

SAQ WORKOUTS – DYNAMIC WARM UP**

***Complete full general warm up prior to each workout, then complete progression warm up as specified*

GENERAL DYNAMIC WARM UP

- | | |
|---|---|
| 1. 3 way hip (<i>donkey kick, fire hydrant, knee circles</i>) | x 10 each leg, each movement |
| 2. Press ups | x 5 |
| 3. Scorpions | x 5 each side |
| 4. Stride | 2 x 20-40 yards forward, 2 x 20-40 yards backward |
| 5. Shuffle w/ arm swing | x 20 yards each way |
| 6. Carioca | x 20 yards each way |
| 7. Skips | x 20 yards forward, x 20 yards backward |
| 8. Squat | x 10 |
| 9. Knee hugs | x 5 each leg |
| 10. Quad pulls | x 5 each leg |
| 11. Alternating lateral lunge | x 5 each leg |
| 12. Hip rotations | x 5 each leg forward, x 5 each leg backward |
| 13. Hip cradle | x 5 each leg |
| 14. Backward lunge w/ rotation | x 5 each leg |
| 15. Toe touches | x 5 each leg |
| 16. Inverted hamstring w/ reach | x 5 each leg |
| 17. Frankenstein | x 5 each leg |
| 18. Inchworm | x 5 |
| 19. Spiderman | x 5 each leg |
| 20. Elbow to instep lunge | x 5 each leg |

PROGRESSION FOR DYNAMIC WARM UP 1

- | | |
|-------------------------|------------------------|
| 21. Shuffle to sprint | 1 x 5-5 yards each way |
| 22. Backpedal to sprint | 1 x 5-5 yards each way |
| 23. Carioca to sprint | 1 x 5-5 yards each way |
| 24. Sprint to backpedal | 1 x 5-5 yards each way |

PROGRESSION FOR DYNAMIC WARM UP 2

- | | |
|---------------------------------------|----------------------------------|
| 21. Vertical jump | x 3 |
| 22. Broad jump | x 3 |
| 23. Lateral line hops to sprint | 1 x 10 touches, 5 yards each way |
| 24. Ankle flips to sprint / backpedal | 1 x 10 touches, 5 yards each way |

SAQ WORKOUTS – FOAM ROLLER / STATIC STRETCH / BAND WALKS

FOAM ROLLER (4-6 SWIPES PER MUSCLE GROUP, 30 SECOND PRESS ON PRESSURE POINT)

1. Calf (*back of lower leg*)
2. Hamstring (*back of upper leg*)
3. Glute (*butt*)
4. Quad (*top of upper leg*)
5. Adductor / groin (*inside of upper leg*)
6. IT band (*outside of upper leg*)
7. Top glute / low back
8. Lat

STATIC STRETCH (USE WALL IF AVAILABLE, 1-3 REPS OF 20 SECONDS PER LEG)

1. Kneeling hip flexor / quad (*one knee out front, opposite foot elevated on wall behind, hips forward, butt tight*)
2. Glute squeeze (*sit tall, back against wall, extend one leg, cross other leg over, hug knee to opposite shoulder*)
3. Lying hamstring (*on back, one foot pressed against wall, grab behind opposite knee, pull to knee chest, extend leg*)
4. Lying groin (*on back, same side hand out side knee, opposite hand on ankle, pull knee to same side shoulder*)
5. Piriformis (*on back, closer to wall, pick hips up, cross ankle over opposite knee, press outside knee, hips to ground*)
6. IT band (*pigeon stretch, shoulder parallel to lower leg, slide opposite leg back*)
7. Calf (*toe high on wall with bent knee, lean chest to wall, straighten leg*)
8. Seated low back (*one leg straight, cross over opposite leg, elbow behind opposite knee*)
9. Lat (*kneel on floor, reach one arm forward as far as possible, hand on floor, sit back on heels, drag floor towards body*)

BAND WALKS 1

- | | |
|---|---------------------------------|
| 1. Angle step | x 10 each leg forward, backward |
| 2. Lateral big step | x 10 each leg, each direction |
| 3. Monster walk | x 15 each leg forward, backward |
| 4. Short step (<i>feet under shoulders, hips low</i>) | x 15 each leg forward, backward |
| 5. Lateral short step (<i>feet under shoulders, hips low</i>) | x 15 each leg, each direction |

BAND WALKS 2

- | | |
|---|---------------------------------|
| 1. Jumping Jacks | x 15 |
| 2. Monster Walk | x 10 each leg forward, backward |
| 3. Jumping jacks | x 15 |
| 4. Angle step | x 10 each leg forward, backward |
| 5. Lateral big step (<i>arms extended laterally</i>) | x 10 each leg, each direction |
| 6. Shuffle step (<i>hips back, hands around ears</i>) | x 20 each leg forward, backward |
| 7. Lateral shuffle step (<i>hips back, hands around ears</i>) | x 20 each leg, each direction |

SAQ WORKOUTS – CORE (CHOICE)

OPTION 1: STABILIZATION / STRENGTH

1A	Front bridge (BW)	45-45 seconds*	
1B	Side bridge (BW)	45 seconds each side*	<i>*No rest between sets</i>
2	Donkey kick (BW)	10 each leg	
3	Fire hydrant (BW)	10 each leg	
4	YTWL (BW)	10 each	
5A	Dead bug (BW)	10-10 each leg	
5B	V ups (BW)	10-10	
5C	Windshield wipers (BW)	10-10 each side	
5D	Single leg hip extension (BW)	10-10 each leg	
5E	Glute bridge (BW)	30-30 seconds	
5F	Bicycle (BW)	30-30 seconds (10 sec on, 10 sec hold, 10 sec on)	
6	YTWL (BW)	10 each	
7	Fire hydrant (BW)	10 each leg	
8	Donkey kick (BW)	10 each leg	
9A	Side bridge (BW)	45 seconds each side*	<i>*No rest between sets</i>
9B	Front bridge (BW)	90 seconds*	

OPTION 2: STABILIZATION / STRENGTH

1A	Front bridge (BW)	60-60-60 seconds
1B	Bird dog (BW)	10-10 each leg
1C	Cobra (BW)	10-10
1D	Side lying leg raise, bottom leg (BW)	10-10 each leg
1E	Side bridge (BW)	30-30 seconds each side
1F	V ups (BW)	15-15
1G	Glute bridge (BW)	45-45 seconds (15 sec both legs, 15 sec each leg)
1H	Bicycle (BW)	25-25 each leg

SAQ WORKOUTS – CORE (CHOICE)

OPTION 3: STABILITY BALL

1	Front bridge (BW)	60 seconds
2A	Alternating lying opposites (SB)	10-10 each leg
2B	Knee tucks (SB)	15-15
3	Side bridge (BW)	30 seconds each side
4A	Crossover crunch (SB)	10-10 each side
4B	Glute bridge (SB)	30-30 seconds
5	Front bridge (SB)	60 seconds
6A	Pullover crunch (SB w/ MB)	10-10
6B	Rotations (SB w/ MB)	10-10 each side
7	Side bridge (BW)	30 seconds each side
8A	V ups (SB)	10-10
8B	Windshield wipers (SB)	10-10 each side
9	Front bridge (BW)	60 seconds

OPTION 4: MEDICINE BALL

1A	Long arm front bridge w/ contact point pick up (BW)	60 seconds*	
1B	Long arm side bridge to star (BW)	15 seconds bridge, 15 seconds star*	*No rest between sets
2A	Angle chop** (MB)	5-5 each side	
2B	Angle swing** (MB)	5-5 each side	
2C	Overhead slam** (MB)	5-5	
2D	Overhead side bend (MB)	5-5 each side	
2E	Walking rotation (MB)	5 each leg forward, 5 each leg backward	
2F	Chest throw w/ VJ (MB)	5	
3A	Side bridge (BW)	30 seconds each side*	
3B	Front bridge (BW)	60 seconds*	*No rest between sets
4A	Overhead chop (MB)	5-5	
4B	Overhead swing (MB)	5-5 each side	
4C	Rotational slam (MB)	5-5 each side	
4D	Overhead side bend (MB)	5-5 each side	
4E	Walking rotation (MB)	5 each leg backward, 5 each leg forward	
4F	Underhand throw, behind (MB)	5-5	
5A	Long arm front bridge w/ opposites (BW)	60 seconds*	
5B	Long arm side bridge to star (BW)	15 seconds bridge, 15 seconds star*	*No rest between sets

****Chop** = Start tall, accelerate downward, decelerate at bottom; **Swing** = Start low, accelerate upward, decelerate at top;
Slam = Start low, accelerate to top, stabilize, immediately decelerate to bottom and release.

SAQ WORKOUTS – QUICKNESS & AGILITY

QUICKNESS & AGILITY 1

WARM UP – DYNAMIC WARM UP 1

FOOTWORK – HALF LADDERS, 5 YARD ACCELERATION (*Rest 20-30 seconds between reps*)

1. 2 feet forward x 2 (*Right foot lead x 1, Left foot lead x 1*)
2. Carioca x 1 each way
3. In-in out-out (*opposite side*) x 2 (*Right foot lead x 1, Left foot lead x 1*)
4. Lateral in-in out-out (*bottom only*) x 1 each way
5. In-in out (*icky shuffle*) x 2 forward, x 2 backward
6. 2 feet lateral (*down & back*) to 1 foot forward x 1 each way

CONE DRILLS – 4 CORNER X (*Rest 45-60 seconds between reps*)

1. Sprint (*angle*), backpedal (*straight*) x 1 each way
2. Sprint (*straight*), carioca (*angle*) x 1 each way
3. Backpedal (*straight*), sprint (*angle*) x 1 each way
4. Sprint (*straight*), sprint (*angle*) x 1 each way (*N only, not X*)

FOAM ROLLER / STATIC STRETCH (*AFTER LIFT*)

QUICKNESS & AGILITY 2

WARM UP – DYNAMIC WARM UP 1

LINE DRILLS – 7 & 7

1. Backpedal, sprint x 1 each way
2. Sprint, backpedal x 1 each way

LINE DRILLS – 4 x 5 (*Rest 30-45 seconds between reps*)

1. Shuffle, shuffle, backpedal, sprint x 1 each way
2. Carioca, carioca, sprint, backpedal x 1 each way
3. Sprint, shuffle, backpedal, shuffle x 1 each way
4. Carioca, backpedal, sprint, carioca x 1 each way

CONE DRILLS – INVERTED T DRILL (*Rest 45-60 seconds between reps*)

1. Backpedal, carioca, carioca, sprint x 1 each way
2. Carioca, sprint, backpedal, sprint x 1 each way
3. Backpedal, sprint, sprint, sprint x 1 each way

OR

CONE DRILLS – 3 CONE (*Rest 45-60 seconds between reps*)

1. Forward facing x 2 each way
2. All sprint x 2 each way

FOAM ROLLER / STATIC STRETCH (*AFTER LIFT*)

SAQ WORKOUTS – QUICKNESS & AGILITY

QUICKNESS & AGILITY 3

WARM UP – DYNAMIC WARM UP 1

FOOTWORK – HALF LADDERS, 5 YARD ACCELERATION (*Rest 20-30 seconds between reps*)

- | | |
|--|--|
| 1. 2 feet forward | x 2 (<i>Right foot lead x 1, Left foot lead x 1</i>) |
| 2. 2 feet lateral | x 1 each way |
| 3. 1 foot forward in-out hop | x 1 each leg |
| 4. 1 foot lateral in-out hop | x 1 each leg (<i>R leg when moving R, L leg when moving L</i>) |
| 5. In-in out-out (<i>opposite side</i>) | x 2 (<i>Right foot lead x 1, Left foot lead x 1</i>) |
| 6. Lateral in-in out-out (<i>top & bottom</i>) | x 1 each way |
| 7. In-in out-out (<i>same side</i>) | x 2 forward, x 2 backward |
| 8. Crossover in out-out | x 2 |

LINE DRILLS – 5-10-5 (*Rest 30-45 seconds between reps*)

- | | |
|---|--------------|
| 1. Carioca, sprint, carioca | x 1 each way |
| 2. Sprint, backpedal, sprint | x 1 |
| 3. Backpedal, sprint, backpedal | x 1 |
| 4. Sprint, sprint w/ jump & reach (<i>at end lines</i>) | x 1 each way |
| 5. Sprint, sprint | x 1 each way |

FOAM ROLLER / STATIC STRETCH (*AFTER LIFT*)

SAQ WORKOUTS – SPEED & POWER

SPEED & POWER 1

WARM UP – DYNAMIC WARM UP 2

BOX JUMPS – TO BOX FROM FLOOR (*Rest 15-30 seconds between reps*)

1. 2 feet forward jump, forward drop x 6
2. 2 feet lateral jump, lateral drop x 3 each way
3. 2 feet rotational (*lateral to forward*) jump, forward drop x 3 each way
4. 2 feet forward jump (*single leg landing*), forward drop x 3 each leg

DROP JUMPS – FROM BOX TO FLOOR (*Rest 15-30 seconds between reps*)

1. 2 feet forward drop vertical jump x 6 (*jump to 2nd box optional*)
2. 2 feet forward drop broad jump x 6

ACCELERATION – STARTS (*Rest 30-45 seconds between reps*)

1. Mountain climber start 2 x 10 yards
2. Belly start 2 x 10 yards
3. Lateral quick foot start 1 x 10 yards each way forward, 1 x 10 yards each way backward
4. 20 sprint x 2

FOAM ROLLER / STATIC STRETCH (*AFTER LIFT*)

SPEED & POWER 2

WARM UP – DYNAMIC WARM UP 2

MOBILITY – LEG SWINGS (*Rest 5-10 seconds between sets*)

1. Lateral leg swings 1 x 10 each leg
2. Forward leg swings 1 x 10 each leg
3. Claws 2 x 5 each leg

SPRINT PLYOS (*Rest 15-30 seconds between reps*)

1. Butt kicks 2 x 10 yards
2. Butt kick skips 2 x 10 yards

SPRINT PLYOS (*Rest 30-45 seconds between reps*)

1. Skips (*focus = height*) 2 x 20 yards
2. Skips (*distance*) 2 x 20 yards
3. Bounds (*distance*) 2 x 20 yards
4. Angle bounds (*distance*) 2 x 20 yards

SPRINT WORK (*Rest 60-90 seconds between reps*)

1. Build ups 2 x 40 yards (40-0: Accelerate 40 yards, sprint 0 yards, decelerate slowly)
2. Flying 20's 2 x 40 yards (20-20: Accelerate 20 yards, sprint 20 yards, decelerate slowly)
3. Hollows 2 x 60 yards (10-10-10-10-10-10: Accelerate 10 yards, decelerate 10 yards, repeat)
4. 40 sprint (*Rest 3 minutes*) x 2

FOAM ROLLER / STATIC STRETCH (*AFTER LIFT*)

SAQ WORKOUTS – SPEED & POWER

SPEED & POWER 3

WARM UP – DYNAMIC WARM UP 2

GROUND BASED PLYOS *(Rest 15-30 seconds between reps)*

- | | |
|---|---|
| 1. Single leg broad jump, max distance, stable landing | x 5 each leg forward, x 3 each leg rotational |
| 2. Single leg broad jump, repetitive, 5 yard acceleration | 2 x 5 each leg |

SINGLE BARRIER (HURDLE) JUMPS *(Rest 45-60 seconds between sets)*

- | | |
|---|----------------|
| 1. 2 feet lateral <i>(focus = height)</i> | 2 x 10 touches |
| 2. 2 feet lateral <i>(distance)</i> | 2 x 10 touches |
| 3. 2 feet forward <i>(height)</i> | 2 x 10 touches |
| 4. 2 feet lateral <i>(quickness)</i> | 2 x 10 seconds |
| 5. Lateral bound <i>(distance)</i> | 2 x 10 touches |

OR

MULTIPLE BARRIER (HURDLE) JUMPS – 6 HURDLES, 1 YARD APART *(Rest 45-60 seconds between reps)*

- | | |
|--|--------------|
| 1. 2 feet forward tuck <i>(focus = height)</i> , broad jump | x 2 |
| 2. 2 feet lateral tuck <i>(height)</i> , rotational broad jump | x 1 each way |
| 3. 2 feet forward 313 <i>(speed)</i> , 5 yard sprint | x 2 |
| 4. 2 feet lateral 313 <i>(speed)</i> , 5 yard backpedal | x 1 each way |
| 5. 2 feet angle <i>(speed)</i> , 5 yard sprint | x 2 |

ACCELERATION – STARTS *(Rest 30-45 seconds between reps)*

- | | |
|---------------------------|-----------------------|
| 1. Falling start | 2 x 10 yards |
| 2. Turn start | 1 x 10 yards each way |
| 3. Mountain climber start | 2 x 10 yards |
| 4. Belly start | 2 x 10 yards |

FOAM ROLLER / STATIC STRETCH *(AFTER LIFT)*

SAQ EXPLANATION – FOOTWORK LADDERS

2 FEET FORWARD

- *Starting Position:* Stand facing forward at one end of the ladder
- *Step Sequence (right foot lead**):* R foot in box 1, L foot in box 1, R foot in box 2, L foot in box 2, repeat

2 FEET LATERAL

- *Starting Position (moving to the right):* Stand facing sideways at the left end of the ladder (shoulders should be perpendicular to ladder rungs)
- *Step Sequence (moving to the right**):* R foot in box 1, L foot in box 1, R foot in box 2, L foot in box 2, repeat

CARIOCA

- *Starting Position (moving to the right):* Stand facing sideways at the left end of the ladder (shoulders should be perpendicular to ladder rungs)
- *Step Sequence (moving to the right**):* R foot in box 1, L foot in box 2 (front crossover step), R foot in box 3, L foot in box 4 (back crossover step), repeat

IN-IN OUT-OUT (OPPOSITE SIDE)

- *Starting Position:* Stand facing forward at one end of the ladder
- *Step Sequence (right foot lead**):* R foot in box 1, L foot in box 1, R foot outside rung 1 on right side, L foot outside rung 1 on left side, R foot in box 2, L foot in box 2, R foot outside rung 2 on right side, L foot outside of box 2 to left side, repeat

IN-IN OUT-OUT (SAME SIDE)

- *Starting Position:* Stand facing forward at one end of the ladder (left edge)
- *Step Sequence:* R foot in box 1, L foot in box 1, R foot outside rung 1 on right side, L foot outside rung 1 on right side, L foot in box 2, R foot in box 2, L foot outside rung 2 on left side, R foot outside of box 2 to left side, R foot in box 3, L foot in box 3, R foot outside rung 3 on right side, L foot outside rung 3 on left side, repeat

LATERAL IN-IN OUT-OUT (BOTTOM ONLY)

- *Starting Position (moving to the right):* Stand facing sideways at the left end of the ladder (bottom edge)
- *Step Sequence (moving to the right**):* R foot forward into box 1, L foot forward into box 1, R foot backward to the bottom of box 2, L foot backward to the bottom of box 1, R foot forward into box 2, L foot forward into box 2, R foot backward to the bottom of box 3, L foot backward to the bottom of box 2, repeat

LATERAL IN-IN OUT-OUT (TOP AND BOTTOM)

- *Starting Position (moving to the right):* Stand facing sideways at the left end of the ladder (bottom edge)
- *Step Sequence (moving to the right**):* R foot forward into box 1, L foot forward into box 1, R foot forward the top of box 2, L foot forward to the top of box 1, R foot backward into box 2, L foot backward into box 2, R foot backward to the bottom of box 3, L foot backward to the bottom of box 2, R foot forward into box 3, L foot forward into box 3, R foot forward to the top of box 4, L foot forward to the top of box 3, repeat

IN-IN OUT

- *Starting Position:* Stand facing forward at one end of the ladder (left edge)
- *Step Sequence:* R foot in box 1, L foot in box 1, R foot outside rung 1, L foot in box 2, R foot in box 2, L foot outside rung 2, R foot in box 3, L foot in box 3, R foot outside rung 3, repeat

CROSS-OVER IN OUT-OUT

- *Starting Position:* Stand facing forward at one end of the ladder (right edge)
- *Step Sequence:* R foot crossover step in box 1, L foot outside rung 1 on left side, R foot outside rung 1 on left side (inside L foot), L foot crossover step in box 2, R foot outside rung 2 on right side, L foot outside rung 2 on right side (inside R foot), R foot crossover step in box 3, repeat

****Step sequence is opposite when moving to the left or leading with left foot****

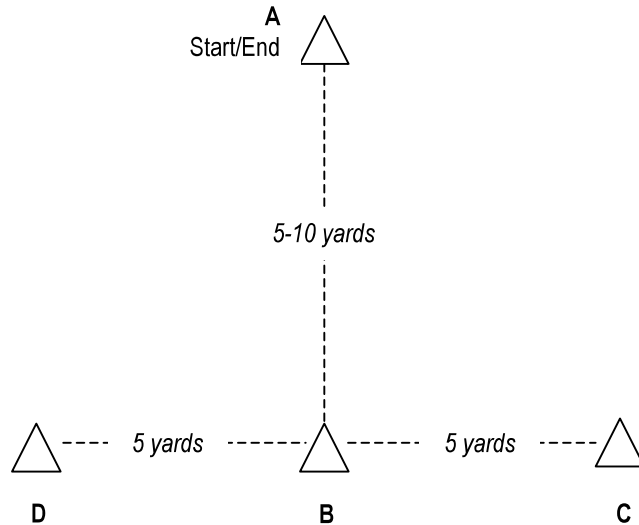
SAQ EXPLANATION – CONE DRILLS

CONE DRILLS – INVERTED T-DRILL

DIRECTIONS: *Backpedal, carioca, carioca, sprint*

1. Start on left side of A with back towards B
2. Backpedal to left of B
3. Carioca (or sprint) laterally right to C
4. Carioca (or sprint) laterally left to D
5. Plant off left foot and sprint to B
6. Turn 90° left around B, sprint through A to finish

*****All reps follow same pattern, change movements as indicated in workout***



CONE DRILLS – 3 CONES

DIRECTIONS: *All sprint (diagram 1)*

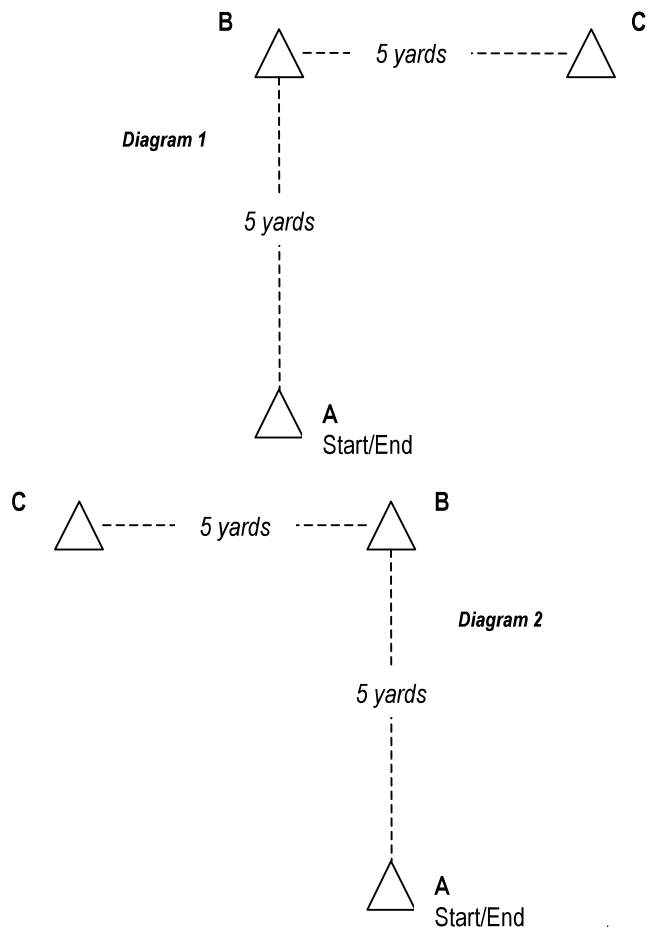
1. Start to left of A
2. Sprint to left of B, touch ground with right hand
3. Sprint back to A, touch ground with right hand
4. Sprint to left of B
5. Turn 90° right, sprint to bottom of C
6. Turn tight around C, sprint back to top of B
7. Turn 90° left, sprint through A to finish

*****Reverse above directions and consult diagram 2 when working to the left, perform an equal number of repetitions to each side***

DIRECTIONS: *Forward facing (diagram 1)*

1. Start to left of A
2. Sprint to left of B, touch line with foot
3. Backpedal back to A, touch line with foot
4. Sprint to B, touch cone with hand
5. Shuffle (or carioca) laterally to bottom of C
6. Turn tight around C, sprint back to top of B
7. Turn 90° left, sprint through A to finish

*****Reverse above directions and consult diagram 2 when working to the left, perform an equal number of repetitions to each side***



SAQ EXPLANATION – CONE DRILLS

CONE DRILLS – 4 CORNER X

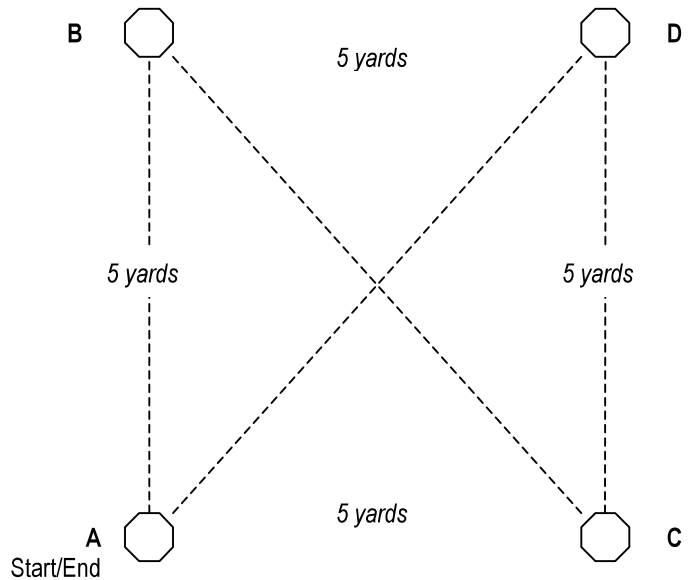
DIRECTIONS: *Sprint (angle), backpedal (straight)*

1. Start at A
2. Sprint to top of D
3. Backpedal to bottom of C
4. Sprint to top of B
5. Backpedal through A to finish

DIRECTIONS: *Sprint/backpedal (straight), shuffle/sprint (angle)*

1. Start at A
2. Sprint (or backpedal) to top of B
3. Shuffle right (or sprint) to bottom of C
4. Sprint (or backpedal) to top of D
5. Shuffle left (or sprint) through A to finish

****Reverse the above directions when starting at C, perform equal number of repetitions from each starting point**



CONE DRILLS – 5 CONE SLALOM

DIRECTIONS: *Sprint, sprint*

1. Start at A
2. Sprint to left of B
3. Plant left foot outside B, turn 45° right, sprint to right of C
4. Plant right foot outside C, turn 45° left, sprint to left of D
5. Plant left foot outside D, turn 45° right, sprint through E to finish

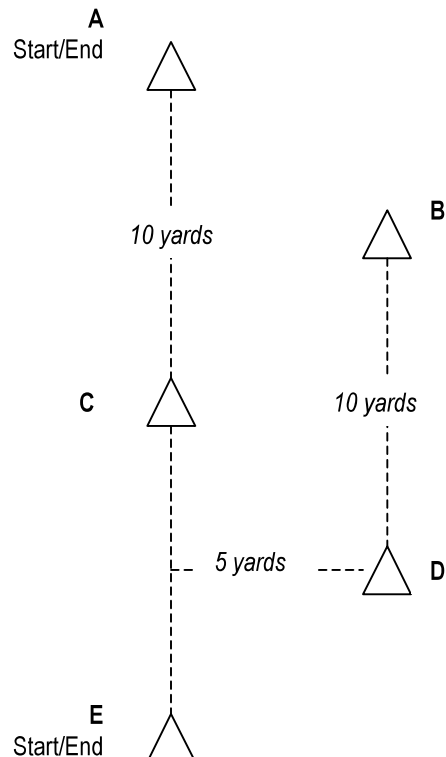
DIRECTIONS: *Carioca, carioca*

1. Start inside A with left hand on cone
2. Carioca laterally right to B
3. Drop step 45° left, carioca laterally left to C
4. Drop step 45° right, carioca laterally right to D
5. Drop step 45° left, carioca laterally left through E to finish

DIRECTIONS: *Backpedal, sprint*

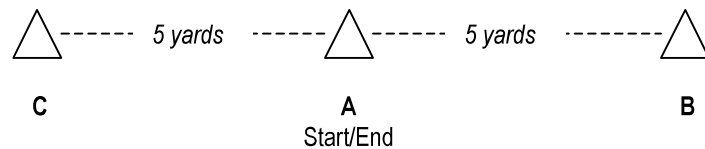
1. Start at A with back to B
2. Backpedal to bottom of B
3. Plant right foot outside B, sprint 45° left to top of C
4. Plant right foot outside C, backpedal 45° left to bottom of D
5. Plant right foot outside D, sprint 45° left through E to finish

****For second repetition, start at E and work through cones to A, reversing directions given above**



SAQ EXPLANATION – LINE DRILLS

LINE DRILLS – 5-10-5



DIRECTIONS:

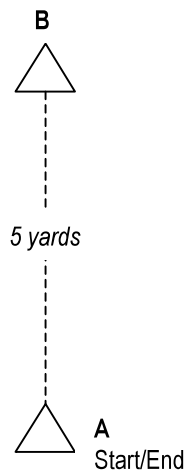
1. Start straddling A
2. Turn 90° right and sprint (or first movement listed) to B, touch ground with right hand
3. Turn tight left 180° and sprint (or second movement listed) to C, touch ground with left hand
4. Turn tight right 180° and sprint (or first movement listed) through A to finish

- Work in straight lines and keep hips low in change of directions.

LINE DRILLS – 4 × 5

DIRECTIONS:

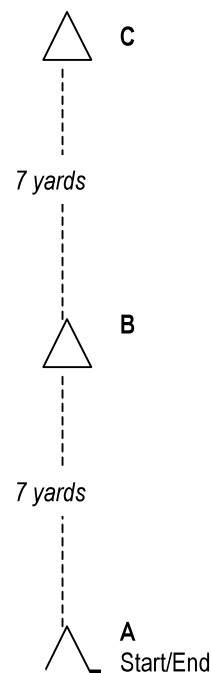
1. Start at A
2. Shuffle (or carioca) laterally to B, touch line with foot
3. Shuffle (or carioca) laterally back to A, touch line with foot
4. Backpedal (or sprint) to B, touch line with foot
5. Sprint (or backpedal) through A to finish



LINE DRILLS – 7 & 7

DIRECTIONS: Backpedal, sprint

1. Start at A with back to B
2. Backpedal (or first activity listed) to B
3. Turn (or open) and sprint to C, touch line with foot
4. Backpedal (or first activity listed) back to B
5. Turn over opposite shoulder and sprint through A



SAQ EXPLANATION – PLYO & ACCELERATION

BOX JUMPS – TO BOX FROM FLOOR

- *2 feet forward jump, forward drop:* Stand facing box, jump explosively (forward), land on top of box in proper landing position. Focus on maximum height. Step forward off box, land simultaneously on both feet in proper landing position.
- *2 feet lateral jump, lateral drop:* Stand perpendicular to box, jump explosively (laterally), land on top of box in proper landing position. Focus on maximum height. Step laterally off box, land simultaneously on both feet in proper landing position.
- *2 feet rotational (lateral to forward jump), forward drop:* Stand perpendicular to box, jump and rotate 90° toward the box, landing on top in a forward facing and proper position. Step forward off the box, land simultaneously on both feet in proper landing position.

DROP JUMPS – TO FLOOR FROM BOX

- *2 feet forward drop vertical jump:* Stand on top of box, step off box, land on both feet (on floor) simultaneously in proper landing position. Immediately upon landing, jump explosively for height. Focus on minimal ground contact time.
- *2 feet forward drop broad jump:* Stand on top of box, step off box, land on both feet (on floor) simultaneously in proper landing position. Immediately upon landing, jump explosively for distance. Focus on minimal ground contact time.

BARRIER JUMPS – SINGLE HURDLE JUMPS

- *2 feet lateral:* Stand perpendicular to barrier, jump laterally over barrier to opposite side. Immediately upon landing, jump laterally back over barrier to original side. Focus on minimum ground time and maximum number of touches.
- *2 feet forward:* Stand facing the barrier, jump forward over barrier to opposite side. Immediately upon landing, jump backward over barrier to original side. Focus on minimum ground time and maximum number of touches.
- *Lateral bound (to the left):* Stand perpendicular to the right side of the barrier, push laterally off of right foot and reach for distance with left foot. Immediately upon landing on the left foot push laterally to the right. Focus on minimum ground contact time, maximum lateral distance, and proper use of upper body.

BARRIER JUMPS – MULTIPLE HURDLE JUMPS (5-6 HURDLES IN A STRAIGHT LINE APPROXIMATELY 1 YARD APART)

- **1 rep = 1x through line of hurdles (5-6 moving jumps), finish each rep with a 5 yard sprint**
- *2 feet forward (or lateral) tuck:* Stand facing (or perpendicular to) the line of barriers, jump forward (or laterally) over barrier 1 and tuck knees to chest. Immediately upon landing between barrier 1 and 2 jump forward over barrier 2, etc. Focus on maximum height, body control and minimum ground time.
- *2 feet forward (or lateral) 313:* Stand facing (or perpendicular to) the line of barriers, jump forward (or laterally) over 3 consecutive barriers and then backward (or laterally back) over 1. Repeat through line. Focus on minimum ground contact time.

FALLING START

- Begin standing tall at the start line, arms hanging relaxed
- Extend to the toes, fall forward from the ankles
- Hold a firm posture as long as possible
- Accelerate off the first step for the required distance

BELLY START

- Begin on your belly in a push-up position
- Rapidly extend your arms and drive your knees
- Accelerate for the required distance

POSITION START

- Begin in a stance that mimics your starting stance on the field
- Take an explosive first step and accelerate for the required distance.
- Focus on simulating your on the field technique.

TRACK START

- Begin in a stance that mimics your starting position for the 40 yard dash
- Front foot set 3-6" from start line, back foot set toe to heel of front foot, bodyweight distributed evenly. Place 1 hand down on start line in front of back leg, opposite arm bent at 90° with elbow back and hand tucked near hip

TURN START

- Begin in standing athletic position facing away from start line (or facing start line)
- Turn (or drop) over one shoulder and accelerate forward (or backward) for required distance

MOUNTAIN CLIMBER START

- Begin in push up position, arms fully extended
- Perform 3-5 cycles of mountain climbers and immediately accelerate for the required distance

LATERAL QUICK FOOT START

- Begin in standing athletic position perpendicular to start line, feet stepping quickly forward and back
- Push (or drop) to sprint forward (or backward) for required distance

- To set, simultaneously elevate hips, push elbow back and tuck chin to chest. Take an explosive first step and accelerate for the required distance

SAQ EXPLANATION – SPEED

MOBILITY – FORWARD LEG SWINGS

- Stand perpendicular to a wall.
- Place your inside hand against the wall, arm fully extended, place your opposite hand on your hip
- In a controlled movement, swing your inside leg as far forward and then as far backward as possible
- When swinging your leg, keep your foot flexed and your opposite foot flat on the ground with your toe pointed straight out in front of your body
- Perform the required number of reps (forward and back equals one rep) and repeat with the other leg

MOBILITY – LATERAL LEG SWINGS

- Stand parallel to a wall.
- Lean slightly forward and place both hands against the wall, arm fully extended
- In a controlled movement, swing your leg as far across your body and back as possible
- When swinging your right leg, keep your right foot flexed and your left foot flat on the ground with your left toe pointed straight out at the wall
- Perform the required number of reps (across and away equals one rep) and repeat with the other leg

MOBILITY – CLAWS

- Stand perpendicular to a wall.
- Place your inside hand against the wall, arm fully extended, with your inside knee elevated in a high knee position
- Keeping the foot flexed, fire the leg in a cycle motion that mimics sprinting.
- The foot should just scrape the ground and return quickly to starting position.
- Perform the required number of reps and repeat with left leg.

NOTE: *To set up the following exercises, find a straightaway of at least 60 yards and set markers in a straight line at 10 yard increments.*

BUILD-UPS

- Build-ups are comprised of an acceleration phase only
- Start in a 2 point stance at the end line
- Starting slowly, but in a full range of motion, gradually accelerate for the full 40 yards with the intent of reaching top speed at the 40 yard mark
- Focus on maintaining proper mechanics throughout the acceleration phase

FLYING 20's (10's, 30's, 40's)

- Flying sprints are comprised of an acceleration phase followed immediately by a max effort sprint phase
- Start in a 2 point stance at the end line
- Starting slowly, but in a full range of motion, gradually accelerate for 20 yards (or the first number listed), immediately sprint for 20 yards (or the second number listed)
- Focus on a smooth transition from acceleration phase to sprint phase

HOLLOWS

- Hollows are comprised of short, alternating acceleration and deceleration phases
- Start in a track stance at the end line
- Rapidly accelerate for 10 yards, immediately decelerate for 10 yards
- Focus on maintaining proper mechanics and range of motions throughout alternating phases

20, 40, 60 SPRINT

- Max effort sprint for required distance.

NUTRITION GUIDELINES

DAILY REQUIREMENTS: (1 KILOGRAM = 2.2 POUNDS)

<i>Protein</i>	1.5 – 2.0 grams per kilogram of bodyweight
<i>Carbohydrates</i>	5.0 – 8.0 grams per kilogram of bodyweight
<i>Total Calories</i>	23 calories per pound of bodyweight 50 calories per kilogram of bodyweight

HOW TO EAT: “IDEAL SITUATION”

- Try to eat 4 to 6 equal (total calories) meals per day, evenly spaced apart
- Greater calorie intake before and after workouts
- Consume protein supplement within 1 hour after working out
- **Eat to support the weight that you want to be not the weight that you are!**

EXAMPLE:

A 210-pound (95-kilogram) player wants to weigh 220 pounds (100 kilograms) by the start of the pre-season.

<i>Protein</i>	$1.5 - 2.0 \times 100 = 150 - 200$ grams of protein per day
<i>Carbohydrates</i>	$5.0 - 8.0 \times 100 = 500 - 800$ grams of carbohydrates per day
<i>Total Calories</i>	$50 \times 100 = 5000$ total calories per day

The player wakes up at 8:00 AM and goes to bed at 11:00 PM. He works out from 3:00 to 4:30. A possible eating schedule is as follows:

8:00 AM	1000 calories
10:30 AM	500 calories
1:00 PM	1000 calories
<i>Pre workout</i>	<i>Protein supplement if available*, 250 calories</i>
<i>Post workout</i>	<i>Protein supplement if available*, 250 calories</i>
5:00 PM	1000 calories
7:30 PM	500 calories
9:30 PM	500 calories

**If taking protein supplement 1x per day, post workout is preferred*

WEBSITE to look up nutritional values: nutritiondata.self.com (No www.)

BONUS DAY – WEDNESDAY / SATURDAY

DYNAMIC WARM UP (SEE FLEXIBILITY SHEET)

BAND WALKS (SEE ANKLE BAND ROUTINES SHEET)

CORE – OPTION 1

1A	Front bridge (BW)	45-45 seconds*	
1B	Side bridge (BW)	45 seconds each side*	*No rest between sets
2	Donkey kick (BW)	10 each leg	
3	Fire hydrant (BW)	10 each leg	
4	YTWL (BW)	10 each	
5A	Dead bug (BW)	10-10 each leg	
5B	V ups (BW)	10-10	
5C	Windshield wipers (BW)	10-10 each side	
5D	Single leg hip extension (BW)	10-10 each leg	
5E	Glute bridge (BW)	30-30 seconds	
5F	Bicycle (BW)	30-30 seconds (10 sec on, 10 sec hold, 10 sec on)	
6	YTWL (BW)	10 each	
7	Fire hydrant (BW)	10 each leg	
8	Donkey kick (BW)	10 each leg	
9A	Side bridge (BW)	45 seconds each side*	
9B	Front bridge (BW)	90 seconds*	*No rest between sets

CORE – OPTION 2

1A	Long arm front bridge w/ opposites (BW)	60 seconds*	
1B	Long arm side bridge to star (BW)	15 seconds bridge, 15 seconds star*	*No rest between sets
2A	Angle chop (MB)	5-5 each side	
2B	Angle swing (MB)	5-5 each side	
2C	Overhead slam (MB)	5-5	
2D	Overhead side bend (MB)	5-5 each side	
2E	Walking rotation (MB)	5 each leg forward, 5 each leg backward	
2F	Chest throw w/ VJ (MB)	5	
3A	Long arm front bridge w/ opposites (BW)	60 seconds*	
3B	Long arm side bridge to star (BW)	15 seconds bridge, 15 seconds star*	*No rest between sets
4A	Overhead chop (MB)	5-5	
4B	Overhead swing (MB)	5-5 each side	
4C	Rotational slam (MB)	5-5 each side	
4D	Overhead side bend (MB)	5-5 each side	
4E	Walking rotation (MB)	5 each leg backward, 5 each leg forward	
4F	Underhand throw, behind (MB)	5-5	
5A	Long arm front bridge w/ opposites (BW)	60 seconds*	
5B	Long arm side bridge to star (BW)	15 seconds bridge, 15 seconds star*	*No rest between sets

UPPER BODY LIFT

- | | | |
|---|-----------------------------|----------|
| 1 | Biceps of choice (CHOICE) | 10-10-10 |
| 2 | Triceps of choice (CHOICE) | 10-10-10 |
| 3 | Forearms of choice (CHOICE) | 10-10-10 |

FLEXIBILITY (IF NOT LIFTING) – FOAM ROLLER / STATIC STRETCH (SEE FLEXIBILITY SHEET)

WK 1: 5/13 - 5/19

SAQ: Quickness & Agility 1

NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.

MONDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R		Wt	Set 2 R/R		Wt	Set 3 R/R		Wt	Set 4 R/R		Wt	Set 5 R/R		Wt
	1A	Chest Throw w/ VJ (height)	MB	< 1	6	E		6	E										
	1B	Overhead Swing	MB	< 1	10	E		10	E										
	1C	Overhead Slam	MB	< 1	10	E		10	E										
	1D	Front Bridge	BW	< 1	60 sec			60 sec											
	2A	Back Squat	BAR	1	10	L-M		10	L-M			10	L-M						
	2B	Lateral Step Down	BW	1	5 ea			5 ea				5 ea							
	3A	Romanian Deadlift	DB	1	10	L-M		10	L-M			10	L-M						
	3B	Single Leg Glute Bridge	BW	1	15 sec ea			15 sec ea				15 sec ea							
	4A	Stability Ball Chest Press	DB	< 1	12	L		12	L			12	L						
	4B	Seated Row	CABLE	< 1	12	L		12	L			12	L						
	4C	Single Leg Lateral Raise	DB	< 1	10 ea*	L		10 ea*	L			*10 ea = 10 reps on each leg per set							
	CORE	1A	Alternating Straight Leg Drop	10-10 each leg			1D Side Bridge			30-30 seconds each side									
1B		Windshield Wiper	5-5 each side			1E Bicycle			30-30 each side										
1C		Superman (3 second hold)	10-10			1F 3 Way Side Lying Leg Raise			10 each movement, each leg										

SAQ: Speed & Power 1

NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.

WEDNESDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Hang Clean	BAR	1	6 E		6 E		6 E					
	1B	Single Leg Hip Extension	BW	1	10 ea		10 ea		10 ea					
	2A	Walking Lunge w/ Rotation	MB	< 1	12 ea L		12 ea L		12 ea L					
	2B	Single Leg Romanian Deadlift	DB	< 1	12 ea L		12 ea L		12 ea L					
	3A	Incline Bench Press	DB	1	10 L-M		10 L-M		10 L-M					
	3B	Push Ups (<i>hands on Stability Ball</i>)	BW	1	10		10							
	4A	Standing Bent Over Single Arm Row	DB	1	10 ea L-M		10 ea L-M		10 ea L-M					
	4B	Inverted Row (<i>feet on Stability Ball</i>)	BW	1	10		10							
	5	Alternating Front / Lateral Raise	DB	< 1	10 ea* L		10 ea* L		*10 ea = 10 reps each direction per set					
CORE	1A	Front Bridge	60-60-60 seconds		1D Side Bridge		30-30 seconds each side			1G Tuck Crunch		15-15		
	1B	Bird Dog	10-10 each leg		1E V Up		15-15			1H Seated Rotation		10-10 each side		
	1C	Fire Hydrant	10-10 each leg		1F Glute Bridge		45-45 seconds (15 sec both legs, 15 sec each leg)							

SAQ: Quickness & Agility 2

NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.

[illegible]

WK 2: 5/20 - 5/26

SAQ: Speed & Power 2

NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.

DAY	EMPHASIS: Stabilization / Hypertrophy	WARM UP: Dynamic 1	SAQ: Quickness & Agility 3
	NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.		

Wt	Set 4 R/R
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1A Hang Clean	BAR	1	6	F		6	F		6	F	
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DAY	EMPHASIS: Stabilization / Hypertrophy	WARM UP: Dynamic 2	SAQ: Speed & Power 3
	NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.		

W/t	Set 1 R/R
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Seq	Exer/Score	Type	Rest	Set 1/Reps	Wt	Set 2/Reps	Wt	Set 3/Reps	Wt
1A	Front Squat to Press	DB	1	8	1 M	8	1 M	8	1 M

FRIDAY	1A Front Squat to Press	DB	1	0 L-M		0 L-M							
	1B Front Bridge	BW	1	60 sec		60 sec							
	2A Crossover Step Up to Balance	DB	1	15 ea L		15 ea L							
	2B Single Leg Angle Swing	MB / DB	< 1	10 ea L		10 ea L							
	3A Alternating Lateral Lunge	MB	1	15 ea L		15 ea L							
	3B Single Arm Overhead Bend & Reach	MB	1	5 ea L		5 ea L							
	3C Glute Bridge	BW	1	45 sec		45 sec							
	4A Pullover	DB	< 1	15 L		15 L							
	4B Single Leg Alternating Front Raise	DB	< 1	10 ea* L-M		10 ea* L-M		*10 ea = 5 ea on each leg					
4C YTWL	BW	< 1	10 ea		10 ea								
4D Side Bridge	BW	< 1	30 sec ea		30 sec ea								
5 Biceps / Triceps / Forearms of Choice	CHOICE	< 1	15 ea L		15 ea L								
CORE	1A SB Alternating Lying Opposites	10-10 each leg	2A SB 3 Way Crunch		10-10 each way								
	1B SB Knee Tucks	15-15	2B SB Rotations		10-10 each side								
	1C SB Foot Flips	5-5 each side											

WK 3: 5/27 - 6/2

SAQ: Quickness & Agility 1

NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.

MONDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R		Wt	Set 2 R/R		Wt	Set 3 R/R		Wt	Set 4 R/R		Wt	Set 5 R/R		Wt
	1A	Underhand Throw, Behind (<i>height</i>)	MB	< 1	6	E		6	E										
	1B	Overhead Swing	MB	< 1	10	E		10	E										
	1C	Overhead Slam	MB	< 1	10	E		10	E										
	1D	Front Bridge	BW	< 1	60 sec			60 sec											
	2A	Back Squat	BAR	1	8	M		8	M		8	M							
	2B	Lateral Step Down	BW	1	5 ea			5 ea			5 ea								
	3A	Romanian Deadlift	DB	1	8	M		8	M		8	M							
	3B	Single Leg Glute Bridge	BW	1	15 sec ea			15 sec ea			15 sec ea								
	4A	Stability Ball Chest Press	DB	< 1	10	L-M		10	L-M		10	L-M							
	4B	Seated Row	CABLE	< 1	10	L-M		10	L-M		10	L-M							
	4C	Single Leg Lateral Raise	DB	< 1	10 ea*	L-M		10 ea*	L-M		*10 ea = 10 reps on each leg per set								
CORE	1A	Alternating Straight Leg Drop		10-10 each leg		1D Side Bridge				30-30 seconds each side									
	1B	Windshield Wiper		5-5 each side		1E Bicycle				30-30 each side									
	1C	Superman (3 second hold)		10-10		1F 3 Way Side Lying Leg Raise				10 each movement, each leg									

SAQ: Speed & Power 1

NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.

	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
WEDNESDAY	1A	Hang Clean	BAR	1	6 E		5 E		4 E					
	1B	Single Leg Hip Extension	BW	1	10 ea		10 ea							
	2A	Walking Lunge w/ Rotation	MB	< 1	10 ea L-M		10 ea L-M		10 ea L-M					
	2B	Single Leg Romanian Deadlift	DB	< 1	10 ea L-M		10 ea L-M		10 ea L-M					
	3A	Incline Bench Press	DB	1	8 M		8 M		8 M					
	3B	Push Ups (<i>hands on Stability Ball</i>)	BW	1	10		10							
	4A	Standing Bent Over Single Arm Row	DB	1	8 ea M		8 ea M		8 ea M					
	4B	Inverted Row (<i>feet on Stability Ball</i>)	BW	1	10		10							
	5	Alternating Front / Lateral Raise	DB	< 1	10 ea* L		10 ea* L		*10 ea = 10 reps each direction per set					
CORE	1A	Front Bridge	60-60-60 seconds		1D	Side Bridge	30-30 seconds each side		1G	Tuck Crunch	15-15			
	1B	Bird Dog	10-10 each leg		1E	V Up	15-15		1H	Seated Rotation	10-10 each side			
	1C	Fire Hydrant	10-10 each leg		1F	Glute Bridge	45-45 seconds (15 sec both legs, 15 sec each leg)							

SAQ: Quickness & Agility 2

NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.

FRIDAY													
Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
1A	Front Squat to Press	DB	1	8 M		8 M		8 M					
1B	Front Bridge	BW	1	60 sec		60 sec							
2A	Overhead Forward Step Up to Balance	PLATE	1	10 ea L		10 ea L		10 ea L					
2B	Single Leg Angle Swing	MB / DB	< 1	10 ea L		10 ea L							
3A	Alternating Lateral Lunge	MB	1	12 ea L		12 ea L							
3B	Single Arm Overhead Bend & Reach	MB	1	5 ea L		5 ea L							
3C	Glute Bridge	BW	1	45 sec		45 sec							
4A	Pullover	DB	< 1	12 L		12 L		12 L					
4B	Single Leg Alternating Front Raise	DB	< 1	10 ea* L-M		10 ea* L-M		*10 ea = 5 ea on each leg					
4C	Straight Arm Pulldown	CABLE	< 1	12 L		12 L							
4D	Side Bridge	BW	< 1	30 sec ea		30 sec ea							
5	Biceps / Triceps / Forearms of Choice	CHOICE	< 1	12 ea L		12 ea L							
CORE													
1A	SB Alternating Lying Opposites	10-10 each leg	2A	SB 3 Way Crunch	10-10 each way								
1B	SB Knee Tucks	15-15	2B	SB Rotations	10-10 each side								
1C	SB Foot Flips	5-5 each side											

WK 4: 6/3 - 6/9

SAQ: Speed & Power 2

NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.

DAY	EMPHASIS: Stabilization / Hypertrophy	WARM UP: Dynamic 1	SAQ: Quickness & Agility 3
	NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.		

Wt	Set 4 R/R
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Seq	Ent / Code	Type	Rest	Set 1 / R	W	Set 2 / R	W	Set 3 / R	W
1A	Hang Clean	BAR	1	5	F	5	F	4	F

DAY	EMPHASIS: Stabilization / Hypertrophy	WARM UP: Dynamic 2	SAQ: Speed & Power 3
	NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.		

W/t	Set 1 R/R
-----	-----------

Seq	Ent / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt
1A	Front Squat to Press	DB	1	8 M		8 M		8 M	

[illegible]

KEY: E = Explosive, L = Light, M = Moderate, H = Heavy, BW = Bodyweight, SB = Stability Ball, MB = Medicine Ball, R/R = Reps/Resistance, WRM = Warm Up **WK 5: 6/10 - 6/16**

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 1 **SAQ:** Quickness & Agility 1
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
MONDAY	1A	Push Press	DB	1	6	E	6	E	6	E				
	1B	Alternating Lateral Lunge	MB	1	10 ea	L	10 ea	L	10 ea	L				
	2	Squat	BAR	1-2	6	M	6	M	6	M				
	3	Romanian Deadlift	BAR	1-2	6	M	6	M	6	M				
	4A	Stability Ball Alternating Chest Press	DB	1	10 ea	L-M	10 ea	L-M	10 ea	L-M				
	4B	Standing Bent Over Single Arm Row	DB	1	10 ea	L-M	10 ea	L-M	10 ea	L-M				
	5A	Alternating Lateral Raise	DB	< 1	10 ea	L-M	10 ea	L-M						
	5B	YTWL	BW	< 1	10 ea		10 ea							
CORE	6	Standing Adduction / Abduction	BAND	< 1	10 ea*		10 ea*		*10 ea = 10 each way on each leg per set					
	1A	Front Bridge	60-60-60 seconds		1D	Side Bridge	30-30 seconds each side		1G	Glute Bridge	45-45 seconds			
	1B	Fire Hydrant	10-10 each leg		1E	Alternating Half V Up	10-10 each leg			(15 sec both legs, 15 sec each leg)				
	1C	Cobra	10-10		1F	Windshield Wiper	5-5 each side		1H	Bicycle	30-30 each leg			

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 2 **SAQ:** Speed & Power 1
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
WEDNESDAY	1A	Hang Clean	BAR	1	5	E	5	E	5	E				
	1B	Drop Lunge w/ Rotation	MB	1	10 ea	L	10 ea	L						
	2A	Lateral Step Up	DB	< 1	8 ea	M	8 ea	M	8 ea	M				
	2C	Single Leg Curl	SB	< 1	10 ea		10 ea		10 ea					
	3	Bench Press	DB / BAR	1-2	6	M	6	M	6	M				
	4	Standing Bent Over Row	DB / BAR	1-2	6	M	6	M	6	M				
	5A	Upright Row to Press	DB	1	8	L-M	8	L-M						
	5B	Straight Arm Pulldown	CABLE	1	15	L	15	L						
CORE	6	Standing Calf Raise	DB	< 1	15	L	15	L						
	1A	Front Bridge*	30-30 seconds		3A	MB Angle Swing	10-10 each side		4A	Side Bridge*	30 seconds each side			
	1B	Side Bridge*	30 seconds each side		3B	MB Overhead Slam	5-5		4B	Front Bridge*	60 seconds			
		*No rest between sets			3C	MB Overhead Side Bend	10-10 each side			*No rest between sets				
	2	3 Way Side Lying Leg Raise	10 each leg		3D	MB Single Arm Overhead Bend & Reach	5-5 each arm		5	3 Way Side Lying Leg Raise	10 each leg			

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 1 **SAQ:** Quickness & Agility 2
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
FRIDAY	1A	Power Clean Deadlift	BAR	1	8	M	8	M	8	M				
	1B	Front Squat	BAR	1	8	M	8	M	8	M				
	2A	Walking Angle Lunge	DB	< 1	10 ea	L-M	10 ea	L-M						
	2B	Standing Good Morning	BAR	< 1	10	L-M	10	L-M						
	2C	Single Leg Hip Extension	BW	< 1	15 ea		15 ea							
	3A	Alternating Incline Bench Press	DB	1	10 ea	L-M	10 ea	L-M	10 ea	L-M				
	3B	Reverse Grip Pulldown	CABLE	1	10	L-M	10	L-M	10	L-M				
	4A	Alternating Front Raise	DB	< 1	10 ea	L-M	10 ea	L-M						
CORE	4B	Bent Over Lateral Raise	DB	< 1	15	L	15	L						
	5	Biceps / Triceps / Forearms of Choice	CHOICE	< 1	10 ea	L	10 ea	L						
	1	Front Bridge	60 seconds		3	Side Bridge	30 seconds each side		5	Front Bridge	60 seconds			
	2A	SB Alternating Lying Opposites	10-10 each leg		4A	SB Pullover Crunch w/ MB	15-15		6A	SB V Ups	10-10			
	2B	SB Knee Tucks	15-15		4B	SB Rotations w/ MB	10-10 each side		6B	SB Windshield Wipers	5-5 each side			

KEY: E = Explosive, L = Light, M = Moderate, H = Heavy, BW = Bodyweight, SB = Stability Ball, MB = Medicine Ball, R/R = Reps/Resistance, WRM = Warm Up WK 6: 6/17 - 6/23

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 2 **SAQ:** Speed & Power 2
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
MONDAY	1A	Push Press	DB	1	6 E		6 E		6 E					
	1B	Alternating Lateral Lunge	MB	1	10 ea L		10 ea L		10 ea L					
	2	Squat	BAR	1-2	7 L-M		6 M		5 M-H					
	3	Romanian Deadlift	BAR	1-2	7 L-M		6 M		5 M-H					
	4A	Stability Ball Alternating Chest Press	DB	1	8 ea M		8 ea M		8 ea M					
	4B	Standing Bent Over Single Arm Row	DB	1	8 ea M		8 ea M		8 ea M					
	5A	Alternating Lateral Raise	DB	< 1	10 ea L-M		10 ea L-M							
	5B	YTWL	BW	< 1	10 ea		10 ea							
	6	Standing Adduction / Abduction	BAND	< 1	10 ea*		10 ea*		*10 ea = 10 each way on each leg per set					
CORE	1A	Front Bridge	60-60-60 seconds		1D	Side Bridge	30-30 seconds each side		1G	Tuck Crunch	15-15			
	1B	Fire Hydrant	10-10 each leg		1E	Alternating Half V Up	10-10 each leg		1H	Seated Rotation	10-10 each side			
	1C	Cobra	10-10		1F	Glute Bridge	45-45 seconds (15 sec both legs, 15 sec each leg)							

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 1 **SAQ:** Quickness & Agility 3
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
WEDNESDAY	1A	Hang Clean	BAR	1	4 E		4 E		4 E		4 E			
	1B	Drop Lunge w/ Rotation	MB	1	10 ea L		10 ea L							
	2A	Crossover Step Up	DB	< 1	8 ea M		8 ea M		8 ea M					
	2C	Single Leg Curl	SB	< 1	10 ea		10 ea		10 ea					
	3	Bench Press	DB / BAR	1-2	7 L-M		6 M-H		5 M-H					
	4	Standing Bent Over Row	DB / BAR	1-2	7 L-M		6 M-H		5 M-H					
	5A	Upright Row to Press	DB	1	8 L-M		8 L-M							
	5B	Straight Arm Pulldown	CABLE	1	12 L		12 L							
	6	Standing Calf Raise	DB	< 1	15 L		15 L							
CORE	1A	Front Bridge*	30-30 seconds		3A	MB Angle Swing	10-10 each side		4A	Side Bridge*	30 seconds each side			
	1B	Side Bridge*	30 seconds each side		3B	MB Overhead Slam	5-5		4B	Front Bridge*	60 seconds			
		*No rest between sets			3C	MB Overhead Side Bend	10-10 each side		*No rest between sets					
	2	3 Way Side Lying Leg Raise	10 each leg		3D	MB Single Arm Overhead Bend & Reach	5-5 each arm		5	3 Way Side Lying Leg Raise	10 each leg			

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 2 **SAQ:** Speed & Power 3
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
FRIDAY	1A	Power Clean Deadlift	BAR	1	8 M		8 M		8 M					
	1B	Front Squat	BAR	1	8 M		8 M		8 M					
	2A	Walking Angle Lunge	DB	< 1	10 ea L		10 ea L							
	2B	Standing Good Morning	BAR	< 1	10 L		10 L							
	2C	Single Leg Glute Bridge	BW	< 1	15 sec ea		15 sec ea							
	3A	Alternating Incline Bench Press	DB	1	8 ea M		8 ea M		8 ea M					
	3B	Reverse Grip Pulldown	CABLE	1	8 M		8 M		8 M					
	4A	Alternating Front Raise	DB	< 1	8 ea M		8 ea M							
	4B	Bent Over Lateral Raise	DB	< 1	12 L		12 L							
	5	Biceps / Triceps / Forearms of Choice	CHOICE	< 1	10 ea L		10 ea L							
CORE	1	Front Bridge	60 seconds		3	Side Bridge	30 seconds each side		5	Front Bridge	60 seconds			
	2A	SB Alternating Lying Opposites	10-10 each leg		4A	SB Pullover Crunch w/ MB	15-15		6A	SB V Ups	10-10			
	2B	SB Knee Tucks	15-15		4B	SB Rotations w/ MB	10-10 each side		6B	SB Windshield Wipers	5-5 each side			

KEY: E = Explosive, L = Light, M = Moderate, H = Heavy, BW = Bodyweight, SB = Stability Ball, MB = Medicine Ball, R/R = Reps/Resistance, WRM = Warm Up **WK 7: 6/24 - 6/30**

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 1 **SAQ:** Quickness & Agility of Choice
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

MONDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Push Press	DB	1	6	E	6	E	6	E				
	1B	Alternating Lateral Lunge	MB	1	10 ea	L	10 ea	L	10 ea	L				
	2	Squat	BAR	1-2	5	M-H	5	M-H	5	M-H				
	3	Romanian Deadlift	BAR	1-2	5	M-H	5	M-H	5	M-H				
	4A	Stability Ball Alternating Chest Press	DB	1	8 ea	M	8 ea	M	8 ea	M				
	4B	Standing Bent Over Single Arm Row	DB	1	8 ea	M	8 ea	M	8 ea	M				
	5A	Alternating Lateral Raise	DB	< 1	10 ea	L-M	10 ea	L-M						
	5B	YTWL	BW	< 1	10 ea		10 ea							
	6	Standing Adduction / Abduction	BAND	< 1	10 ea*		10 ea*		*10 ea = 10 each way on each leg per set					
CORE	1A	Front Bridge	60-60-60 seconds		1D	Side Bridge	30-30 seconds each side		1G	Tuck Crunch	15-15			
	1B	Fire Hydrant	10-10 each leg		1E	Alternating Half V Up	10-10 each leg		1H	Seated Rotation	10-10 each side			
	1C	Cobra	10-10		1F	Glute Bridge	45-45 seconds (15 sec both legs, 15 sec each leg)							

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 2 **SAQ:** Speed & Power of Choice
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

WEDNESDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Hang Clean	BAR	1	4	E	4	E	4	E	E			
	1B	Drop Lunge w/ Rotation	MB	1	10 ea	L	10 ea	L						
	2A	Lateral Step Up	DB	< 1	8 ea	M	8 ea	M	8 ea	M				
	2C	Single Leg Curl	SB	< 1	10 ea		10 ea		10 ea					
	3	Bench Press	DB / BAR	1-2	5	M-H	5	M-H	5	M-H				
	4	Standing Bent Over Row	DB / BAR	1-2	5	M-H	5	M-H	5	M-H				
	5A	Upright Row to Press	DB	1	8	M	8	M						
	5B	Straight Arm Pulldown	CABLE	1	10	L-M	10	L-M						
	6	Standing Calf Raise	DB	< 1	15	L	15	L						
CORE	1A	Front Bridge*	30-30 seconds		3A	MB Angle Swing	10-10 each side		4A	Side Bridge*	30 seconds each side			
	1B	Side Bridge*	30 seconds each side		3B	MB Overhead Slam	5-5		4B	Front Bridge*	60 seconds			
	*No rest between sets				3C	MB Overhead Side Bend	10-10 each side		*No rest between sets					
CORE	2	3 Way Side Lying Leg Raise	10 each leg		3D	MB Single Arm Overhead Bend & Reach	5-5 each arm		5	3 Way Side Lying Leg Raise	10 each leg			

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 1 or 2 **SAQ:** Choice
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

FRIDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Power Clean Deadlift	BAR	1	6	M	6	M	6	M				
	1B	Front Squat	BAR	1	6	M	6	M	6	M				
	2A	Walking Angle Lunge	DB	< 1	8 ea	M	8 ea	M						
	2B	Standing Good Morning	BAR	< 1	10	M	10	M						
	2C	Single Leg Hip Extension	BW	< 1	15 ea		15 ea							
	3A	Alternating Incline Bench Press	DB	1	6 ea	M	6 ea	M	6 ea	M				
	3B	Reverse Grip Pulldown	CABLE	1	6	M	6	M	6	M				
	4A	Alternating Front Raise	DB	< 1	8 ea	M	8 ea	M						
	4B	Bent Over Lateral Raise	DB	< 1	10	L-M	10	L-M						
CORE	5	Biceps / Triceps / Forearms of Choice	CHOICE	< 1	10 ea	L	10 ea	L						
	1	Front Bridge	60 seconds		3	Side Bridge	30 seconds each side		5	Front Bridge	60 seconds			
	2A	SB Alternating Lying Opposites	10-10 each leg		4A	SB Pullover Crunch w/ MB	15-15		6A	SB V Ups	10-10			
CORE	2B	SB Knee Tucks	15-15		4B	SB Rotations w/ MB	10-10 each side		6B	SB Windshield Wipers	5-5 each side			

KEY: E = Explosive, L = Light, M = Moderate, H = Heavy, BW = Bodyweight, SB = Stability Ball, MB = Medicine Ball, R/R = Reps/Resistance, WRM = Warm Up **WK 8: 7/1 - 7/7**

DAY **EMPHASIS:** Unloading **WARM UP:** Dynamic 2 **CARDIO (Post-Lift):** Steady State 1
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.

MONDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Push Press	DB / BAR	< 1	8 E		8 E		8 E					
	1B	Front Bridge	BW	< 1	60 sec		60 sec							
	2A	Back Squat	BAR	< 1	8 L-M		8 L-M		8 L-M					
	2B	Lateral Step Down	BW	< 1	5 ea		5 ea							
	3A	Romanian Deadlift	DB	< 1	8 L-M		8 L-M		8 L-M					
	3B	Single Leg Glute Bridge	BW	< 1	15 sec ea		15 sec ea							
	4A	Stability Ball Alternating Chest Press	DB	< 1	12 ea L		12 ea L							
	4B	Standing Bent Over Alternating Row	DB	< 1	12 ea L		12 ea L							
	5A	Single Leg Alternating Lateral Raise	DB	< 1	10 ea L		10 ea L							
CORE	5B	Alternating Lateral Lunge	MB	< 1	10 ea L		10 ea L							
	5C	Side Bridge	BW	< 1	30 sec ea		30 sec ea							
	1A	V Up	15-15		1D	Bicycle	30-30	each leg						
CORE	1B	Windshield Wiper	5-5 each side		1E	3 Way Side Lying Leg Raise	10-10	each movement, each leg						
	1C	Cobra	10-10											

DAY **EMPHASIS:** Unloading **WARM UP:** Dynamic 2 **CARDIO (Post-Lift):** Interval 1 or 2
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on keeping rest interval short (< 1 min) between paired lifts.

FRIDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Hang Clean	BAR	< 1	6 E		6 E		6 E					
	1B	Single Leg Hip Extension	BW	< 1	10 ea		10 ea							
	2A	Walking Lunge	DB	< 1	10 ea L		10 ea L		10 ea L					
	2B	Leg Curl	SB	< 1	15		15		15					
	3A	Incline Bench Press	DB	< 1	8 L-M		8 L-M		8 L-M					
	3B	Push Up w/ Rotation	BW	< 1	5 ea		5 ea							
	4A	Reverse Grip Pulldown	CABLE	< 1	8 L-M		8 L-M		8 L-M					
	4B	YTWL	BW	< 1	5 ea		5 ea							
	5	Alternating Front / Lateral Raise	DB	< 1	8 ea L-M		8 ea L-M							
CORE	1A	Front Bridge*	40 seconds		3A	SB Knee Tucks	15-15		4A	Side Bridge*	40 seconds	each side		
	1B	Side Bridge*	40 seconds each side		3B	SB Foot Flips	5-5 each side		4B	Front Bridge*	40 seconds			
		*No rest between sets			3C	SB 3 Way Crunch	10-10 each way			*No rest between sets				
	2	Bird Dog / Fire Hydrant	10 each movement, each leg		3D	SB Rotations	10-10 each side		5	Bird Dog / Fire Hydrant	10 each movement, each leg			

KEY: E = Explosive, L = Light, M = Moderate, H = Heavy, BW = Bodyweight, SB = Stability Ball, MB = Medicine Ball, R/R = Reps/Resistance, WRM = Warm Up

WK 9: 7/8 - 7/14

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 1 **SAQ:** Quickness & Agility 1
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
MONDAY	1A	Push Press	DB	1	6 E		6 E		6 E					
	1B	Alternating Lateral Lunge	MB	1	10 ea L		10 ea L		10 ea L					
	2	Squat	BAR	1-2	6 M		5 M-H		4 H					
	3	Romanian Deadlift	BAR	1-2	6 M		5 M-H		4 H					
	4A	Stability Ball Alternating Chest Press	DB	1	8 ea M		8 ea M		8 ea M					
	4B	Standing Bent Over Single Arm Row	DB	1	8 ea M		8 ea M		8 ea M					
	5A	Alternating Lateral Raise	DB	< 1	10 ea L-M		10 ea L-M							
	5B	YTWL	BW	< 1	10 ea		10 ea							
	6	Standing Adduction / Abduction	BAND	< 1	10 ea*		10 ea*		*10 ea = 10 each way on each leg per set					
CORE	1A	Front Bridge	60-60-60 seconds		1D	Side Bridge	30-30 seconds each side		1G	Tuck Crunch	15-15			
	1B	Fire Hydrant	10-10 each leg		1E	Alternating Half V Up	10-10 each leg		1H	Seated Rotation	10-10 each side			
	1C	Cobra	10-10		1F	Glute Bridge	45-45 seconds (15 sec both legs, 15 sec each leg)							

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 2 **SAQ:** Speed & Power 1
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
WEDNESDAY	1A	Hang Clean	BAR	1	6 E		5 E		4 E		3 E			
	1B	Drop Lunge w/ Rotation	MB	1	10 ea L		10 ea L							
	2A	Crossover Step Up	DB	< 1	8 ea M		8 ea M		8 ea M					
	2C	Single Leg Curl	SB	< 1	10 ea		10 ea		10 ea					
	3	Bench Press	DB / BAR	1-2	6 M		5 M-H		4 H					
	4	Standing Bent Over Row	DB / BAR	1-2	6 M		5 M-H		4 H					
	5A	Upright Row to Press	DB	1	8 M		8 M							
	5B	Straight Arm Pulldown	CABLE	1	10 L-M		10 L-M							
	6	Standing Calf Raise	DB	< 1	15 L		15 L							
CORE	1A	Front Bridge*	30-30 seconds		3A	MB Angle Swing	10-10 each side		4A	Side Bridge*	30 seconds each side			
	1B	Side Bridge*	30 seconds each side		3B	MB Overhead Slam	5-5		4B	Front Bridge*	60 seconds			
		*No rest between sets			3C	MB Overhead Side Bend	10-10 each side			*No rest between sets				
	2	3 Way Side Lying Leg Raise	10 each leg		3D	MB Single Arm Overhead Bend & Reach	5-5 each arm		5	3 Way Side Lying Leg Raise	10 each leg			

DAY **EMPHASIS:** Strength **WARM UP:** Dynamic 1 or 2 **CARDIO (Post-Lift):** Steady State 1
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
FRIDAY	1A	Power Clean Deadlift	BAR	1	6 M		6 M		6 M					
	1B	Front Squat	BAR	1	6 M		6 M		6 M					
	2A	Walking Angle Lunge	DB	< 1	8 ea M		8 ea M							
	2B	Standing Good Morning	BAR	< 1	10 M		10 M							
	2C	Single Leg Glute Bridge	BW	< 1	15 sec ea		15 sec ea							
	3A	Alternating Incline Bench Press	DB	1	6 ea M		6 ea M		6 ea M					
	3B	Reverse Grip Pulldown	CABLE	1	6 M		6 M		6 M					
	4A	Alternating Front Raise	DB	< 1	8 ea M		8 ea M							
	4B	Bent Over Lateral Raise	DB	< 1	10 L-M		10 L-M							
	5	Biceps / Triceps / Forearms of Choice	CHOICE	< 1	10 ea L		10 ea L							
CORE	1	Front Bridge	60 seconds		3	Side Bridge	30 seconds each side		5	Front Bridge	60 seconds			
	2A	SB Alternating Lying Opposites	10-10 each leg		4A	SB Pullover Crunch w/ MB	15-15		6A	SB V Ups	10-10			
	2B	SB Knee Tucks	15-15		4B	SB Rotations w/ MB	10-10 each side		6B	SB Windshield Wipers	5-5 each side			

KEY: E = Explosive, L = Light, M = Moderate, H = Heavy, BW = Bodyweight, SB = Stability Ball, MB = Medicine Ball, R/R = Reps/Resistance, WRM = Warm Up **WK 10: 7/15 - 7/21**

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 1 **SAQ:** Quickness & Agility 2
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

MONDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Romanian Deadlift	BAR	1	6 M-H		6 M-H		6 M-H					
	1B	Hang Clean	BAR	1	6 E		6 E		6 E					
	2A	Back Squat	BAR	1	6 M-H		6 M-H		6 M-H					
	2B	Squat Jump	BW	1	6		6		6					
	3A	Standing Alternating Shoulder Press	DB	< 1	6 ea M		6 ea M		6 ea M					
	3B	Reverse Grip Pulldown	CABLE	< 1	8 M		8 M		8 M					
	4A	Fly	DB	< 1	10 L-M		10 L-M							
	4B	Alternating Bent Over Lateral Raise	DB	< 1	10 ea L-M		10 ea L-M							
	5	Standing Adduction / Abduction Slide	PLATE	< 1	10 ea* L-M		10 ea* L-M		*10 ea = 10 each way on each leg per set					
CORE	1A	Front Bridge	60-60-60 seconds		1D	Side Bridge	30-30 seconds		1G	Glute Bridge				
	1B	Bird Dog	10-10 each leg		1E	Deadbug	10-10 each leg			45-45 seconds (15 sec both legs, 15 sec each leg)				
	1C	Fire Hydrant	10-10 each leg		1F	Windshield Wipers	5-5 each side		1H	Bicycle	40-40 each leg			

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 2 **SAQ:** Speed & Power 2
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

WEDNESDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Front Squat to Press	DB	1-2	6 E		6 E		6 E					
	1B	Power Clean Shrug	BAR	1-2	6 E		6 E		6 E					
	2A	Overhead Walking Lunge	PLATE	< 1	10 ea L-M		10 ea L-M							
	2B	Single Leg Curl	SB	< 1	10 ea		10 ea							
	3A	Bench Press	BAR / DB	1	6 M-H		6 M-H		6 M-H					
	3B	Chest Throw, Forward (wall)	MB	1	10		10							
	4A	Standing Bent Over Row	BAR / DB	1	6 M-H		6 M-H		6 M-H					
	4B	Overhead Throw, Forward (wall)	MB	1	10		10							
	5	Single Leg Alternating Lateral Raise	DB	< 1	10 ea* L-M		10 ea* L-M		*10 ea = 5 reps each side on each leg per set					
CORE	1	Front Bridge	60 seconds		3	Side Bridge	30 seconds each side		5	Front Bridge	60 seconds			
	2A	SB Reverse Hyper	10-10		4A	SB Crossover Crunch	10-10 each side		6A	SB V Ups	10-10			
	2B	SB Knee Tucks	15-15		4B	SB Rotations w/ MB	10-10 each side		6B	SB Windshield Wipers	5-5 each side			
	2C	SB Foot Flips	5-5 each side		4C	SB Glute Bridge	30-30 seconds							

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 1 or 2 **CARDIO (Post-Lift):** Steady State 1
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

FRIDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Push Press	BAR	1	5 E		5 E		5 E					
	1B	Single Leg Romanian Deadlift	DB	1	8 ea M		8 ea M							
	2A	Forward Step Up	BAR	1	6 ea M/E		6 ea M/E		6 ea M/E					
	2B	Lateral Push Off	BW	1	6 ea		6 ea		6 ea					
	3A	Stability Ball Single Arm Chest Press	DB	1	10 ea M		10 ea M							
	3B	Standing Single Arm Row	CABLE	1	10 ea M		10 ea M							
	4A	Upright Row	DB / BAR	< 1	10 M		10 M							
	4B	Straight Arm Pulldown	CABLE	< 1	10 M		10 M							
	5A	Biceps / Triceps of Choice	CHOICE	1	10 ea M		10 ea M							
CORE	5B	Standing Hand Squeeze	BAR	1	15 L		15 L							
	1	Front Bridge	60 seconds		4A	3 Way Side Lying Leg Raise	10-10 each leg		6	Front Bridge	60 seconds			
	2	Alternating Lying Opposites	10 each leg		4B	Side Bridge	30 seconds each side		7	Alternating Lying Opposites	10 each leg			
	3A	MB Angle Swing	10-10 each side		5A	MB Overhead Swing	10-10		8A	MB Overhead Side Bend	10-10 each side			
	3B	MB Overhead Slam	5-5		5B	MB Rotational Slam	5-5 each side		8B	MB Standing Rotation	10-10 each side			

KEY: E = Explosive, L = Light, M = Moderate, H = Heavy, BW = Bodyweight, SB = Stability Ball, MB = Medicine Ball, R/R = Reps/Resistance, WRM = Warm Up **WK 11: 7/22 - 7/28**

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 1 **SAQ:** Quickness & Agility 3
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
MONDAY	1A	Romanian Deadlift	BAR	1	5	M-H	5	M-H	5	M-H				
	1B	Hang Clean	BAR	1	5	E	5	E	5	E				
	2A	Back Squat	BAR	1	5	M-H	5	M-H	5	M-H				
	2B	Squat Jump	BW	1	8		8		8					
	3A	Standing Alternating Shoulder Press	DB	< 1	6 ea	M	6 ea	M	6 ea	M				
	3B	Reverse Grip Pulldown	CABLE	< 1	8	M	8	M	8	M				
	4A	Fly	DB	< 1	10	L-M	10	L-M						
	4B	Alternating Bent Over Lateral Raise	DB	< 1	10 ea	L-M	10 ea	L-M						
	5	Standing Adduction / Abduction Slide	PLATE	< 1	10 ea*	L-M	10 ea*	L-M	*10 ea = 10 each way on each leg per set					
	1A	Front Bridge	60-60-60 seconds		1D	Side Bridge	30-30 seconds		1G	Glute Bridge				
	1B	Bird Dog	10-10 each leg		1E	Deadbug	10-10 each leg			45-45 seconds (15 sec both legs, 15 sec each leg)				
	1C	Fire Hydrant	10-10 each leg		1F	Windshield Wipers	5-5 each side		1H	Bicycle	40-40 each leg			

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 2 **SAQ:** Speed & Power 3
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
WEDNESDAY	1A	Front Squat to Press	DB	1-2	6	E	6	E	6	E				
	1B	Power Clean Shrug	BAR	1-2	6	E	6	E	6	E				
	2A	Overhead Walking Lunge	PLATE	< 1	10 ea	L-M	10 ea	L-M						
	2B	Single Leg Curl	SB	< 1	10 ea		10 ea							
	3A	Bench Press	BAR / DB	1	5	M-H	5	M-H	5	M-H				
	3B	Chest Throw, Forward (wall)	MB	1	10		10		10					
	4A	Standing Bent Over Row	BAR / DB	1	5	M-H	5	M-H	5	M-H				
	4B	Overhead Throw, Forward (wall)	MB	1	10		10		10					
	5	Single Leg Alternating Lateral Raise	DB	< 1	10 ea*	L-M	10 ea*	L-M	*10 ea = 5 reps each side on each leg per set					
	1	Front Bridge	60 seconds		3	Side Bridge	30 seconds each side		5	Front Bridge	60 seconds			
CORE	2A	SB Reverse Hyper	10-10		4A	SB Crossover Crunch	10-10 each side		6A	SB V Ups	10-10			
	2B	SB Knee Tucks	15-15		4B	SB Rotations w/ MB	10-10 each side		6B	SB Windshield Wipers	5-5 each side			
	2C	SB Foot Flips	5-5 each side		4C	SB Glute Bridge	30-30 seconds							

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 1 or 2 **CONDITION (Post-Lift):** Interval Sprint 1
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
FRIDAY	1A	Push Press	BAR	1	5	E	5	E	5	E				
	1B	Single Leg Romanian Deadlift	DB	1	8 ea	M	8 ea	M						
	2A	Lateral Step Up	BAR	1	6 ea	M/E	6 ea	M/E	6 ea	M/E				
	2B	Forward Push Off	BW	1	6 ea		6 ea		6 ea					
	3A	Stability Ball Single Arm Chest Press	DB	1	10 ea	M	10 ea	M						
	3B	Standing Single Arm Row	CABLE	1	10 ea	M	10 ea	M						
	4A	Upright Row	DB / BAR	< 1	10	M	10	M						
	4B	Straight Arm Pulldown	CABLE	< 1	10	L-M	10	L-M						
	5A	Biceps / Triceps of Choice	CHOICE	1	10 ea	M	10 ea	M						
	5B	Standing Hand Squeeze	BAR	1	15	L	15	L						
CORE	1	Front Bridge	60 seconds		4	Side Bridge	30 seconds each side		7	Front Bridge	60 seconds			
	2	Alternating Lying Opposites	10 each leg		5	Cobra	10		8	Alternating Lying Opposites	10 each leg			
	3A	MB Angle Swing	10-10 each side		6A	MB Overhead Swing	10-10		9A	MB Overhead Side Bend	10-10 each side			
	3B	MB Overhead Slam	5-5		6B	MB Rotational Slam	5-5 each side		9B	MB Standing Rotation	10-10 each side			

KEY: E = Explosive, L = Light, M = Moderate, H = Heavy, BW = Bodyweight, SB = Stability Ball, MB = Medicine Ball, R/R = Reps/Resistance, WRM = Warm Up **WK 12: 7/29 - 8/4**

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 1 **SAQ:** Quickness & Agility 1
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

MONDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Romanian Deadlift	BAR	1	4	H	4	H	4	H				
	1B	Hang Clean	BAR	1	5	E	5	E	5	E				
	2A	Back Squat	BAR	1	4	H	4	H	4	H				
	2B	Squat Jump	BW	1	8		8		8					
	3A	Standing Alternating Shoulder Press	DB	< 1	5 ea	M-H	5 ea	M-H	5 ea	M-H				
	3B	Reverse Grip Pulldown	CABLE	< 1	6	M	6	M	6	M				
	4A	Fly	DB	< 1	10	L-M	10	L-M						
	4B	Alternating Bent Over Lateral Raise	DB	< 1	10 ea	L-M	10 ea	L-M						
	5	Standing Adduction / Abduction Slide	PLATE	< 1	10 ea*	L-M	10 ea*	L-M	*10 ea = 10 each way on each leg per set					
CORE	1A	Front Bridge	60-60-60 seconds		1D	Side Bridge	30-30 seconds		1G	Glute Bridge				
	1B	Bird Dog	10-10 each leg		1E	Deadbug	10-10 each leg			45-45 seconds (15 sec both legs, 15 sec each leg)				
	1C	Fire Hydrant	10-10 each leg		1F	Windshield Wipers	5-5 each side		1H	Bicycle	40-40 each leg			

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 2 **SAQ:** Speed & Power 1
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

WEDNESDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Front Squat to Press	DB	1-2	5	E	5	E	5	E				
	1B	Power Clean Shrug	BAR	1-2	5	E	5	E	5	E				
	2A	Overhead Walking Angle Lunge	PLATE	< 1	8 ea	M	8 ea	M	8 ea	M				
	2B	Single Leg Curl	SB	< 1	10 ea		10 ea		10 ea					
	3A	Bench Press	BAR / DB	1	4	H	4	H	4	H				
	3B	Chest Throw, Forward (wall)	MB	1	10		10							
	4A	Standing Bent Over Row	BAR / DB	1	4	H	4	H	4	H				
	4B	Overhead Throw, Forward (wall)	MB	1	10		10							
	5	Single Leg Alternating Lateral Raise	DB	< 1	10 ea*	L-M	10 ea*	L-M	*10 ea = 5 reps each side on each leg per set					
CORE	1	Front Bridge	60 seconds		3	Side Bridge	30 seconds each side		5	Front Bridge	60 seconds			
	2A	SB Reverse Hyper	10-10		4A	SB Crossover Crunch	10-10 each side		6A	SB V Ups	10-10			
	2B	SB Knee Tucks	15-15		4B	SB Rotations w/ MB	10-10 each side		6B	SB Windshield Wipers	5-5 each side			
	2C	SB Foot Flips	5-5 each side		4C	SB Glute Bridge	30-30 seconds							

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 1 or 2 **CONDITION (Post-Lift):** Interval Sprint 2
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

FRIDAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
	1A	Push Press	BAR	1	5	E	5	E	5	E				
	1B	Single Leg Romanian Deadlift	DB	1	8 ea	M	8 ea	M						
	2A	Forward Step Up	BAR	1	6 ea	M/E	6 ea	M/E	6 ea	M/E				
	2B	Lateral Push Off	BW	1	8 ea		8 ea		8 ea					
	3A	Stability Ball Single Arm Chest Press	DB	1	8 ea	M	8 ea	M	8 ea	M				
	3B	Standing Single Arm Row	CABLE	1	8 ea	M	8 ea	M	8 ea	M				
	4A	Upright Row	DB / BAR	< 1	8	M	8	M						
	4B	Straight Arm Pulldown	CABLE	< 1	10	M	10	M						
	5A	Biceps / Triceps of Choice	CHOICE	1	8 ea	M	8 ea	M						
CORE	5B	Standing Hand Squeeze	BAR	1	12	L	12	L						
	1	Front Bridge	60 seconds		4A	3 Way Side Lying Leg Raise	10-10 each leg		6	Front Bridge	60 seconds			
	2	Alternating Lying Opposites	10 each leg		4B	Side Bridge	30 seconds each side		7	Alternating Lying Opposites	10 each leg			
	3A	MB Angle Swing	10-10 each side		5A	MB Overhead Swing	10-10		8A	MB Overhead Side Bend	10-10 each side			
	3B	MB Overhead Slam	5-5		5B	MB Rotational Slam	5-5 each side		8B	MB Standing Rotation	10-10 each side			

KEY: E = Explosive, L = Light, M = Moderate, H = Heavy, BW = Bodyweight, SB = Stability Ball, MB = Medicine Ball, R/R = Reps/Resistance, WRM = Warm Up **WK 13: 8/5 - 8/11**

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 1 **SAQ:** Quickness & Agility 2
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
MONDAY	1A	Romanian Deadlift	BAR	1	5	M-H	4	H	3	H				
	1B	Hang Clean	BAR	1	5	E	5	E	5	E				
	2A	Back Squat	BAR	1	5	M-H	4	H	3	H				
	2B	Squat Jump	BW	1	8		8		8					
	3A	Standing Alternating Shoulder Press	DB	< 1	5 ea	M-H	5 ea	M-H	5 ea	M-H				
	3B	Reverse Grip Pulldown	CABLE	< 1	6	M	6	M	6	M				
	4A	Fly	DB	< 1	10	L-M	10	L-M						
	4B	Alternating Bent Over Lateral Raise	DB	< 1	10 ea	L-M	10 ea	L-M						
	5	Standing Adduction / Abduction Slide	PLATE	< 1	10 ea*	L-M	10 ea*	L-M	*10 ea = 10 each way on each leg per set					
	1A	Front Bridge	60-60-60 seconds		1D	Side Bridge	30-30 seconds		1G	Glute Bridge				
	1B	Bird Dog	10-10 each leg		1E	Deadbug	10-10 each leg			45-45 seconds (15 sec both legs, 15 sec each leg)				
	1C	Fire Hydrant	10-10 each leg		1F	Windshield Wipers	5-5 each side		1H	Bicycle	40-40 each leg			

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 2 **SAQ:** Speed & Power 2
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
WEDNESDAY	1A	Front Squat to Press	DB	1-2	5	E	5	E	5	E				
	1B	Power Clean Shrug	BAR	1-2	5	E	5	E	5	E				
	2A	Overhead Walking Angle Lunge	PLATE	< 1	8 ea	M	8 ea	M	8 ea	M				
	2B	Single Leg Curl	SB	< 1	10 ea		10 ea		10 ea					
	3A	Bench Press	BAR / DB	1	5	M-H	4	H	3	H				
	3B	Chest Throw, Forward (wall)	MB	1	10		10							
	4A	Standing Bent Over Row	BAR / DB	1	5	M-H	4	H	3	H				
	4B	Overhead Throw, Forward (wall)	MB	1	10		10							
	5	Single Leg Alternating Lateral Raise	DB	< 1	10 ea*	L-M	10 ea*	L-M	*10 ea = 5 reps each side on each leg per set					
	1	Front Bridge	60 seconds		3	Side Bridge	30 seconds each side		5	Front Bridge	60 seconds			
CORE	2A	SB Reverse Hyper	10-10		4A	SB Crossover Crunch	10-10 each side		6A	SB V Ups	10-10			
	2B	SB Knee Tucks	15-15		4B	SB Rotations w/ MB	10-10 each side		6B	SB Windshield Wipers	5-5 each side			
	2C	SB Foot Flips	5-5 each side		4C	SB Glute Bridge	30-30 seconds							

DAY **EMPHASIS:** Power **WARM UP:** Dynamic 1 or 2 **CONDITION (Post-Lift):** Interval Sprint 3
NOTES: Complete dynamic warm up prior to lift. Complete static stretch when finished. Focus on executing proper technique through a full range of motion.

DAY	Seq	Lift / Core	Type	Rest	Set 1 R/R	Wt	Set 2 R/R	Wt	Set 3 R/R	Wt	Set 4 R/R	Wt	Set 5 R/R	Wt
FRIDAY	1A	Push Press	BAR	1	5	E	5	E	5	E				
	1B	Single Leg Romanian Deadlift	DB	1	8 ea	M	8 ea	M						
	2A	Lateral Step Up	BAR	1	6 ea	M	6 ea	M	6 ea	M				
	2B	Forward Push Off	BW	1	8 ea		8 ea		8 ea					
	3A	Stability Ball Single Arm Chest Press	DB	1	8 ea	M	8 ea	M	8 ea	M				
	3B	Standing Single Arm Row	CABLE	1	8 ea	M	8 ea	M	8 ea	M				
	4A	Upright Row	DB / BAR	< 1	8	M	8	M						
	4B	Straight Arm Pulldown	CABLE	< 1	10	L-M	10	L-M						
	5A	Biceps / Triceps of Choice	CHOICE	1	8 ea	M	8 ea	M						
	5B	Standing Hand Squeeze	BAR	1	12	L	12	L						
CORE	1	Front Bridge	60 seconds		4	Side Bridge	30 seconds each side		7	Front Bridge	60 seconds			
	2	Alternating Lying Opposites	10 each leg		5	Cobra	10		8	Alternating Lying Opposites	10 each leg			
	3A	MB Angle Swing	10-10 each side		6A	MB Overhead Swing	10-10		9A	MB Overhead Side Bend	10-10 each side			
	3B	MB Overhead Slam	5-5		6B	MB Rotational Slam	5-5 each side		9B	MB Standing Rotation	10-10 each side			

WK 14: 8/12 - 8/18

CORE	1A Alternating Straight Leg Drop	10-10 each leg	1D Side Bridge	30-30 seconds each side
	1B Windshield Wiper	5-5 each side	1E Bicycle	30-30 each leg
	1C Superman (3 second hold)	10-10		

CORE	1A Front Bridge	60-60-60 seconds	1D Side Bridge	30-30 seconds each side	1G Tuck Crunch	15-15
	1B Bird Dog	10-10 each leg	1E V Up	15-15	1H Seated Rotation	10-10 each side
	1C Fire Hydrant	10-10 each leg	1F Glute Bridge	45-45 seconds (15 sec both legs, 15 sec each leg)		

CORE	1A SB Alternating Lying Opposites	10-10 each leg	2A SB 3 Way Crunch	10-10 each way
	1B SB Knee Tucks	15-15	2B SB Rotations	10-10 each side
	1C SB Foot Flips	5-5 each side		

INTERVAL CARDIO WORKOUTS

NOTE: Always perform static stretch (10-15 minutes) after completing each cardio workout

1	TYPE: Interval 1 - Long Interval		PROGRAM: Manual	TOTAL TIME: 30 minutes	
	TIME	INTERVAL	EFFORT	RESISTANCE LEVEL (SPIN)	RESISTANCE LEVEL (ELECTRONIC)
	30:00 - 28:00	Warm-up	50% - 75%	baseline	- 1
	28:00 - 14:00	120 seconds	90%	+ 0.5	+ 2
		120 seconds	75%	Baseline	Baseline
	14:00 - 12:00	Steady state	80%	Baseline	Baseline
	12:00 - 2:00	60 seconds	95%	+ 1	+ 3
		60 seconds	75%	Baseline	Baseline
	2:00 - 0:00	Cool-down	75% - 50%	Baseline	-1

2	TYPE: Interval 2 - Short Interval		PROGRAM: Manual	TOTAL TIME: 30 minutes	
	TIME	INTERVAL	EFFORT	RESISTANCE LEVEL (SPIN)	RESISTANCE LEVEL (ELECTRONIC)
	30:00 - 27:00	Warm-up	50% - 75%	Baseline	- 1
	27:00 - 17:00	30 seconds	100%	+ 1.5	+ 4
		30 seconds	75%	Baseline	Baseline
	17:00 - 13:00	Steady state	80%	Baseline	Baseline
	13:00 - 3:00	20 seconds	100%	+ 2	+ 5
		40 seconds	75%	Baseline	Baseline
	3:00 - 0:00	Cool-down	75% - 50%	Baseline	-1

3	TYPE: Interval 3 - Mixed Interval		PROGRAM: Manual	TOTAL TIME: 45 minutes	
	TIME	INTERVAL	EFFORT	RESISTANCE LEVEL (SPIN)	RESISTANCE LEVEL (ELECTRONIC)
	45:00 - 42:00	Warm-up	50% - 75%	Baseline	- 1
	42:00 - 37:00	30 seconds	100%	+ 1.5	+ 4
		15 seconds	75%	Baseline	Baseline
	37:00 - 35:00	Steady state	80%	Baseline	Baseline
	35:00 - 24:00	120 seconds	90%	+ 0.5	+ 2
		60 seconds	75%	Baseline	Baseline
	24:00 - 22:00	Steady state	80%	Baseline	Baseline
	22:00 - 16:00	15 seconds	100%	+ 2	+ 6
		45 seconds	75%	Baseline	Baseline
	16:00 - 14:00	Steady state	80%	Baseline	Baseline
	14:00 - 3:00	60 seconds	100%	+ 1	+3
		60 seconds	75%	Baseline	Baseline
	3:00 - 0:00	Cool-down	75% - 50%	Baseline	-1

INTERVAL SPRINT WORKOUTS

NOTES: Always complete dynamic warm up prior to interval workout. Perform each sprint at **MAX EFFORT**. Stay strict on the rest intervals listed. Rest interval between sprints is based on the last sprint completed.

Rest 3 minute between sets. Rest 3 minutes, water at half. Always complete static stretch after workout.

1	NOTE: Rest interval is based on last sprint completed. 2 minute rest between sets; 3 minutes rest, water at half.		
	SET	DISTANCE	REST (between sprints)
	1	8 x 20 yards	9 seconds
	2	4 x 40 yards	15 seconds
	Half	-	3 minutes
	3	8 x 20 yards	9 seconds
	4	4 x 40 yards	15 seconds

2	NOTE: Rest interval is based on last sprint completed. 2 minute rest between sets; 3 minutes rest, water at half.		
	SET	DISTANCE	REST
	1	10 x 20 yards	9 seconds
	2	5 x 40 yards	15 seconds
	Half	-	3 minutes
	3	10 x 20 yards	9 seconds
	4	5 x 40 yards	15 seconds

3	NOTE: Rest interval is based on last sprint completed. 2 minute rest between sets; 3 minutes rest, water at half.		
	SET	DISTANCE	REST
	1	4 x 20 yards	9 seconds
		4 x 40 yards	15 seconds
	2	3 x 30 yards	12 seconds
		3 x 50 yards	18 seconds
	Half	-	3 minutes
	3	4 x 40 yards	15 seconds
		4 x 20 yards	9 seconds
	4	3 x 50 yards	18 seconds
		3 x 30 yards	12 seconds

4	NOTE: Rest interval is based on last sprint completed. 2 minute rest between sets; 3 minutes rest, water at half.		
	SET	DISTANCE	REST
	1	2 x 20 yards	9 seconds
		2 x 30 yards	12 seconds
		2 x 40 yards	15 seconds
		2 x 50 yards	18 seconds
	2	2 x 50 yards	18 seconds
		2 x 40 yards	15 seconds
		2 x 30 yards	12 seconds
		2 x 20 yards	9 seconds
	Half	-	3 minutes
	3	2 x 50 yards	18 seconds
		2 x 40 yards	15 seconds
		2 x 30 yards	12 seconds
		2 x 20 yards	9 seconds
	4	2 x 20 yards	9 seconds
		2 x 30 yards	12 seconds
		2 x 40 yards	15 seconds
		2 x 50 yards	18 seconds

300 YARD SHUTTLE RUNS

1	NOTE: 3 minute rest between sets		
	SET	DISTANCE	REST (<i>between sprints</i>)
	1	6 x 50 yards	20 seconds
	2	3 x 100 yards	40 seconds
	3	2 x 150 yards	60 seconds

2	NOTE: 3 minute rest between sets		
	SET	DISTANCE	REST
	1	3 x 100 yards	40 seconds
	2	1 x 200 yards	80 seconds
		1 x 100 yards	40 seconds
	3	1 x 300 yards	

3	NOTE: 3 minute rest between sets		
	SET	DISTANCE	REST
	1	3 x 100 yards	40 seconds
	2	2 x 150 yards	60 seconds
	3	1 x 100 yards	40 seconds
		1 x 200 yards	80 seconds
	4	1 x 300 yards	

4	NOTE: 3 minute rest between sets		
	SET	DISTANCE	REST
	1	2 x 150 yards	60 seconds
	2	1 x 100 yards	40 seconds
		1 x 200 yards	
	3	1 x 300 yards	
	4	1 x 300 yards	

STEADY STATE CARDIO WORKOUTS

NOTE: Always perform static stretch (10-15 minutes) after completing each cardio workout

1	TYPE: Steady State 1		PROGRAM: Manual	TOTAL TIME: 30 minutes	
	TIME	INTERVAL	EFFORT	RESISTANCE LEVEL (SPIN)	RESISTANCE LEVEL (ELECTRONIC)
	30:00 - 25:00	Warm-up	50% - 75%	- 1	- 1
	25:00 - 5:00	Steady state	80%	Baseline	Baseline
	5:00 - 0:00	Cool-down	75% - 50%	- 1	- 1

2	TYPE: Steady State 3		PROGRAM: Manual	TOTAL TIME: 35 minutes	
	TIME	INTERVAL	EFFORT	RESISTANCE LEVEL (SPIN)	RESISTANCE LEVEL (ELECTRONIC)
	35:00 - 30:00	Warm-up	50% - 75%	- 1	- 1
	30:00 - 5:00	Steady state	80%	Baseline	Baseline
	5:00 - 0:00	Cool-down	75% - 50%	- 1	- 1

3	TYPE: Steady State 4		PROGRAM: Manual	TOTAL TIME: 40 minutes	
	TIME	INTERVAL	EFFORT	RESISTANCE LEVEL (SPIN)	RESISTANCE LEVEL (ELECTRONIC)
	40:00 - 35:00	Warm-up	50% - 75%	- 1	- 1
	35:00 - 5:00	Steady state	80%	Baseline	Baseline
	5:00 - 0:00	Cool-down	75% - 50%	- 1	- 1

4	TYPE: <i>Steady State 4</i>		PROGRAM: <i>Manual</i>	TOTAL TIME: <i>45 minutes</i>	
	TIME	INTERVAL	EFFORT	RESISTANCE LEVEL (SPIN)	RESISTANCE LEVEL (ELECTRONIC)
	45:00 - 40:00	Warm-up	50% - 75%	- 1	- 1
	40:00 - 5:00	Steady state	80%	Baseline	Baseline
	5:00 - 0:00	Cool-down	75% - 50%	- 1	- 1

5	TYPE: Steady State 4		PROGRAM: Manual	TOTAL TIME: 60 minutes	
	TIME	INTERVAL	EFFORT	RESISTANCE LEVEL (SPIN)	RESISTANCE LEVEL (ELECTRONIC)
	60:00 - 55:00	Warm-up	50% - 75%	- 1	- 1
	55:00 - 5:00	Steady state	80%	Baseline	Baseline
	5:00 - 0:00	Cool-down	75% - 50%	- 1	- 1