

MISSOURI VALLEY COLLEGE Women's Soccer  
SUMMER STRENGTH & CONDITIONING MANUAL



WHAT YOU GIVE YOU GAIN. WHAT YOU KEEP YOU LOOSE. WHAT YOU  
ACHIEVE IS THE SUM TOTAL OF THE TWO. **DON'T SAVE YOURSELF!!!!**

Viking Soccer Team,

We must build on the success of last year and many of you have started training. As you know strength and conditioning is of utmost importance in our program. There are several keys that you must follow in training this summer to achieve our goal of a conference championship. To win a championship you must be consistent and never let up. The harder you train the harder it is to surrender. Listed below are our goals as a team and strength and conditioning department.

1. Maximize Athletic Potential of every athlete
2. Decrease Injury
3. Increase Strength & Flexibility
4. Increase Power and Neuromuscular Efficiency
5. Train as much as possible on our feet
6. Train the Mind to overcome anything
7. Develop the Heart of A CHAMPION
8. Win a CHAMPIONSHIP!!!!!!

The following workout is based off your spring percentages of the maxes you had. Understand that the percentages are gauges for the weight you should be at. With the exception of Speed Exercises(Speed Squats, Pause Squats, Speed Bench) if the weight is easy and you finish the last 2to3 reps without a problem go up on the next set. It is very important when training to never sacrifice technique for weight. If your technique starts to fail then you must go down in weight.

## Percentages

Hang Clean Max= Hang Clean, Clean Pulls, Above the knee Pulls,

Back Squat Max= Speed Squats, Pause Squats, Back Squats, Box Squats, 70% of Back Squat= Front Squat

Bench Max= Speed Bench, Bench Lockouts, Floor Press, Incline Bench=75% of Bench Max

## REST

The time you should take between sets. Athletes you should always use the recommended rest for adequate recovery and optimal gains.

## RECOVER WEEK

At week 3, 7, 10 you will have a downloading or recovery week. This week is geared for you all to recovery from the current phase that you are in and to prepare you for the next phase. It is extremely important that you take the time and do the recovery workout and make sure you are adequately resting.

## **Nutrition**

This is the most important part of the workout. Athletes rather you are trying to gain weight or lose weight your eating habits should be the same. While training you want to get 5-8 meals a day. That will always include Breakfast lunch and dinner and will include a meal or meal replacement before a meal (30minutes) and meal afterwards (30-45 minutes) and eating up to 2hrs after that. Your meals should include Carbohydrates(pasta, beans, rice, potatoes, etc..), Protein( fish, chicken, beef,), vegetables(Kale, greens, spinach, cauliflower, broccoli,etc..), and fruits(apples, oranges, strawberries, canelope,etc..).

Within every meal you should have an even portion of some of these foods on your plate. **STAY AWAY FROM FAST FOOD.**

### **Sample Meal Plan**

**6AM-** 1 bowl of oatmeal, 1.5 cups of cottage cheese, 1 apple, 16oz. glass of milk

**8am-Pre Workout Meal-** 1 tuna sandwich on whole bread, 1.5 cups of almonds, and 2 apples

**8:45AM-Workout**

**9:50-10:30AM -Post Workout Meal-** Muscle milk recovery shake mixed with a ensure meal replacement drink and 2% milk (2% milk and ensure only for weight gainers) and 1 Orange

**12Pm-** 2 six oz. Chicken Breast, 1 Cup of Broccoli, 1 Baked potatoes, 16 oz. glass of milk

**3pm-** 3 Hard boiled eggs, 1 cup of yogurt, 1 granola Bar

**6pm-** 12 oz. Steak, 1.5 cups of steamed green beans, 1 leaf spinach salad, and 1 baked potato

**9pm-** 6 egg whites mixed with 8oz. orange juice, 1.5 cups of almonds

## Exercises

### ***Hang Clean***

1. Start with feet hip width apart.
2. Standing with Chest up tall and shoulder blades pinch bend at the waist lowering the bar to above the knee. Your shoulder should stay over the bar while lowering.
3. Once you get their come up tall and get triple extension of knee, hips, and ankle.
4. While in triple extension shrug and pull the bar upward while simultaneously whipping elbows through in the high rack position(Front Squat position). Feet should shift from hip to shoulder width.

Link- <http://www.youtube.com/watch?v=Bg4wTqSuMww>

### ***Hang Snatch***

1. Start with feet hip width apart. Your grip should be wide. You want the bar 4 to 6 inches above you head. Taller athletes your arms will be out as far as they can go.
2. Standing with Chest up tall and shoulder blades pinch bend at the waist lowering the bar to above the knee. Your shoulder should stay over the bar while lowering.
3. Once you get their come up tall and get triple extension of knee, hips, and ankle.
4. While in triple extension shrug and pull the bar upward while simultaneously whipping elbows through in the high rack position(Front Squat position). Feet should shift from hip to shoulder width. Link- <http://www.youtube.com/watch?v=43qi9DIGUxU>

### ***Full Hang Clean***

1. Start with feet hip width apart.
2. Standing with Chest up tall and shoulder blades pinch bend at the waist lowering the bar to above the knee. Your shoulder should stay over the bar while lowering.
3. Once you get their come up tall and get triple extension of knee, hips, and ankle.

4. While in triple extension shrug and pull the bar upward while simultaneously whipping elbows through and dropping into the bottom position of a Front Squat. Weight should stay on the heels in the catch position. Feet should shift from hip to shoulder width when catching.

Link- <http://www.youtube.com/watch?v=2K7cmfAh91c&feature=related>

## **Power Clean**

1. You start in the deadlift position with the bar over your mid foot. Shoulder blades are pinched and back is arched throughout the whole lift. Arms stay locked out also.
2. When lifting the bar from the floor hips and shoulders should move at the same time. 1<sup>st</sup> Pull
3. Once the bar passes your knees you get triple extension of hips, knees, and ankle. 2<sup>nd</sup> Pull
4. While in triple extension shrug with elbows locked out and once the bar moves upward whip elbows around catching in the high rack position. Feet should shift from hip to shoulder width.
5. Link - <http://www.youtube.com/watch?v=RT-1q4k-efo&feature=related>

## **Full Power Clean**

1. You start in the deadlift position with the bar over your mid foot. Shoulder blades are pinched and back is arched throughout the whole lift. Arms stay locked out also.
2. When lifting the bar from the floor hips and shoulders should move at the same time. 1<sup>st</sup> Pull
3. Once the bar passes your knees you get triple extension of hips, knees, and ankle. 2<sup>nd</sup> Pull
4. While in triple extension shrug and pull the bar upward while simultaneously whipping elbows through and dropping into the bottom position of a Front Squat. Weight should stay on the heels in the catch position. Feet should shift from hip to shoulder width when catching.
5. Link- <http://www.youtube.com/watch?v=54XY6-t-Yfo&feature=related>

## Split Jerk

Feet should start hip width apart. It is a quick dip and drive of the hips.

1. Quick Dip and Drive of hips.
2. While dipping and driving shift the feet with dominant leg forward landing in a quarter lunge squat position.
3. Bar should be locked out overhead with your head forward as if you are looking through a window.
4. Front foot comes back then back foot comes forward.
5. Link- [http://www.youtube.com/watch?v=7Xv6\\_ZGhAZE&feature=related](http://www.youtube.com/watch?v=7Xv6_ZGhAZE&feature=related)

## Power Jerks or Push Jerk

Same as above but feet don't split.

Link- <http://www.youtube.com/watch?v=WZR6vNRphM&feature=related>

## Barbell Goodmorning

1. Standing up tall with the Barbell on your back.
2. Slightly bend your knees and bend at the waist keeping your back flat and shoulder blades pinched.
3. Go to the point that your range of motion will allow. You will feel it in your low back, hamstrings, and glutes.
4. Stand up tall and that is the finish of 1 rep.

Link- <http://www.youtube.com/watch?v=WmGX4dk1L2s>

## How to Read your Workout

	<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Hang Cleans	3x5	2	65	15s/1m
Barbell Lateral Lunge	3	8ea		2m
Lockout Pull Ups	5	8		
				1m
DB RDL	3	10		30s
Incl DB Bench	4	8		
Barbell Goodmornings	3	10		

Within your workout you will find cluster sets. A cluster set is a set of repetitions within a set. Example 3x5x2= 3sets of 5sets of 2reps. So you would do for the Hang Clean exercise above 1 set of 2 reps at 65% of your hang clean max rest 15seconds then do 2 more reps until you have done 5 sets of 2 which equals one rep. That would equal 1 set. As you can see above you have 3 sets of 5 sets of 2 reps with 15seconds rest between each 2set. 1 min rest between each 5 set.

You read the workout from left to right.

Remember everything we get we must earn it. Train like a champion and don't take days off. I have found the days that I want to take off the most are when I feel I get the most benefit. Train to win because the season is approaching.

*COACH T*

## *Percentage CHART*

100%	95%	.92.5%	90%	.87.5%	85%	.82.5%	80%	.77.5%	75%	.72.5%	70%	.67.5%	65%	.62.5%	60%	.57.5%	55%	.52.5%	50%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM	11RM	12RM	13RM	14RM	15RM	16RM	17RM	18RM	19RM	20RM
295	280.2	272.8	265	258	250	24	236	228	221	213	206	199	191	184	177	169	162	154	147
290	275	268	261	253	246	239	232	224	217	210	203	195	188	181	174	166	159	152	145
285	270	263	256	249	242	235	228	220	213	206	199	192	185	178	171	163	156	149	142
280	266	259	252	245	238	231	224	217	210	203	196	189	182	175	168	161	154	147	140
275	261	254	247	240	233	226	220	213	206	199	192	185	178	171	165	158	151	144	137
270	265	249	243	236	229	222	216	209	202	195	189	182	175	168	162	155	148	141	135
265	251	245	238	231	225	218	212	205	198	192	185	178	172	165	159	152	145	139	132
260	247	240	234	227	221	214	208	201	195	188	182	175	169	162	156	149	143	136	130
255	242	235	229	223	216	210	204	197	191	184	178	172	165	159	153	146	140	133	127
250	237	231	225	218	212	206	200	193	187	181	175	168	162	156	150	143	137	131	125
245	232	226	220	214	208	202	196	189	183	177	171	165	159	153	147	140	134	128	122
240	228	222	216	210	204	198	192	186	180	174	168	162	156	150	144	138	132	126	120
235	223	217	211	205	199	193	188	182	176	170	164	158	152	146	141	135	129	123	117
230	218	212	207	201	195	189	184	178	172	166	161	155	149	143	138	132	126	120	115
225	213	208	202	196	191	185	180	174	168	163	157	151	146	140	135	129	123	118	112
220	209	203	195	192	187	181	176	170	165	159	154	148	143	137	132	126	121	115	110
215	204	198	193	188	182	177	172	166	161	155	150	145	139	134	129	123	118	112	107
210	199	194	189	183	178	173	168	162	157	152	147	141	136	131	126	120	115	110	105
205	194	189	184	179	174	169	164	158	153	148	143	138	133	128	123	117	112	107	102
200	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100



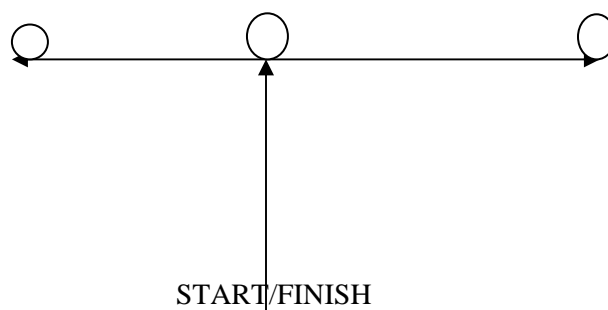
195	185	180	175	170	165	160	156	151	146	1410	136	131	126	121	117	112	107	102	97
190	180	175	171	166	161	156	152	147	142	137	133	128	124	118	114	109	104	99	95
185	175	171	166	161	157	152	148	143	138	134	129	124	120	115	111	106	101	97	92
180	171	166	162	157	153	148	144	139	135	130	126	121	117	112	108	103	99	94	90
175	166	161	157	153	148	144	140	135	131	126	122	118	113	109	105	100	96	91	87
170	161	157	153	148	144	140	136	131	127	123	119	114	110	106	102	97	93	89	85
165	156	152	148	144	140	136	132	127	123	119	115	111	107	103	99	94	90	86	82
160	152	148	144	140	136	132	128	124	120	116	112	108	104	100	96	92	88	84	80
155	147	143	139	135	131	127	124	120	116	112	108	104	100	96	93	89	85	81	77
150	142	138	135	131	127	123	120	116	112	108	105	101	97	93	90	86	82	78	75
145	137	134	130	126	123	119	116	112	108	105	101	97	94	90	87	83	79	76	72
140	133	129	126	122	119	115	112	108	105	101	98	94	91	87	84	80	77	73	70
135	128	124	121	118	114	111	108	104	101	97	94	91	87	84	81	77	74	70	67
130	123	120	117	113	110	107	104	100	97	94	91	87	84	81	78	74	71	68	65
125	118	115	112	109	106	103	100	96	93	90	87	84	81	78	75	71	68	65	62
120	114	111	108	105	102	99	96	93	90	87	84	81	78	75	72	69	66	63	60
115	109	106	103	100	97	94	92	89	86	83	80	77	74	71	69	66	63	60	57
110	104	101	99	96	93	90	88	85	82	79	77	74	71	68	66	63	60	57	55
105	99	97	94	91	89	86	84	81	78	76	73	70	68	65	63	60	57	55	52
100	95	92	90	87	85	82	80	77	75	72	70	67	65	62	60	57	55	52	50
100%	95%	.92.5%	90%	.87.5%	85%	.82.5%	80%	.77.5%	75%	.72.5%	70%	.67.5%	65%	.62.5%	60%	.57.5%	55%	.52.5%	50%
1RM	2RM	3RM	4RM	5RM	6RM	7RM	8RM	9RM	10RM	11RM	12RM	13RM	14RM	15RM	16RM	17RM	18RM	19RM	20RM
495	470	457	445	433	420	408	396	383	371	358	346	334	321	309	297	284	272	259	247
490	465	453	441	428	416	404	392	379	367	355	343	330	318	306	294	281	269	257	245
485	460	448	436	424	412	400	388	375	363	351	339	327	315	303	291	278	266	254	242
480	456	444	432	420	408	396	384	372	360	348	336	324	312	300	288	276	264	252	240
475	451	439	427	415	403	391	380	368	356	344	332	320	308	296	285	273	261	249	237
470	446	434	423	411	399	387	376	364	352	340	329	317	305	293	282	270	258	246	235
465	441	430	418	406	395	383	372	360	348	337	325	313	302	290	279	267	255	244	232
460	437	425	414	402	391	379	368	356	345	333	322	310	299	287	276	264	253	241	230
455	432	420	409	398	386	375	364	352	341	329	318	307	295	284	273	261	250	238	227
450	427	416	405	393	382	371	360	348	337	326	315	303	292	281	270	258	247	236	225
445	422	411	400	389	378	367	356	344	333	322	311	300	289	278	267	255	244	233	222
440	418	407	396	385	374	363	352	341	330	319	308	297	286	275	264	253	242	231	220
435	413	402	391	380	369	358	348	337	326	315	304	293	282	271	261	250	239	228	217
430	408	397	387	376	365	354	344	333	322	311	301	290	279	268	258	247	236	225	215
425	403	393	382	371	361	350	340	329	318	308	297	286	276	265	255	244	233	223	212
420	399	388	378	367	357	346	336	325	315	304	294	283	273	262	252	241	231	220	210
415	394	383	373	363	352	342	332	321	311	300	290	280	269	259	249	238	228	217	207
410	389	379	369	358	348	338	328	317	307	297	287	276	266	256	246	235	225	215	205
405	384	374	364	354	344	334	324	313	303	293	283	273	263	253	243	232	222	212	202
400	380	370	360	350	340	330	320	310	300	290	280	270	260	250	240	230	220	210	200
395	375	365	355	345	335	325	315	306	296	286	276	266	256	246	237	227	217	207	197
390	370	360	350	341	331	321	312	302	292	282	273	263	253	243	234	224	214	204	195
385	365	356	346	336	327	317	308	298	288	279	269	259	250	240	231	221	211	202	192
380	361	351	342	332	323	313	304	294	285	275	266	256	247	237	228	218	209	199	190
375	356	346	337	328	318	309	300	290	281	271	262	253	243	234	225	215	206	196	187
370	351	342	333	323	314	305	296	286	277	268	259	249	240	231	222	212	203	194	185
366	346	337	328	319	310	301	292	282	273	264	255	246	237	228	219	209	200	191	182

360	342	333	324	315	306	297	288	279	270	261	252	243	234	225	216	207	198	189	180
355	337	328	319	310	301	292	284	275	266	257	248	239	230	221	212	203	194	185	176
350	332	323	315	306	297	288	280	271	262	253	245	236	227	218	210	201	192	183	175
345	327	319	310	301	293	284	276	267	258	250	241	232	224	215	207	198	189	181	172
340	323	314	306	297	289	280	272	263	255	246	238	229	221	212	204	195	187	178	170
335	318	309	301	293	284	276	268	259	251	242	234	226	217	209	201	192	184	175	167
330	313	305	297	288	280	272	264	255	247	239	231	222	214	206	198	189	181	173	165
325	308	300	292	284	276	268	260	251	243	235	227	219	211	203	195	186	178	170	162
320	304	296	288	280	272	264	256	248	240	232	224	216	208	200	192	184	176	168	160
315	299	291	283	275	267	259	251	244	236	228	220	212	204	196	189	181	173	165	157
310	294	286	279	271	263	255	248	240	232	224	217	209	201	193	186	178	170	162	155
305	289	282	274	266	259	251	244	236	228	221	213	205	198	190	183	175	167	160	152
300	285	277	270	262	255	247	240	232	225	217	210	202	195	187	180	172	165	157	150

## Speed & Agility Work

### T Drill- Cones should be spaced 8yds Apart

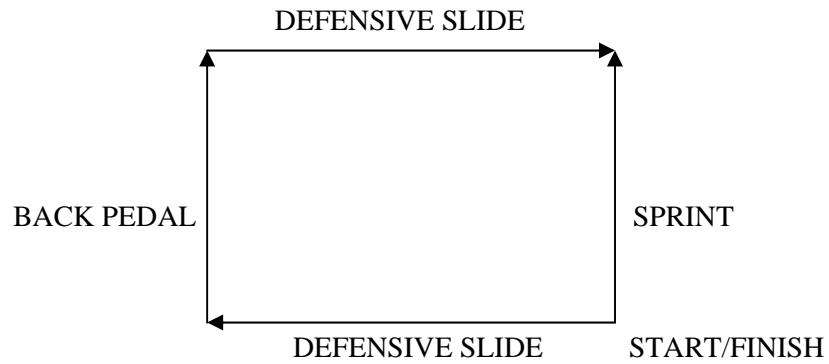
- 1 - Sprint 8yds from start/finish
- 2 - Shuffle rt to cone and touch
- 3 - Shuffle left and touch far lft cone
- 4 - Shuffle back to the middle and backpedal past Start/Finish



### BOX DRILL- Coned should be spaced 8yds apart

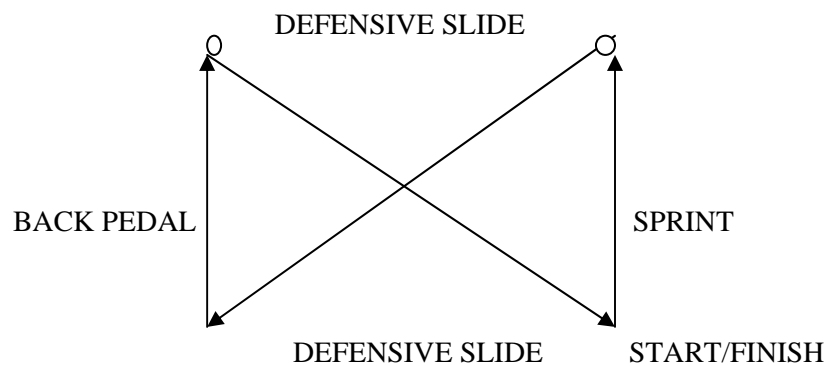
- 1-Sprint at the start/finish to the edge of cone
- 2-Defensive slide past the cone behind you
- 3-Backpedal to next cone

4Defensive slide to start/finish

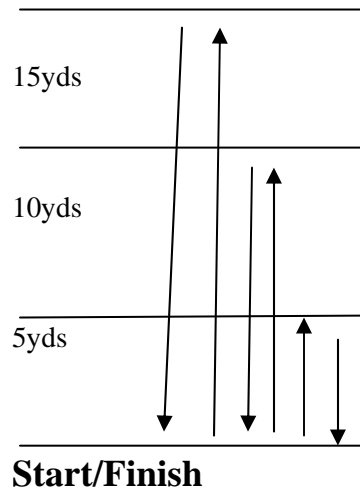


X DRILL- Cones should be spaced 8yds apart

- 1.Starting at start/finish sprint to the cone planting off outside foot and back pedaling to the diagonal cone
- 2.When you get to that cone sprint planting off your outside foot(left) sprint to the cone ahead
- 3.Plant off you outside foot again(left) and backpedal to the diagonal cone.
- 4.When you get there plant off you outside foot and sprint forward. This is now the start of your second time through. 2 times through equals one rep



## 60yd Shuttle



## Plyo's Groups

### PHASE 1

Group A- Phase 1 Tuesday May 25, June 1, 8, 15

Tuck Jumps- 4x10, Rim Jumps 4x10

Line Ply 4x15s side to side, 4x15s front to back

T Drill X4

Bound Jumps- 2x30yds (**for distance**), Bound Runs 2x30yds

Lateral Bounds- 2x20yds

### PHASE 2

June 22,29, July 6, 13

Group A Phase 2 Tuesday

Tuck Jumps- 3x10, Box Jumps 8x3

Line Plyo's – 2x15s side to side, 2x15s front to back, lateral barrier hops(2ft) 4x20touches

High Knee Skips for distance 4x30yds

Altenate single leg bounds- 4x30yds

### **PHASE 3**

July 20, 27, August 3

Group A Phase 3 Tuesday

Line Plyo- Front to back 3x15s, Side to Side 3x15s, Alternating feet 3x15s

High Knee Skips (for Height NOT DISTANCE)- 4x20yds

Tuck Jumps 2x10

Lateral (**Hops For distance**)- 4x20yds

Lateral Barrier Hops- 4x20touches

### **PHASE 4**

August 10, 17

Group A Phase 4 Tuesday

High Knee Skips For Height- 4x30yds

Bound Runs 4x30yds

Lateral Bounds 4x30yds

Bound Runs- 4x30yds

May 24, 31, June 7

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Speed	<b>Speed Squats</b>	6	2	52	1m 30s
Effort	DB Incline Bench	5	8each arm		1m
Volume	<b>Deadlifts</b>	4	10		1m 45s
Aux. lift 1	DB Front Squats	4	8		
Aux. lift 2	<b>Push ups/Plate Raise</b>	3	25/12		
Front Bridge 2x2min   Sprinters 2x30seconds   Side Bridge 2x30seconds each Side					
<b>2 Miles in 9m &amp; 30s or less</b>					

May 26, June 2, 9

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Speed	<b>Push Press</b>	8	2		45s
Effort	Barbell Step Ups	5	8each leg		2m
Volume	<b>Inverted Row</b>	3	12		
Aux. lift 1	DB RDL	4	10		
Aux. lift 2	<b>DB Lateral Lunge</b>	4	8each leg		

May 28, June 4, 11

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Speed	<b>Speed Bench</b>	7	2	52	30s
Effort	DB Overhead Squats	6	6		1m 30s
Volume	<b>Back Squats</b>	20	2	55	45s
Aux. lift 1	DB Shoulder Press	4	10		
Aux. lift 2	<b>Reverse Hypers/Leg curls</b>	2	12each exercise		

# MAY/JUNE 2010

M	T	W	T	F	S	S
					1	2
24 Phase 1 Day1 Workout	25 Phase 1Grp A Plyo	26 Phase 1 Day2 Workout	27 Core 1	28 Phase 1 Day3 Workout	29	30
31 Phase 1 Day1 Workout	1 Phase 1Grp A Plyo	2 Phase 1 Day2 Workout	3 Core 1	4 Phase 1 Day3 Workout	5	6
7 Phase 1 Day1 Workout	8 Phase 1Grp A Plyo	9 Phase 1 Day2 Workout	10 Core 1	11 Phase 1 Day3 Workout	12	13
14 Phase 2 Day 1 Workout	15 Phase 2 Grp A Plyo's	16 Phase 2 Day 2 Workout	17 Phase 2 Grp B Plyo's/Core 2	18 Phase 2 Day 3 Workout	19	20

## JUNE/JULY 2010

M	T	W	T	F	S	S
21 Phase 2 Day1 Workout	22 Phase 2 Grp A Plyo's	23 Phase 2 Day 2 Workout	24 Phase 2 Grp B Plyo's/Core 2	25 Phase 2 Day 3 Workout	26	27
28 Phase 2 Day1 Workout	29 Phase 2 Grp A Plyo's	30 Phase 2 Day 2 Workout	1 Phase 2 Grp B Plyo's/Core 2	2 Phase 2 Day 3 Workout	3	4
5 Phase 3 Day1 Workout	6 Phase 3 Grp A Plyo's/	7 Phase 2 Day 2 Workout	8 Phase 3 Grp B Plyo's/Core 3	9 Phase 3 Day 3 Workout	10	11
12 Phase 3 Day1 Workout	13 Phase 3 Grp A Plyo's	14 Phase 3 Day 2 Workout	15 Phase 3 Grp B Plyo's/Core 3	16 Phase 3 Day 3 Workout	17	18
19 Phase 3 Day1 Workout	20 Phase 3 Grp A Plyo's	21 Phase 3 Day 2 Workout	22 Phase 3 Grp B Plyo's/Core 3	23 Phase 3 Day 3 Workout	24	25

## JULY/AUGUST 2010



M

T

W

T

F

S

S

26

Phase 4 Day1 Workout

27

Phase 3 Grp A  
Plyo's

28

Phase 4 Day 2  
Workout

29

Phase 3 Grp B  
Plyo's/Core 4

30

Phase 4 Day 3  
Workout

31

1

2

Phase 4 Day1 Workout

3

4

Phase 4 Day 2  
Workout

5

Phase 3 Grp B  
Plyo's/core 4

6

Phase 4 Day 3  
Workout

7

8

9

Phase 4 Day 1 Workout

10

11

Phase 4 Day 2  
Workout

12

Phase 4 Grp B  
Plyo's/core 4

13

Phase 4 Day 3  
Workout

14

15

17  
REST

19

REST

20

REST

21

REST

16  
REST

18  
REST

22  
REST

**Core 1- May 27, June 3, 10**

Joint Integrity & Core Stability

**Jump landings off Box 3x10**

SL Cup Placements 2x3each way

**Overhead Squats 3x10**

ss1Physio Ball Bridge 3x30sec

**ss1Pyhsio Ball Windmill: 3x24touches**

ss1Bodyweight SL Squats 3x15ea

**Superman Airplane Jets 3x25**

**60yd Shuttlex3 1m 15s or less 2m Rest**

**June 14,21,28**

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Volume	<b>Sumo Deadlifts</b>	5	7		1m 30s
Speed	Broad Jumps	4	20yds		45s
Effort	<b>Front Press</b>	4	8		30S
Aux. lift 1	SA Overhead DB Squat	5	6each arm		
Aux. lift 2	<b>Alternating DB Bench</b>	4	10each arm		
Aux. lift 3	Russian Leans	3	10		
Front Bridge 2x2min Sprinters 2x30seconds Side Bridge 2x30seconds each Side					

**2.5 mile 11m Or less**

**June 16,23,30**

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Volume	<b>Front Squats</b>	15	3	55	1m 30s
Speed	MB Front Slams	8	5		45s
Effort	<b>RDL</b>	4	8		1m 45s
Aux. lift 1	Barbell 3 Way Lunge	4	4each leg		1m 45s
Aux. lift 2	<b>Lat Pulldown/1Arm Row</b>	3	10each exercise		
Aux. lift 3	Straight leg Deadlift	2	12		

**June 18,25, July 2**

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Volume	<b>Inverted Row</b>	4	10	55	45S
Speed	Rebound Push Press	7	3		1m 45s
Effort	<b>Step Ups</b>	5	8		1m 30s
Aux. lift 1	Incline Bench	5	10,10,8,8,6	65,68,72, 74,75	
Aux. lift 2	<b>SA DB Deadlift</b>	2	12each leg		
Aux. lift 3	Reverse Hypers/Leg curls	2	12each exercise		
Plate V Ups 2x20 Straight leg Sit Ups 2x20 Reverse Crunches 2x20					

***CORE 2- June 17, 24, 31***

Joint Integrity & Core Stability

**Jump landings off Box 3x10**

SL Cup Placements 3each way

**ss1Physio Ball Bridge 2x30sec**

ss1Pyhsio Ball Windmills 2x24touches

**ss1Physio Ball Passes 2x30**

ss1Bodyweight SL Squats 2x15ea

**Push Up Plus 3x30sec**

***60yd Shuttlesx4 /1m 15s or less 1m 30s rest***

July 5, 12, 19

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Speed	<b>Front Squat+Front Press</b>	5	8		45S
				75,80,83,	
Effort	Barbell Step Ups	4	8each leg	86,88, 88	1M 45S
Volume	<b>Rotational Slams</b>	8	5		1m 45s
Aux. lift 1	Overhead Plate Lunge 25-4	6	6 steps		
Aux. lift 2	<b>Push Ups</b>	4	20		
Aux. lift 3	Power Leg Lifts	3	15each leg		
Front Bridge 2x2min Sprinters 2x30seconds Side Bridge 2x30seconds each Side					

3 Miles 16 m or less

July 7, 14, 21

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Speed	<b>Box Squats</b>	12	4		70 1m 30s
Volume	Alternating DB Incline Benc	5	8each arm		2m
Effort	<b>Sumo Deadlifts</b>	10	3	70,74,78,78,74	
Aux. lift 1	Barbell Lateral Lunge	5	6each leg		
Aux. lift 2	<b>Alternating DB Bentover R</b>	3	10each Arm		
Aux. lift 3	<b>SL DB RDL</b>	2	12each leg		

July 9,16, 23

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Speed	<b>Feet Elevated Inverted Row</b>	10	4		30 1m
Effort	DB Overhead Squats	5	6		
				75,80,83,	1m 30s-
Volume	<b>Pause Squats</b>	6	2	86,88	2m 15s
Aux. lift 1	Incline DB Bench	5	8		
Aux. lift 2	<b>Stork+DB Row</b>	3	10each leg		
Aux. lift 3	Reverse Hypers/Leg Curls	2	2each exercise		
Plate V Ups 2x20 Straight leg Sit Ups 2x20 Reverse Crunches 2x20					

CORE 3- July 8, 15, 22

**Joint Integrity & Core Stability**

SL Jump landings off Box 3x10

**SL Cup Placements 3each way**

ss1Physio Ball Bridge 2x30sec

ss1**Pyhsio Ball Windmills 2x24touches**

ss1Physio Ball Passes 2x30

ss1**Bodyweight SL Squats 2x15ea**

Push Up Plus 3x30sec

60yd Shuttlesx6 1m 10s or less 1m 15s rest

**July 26, August 2, 9**

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Speed	<b>Split Jerks</b>	8	3		45s
Effort	Bench	6	5,4,3,3,3,2	75,80,80, 84,88,92	1m 30s-3m
Volume	<b>SL Squats</b>	4	10each leg		1m 45s
Aux. lift 1	Lat. Pulldown	3	12		
Aux. lift 2	<b>DB Step Up + Curl</b>	3	10each leg		
Aux. lift 3	Hip Lifts	2	15		
Front Bridge 2x2min   Sprinters 2x30seconds   Side Bridge 2x30seconds each Side					

**1 Mile**

**July 28, August 4, 11**

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Speed	<b>Speed Bench</b>	10	2		57 1m 15s
Effort	Back Squats	6	5,4,3,3,3,2	75,80,80, 84,88,92	1m 30s-3m
Volume	<b>Med Ball Overhead Squat + Front Slam</b>	4	6		
Aux. lift 1	Barbell Row	4	8		
Aux. lift 2	<b>Arc Lunges</b>	3	4each leg		
Aux. lift 3	SL DB RDL	2	12each leg		

**July 30, August 6, 13**

		<u>SETS</u>	<u>REPS</u>	<u>Max %</u>	<u>Rest</u>
Speed	<b>Standing Broad jump</b>	4	20yds		1m
Effort	DB Front Squat+ Power .	4	6		
Volume	<b>Push Ups</b>	4	25		1m 30s- 2m 15s
Aux. lift 1	Step Ups	4	6each leg		
Aux. lift 2	<b>DB Shrugs</b>	4	10		
Aux. lift 3	Reverse Hypers/Leg Curl	2	12each exercise		
Plate V Ups 2x20   Straight leg Sit Ups 2x20   Reverse Crunches 2x20					

CORE 3- July 29, August 5, 12

**Joint Integrity & Core Stability**

SL Jump landings off Box 3x10

**SL Cup Placements 3each way**

ss1Physio Ball Bridge 2x30sec

**ss1Pyhsio Ball Windmills 2x24touches**

ss1Physio Ball Passes 2x30

**ss1Bodyweight SL Squats 2x15ea**

Push Up Plus 3x30sec

60yd Shuttles x8 1m 10s or less 1m 15s rest