
00:00	10 m	9 RPE		2:00
00:00	10 m	10 RPE		2:00
R	10 m	10 RPE		2:00
R	10 m	10 RPE		2:00
Power Development				
Power Clean from Medium 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 Punch with Isometric				
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 Development Contrast				
Front Squat - Barbell				
You can increase the weight if the velocity stays above .7m/s in the first 2-3 reps.				
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
1 kg	3 reps	75%1RME	0.60 m/s	1:00
Dumbbell Squat Jump w/Pause				
22.68 kg *	3 reps			
22.68 kg *	3 reps			
22.68 kg *	3 reps			
22.68 kg *	3 reps			
Lightened Method Jumps with Bands				
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Lower Body Accessory				
DB Explosive Sprint Step Up				
The height should be at proper hip angle which is 82 degrees				
1 kg	6 reps	85%Difficulty	40 cm	1:00
1 kg	6 reps	85%Difficulty	40 cm	1:00
1 kg	6 reps	85%Difficulty	40 cm	1:00
Glute Ham Raise				
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

Upright Row - Kettlebell				
Descent is slower 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 Power/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 Unilateral Hip Extension			
8 reps*	00:00		
Unilateral Standing Hip Abduction			
8 reps*	00:00		
Side Lunge Warm Up			
8 reps*			
Stride Stretch - 90/90			
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		
3 reps*	00:30		
Knee Hug to Lunge - with Rotation			
13.72 m			
13.72 m			
Ankle Bound			
15 m			00:00
15 m			00:00
Pillar Skip - Linear			
10 m			
10 m			
10 m			
Linear Bound - Continuous			
Now we are just bounding with a focus on distance and short ground 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

Concurrent Power Development				
Clean				
Just make note of velocity for now. Work to a 1RM at a 9RPE after waves. Around 92-94%				
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 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	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 Strength 				
Closegrip Bench 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
Med Ball Punch with Drop Step				
Only performed with first three sets of bench.				
6.8 kg	6 reps*			
6.8 kg	6 reps*			
6.8 kg	6 reps*			
Upper Body Accessory				
Overhead Press - Standing Barbell				
3RM at 9.5RPE/90%/0.35m/s and then -10% as many reps as possible.				
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 or hang plates to load the pull up. Work to a 3RM at 9RPE then -10% for 3+				
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
12 reps				00:00

Day 1					Jan 08				
Acceleration & Lower High Velocity Strength					0 min				
Acceleration Warm Up									
Walking Lunges									
10 reps*									
Unilateral Standing Hip Abduction									
8 reps*	00:00								
Side Lunge Warm Up									
8 reps*									
Thoracic Extension in Squat									
Reps performed slow and controlled for 8 reps per side approximately 45 seconds.									
8 reps*	00:45								
Forward Lunge, Elbow to Instep - In Place with Rotation									
8 reps*									
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)									
This is 30 sec ea leg									
00:30									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Pop, Float, Skip - Med Ball (Goblet)									
The reps refer to the bilateral (both legs) jumps in the beginning. The goal is to not let the heels touch the ground.									
5 reps	10 m								
5 reps	10 m								
Pillar Skip - Linear									
10 m									
10 m									
Get Ups - Up Position									
00:00	9.14 m	8 RPE							2:00
00:00	9.14 m	9 RPE							2:00
R	9.14 m	10 RPE							2:00
Sprinting									
We are going to sprint each workout now because to get really good at something you need to do that thing.									
00:00	10 m	9 RPE							2:00
R	10 m	10 RPE							2:00
R	10 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 use the Alternative Exercise, while working on learning to clean from the 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						

Day 2					Jan 09				
Acceleration & Upper High Velocity Strength					0 min				
Change of Direction Realization 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
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									
Squat - Dumbbell (goblet)									
This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.									
1 kg	1 reps	85%Difficulty	00:30	1:30					
1 kg	1 reps	85%Difficulty	00:30	1:30					
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells									
six reps ea side with a 5 sec hold each rep for two sets.									
6 reps*	00:30								
6 reps*	00:30								
Carioca									
I want the first two to be simple carioca, and the second two to be high knee.									
13.72 m									
13.72 m									
13.72 m									
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							
SL Bounding Series Realization wk3									
SL Jump to Explosive Cut									
3 reps*	15 m								
3 reps*	15 m								
SL side to side tuck jumps									
4 reps*	10 m								
4 reps*	10 m								

Day 3					Jan 11				
Speed Development & Lower High Velocity Power					0 min				
Athletic Speed Development Realization wk3									
Standing Unilateral Hip Extension									
8 reps*	00:00								
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - In Place with Rotation									
8 reps*									
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)									
This is 30 sec ea leg									
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									
Lateral Bound - Continuous to Stabilize									
Start with the opposite leg each set pausing the last rep aka the stabilizing rep 5 seconds.									
5 reps									00:00
5 reps									00:00
3 Hurdle Drill to Crossover to 10yd Acceleration									
1 reps*	9.14 m								
1 reps*	9.14 m								
Linear Bound - Continuous									
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						
Sprinting									
We are going to sprint each workout now because to get really good at something you need to do that thing.									
00:00	10 m	9 RPE							2:00
00:00	10 m	10 RPE							2:00
R	10 m	10 RPE							2:00

Medicine Ball Perpendicular Rotational Throw - Kneeling				
4.54 kg	6 reps*			2:00
4.54 kg	6 reps*			2:00
4.54 kg	6 reps*			2:00
Strength for High Velocity Force ↻				
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
24" Depth Jump				
Ground Contact Time and Height are to be measured with GymAware of Force Plates if available. Your jump height needs to be at least the same as the box height. If not, lower the box. Distance refers to the height of the box, and height is in reference to jump height.				
3 reps	0.3 m	30.48 cm		
3 reps	0.3 m	R cm		
3 reps	0.3 m	R cm		
Knee Health for Speed ↻				
Single Leg Squat - Counterbalance				
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 curls				
The weight if figured by subtracting the weight added from your own body 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
Ankle Strengthening Series for Sprinting				
You will need a small plate like a 5 or 10lb plate.				
8 reps*				
8 reps*				
8 reps*				

SL Quick feet lateral hops				
10 m				
10 m				
SL quick feet medial - lateral jumps				
6 reps*	10 m			
6 reps*	10 m			
Posture Supporting Strength				
Overhead Squat - Barbell				
Of course I want these as low as possible. I will need to do a few of my own videos.				
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 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 Velocity Force ↻				
Bench Press - Barbell				
The velocity is in reference to the first 2-3 reps, but avoid a velocity loss of 30% or more.				
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
Push Up (Plyometric - Continuous)				
The goal is maximum height, so make sure to rest between supersets. I have the power and height parameters for those that have a velocity instrument to measure. We use GymAware FLEX and RS. The FLEX unit is affordable to almost anyone. Let me know if you want a discount code.				
5 reps	0 cm	0 W		2:00
5 reps	0 cm	0 W		2:00
5 reps	R cm	0 W		2:00
Hypertrophy for Symmetry ↻				
Tricep Extension - Dip				
Deload				
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
Bent Over Row - Barbell				
work to a 5RM weighted at 9RPE and then -10% for 5+				
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	

Power Development				
Power Clean from Medium Blocks				
1 kg	3 reps	80%1RME		2:00
1 kg	3 reps	80%1RME		2:00
1 kg	3 reps	80%1RME		2:00
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	
Power Development Contrast ↻				
Front Squat - Barbell				
You can increase the weight if the velocity stays above .7m/s in the 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 Jump - Continuous				
3 reps				
3 reps				
3 reps				
Lower Body Accessory ↻				
DB Explosive Sprint Step Up				
The height should be at proper hip angle which is 82 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 Raise				
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
Barbell Hip Thrusts Back Elevated on Bench				
1 kg	10 reps	80%Difficulty	7.5 RPE	00:00
1 kg	10 reps	80%Difficulty	7.5 RPE	00:00
1 kg	10 reps	80%Difficulty	7.5 RPE	00:00

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

Day 4				Jan 13
Max Speed & Upper Power/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 Unilateral Hip Extension				
8 reps*	00:00			
Unilateral Standing Hip Abduction				
8 reps*	00:00			
Side Lunge Warm Up				
8 reps*				
Stride Stretch - 90/90				
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			
3 reps*	00:30			
Knee Hug to Lunge - with Rotation				
13.72 m				
13.72 m				
Ankle Bound				
15 m				00:00
15 m				00:00
Pillar Skip - Linear				
10 m				
10 m				
Linear Bound - Continuous				
Now we are just bounding with a focus on distance and short ground 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	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
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 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
Med Ball Punch with Drop Step				
Only performed with first three sets of bench.				
4.54 kg	5 reps*			
4.54 kg	5 reps*			
4.54 kg	5 reps*			
Upper Body Accessory				
Overhead Press - Standing Barbell				
Deload				
1 kg	3 reps	83%1RME	0.46 m/s	
1 kg	3 reps	83%1RME	0.46 m/s	
1 kg	3 reps	83%1RME	0.46 m/s	
Pull Up				
Use dumbbells or hang plates to load the pull up. Work to a 3RM at 10RPE then -10% for 3+				
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	9.5 RPE	1:30
Ls (TRX)				
12 reps				00:00
12 reps				00:00
12 reps				00:00

Day 1				Jan 15			
Acceleration & Lower High Velocity Strength				0 min			
Acceleration Warm Up							
Walking Lunges							
10 reps*							
Unilateral Standing Hip Abduction							
8 reps*	00:00						
Side Lunge Warm Up							
8 reps*							
Thoracic Extension in Squat							
Reps performed slow and controlled for 8 reps per side approximately 45 seconds.							
8 reps*	00:45						
Forward Lunge, Elbow to Instep - In Place with Rotation							
8 reps*							
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)							
This is 30 sec ea leg							
00:30							
MQ - Hip IR							
3 reps*	00:30						
3 reps*	00:30						
Pop, Float, Skip - Med Ball (Goblet)							
The reps refer to the bilateral (both legs) jumps in the beginning. The goal is to not let the heels touch the ground.							
5 reps	10 m						
5 reps	10 m						
Pillar Skip - Linear							
10 m							
10 m							
Get Ups - Up Position							
00:00	13.72 m	8 RPE					2:00
00:00	13.72 m	9 RPE					2:00
R	13.72 m	10 RPE					2:00
Sprinting							
We are going 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

Day 2				Jan 16			
Acceleration & Upper High Velocity Strength				0 min			
Change of Direction Realization wk4							
Jump Rope - Continuous							
15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.							
1:00							00:00
Prone Arm Arc							
Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.							
8 reps							
Squat - Dumbbell (goblet)							
This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.							
1 kg	1 reps	85%Difficulty	00:30	1:30			
1 kg	1 reps	85%Difficulty	00:30	1:30			
Lateral Lunge							
8 reps*							
Worlds Best Hip IR Stretch							
5 reps*	00:45						
Glute Activation Side Plank Clam Shells							
six reps ea side with a 5 sec hold each rep for two sets.							
6 reps*	00:30						
6 reps*	00:30						
Carioca							
I want the first two to be simple carioca, and the second two to be high knee.							
13.72 m							
13.72 m							
13.72 m							
13.72 m							
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 Bounding Series Realization wk4							
SL Jump to Explosive Cut							
5 reps*	20 m						
5 reps*	20 m						
5 reps*	20 m						

Day 3				Jan 18			
Speed Development & Lower High Velocity Power				0 min			
Athletic Speed Development Realization wk4							
Standing Unilateral Hip Extension							
8 reps*	00:00						
Side Lunge Warm Up							
8 reps*							
Forward Lunge, Elbow to Instep - In Place with Rotation							
8 reps*							
Hip Mobilization - Quadruped Tubing (Anterior to Posterior)							
This is 30 sec ea leg							
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							
Lateral Bound - Continuous to Stabilize							
Start with the opposite leg each set pausing the last rep aka the stabilizing rep 5 seconds.							
5 reps							00:00
5 reps							00:00
5 reps							00:00
5 reps							00:00
3 Hurdle Drill to Crossover to 10yd 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
30 m							00:00

Power Development

Hang Clean
Just keep these above the knees. Waves working to a 1RM at 9.5RPE

1 kg	2 reps	88%1RME	9 RPE	
1 kg	1 reps	93%1RME	9 RPE	
1 kg	2 reps	88%1RME	9 RPE	
1 kg	1 reps	93%1RME	8 RPE	
0 kg	1 reps	R%1RME	9.5 RPE	

Medicine Ball Perpendicular Rotational Throw - Kneeling

6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		2:00	
6.8 kg	5 reps*		3:00	
6.8 kg	5 reps*		2:00	

Strength for High Velocity Force

Back Squat - Barbell
Max 5RM at 0.45m/s or 9.5 RPE or around 85%, and then -10% for 2x5

1 kg	5 reps	80%1RME	0.50 m/s	1:30
0 kg	5 reps	R%1RME	0.45 m/s	1:30
1 kg	5 reps	75%1RME	0.60 m/s	1:30
1 kg	5 reps	75%1RME	0.60 m/s	1:30

24" Depth Jump
Ground Contact Time and Height are to be measured.

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

Speed Knee Health

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 is 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*				

SL side to side tuck jumps

6 reps*	15 m			
6 reps*	15 m			
6 reps*	15 m			

SL Quick feet lateral hops

12 m				
12 m				
12 m				

SL quick feet medial - lateral jumps

6 reps*	10 m			
6 reps*	10 m			
6 reps*	10 m			

Posture Supporting Strength

Overhead Squat - Barbell

Of course I want these as low as possible. I will need to do a few of my own videos. Let's work up to a 5RM.

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 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 Velocity Force

Bench Press - Barbell

The velocity is in reference to the first 2-3 reps, but avoid a velocity loss of 30% or more. Work to a 5RM at 10RPE

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

Push Up (Plyometric - Continuous)

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

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

Hypertrophy for Symmetry

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

1 kg	5 reps	82%1RME	9 RPE	00:00
0 kg	5 reps	R%1RME	10 RPE	00:00
1 kg	R reps	77%1RME	10 RPE	00:00

Acceleration Run - Harness Resisted (Shoulders)

0.5 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 to sprint each workout now because to get really good at something you need to do that thing.

00:00	10 m	9 RPE		2:00
00:00	10 m	10 RPE		2:00
R	10 m	10 RPE		2:00
R	10 m	10 RPE		2:00

Power Development

Power Clean from Medium Blocks

1 kg	3 reps	85%Difficulty	8 RPE	2:00
1 kg	3 reps	90%Difficulty	9.5 RPE	2:00
0 kg	2 reps	R%Difficulty	10 RPE	2:00

Landmine Rotational Punch with Isometric

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	

Power Development Contrast

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

1 kg	3 reps	80%1RME	0.50 m/s	2:00
1 kg	3 reps	80%1RME	0.50 m/s	2:00
1 kg	3 reps	80%1RME	0.50 m/s	2:00
1 kg	3 reps	80%1RME	0.50 m/s	2:00

Dumbbell Squat Jump w/Pause

27.22 kg *	3 reps			
27.22 kg *	3 reps			
27.22 kg *	3 reps			
27.22 kg *	3 reps			

Lightened Method Jumps with Bands

3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00

Lower Body Accessory

DB Explosive Sprint Step Up
The height should be at proper hip angle which is 82 degrees

1 kg	5 reps	85%Difficulty	40 cm	1:00
1 kg	5 reps	90%Difficulty	40 cm	1:00
1 kg	5 reps	95%Difficulty	40 cm	1:00

Bent Over Row - Barbell				
work to a 5RM weight at 10RPE and then -10% for 5+				
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
1 kg	5 reps	95%Difficulty		2:00
1 kg	5 reps	100%Difficulty		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 Power/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 Unilateral Hip Extension			
8 reps*	00:00		
Unilateral Standing Hip Abduction			
8 reps*	00:00		
Side Lunge Warm Up			
8 reps*			
Stride Stretch - 90/90			
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		
3 reps*	00:30		
Knee Hug to Lunge - with Rotation			
13.72 m			
13.72 m			
Ankle Bound			
15 m			00:00
15 m			00:00
Pillar Skip - 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			00:00
30 m			00:00
30 m			00:00
30 m			00:00
Sprinting			
00:00	27.43 m	7 RPE	2:00
00:00	27.43 m	8 RPE	2:00
00:00	36.58 m	9 RPE	2:00
R	36.58 m	10 RPE	2:00
R	36.58 m	10 RPE	2:00

Concurrent Power Development

Clean

Just make note of velocity for now. Work to a 1RM at a 9.5RPE after waves. Around 95-97%

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 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	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 Strength

Closegrip Bench Press

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 Punch with Drop Step

Only performed with first three sets of bench.

8.16 kg	6 reps*			
8.16 kg	6 reps*			
8.16 kg	6 reps*			

Upper Body Accessory

Overhead Press - Standing Barbell

3RM at 10RPE/92%/0.31m/s and then -10% as many reps as possible.

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

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 & Lower High Velocity Strength					0 min				
Acceleration Warm Up Realization/Peak wk1									
Walking Lunges									
10 reps*									
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - Kneeling in Place									
8 reps*									
Hip Mobilization - Half Kneeling w/ Elbow to Instep <small>This is 30 sec ea leg</small>									
00:30									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Power Skip - Vertical									
10 m									
10 m									
Pillar Skip - Linear									
10 m									
10 m									
10 yd Pillar skip + 10 yd sprint <small>10 yd of Pillar Skip + 10yd sprint</small>									
18.29 m									
18.29 m									
Linear Bound - Continuous									
30 m	8 RPE							00:00	
30 m	9 RPE							00:00	
30 m	9 RPE							00:00	
half kneeling acceleration sprint									
9.14 m									
9.14 m									
9.14 m									
Acceleration Potentiation Realization/Peak wk1									
Acceleration Run - Load And Release <small>resist for 10yd/m and then sprint the rest of the way</small>									
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 Development & Upper High Velocity Strength					0 min				
Athletic Speed Development Warm Up Realization/Peak wk1									
Jump Rope - Continuous <small>20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.</small>									
1:20								00:00	
Goblet Squat Holds									
1 kg	1 reps	85%Difficulty	00:30	1:30					
Side Lunge Warm Up									
8 reps*									
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>									
8 reps									
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Leg Cradle - Moving Forward									
13.72 m									
Knee Hug to Lunge									
13.72 m									
Pillar Skip - Linear									
9.14 m									
9.14 m									
Sprinting <small>We are going to sprint each workout now because to get really good at something you need to do that thing.</small>									
15 m								2:00	
15 m								2:00	
Back Pedal to 8yd Acceleration <small>This is 4 yards backpedal plus 8 yd acceleration</small>									
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					Jan 25				
COD & Lower High Velocity Power					0 min				
Change of Direction Warm Up Realization/Peak wk1									
Jump Rope - Continuous <small>15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.</small>									
1:00								00:00	
1:00								00:00	
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>									
8 reps									
Thoracic Extension in Squat <small>Reps performed slow and controlled for 8 reps per side approximately 45 seconds.</small>									
8 reps*	00:45								
Squat - Dumbbell (goblet) <small>This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.</small>									
1 kg	1 reps	85%Difficulty	00:30	1:30					
1 kg	1 reps	85%Difficulty	00:30	1:30					
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells <small>six reps ea side with a 5 sec hold each rep for two sets.</small>									
6 reps*	00:30								
Crossover Pillar Skip									
13.72 m									
13.72 m									
13.72 m									
13.72 m									
Drop Step Skip									
18.29 m									
18.29 m									
Rotational Bound - 90 Degree Countermovement Quick to Stabilization									
2 reps*									
2 reps*									
Change of Direction Realization/Peak wk1									
SL Jump to Explosive Cut									
4 reps*	20 m								
4 reps*	20 m								

Sprinting				
00:00	9.14 m	9 RPE		2:00
00:00	9.14 m	9 RPE		00:00
00:00	9.14 m	10 RPE		2:00
R	9.14 m	10 RPE		2:00

Power Development

Hang Clean Below Knee
No velocity prescription, but add the readout for long 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 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 Velocity Force

high bar 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

Depth Jump 30" + Jump Repeat

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

4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		

Knee Health for Speed

RDLs from Deficit with Bands

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 Leg Squat - Goblet

1 kg	6 reps	85%Difficulty		1:00
1 kg	6 reps	85%Difficulty		1:00
1 kg	6 reps	85%Difficulty		1:00
1 kg	6 reps	85%Difficulty		1:00

Posture Supporting Strength

snatch balance

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

2 Inch Lift Half Kneeling Front Heel Hovering

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

3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			

Strength for High Velocity Force

Bench Press - 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 over block (Plyometric-Continuous)

6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00

Hypertrophy for Symmetry

DB Triceps extension 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 - Dumbbell

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

SL side to side tuck jumps

6 reps*	15 m			
6 reps*	15 m			

6 Yd Star Drill - Crossover to Acceleration/Deceleration

1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		

Power Development

Cleans - Barbell (Off Blocks)
Working to a 2RM at 9 RPE so around 90%.

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 Triple Jump

0 m				00:00
R m				00:00
R m				00:00

Power Development Contrast

Front Squat with Bands

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 Lateral 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 Jumps with Bands

3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00

Bound - Lateral



This is three each leg. Focus: bounding as far as possible with as little ground contact as possible.

6 reps				
6 reps				
6 reps				
6 reps				
6 reps				

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

Lower Body Strength 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 - Dumbbell				
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 High Velocity Power		0 min	
Linear Speed Warm Up Realization/Peak 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
Unilateral Standing Hip Abduction			
8 reps*	00:00		
Heel to Glute - to Inverted Hamstring			
13.72 m			
13.72 m			
Knee Hug to Lunge			
13.72 m			
Leg Cradle - Moving Forward			
13.72 m			
Side Lunge Warm Up			
8 reps*			
Ankle Bound			
15 m			00:00
15 m			00:00
Pillar Skip - Linear			
10 m			
10 m			
Pop/Float Skip - Horizontal			
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 Power				
Cleans - Barbell				
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 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 				
Closegrip Bench with Bands				
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 Partner Rotational Throws				
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
Upper Body Accessory 				
Pull Down - Half Kneeling Cable				
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 Front Raise Plate				
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 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
1 kg	10 reps	90%Difficulty		00:00

Day 1					Jan 29				
Acceleration & Lower High Velocity Strength					0 min				
Acceleration Warm Up Realization/Peak wk2									
Walking Lunges									
10 reps*									
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - Kneeling in Place									
8 reps*									
Hip Mobilization - Half Kneeling w/ Elbow to Instep This is 30 sec ea leg									
00:30									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Power Skip - Vertical									
10 m									
10 m									
Pillar Skip - Linear									
10 m									
10 m									
10 yd Pillar skip + 10 yd sprint 10 yd of Pillar Skip + 10yd sprint									
18.29 m									
18.29 m									
Linear Bound - Continuous									
30 m	8 RPE							00:00	
30 m	9 RPE							00:00	
30 m	10 RPE							00:00	
30 m	10 RPE							00:00	
half kneeling acceleration sprint									
9.14 m									
9.14 m									
9.14 m									
Acceleration Potentiation Realization/Peak wk2									
Acceleration Run - Load And Release resist for 10yd/m and then sprint the rest of the way									
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					Jan 30				
Speed Development & Upper High Velocity 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 Squat Holds									
1 kg	1 reps	85%Difficulty	00:30	1:30					
Side Lunge Warm Up									
8 reps*									
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									
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Leg Cradle - Moving Forward									
13.72 m									
Knee Hug to Lunge									
13.72 m									
Pillar Skip - Linear									
10 m									
10 m									
Sprinting We are going to sprint each workout now because to get really good at something you need to do that thing.									
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					Feb 01				
COD & Lower High Velocity Power					0 min				
Change of Direction Warm Up Realization/Peak 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
1:00									00:00
Prone Arm Arc Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.									
8 reps									
Thoracic Extension in Squat Reps performed slow and controlled for 8 reps per side approximately 45 seconds.									
8 reps*	00:45								
Squat - Dumbbell (goblet) This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.									
1 kg	1 reps	85%Difficulty	00:30	1:30					
1 kg	1 reps	85%Difficulty	00:30	1:30					
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells six reps ea side with a 5 sec hold each rep for two sets.									
6 reps*	00:30								
Crossover Pillar Skip									
13.72 m									
13.72 m									
13.72 m									
13.72 m									
Drop Step Skip									
18.29 m									
18.29 m									
Rotational Bound - 90 Degree Countermovement Quick to Stabilization									
2 reps*									
2 reps*									
Change of Direction Realization/Peak wk2									
SL Jump to Explosive Cut									
5 reps*	20 m								
5 reps*	20 m								

Sprinting				
00:00	9.14 m	9 RPE		2:00
00:00	9.14 m	9 RPE		00:00
00:00	9.14 m	10 RPE		2:00
R	9.14 m	10 RPE		2:00

Power Development

Hang Clean Below Knee
No velocity prescription, but add the readout for long 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 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 Velocity Force

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

1 kg	1 reps	85%1RME	0.45 m/s	1:30
0 kg	1 reps	R%1RME	0.40 m/s	1:30
1 kg	3 reps	80%1RME	0.50 m/s	1:30
1 kg	3 reps	80%1RME	0.50 m/s	1:30
1 kg	3 reps	80%1RME	0.50 m/s	1:30

Depth Jump 30" + Jump Repeat

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

4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		

Knee Health for Speed

RDLs from Deficit with Bands

1 kg	5 reps	90%Difficulty		1:30
1 kg	5 reps	90%Difficulty		1:30
1 kg	5 reps	90%Difficulty		1:30
1 kg	5 reps	90%Difficulty		1:30

Posture Supporting Strength

snatch balance

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

2 Inch Lift Half Kneeling Front Heel Hovering

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

3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			

Strength for High Velocity Force

Bench Press - Barbell

Work to a 1RM at .28m/s/90%ish/8RPE which is what we will use to predict the 1RM without putting you at risk maxing out. Then -10% for 3x3

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 over block (Plyometric-Continuous)

6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00

Hypertrophy for Symmetry

DB Triceps extension 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 Over Row - Dumbbell

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

SL side to side tuck jumps

6 reps*	15 m			
6 reps*	15 m			

6 Yd Star Drill - Crossover to Acceleration/Deceleration

1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		

Power Development

Cleans - Barbell (Off Blocks)
Work to a 2RM at 9.5 RPE or 92.5%

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
R m				00:00
R m				00:00

Power Development Contrast

Front Squat with Bands

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 Lateral Jumps

11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			

Lightened Method Jumps with Bands

3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00

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 curls				
5 reps				1:00
5 reps				1:00
5 reps				1:00
5 reps				1:00

Bound - Lateral				
3 each leg				
6 reps				
6 reps				
6 reps				
6 reps				
6 reps				
6 reps				
Lower Body Strength Accessories				
Deadlift with 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 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		Feb 03	
Max Speed & Upper High Velocity Power		0 min	
Linear Speed 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
Unilateral Standing Hip Abduction			
8 reps*	00:00		
Heel to Glute - to Inverted Hamstring			
13.72 m			
13.72 m			
Knee Hug to Lunge			
13.72 m			
Leg Cradle - Moving Forward			
13.72 m			
Side Lunge Warm Up			
8 reps*			
Ankle Bound			
15 m			00:00
15 m			00:00
Pillar Skip - Linear			
10 m			
10 m			
Pop/Float Skip - Horizontal			
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 Power				
Cleans - Barbell				
End with a 1RM at 9.5RPE around 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 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				
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
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 Partner Rotational 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 Front Raise Plate				
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 Warm Up Realization/Peak wk3									
Walking Lunges									
10 reps*									
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - Kneeling in Place									
8 reps*									
Hip Mobilization - Half Kneeling w/ Elbow to Instep <small>This is 30 sec ea leg</small>									
00:30									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Power Skip - Vertical									
10 m									
10 m									
Pillar Skip - Linear									
10 m									
10 m									
10 yd Pillar skip + 10 yd sprint <small>10 yd of Pillar Skip + 10yd sprint</small>									
18.29 m									
18.29 m									
Linear Bound - Continuous									
30 m	8 RPE							00:00	
30 m	8 RPE							00:00	
30 m	9 RPE							00:00	
half kneeling acceleration sprint									
9.14 m									
9.14 m									
Acceleration Potentiation Realization/Peak wk3									
Acceleration Run - Load And Release <small>resist for 10yd/m and then sprint the rest of the way</small>									
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 Development & Upper High Velocity Strength					0 min				
Athletic Speed Development Warm Up Realization/Peak wk3									
Jump Rope - Continuous <small>20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.</small>									
1:20								00:00	
Goblet Squat Holds									
1 kg	1 reps	85%Difficulty	00:30	1:30					
Side Lunge Warm Up									
8 reps*									
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>									
8 reps									
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Leg Cradle - Moving Forward									
13.72 m									
Knee Hug to Lunge									
13.72 m									
Pillar Skip - Linear									
10 m									
10 m									
Sprinting <small>We are going to sprint each workout now because to get really good at something you need to do that thing.</small>									
10 m								2:00	
10 m								2:00	
Back Pedal to 8yd Acceleration <small>This is 4 yards backpedal plus 8 yd acceleration</small>									
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 & Lower High Velocity Power					0 min				
Change of Direction Warm Up Realization/Peak wk3									
Jump Rope - Continuous <small>15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.</small>									
1:00								00:00	
1:00								00:00	
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>									
8 reps									
Thoracic Extension in Squat <small>Reps performed slow and controlled for 8 reps per side approximately 45 seconds.</small>									
8 reps*	00:45								
Squat - Dumbbell (goblet) <small>This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.</small>									
1 kg	1 reps	85%Difficulty	00:30	1:30					
1 kg	1 reps	85%Difficulty	00:30	1:30					
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells <small>six reps ea side with a 5 sec hold each rep for two sets.</small>									
6 reps*	00:30								
Crossover Pillar Skip									
13.72 m									
13.72 m									
13.72 m									
13.72 m									
Drop Step Skip									
18.29 m									
18.29 m									
Rotational Bound - 90 Degree Countermovement Quick to Stabilization									
2 reps*									
2 reps*									
Change of Direction Realization/Peak wk3									
SL Jump to Explosive Cut									
3 reps*	15 m								
3 reps*	15 m								

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 Development				
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 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 Velocity Force				
High Bar Back Squat Bands				
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 Jump 30" + Jump Repeat				
Track height and contact time. This is actually 1 depth jump + 3 Jump Repeats. Max height on last two.				
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 for Speed				
RDLs from Deficit with Bands				
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 Squat - Goblet				
1 kg	5 reps	75%Difficulty		1:00
1 kg	5 reps	75%Difficulty		1:00
1 kg	5 reps	75%Difficulty		1:00
nordic leg curls				
5 reps				1:00
5 reps				1:00
5 reps				1:00

Posture Supporting Strength				
snatch balance				
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
2 Inch Lift Half Kneeling Front Heel Hovering				
Here's a major key: I want the ball of your foot on a plate with your heel off making this an isometric hold for your calf. I will make a video to show more clearly. 3 reps of the lift and then 20 second Isometric hold ea set on ea side.				
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
Strength for High Velocity Force				
bench press barbell bands				
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 Alternating over block (Plyometric-Continuous)				
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrophy for Symmetry				
DB Triceps extension 2 Arms				
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 Row - Dumbbell				
0.5 kg *	8 reps	80%Difficulty		
0.5 kg *	8 reps	80%Difficulty		
0.5 kg *	8 reps	80%Difficulty		
TRX Ls + Ms				
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00

SL side to side tuck jumps				
4 reps*	10 m			
4 reps*	10 m			
6 Yd Star Drill - Crossover to Acceleration/Deceleration				
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power Development				
Cleans - Barbell (Off Blocks)				
around 87.5%				
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
R m				00:00
R m				00:00
Power Development Contrast				
Front Squat with Bands				
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 Lateral Jumps				
9.07 kg	3 reps*			
9.07 kg	3 reps*			
9.07 kg	3 reps*			
9.07 kg	3 reps*			
Lightened Method Jumps with Bands				
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - Lateral				
3 each leg.				
6 reps				
6 reps				
6 reps				
6 reps				
Lower Body Strength Accessories				
Deadlift with 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 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 Power			0 min	
Linear Speed Warm Up Realization/Peak wk3				
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 Glute - to Inverted Hamstring				
13.72 m				
13.72 m				
Knee Hug to Lunge				
13.72 m				
Leg Cradle - Moving Forward				
13.72 m				
Side Lunge Warm Up				
8 reps*				
Ankle Bound				
15 m				00:00
15 m				00:00
Pillar Skip - Linear				
10 m				
10 m				
Pop/Float Skip - Horizontal				
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
Athletic Power				
Cleans - Barbell				
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 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		
Upper Body Strength				
Closegrip Bench with Bands				
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 Rotational Throws				
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
Upper Body Accessory				
Pull Down - Half Kneeling Cable				
1 kg	10 reps*	85%Difficulty		
1 kg	10 reps*	85%Difficulty		
1 kg	10 reps*	85%Difficulty		
Shoulder Front Raise Plate				
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 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

Day 1		Feb 12	
Acceleration & Lower High Velocity Strength		0 min	
Acceleration Warm Up Realization/Peak wk4			
Walking Lunges			
10 reps*			
Side Lunge Warm Up			
8 reps*			
Forward Lunge, Elbow to Instep - Kneeling in Place			
8 reps*			
Hip Mobilization - Half Kneeling w/ Elbow to Instep <small>This is 30 sec ea leg</small>			
00:30			
MQ - Hip IR			
3 reps*	00:30		
3 reps*	00:30		
Heel to Glute - to Inverted Hamstring			
13.72 m			
13.72 m			
Power Skip - Vertical			
10 m			
10 m			
Pillar Skip - Linear			
10 m			
10 m			
10 yd Pillar skip + 10 yd sprint <small>10 yd of Pillar Skip + 10yd sprint</small>			
18.29 m			
18.29 m			
Linear Bound - Continuous			
40 m	8 RPE		00:00
40 m	9 RPE		00:00
40 m	10 RPE		00:00
40 m	10 RPE		00:00
half kneeling acceleration sprint			
9.14 m			
9.14 m			
9.14 m			
Acceleration Potentiation Realization/Peak wk4			
Walking Lunges			
10 reps*			

Day 2		Feb 13	
Speed Development & Upper High Velocity Strength		0 min	
Athletic Speed Development Warm Up Realization/Peak wk4			
Jump Rope - Continuous <small>20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.</small>			
1:20			00:00
Goblet Squat Holds			
1 kg	1 reps	85%Difficulty	00:30 1:30
Side Lunge Warm Up			
8 reps*			
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>			
8 reps			
Heel to Glute - to Inverted Hamstring			
13.72 m			
13.72 m			
Leg Cradle - Moving Forward			
13.72 m			
Knee Hug to Lunge			
13.72 m			
Pillar Skip - Linear			
10 m			
10 m			
Sprinting <small>We are going to sprint each workout now because to get really good at something you need to do that thing.</small>			
20 m			2:00
20 m			2:00
Back Pedal to 8yd Acceleration <small>This is 4 yards backpedal plus 8 yd acceleration</small>			
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 15	
COD & Lower High Velocity Power		0 min	
Change of Direction Warm Up Realization/Peak wk4			
Jump Rope - Continuous <small>15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.</small>			
1:00			00:00
1:00			00:00
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>			
8 reps			
Thoracic Extension in Squat <small>Reps performed slow and controlled for 8 reps per side approximately 45 seconds.</small>			
8 reps*	00:45		
Squat - Dumbbell (goblet) <small>This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.</small>			
1 kg	1 reps	85%Difficulty	00:30 1:30
1 kg	1 reps	85%Difficulty	00:30 1:30
Lateral Lunge			
8 reps*			
Worlds Best Hip IR Stretch			
5 reps*	00:45		
Glute Activation Side Plank Clam Shells <small>six reps ea side with a 5 sec hold each rep for two sets.</small>			
6 reps*	00:30		
Crossover Pillar Skip			
13.72 m			
13.72 m			
13.72 m			
13.72 m			
Drop Step Skip			
18.29 m			
18.29 m			
Rotational Bound - 90 Degree Countermovement Quick to Stabilization			
2 reps*			
2 reps*			

Side Lunge Warm Up				
8 reps*				
Forward Lunge, Elbow to Instep - Kneeling in Place				
8 reps*				
Hip Mobilization - Half Kneeling w/ Elbow to Instep This is 30 sec ea leg				
00:30				
MQ - Hip IR				
3 reps*	00:30			
3 reps*	00:30			
Heel to Glute - to Inverted Hamstring				
13.72 m				
13.72 m				
Power Skip - Vertical				
10 m				
10 m				
Pillar Skip - Linear				
10 m				
10 m				
10 yd Pillar skip + 10 yd sprint 10 yd of Pillar Skip + 10yd sprint				
18.29 m				
18.29 m				
Linear Bound - Continuous				
40 m	8 RPE			00:00
40 m	9 RPE			00:00
40 m	10 RPE			00:00
40 m	10 RPE			00:00
half kneeling acceleration sprint				
9.14 m				
9.14 m				
9.14 m				
Power Development				
Hang Clean 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 Supporting Strength				
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 High Velocity Force				
bench press barbell bands				
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 over block (Plyometric-Continuous)				
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrophy for Symmetry				
DB Triceps extension 2 Arms				
1 kg	6 reps	90%Difficulty		00:00
1 kg	6 reps	95%Difficulty		00:00
1 kg	6 reps	100%Difficulty		00:00
Bent Over Row - Dumbbell				
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

Change of Direction Realization/Peak wk4				
SL Jump to Explosive Cut				
5 reps*	20 m			
5 reps*	20 m			
5 reps*	20 m			
SL side to side tuck jumps				
6 reps*	15 m			
6 reps*	15 m			
6 reps*	15 m			
6 Yd Star Drill - Crossover to Acceleration/Deceleration				
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 Development				
Cleans - Barbell (Off Blocks) 1RM No misses				
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	
0 kg	1 reps	R%Difficulty	10 RPE	2:00
Standing Triple Jump				
0 m				00:00
R m				00:00
R m				00:00
R m				00:00
Power Development Contrast				
Front Squat with Bands				
1 kg	1 reps	90%1RME	0.40 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
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
Kettlebell Figure 8 Lateral Jumps				
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			

Banded 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 Velocity Force				
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
Depth Jump 30" + Jump Repeat				
Track height and contact time. This is actually 1 depth jump + 3 Jump Repeats.				
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
Speed Knee Health				
RDLs from Deficit with Bands				
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 - Goblet				
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

Lightened Method Jumps with Bands				
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - Lateral				
3 each leg.				
6 reps				
6 reps				
6 reps				
6 reps				
6 reps				
6 reps				
Lower Body Strength Accessories				
Deadlift with 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
1 kg	2 reps	80%1RME	0.40 m/s	1:00
1 kg	2 reps	80%1RME	0.40 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*	95%Difficulty	40 cm	1:00
Barbell Hip Thrusts Back Elevated on Bench				
1 kg	8 reps	90%Difficulty		00:00
1 kg	8 reps	95%Difficulty		00:00
1 kg	8 reps	100%Difficulty		00:00

Day 4		Feb 17	
Max Speed & Upper High Velocity Power		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 Glute - to Inverted Hamstring			
13.72 m			
13.72 m			
Knee Hug to Lunge			
13.72 m			
Leg Cradle - Moving Forward			
13.72 m			
Side Lunge Warm Up			
8 reps*			
Ankle Bound			
15 m			00:00
15 m			00:00
Pillar Skip - Linear			
10 m			
10 m			
Pop/Float Skip - Horizontal			
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 Power				
Cleans - Barbell				
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				↻
Closegrip Bench with Bands				
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 Partner Rotational Throws				
9.07 kg	5 reps*			
9.07 kg	5 reps*			
9.07 kg	5 reps*			
9.07 kg	5 reps*			
9.07 kg	5 reps*			
9.07 kg	5 reps*			
Upper Body Accessory				↻
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 Front Raise Plate				
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 Biceps 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 & Lower High Velocity Strength					0 min				
Acceleration Warm Up Realization/Peak wk4									
Walking Lunges									
10 reps*									
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - Kneeling in Place									
8 reps*									
Hip Mobilization - Half Kneeling w/ Elbow to Instep <small>This is 30 sec ea leg</small>									
00:30									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Power Skip - Vertical									
10 m									
10 m									
Pillar Skip - Linear									
10 m									
10 m									
10 yd Pillar skip + 10 yd sprint <small>10 yd of Pillar Skip + 10yd sprint</small>									
18.29 m									
18.29 m									
half kneeling acceleration sprint									
9.14 m									
9.14 m									
Sprinting <small>Testing Day for Acceleration.</small>									
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 Development									
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 Development & Upper High Velocity Strength					0 min				
Athletic Speed Development Warm Up Realization/Peak wk4									
Jump Rope - Continuous <small>20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.</small>									
1:20									00:00
Goblet Squat Holds									
1 kg	1 reps	85%Difficulty	00:30						1:30
Side Lunge Warm Up									
8 reps*									
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>									
8 reps									
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Leg Cradle - Moving Forward									
13.72 m									
Knee Hug to Lunge									
13.72 m									
Pillar Skip - Linear									
10 m									
10 m									
Carioca									
9.14 m									
9.14 m									
Rotational Bound - 90 Degree Countermovement Quick to Stabilization									
2 reps*									
2 reps*									
Strength for High Velocity Force									
Bench Press - Barbell <small>Work up to a max at 0.4m/s (around 80%)(and then two downsets.</small>									
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 Symmetry									
Triceps Extension - Standing 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 & Lower High Velocity Power					0 min				
Change of Direction Warm Up Realization/Peak wk4									
Jump Rope - Continuous <small>15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.</small>									
1:00									00:00
1:00									00:00
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>									
8 reps									
Thoracic Extension in Squat <small>Reps performed slow and controlled for 8 reps per side approximately 45 seconds.</small>									
8 reps*	00:45								
Squat - Dumbbell (goblet) <small>This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.</small>									
1 kg	1 reps	85%Difficulty	00:30						1:30
1 kg	1 reps	85%Difficulty	00:30						1:30
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells <small>six reps ea side with a 5 sec hold each rep for two sets.</small>									
6 reps*	00:30								
Crossover Pillar Skip									
13.72 m									
13.72 m									
13.72 m									
13.72 m									
Drop Step Skip									
18.29 m									
18.29 m									
Pro Agility 5-10-5									
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

Strength for High Velocity Force

High Bar Back Squat Bands				
Work up to a max at 0.5m/s (around 80%)(and then two downssets.				
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 - Continuous				
3 reps				
3 reps				
3 reps				
Taper Accessory Lower Body				
Leg Curl (TRX)				
6 reps				1:00
6 reps				1:00
6 reps				1:00
Reverse Hyper				
Keep the torso neutral and locked to avoid hyperextension.				
1 kg	R reps	75%BW	00:30	
1 kg	R reps	75%BW	00:30	
1 kg	R reps	75%BW	00:30	

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 + Ms				
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00

Power Development Testing

Squat Jump - Countermovement to Stabilize				
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 jump				
1 reps	0 m	8 RPE		
1 reps	0 m	9 RPE		
1 reps	R m	10 RPE		
1 reps	R m	10 RPE		
1 reps	R m	10 RPE		
Power Development Contrast Taper				
Front Squat with Bands				
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 Jumps with Bands				
3 reps				00:00
3 reps				00:00
3 reps				00:00

Day 4				Feb 24
Max Speed & Upper High Velocity Power				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 Glute - to Inverted Hamstring				
13.72 m				
13.72 m				
Knee Hug to Lunge				
13.72 m				
Leg Cradle - Moving Forward				
13.72 m				
Side Lunge Warm Up				
8 reps*				
Ankle Bound				
15 m				00:00
15 m				00:00
Drop Step Skip				
18.29 m				
18.29 m				
Pillar Skip - Linear				
10 m				
10 m				
Power Skip - Vertical				
9.14 m				
9.14 m				
10 yd Pillar skip + 10 yd sprint				
10 yd of Pillar Skip + 10yd sprint				
18.29 m				
18.29 m				
Linear Bound - Continuous				
Now we are just bounding with a focus on distance and short ground 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 Body Strength				
Closegrip Bench with Bands				
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 Partner Rotational Throws				
9.07 kg	5 reps*			
9.07 kg	5 reps*			
9.07 kg	5 reps*			
Upper Body Accessory				
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 Biceps 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				
Acceleration & Lower High Velocity Strength					0 min				
Acceleration Warm Up Realization/Peak wk1									
Walking Lunges									
10 reps*									
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - Kneeling in Place									
8 reps*									
Hip Mobilization - Half Kneeling w/ Elbow to Instep This is 30 sec ea leg									
00:30									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Power Skip - Vertical									
10 m									
10 m									
Pillar Skip - Linear									
10 m									
10 m									
10 yd Pillar skip + 10 yd sprint 10 yd of Pillar Skip + 10yd sprint									
18.29 m									
18.29 m									
Linear Bound - Continuous									
30 m	8 RPE							00:00	
30 m	9 RPE							00:00	
30 m	9 RPE							00:00	
half kneeling acceleration sprint									
9.14 m									
9.14 m									
9.14 m									
Acceleration Potentiation Realization/Peak wk1									
Acceleration Run - Load And Release resist for 10yd/m and then sprint the 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					
0.5 kg	25%BW	R	9.14 m	00:00					

Day 2					Feb 27				
Speed Development & Upper High Velocity Strength					0 min				
Athletic Speed Development Warm Up Realization/Peak 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 Squat Holds									
1 kg	1 reps	85%Difficulty	00:30	1:30					
Side Lunge Warm Up									
8 reps*									
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									
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Leg Cradle - Moving Forward									
13.72 m									
Knee Hug to Lunge									
13.72 m									
Pillar Skip - Linear									
9.14 m									
9.14 m									
Sprinting We are going to sprint each workout now because to get really good at something you need to do that thing.									
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					Feb 29				
COD & Lower High Velocity Power					0 min				
Change of Direction Warm Up Realization/Peak wk1									
Jump Rope - Continuous 15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.									
1:00								00:00	
1:00								00:00	
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									
Thoracic Extension in Squat Reps performed slow and controlled for 8 reps per side approximately 45 seconds.									
8 reps*	00:45								
Squat - Dumbbell (goblet) This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.									
1 kg	1 reps	85%Difficulty	00:30	1:30					
1 kg	1 reps	85%Difficulty	00:30	1:30					
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells six reps ea side with a 5 sec hold each rep for two sets.									
6 reps*	00:30								
Crossover Pillar Skip									
13.72 m									
13.72 m									
13.72 m									
13.72 m									
Drop Step Skip									
18.29 m									
18.29 m									
Rotational Bound - 90 Degree Countermovement Quick to Stabilization									
2 reps*									
2 reps*									
Change of Direction Realization/Peak wk1									
SL Jump to Explosive Cut									
4 reps*	20 m								
4 reps*	20 m								

Sprinting				
00:00	9.14 m	9 RPE		2:00
00:00	9.14 m	9 RPE		00:00
00:00	9.14 m	10 RPE		2:00
R	9.14 m	10 RPE		2:00

Power Development

Hang Clean Below Knee
No velocity prescription, but add the readout for long 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 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 Velocity Force

high bar 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

Depth Jump 30" + Jump Repeat

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

4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		

Knee Health for Speed

RDLs from Deficit with Bands

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 Leg Squat - Goblet

1 kg	6 reps	85%Difficulty		1:00
1 kg	6 reps	85%Difficulty		1:00
1 kg	6 reps	85%Difficulty		1:00
1 kg	6 reps	85%Difficulty		1:00

Posture Supporting Strength

snatch balance

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

2 Inch Lift Half Kneeling Front Heel Hovering

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

3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			

Strength for High Velocity Force

Bench Press - 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 over block (Plyometric-Continuous)

6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00

Hypertrophy for Symmetry

DB Triceps extension 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 - Dumbbell

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

SL side to side tuck jumps

6 reps*	15 m			
6 reps*	15 m			

6 Yd Star Drill - Crossover to Acceleration/Deceleration

1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		

Power Development

Cleans - Barbell (Off Blocks)

Working to a 2RM at 9 RPE so around 90%.

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 Triple Jump

0 m				00:00
R m				00:00
R m				00:00

Power Development Contrast

Front Squat with Bands

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 Lateral 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 Jumps with Bands

3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00

Bound - Lateral



This is three each leg. Focus: bounding as far as possible with as little ground contact as possible.

6 reps				
6 reps				
6 reps				
6 reps				
6 reps				

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

Lower Body Strength 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 - Dumbbell				
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 High Velocity Power		0 min		
Linear Speed Warm Up Realization/Peak 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
Unilateral Standing Hip Abduction				
8 reps*	00:00			
Heel to Glute - to Inverted Hamstring				
13.72 m				
13.72 m				
Knee Hug to Lunge				
13.72 m				
Leg Cradle - Moving Forward				
13.72 m				
Side Lunge Warm Up				
8 reps*				
Ankle Bound				
15 m				00:00
15 m				00:00
Pillar Skip - Linear				
10 m				
10 m				
Pop/Float Skip - Horizontal				
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 Power				
Cleans - Barbell				
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 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 				
Closegrip Bench with Bands				
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 Partner Rotational Throws				
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
Upper Body Accessory 				
Pull Down - Half Kneeling Cable				
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 Front Raise Plate				
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 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
1 kg	10 reps	90%Difficulty		00:00

Day 1					Mar 04				
Acceleration & Lower High Velocity Strength					0 min				
Acceleration Warm Up Realization/Peak wk2									
Walking Lunges									
10 reps*									
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - Kneeling in Place									
8 reps*									
Hip Mobilization - Half Kneeling w/ Elbow to Instep This is 30 sec ea leg									
00:30									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Power Skip - Vertical									
10 m									
10 m									
Pillar Skip - Linear									
10 m									
10 m									
10 yd Pillar skip + 10 yd sprint 10 yd of Pillar Skip + 10yd sprint									
18.29 m									
18.29 m									
Linear Bound - Continuous									
30 m	8 RPE							00:00	
30 m	9 RPE							00:00	
30 m	10 RPE							00:00	
30 m	10 RPE							00:00	
half kneeling acceleration sprint									
9.14 m									
9.14 m									
9.14 m									
Acceleration Potentiation Realization/Peak wk2									
Acceleration Run - Load And Release resist for 10yd/m and then sprint the rest of the way									
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 Development & Upper High Velocity 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 Squat Holds									
1 kg	1 reps	85%Difficulty	00:30	1:30					
Side Lunge Warm Up									
8 reps*									
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									
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Leg Cradle - Moving Forward									
13.72 m									
Knee Hug to Lunge									
13.72 m									
Pillar Skip - Linear									
10 m									
10 m									
Sprinting We are going to sprint each workout now because to get really good at something you need to do that thing.									
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 & Lower High Velocity Power					0 min				
Change of Direction Warm Up Realization/Peak 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
1:00									00:00
Prone Arm Arc Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.									
8 reps									
Thoracic Extension in Squat Reps performed slow and controlled for 8 reps per side approximately 45 seconds.									
8 reps*	00:45								
Squat - Dumbbell (goblet) This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.									
1 kg	1 reps	85%Difficulty	00:30	1:30					
1 kg	1 reps	85%Difficulty	00:30	1:30					
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells six reps ea side with a 5 sec hold each rep for two sets.									
6 reps*	00:30								
Crossover Pillar Skip									
13.72 m									
13.72 m									
13.72 m									
13.72 m									
Drop Step Skip									
18.29 m									
18.29 m									
Rotational Bound - 90 Degree Countermovement Quick to Stabilization									
2 reps*									
2 reps*									
Change of Direction Realization/Peak wk2									
SL Jump to Explosive Cut									
5 reps*	20 m								
5 reps*	20 m								

Sprinting				
00:00	9.14 m	9 RPE		2:00
00:00	9.14 m	9 RPE		00:00
00:00	9.14 m	10 RPE		2:00
R	9.14 m	10 RPE		2:00

Power Development

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

Strength for High Velocity Force

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

1 kg	1 reps	85%1RME	0.45 m/s	1:30
0 kg	1 reps	R%1RME	0.40 m/s	1:30
1 kg	3 reps	80%1RME	0.50 m/s	1:30
1 kg	3 reps	80%1RME	0.50 m/s	1:30
1 kg	3 reps	80%1RME	0.50 m/s	1:30

Depth Jump 30" + Jump Repeat
The first rep is depth jump and then three repeat jumps tracking height and ground contact time.

4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		

Knee Health for Speed

RDLs from Deficit with Bands

1 kg	5 reps	90%Difficulty		1:30
1 kg	5 reps	90%Difficulty		1:30
1 kg	5 reps	90%Difficulty		1:30
1 kg	5 reps	90%Difficulty		1:30

Posture Supporting Strength

snatch balance

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

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

3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			

Strength for High Velocity Force

Bench Press - Barbell

Work to a 1RM at .28m/s/90%ish/8RPE which is what we will use to predict the 1RM without putting you at risk maxing out. Then -10% for 3x3

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 over block (Plyometric-Continuous)

6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00

Hypertrophy for Symmetry

DB Triceps extension 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 Over Row - Dumbbell

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

SL side to side tuck jumps

6 reps*	15 m			
6 reps*	15 m			

6 Yd Star Drill - Crossover to Acceleration/Deceleration

1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		

Power Development

Cleans - Barbell (Off Blocks)
Work to a 2RM at 9.5 RPE or 92.5%

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
R m				00:00
R m				00:00

Power Development Contrast

Front Squat with Bands

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 Lateral Jumps

11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			
11.34 kg	3 reps*			



Lightened Method Jumps with Bands

3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00

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 curls				
5 reps				1:00
5 reps				1:00
5 reps				1:00
5 reps				1:00

Bound - Lateral				
3 each leg				
6 reps				
6 reps				
6 reps				
6 reps				
6 reps				
6 reps				
Lower Body Strength Accessories				
Deadlift with 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 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 min	
Linear Speed 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
Unilateral Standing Hip Abduction			
8 reps*	00:00		
Heel to Glute - to Inverted Hamstring			
13.72 m			
13.72 m			
Knee Hug to Lunge			
13.72 m			
Leg Cradle - Moving Forward			
13.72 m			
Side Lunge Warm Up			
8 reps*			
Ankle Bound			
15 m			00:00
15 m			00:00
Pillar Skip - Linear			
10 m			
10 m			
Pop/Float Skip - Horizontal			
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 Power				
Cleans - Barbell				
End with a 1RM at 9.5RPE around 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 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 				
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
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 Partner Rotational 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 Front Raise Plate				
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					Mar 11				
Acceleration & Lower High Velocity Strength					0 min				
Acceleration Warm Up Realization/Peak wk3									
Walking Lunges									
10 reps*									
Side Lunge Warm Up									
8 reps*									
Forward Lunge, Elbow to Instep - Kneeling in Place									
8 reps*									
Hip Mobilization - Half Kneeling w/ Elbow to Instep <small>This is 30 sec ea leg</small>									
00:30									
MQ - Hip IR									
3 reps*	00:30								
3 reps*	00:30								
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Power Skip - Vertical									
10 m									
10 m									
Pillar Skip - Linear									
10 m									
10 m									
10 yd Pillar skip + 10 yd sprint <small>10 yd of Pillar Skip + 10yd sprint</small>									
18.29 m									
18.29 m									
Linear Bound - Continuous									
30 m	8 RPE								00:00
30 m	8 RPE								00:00
30 m	9 RPE								00:00
half kneeling acceleration sprint									
9.14 m									
9.14 m									
Acceleration Potentiation Realization/Peak wk3									
Acceleration Run - Load And Release <small>resist for 10yd/m and then sprint the rest of the way</small>									
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				
Speed Development & Upper High Velocity Strength					0 min				
Athletic Speed Development Warm Up Realization/Peak wk3									
Jump Rope - Continuous <small>20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.</small>									
1:20									00:00
Goblet Squat Holds									
1 kg	1 reps	85%Difficulty	00:30						1:30
Side Lunge Warm Up									
8 reps*									
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>									
8 reps									
Heel to Glute - to Inverted Hamstring									
13.72 m									
13.72 m									
Leg Cradle - Moving Forward									
13.72 m									
Knee Hug to Lunge									
13.72 m									
Pillar Skip - Linear									
10 m									
10 m									
Sprinting <small>We are going to sprint each workout now because to get really good at something you need to do that thing.</small>									
10 m									2:00
10 m									2:00
Back Pedal to 8yd Acceleration <small>This is 4 yards backpedal plus 8 yd acceleration</small>									
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 & Lower High Velocity Power					0 min				
Change of Direction Warm Up Realization/Peak wk3									
Jump Rope - Continuous <small>15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.</small>									
1:00									00:00
1:00									00:00
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>									
8 reps									
Thoracic Extension in Squat <small>Reps performed slow and controlled for 8 reps per side approximately 45 seconds.</small>									
8 reps*	00:45								
Squat - Dumbbell (goblet) <small>This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.</small>									
1 kg	1 reps	85%Difficulty	00:30						1:30
1 kg	1 reps	85%Difficulty	00:30						1:30
Lateral Lunge									
8 reps*									
Worlds Best Hip IR Stretch									
5 reps*	00:45								
Glute Activation Side Plank Clam Shells <small>six reps ea side with a 5 sec hold each rep for two sets.</small>									
6 reps*	00:30								
Crossover Pillar Skip									
13.72 m									
13.72 m									
13.72 m									
13.72 m									
Drop Step Skip									
18.29 m									
18.29 m									
Rotational Bound - 90 Degree Countermovement Quick to Stabilization									
2 reps*									
2 reps*									
Change of Direction Realization/Peak wk3									
SL Jump to Explosive Cut									
3 reps*	15 m								
3 reps*	15 m								

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 Development				
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 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 Velocity Force				
High Bar Back Squat Bands				
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 Jump 30" + Jump Repeat				
Track height and contact time. This is actually 1 depth jump + 3 Jump Repeats. Max height on last two.				
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 for Speed				
RDLs from Deficit with Bands				
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 Squat - Goblet				
1 kg	5 reps	75%Difficulty		1:00
1 kg	5 reps	75%Difficulty		1:00
1 kg	5 reps	75%Difficulty		1:00
nordic leg curls				
5 reps				1:00
5 reps				1:00
5 reps				1:00

Posture Supporting Strength				
snatch balance				
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
2 Inch Lift Half Kneeling Front Heel Hovering				
Here's a major key: I want the ball of your foot on a plate with your heel off making this an isometric hold for your calf. I will make a video to show more clearly. 3 reps of the lift and then 20 second Isometric hold ea set on ea side.				
3 reps*	00:20			
3 reps*	00:20			
3 reps*	00:20			
Strength for High Velocity Force				
bench press barbell bands				
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 Alternating over block (Plyometric-Continuous)				
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrophy for Symmetry				
DB Triceps extension 2 Arms				
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 Row - Dumbbell				
0.5 kg *	8 reps	80%Difficulty		
0.5 kg *	8 reps	80%Difficulty		
0.5 kg *	8 reps	80%Difficulty		
TRX Ls + Ms				
10 reps*				00:00
10 reps*				00:00
10 reps*				00:00

SL side to side tuck jumps				
4 reps*	10 m			
4 reps*	10 m			
6 Yd Star Drill - Crossover to Acceleration/Deceleration				
1 reps*	00:00	32.92 m		
1 reps*	00:00	32.92 m		
Power Development				
Cleans - Barbell (Off Blocks)				
around 87.5%				
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
R m				00:00
R m				00:00
Power Development Contrast				
Front Squat with Bands				
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 Lateral Jumps				
9.07 kg	3 reps*			
9.07 kg	3 reps*			
9.07 kg	3 reps*			
9.07 kg	3 reps*			
Lightened Method Jumps with Bands				
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - Lateral				
3 each leg.				
6 reps				
6 reps				
6 reps				
6 reps				
Lower Body Strength Accessories				
Deadlift with 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 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 Speed Warm Up Realization/Peak wk3				
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 Glute - to Inverted Hamstring				
13.72 m				
13.72 m				
Knee Hug to Lunge				
13.72 m				
Leg Cradle - Moving Forward				
13.72 m				
Side Lunge Warm Up				
8 reps*				
Ankle Bound				
15 m				00:00
15 m				00:00
Pillar Skip - Linear				
10 m				
10 m				
Pop/Float Skip - Horizontal				
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
Athletic Power				
Cleans - Barbell				
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 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		
Upper Body Strength				
Closegrip Bench with Bands				
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 Rotational Throws				
5.44 kg	5 reps*			
5.44 kg	5 reps*			
5.44 kg	5 reps*			
Upper Body Accessory				
Pull Down - Half Kneeling Cable				
1 kg	10 reps*	85%Difficulty		
1 kg	10 reps*	85%Difficulty		
1 kg	10 reps*	85%Difficulty		
Shoulder Front Raise Plate				
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 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

Day 1		Mar 18	
Acceleration & Lower High Velocity Strength		0 min	
Acceleration Warm Up Realization/Peak wk4			
Walking Lunges			
10 reps*			
Side Lunge Warm Up			
8 reps*			
Forward Lunge, Elbow to Instep - Kneeling in Place			
8 reps*			
Hip Mobilization - Half Kneeling w/ Elbow to Instep <small>This is 30 sec ea leg</small>			
00:30			
MQ - Hip IR			
3 reps*	00:30		
3 reps*	00:30		
Heel to Glute - to Inverted Hamstring			
13.72 m			
13.72 m			
Power Skip - Vertical			
10 m			
10 m			
Pillar Skip - Linear			
10 m			
10 m			
10 yd Pillar skip + 10 yd sprint <small>10 yd of Pillar Skip + 10yd sprint</small>			
18.29 m			
18.29 m			
Linear Bound - Continuous			
40 m	8 RPE		00:00
40 m	9 RPE		00:00
40 m	10 RPE		00:00
40 m	10 RPE		00:00
half kneeling acceleration sprint			
9.14 m			
9.14 m			
9.14 m			
Acceleration Potentiation Realization/Peak wk4			
Walking Lunges			
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 <small>20 seconds bilateral, 20 seconds right leg, 20 seconds left leg, and finish 20 seconds both legs.</small>			
1:20			00:00
Goblet Squat Holds			
1 kg	1 reps	85%Difficulty	00:30 1:30
Side Lunge Warm Up			
8 reps*			
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>			
8 reps			
Heel to Glute - to Inverted Hamstring			
13.72 m			
13.72 m			
Leg Cradle - Moving Forward			
13.72 m			
Knee Hug to Lunge			
13.72 m			
Pillar Skip - Linear			
10 m			
10 m			
Sprinting <small>We are going to sprint each workout now because to get really good at something you need to do that thing.</small>			
20 m			2:00
20 m			2:00
Back Pedal to 8yd Acceleration <small>This is 4 yards backpedal plus 8 yd acceleration</small>			
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 21	
COD & Lower High Velocity Power		0 min	
Change of Direction Warm Up Realization/Peak wk4			
Jump Rope - Continuous <small>15 seconds bilateral, 15 seconds right leg, 15 seconds left leg, and finish 15 seconds both legs.</small>			
1:00			00:00
1:00			00:00
Prone Arm Arc <small>Just a couple of keys: keep the neck relaxed with your forehead rested on the ground. The movement should be slow and controlled.</small>			
8 reps			
Thoracic Extension in Squat <small>Reps performed slow and controlled for 8 reps per side approximately 45 seconds.</small>			
8 reps*	00:45		
Squat - Dumbbell (goblet) <small>This one is to focus on stability while emphasizing max range of motion. This will be performed with the same technique as a squat: feet shoulder width, knees track with first two toes, vertical torso, neutral spine, and eyes straight ahead.</small>			
1 kg	1 reps	85%Difficulty	00:30 1:30
1 kg	1 reps	85%Difficulty	00:30 1:30
Lateral Lunge			
8 reps*			
Worlds Best Hip IR Stretch			
5 reps*	00:45		
Glute Activation Side Plank Clam Shells <small>six reps ea side with a 5 sec hold each rep for two sets.</small>			
6 reps*	00:30		
Crossover Pillar Skip			
13.72 m			
13.72 m			
13.72 m			
13.72 m			
Drop Step Skip			
18.29 m			
18.29 m			
Rotational Bound - 90 Degree Countermovement Quick to Stabilization			
2 reps*			
2 reps*			

Side Lunge Warm Up				
8 reps*				
Forward Lunge, Elbow to Instep - Kneeling in Place				
8 reps*				
Hip Mobilization - Half Kneeling w/ Elbow to Instep This is 30 sec ea leg				
00:30				
MQ - Hip IR				
3 reps*	00:30			
3 reps*	00:30			
Heel to Glute - to Inverted Hamstring				
13.72 m				
13.72 m				
Power Skip - Vertical				
10 m				
10 m				
Pillar Skip - Linear				
10 m				
10 m				
10 yd Pillar skip + 10 yd sprint 10 yd of Pillar Skip + 10yd sprint				
18.29 m				
18.29 m				
Linear Bound - Continuous				
40 m	8 RPE			00:00
40 m	9 RPE			00:00
40 m	10 RPE			00:00
40 m	10 RPE			00:00
half kneeling acceleration sprint				
9.14 m				
9.14 m				
9.14 m				
Power Development				
Hang Clean 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 Supporting Strength				
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 High Velocity Force				
bench press barbell bands				
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 over block (Plyometric-Continuous)				
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
6 reps				2:00
Hypertrophy for Symmetry				
DB Triceps extension 2 Arms				
1 kg	6 reps	90%Difficulty		00:00
1 kg	6 reps	95%Difficulty		00:00
1 kg	6 reps	100%Difficulty		00:00
Bent Over Row - Dumbbell				
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

Change of Direction Realization/Peak wk4				
SL Jump to Explosive Cut				
5 reps*	20 m			
5 reps*	20 m			
5 reps*	20 m			
SL side to side tuck jumps				
6 reps*	15 m			
6 reps*	15 m			
6 reps*	15 m			
6 Yd Star Drill - Crossover to Acceleration/Deceleration				
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 Development				
Cleans - Barbell (Off Blocks) 1RM No misses				
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	
0 kg	1 reps	R%Difficulty	10 RPE	2:00
Standing Triple Jump				
0 m				00:00
R m				00:00
R m				00:00
R m				00:00
Power Development Contrast				
Front Squat with Bands				
1 kg	1 reps	90%1RME	0.40 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
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
Kettlebell Figure 8 Lateral Jumps				
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			
13.61 kg	3 reps*			

Banded 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 Velocity Force				
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
Depth Jump 30" + Jump Repeat				
Track height and contact time. This is actually 1 depth jump + 3 Jump Repeats.				
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
4 reps	00:00	76.2 cm		
Speed Knee Health				
RDLs from Deficit with Bands				
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 - Goblet				
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

Lightened Method Jumps with Bands				
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
3 reps				00:00
Bound - Lateral				
3 each leg.				
6 reps				
6 reps				
6 reps				
6 reps				
6 reps				
6 reps				
Lower Body Strength Accessories				
Deadlift with 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
1 kg	2 reps	80%1RME	0.40 m/s	1:00
1 kg	2 reps	80%1RME	0.40 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*	95%Difficulty	40 cm	1:00
Barbell Hip Thrusts Back Elevated on Bench				
1 kg	8 reps	90%Difficulty		00:00
1 kg	8 reps	95%Difficulty		00:00
1 kg	8 reps	100%Difficulty		00:00

Day 4		Mar 23	
Max Speed & Upper High Velocity Power		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 Glute - to Inverted Hamstring			
13.72 m			
13.72 m			
Knee Hug to Lunge			
13.72 m			
Leg Cradle - Moving Forward			
13.72 m			
Side Lunge Warm Up			
8 reps*			
Ankle Bound			
15 m			00:00
15 m			00:00
Pillar Skip - Linear			
10 m			
10 m			
Pop/Float Skip - Horizontal			
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 Power				
Cleans - Barbell				
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 				
Closegrip Bench with Bands				
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 Partner Rotational Throws				
9.07 kg	5 reps*			
9.07 kg	5 reps*			
9.07 kg	5 reps*			
9.07 kg	5 reps*			
9.07 kg	5 reps*			
9.07 kg	5 reps*			
Upper Body Accessory 				
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 Front Raise Plate				
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 Biceps 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