

Stability **2 X THRU**
 lying draw-ins (pull belly bottom to spine) 8reps, 5 sec hold ea
 draw-in crunch -use stick if available 15 reps
 Opposite dead bug (opp arm, opp leg) 8ea
 Plank extensions (arms and legs) 8 total reps
 (plank position, extend rt arm in front, then lt arm in front, then rt leg straight up, then left leg straight up = one rep

Day one

	1-Jun	8-Jun	15-Jun	22-Jun
Hang clean progression	3ea - 40%	3ea - 45%	3ea - 50%	3ea - 50%
hang clean pull - shrug	3ea - 50%	3ea - 55%	3ea - 60%	3ea - 60%
hang clean	3ea - 55%	3ea - 60%	3ea - 65%	3ea - 67.5%
	3ea - 60%	3ea - 65%	3ea - 70%	3ea - 75%
PVC/stick overhead squat	3x8	3x8	3x8	3x8
Front squat	40%/10	40%/8	45%/8	unload LB45%/6
down to parallel	50%/10	55%/8	57.5%/8	50%/6
elbows up	55%/10	60%/8	65%/8	60%/6
	60%/10	65%/8	75%/8	65%/6
pull-ups (palms away)	3 x 8	3 x 8	3 x 10	3 x 10
Bench press	40%/10	40%/10	45%/8	45%/8
	50%/10	55%/10	57.5%/8	60%/8
	55%/10	60%/10	65%/8	67.5%/8
	60%/10	65%/10	70%/8	75%/8
Eccentric RDL (4sec down, 1up)	50% 3 x 8	60% 3 x 8	70% 3 x 6	80% 3 x 6
max = use hang clean max				
DB lateral lunges	3 x 8ea	3 x 8ea	3 x 6ea	3x6ea

Isometric Strength **2 x THRU** **ADD**
 Plank Hold - 2 Feet :30 seconds 10
 Side Bridge Hold - Stack Feet :30 seconds ea **SECONDS**
 6 inch crunch hold (draw in) :30 seconds **EACH**
 double leg glute bridge hold :30 seconds **WEEK**

DAY 2

Plyo circuit				
box jumps- 2 ft - soft landing	2x5	2x5	2x5	2x5
ice skaters - stick landing	2x5ea	2x5ea	2x5ea	2x5ea
Broad jumps - stick landing	2x5	2x5	2x5	2x5
Y-T-W	3x8ea	3x8ea	3x8ea	3x8ea
BB SINGLE LEG SQUAT	40%/8	40%/8	45%/6	45%/5
BACK FOOT UP ON BENCH	50%/8	55%/8	57.5%/6	60%/5
MAX = 50% OF BACK SQUAT MAX	55%/8	60%/8	65%/6	65%/5
	60%/8	65%/8	75%/6	70%/5
Seated cable row	3x8	3x8	3x6	3x6
Alt. DB shoulder press	10ea	10ea	8ea	8ea
standing, both arms up	10ea	10ea	8ea	8ea
	10ea	10ea	8ea	8ea
back extensions	3 x 10	3 x 10	3 x 8	3 x 8
plate T-raise	3 x 8	3 x 8	3 x 6	3 x 6

Day 3

Speed and Conditioning				
Linear				
push up starts (alt. leading leg)	5yds x 3 ea	5yds x 3ea	5yds x 4ea	5yds x 4ea
mnt climber starts (3 count)	5yds x 3 ea	5yds x 3 ea	5yds x 4ea	5yds x 4ea
back peddle push-offs	5 yds x 4	5yds x 4	10 yds x 3	10yds x 3
Lateral				
crossover start sprints	5yds x 3 ea	5yds x 3 ea	5yds x 4ea	5yds x 4ea
crossover side run (each direction)	10yds, 2 ea	10yds, 2 ea	10yds,3ea	10yds,3ea
crossover side run into sprint ahead	5yds ea x 2ea	5yds ea x 2ea	5yds ea x 3ea	5yds ea x 3ea
crossover side run into sprint back	5yds x 2ea	5yds x 2ea	5yds x 3ea	5yds x 3ea
Dynamic 3 x thru				
sit-ups	15	ADD 5		
atomic	15	REPS		
side hip lifts	15 ea	EACH		
straight leg sit-ups	10	WEEK		
toe touches	15			

Strength Ph. 2

Stability **2 X THRU**
 kneeling draw-ins w/ 10lb plate 8X 5 s hold
 draw-in crunches - use stick if available 20reps
 dead bugs - both arms/both legs 10 total
 push-ups extensions (arms and legs) 8 total reps
 (same as plank extensions in phase one, this time you are in push up position)

Day one

	29-Jun	6-Jul	13-Jul	UNLOAD
Hang clean	4- 50%	4 - 50%	4 - 50%	
	4- 55%	4 - 55%	4 - 60%	
	4 - 60%	4 - 65%	4 - 70%	
	4 - 65%	4 - 75%	3 - 80%	
iron cross / scorpions	3 x 8ea	3 x 8ea	3 x 8ea	
Front squat <i>down to parallel</i>	50% / 6	50%/5	50% / 5	
	62.5% / 6	65%/5	70% / 5	
	70% / 6	75%/5	80% / 5	
	77% / 6	80%/5	85% / 5	
chin-ups	10	12	14	
Bench press	50% / 6	50%/6	50% / 5	
	62.5% / 6	65%/6	70% / 5	
	75% / 6	75%/6	80% / 5	
	80% / 6	85%/6	87.5% / 5	
BB RDL	80% 3 X 6	90% 3 X 5	95% 3 X 5	
SL back ext. (one leg anchored)	3 X 6EA	3 X 6EA	3 X 6EA	

Isometric Strength **2 X THRU** ADD
 Plank Hold - one foot :20 seconds ea 10
 Side Bridge Hold - add weight :20 seconds ea SECONDS
 6 inch crunch hold w/ weight on shins :30 seconds EACH
 single leg glute bridge hold :30 seconds WEEK

DAY 2

UNLOAD

Plyo circuit				
<i>box jumps-jump from 2- land on 1</i>	2x3ea	2x3ea	2x3ea	stay up tall back flat!!!
<i>ice skaters - one bounce</i>	2x5ea	2x5ea	2x5ea	
<i>lateral broad jumps - stick it</i>	2x4ea	2x4ea	2x4ea	
scap push-ups	2 x 15	2 x 15	2 x 15	
BB step-up <i>at the top drive knee up, toe up, pause and lower back down, do all one side then switch legs</i>	40% x 6	45% x 6	50% x 5	
	50% x 6	55% x 6	65% x 5	
	60% x 6	65% x 6	75% x 5	
	65% x 6	75% x 6	85% x 5	
DB bent over row	3 x 6ea	3 x 6ea	3 x 5ea	
BB military press <i>staggered stance, like the spring. lift up and behind, core tight</i>	50% X 6	55% X 6	60% x 5	
	55% X 6	65% x 6	75% x 5	
	60% x 6	70% x 6	80% x 5	
PB 1-leg bridge hold (knees bent)	3 x 30s	3 x 30s	3x45s	
DIAMOND PUSH-UPS ON FLOOR	3 X 10	3x12	3x14	

DAY 3

UNLOAD

Speed and Conditioning			
Linear			
<i>push up starts (alt. leading leg)</i>	10y x 3 ea	10y x 3 ea	10y x 4ea
<i>mnt climber starts (3 count)</i>	10y x 3 ea	10y x 3 ea	10y x 4ea
<i>back peddle push-offs</i>	10yds x 3	10yds x 4	10yds x 5
Lateral			
<i>crossover start sprints</i>	5yds x 4 ea	5yds x 4 ea	5yds x 5ea
<i>crossover side run (each direction)</i>	10yds, 4 ea	10yds, 4 ea	10yds,5ea
<i>shuffle,side run,sprint ahead</i>	5yds ea x 2ea	5yds ea x 2ea	5yds ea x 3ea
<i>shuffle,side run, sprint back</i>	5yds x 2ea	5yds x 2ea	5yds x 3ea
Dynamic 3 x thru			
stick sit-up (behind head)	10	ADD 5	
weighted atomics	15	REPS	
weight side hip lifts	15 ea	EACH	
stick straight leg sit-ups	10	WEEK	
weighted toe touches	15		

Preseason Power

Stability

kneeling draw-ins w/ 10lb plate
 draw-in crunches - use stick if available
 dead bugs - both arms/both legs
 push-ups alt. extensions

2 X THRU
 8 X 5 s hold
 25 reps
 10 reps hold out 5 sec
 6 ea side

similar to alternating supermen on floor, only you are in push-up position, extend opposite arm-opposite leg w/out rotating hips

DAY 1

27-Jul 3-Aug UNLOAD

Hang clean	3 - 50%	3 - 50%	REST 1:30 EACH SET
	3 - 65%	3 - 65%	
	3 - 75%	2 - 80%	
	2 - 85%	1 - 95%	
inchworms	3 x 5reps	3 x 5reps	
BB JUMP SQUAT MAX = BODY WEIGHT	4 x 40%	4 x 45%	
	4 x 45%	4 x 50%	
	4 x 50%	4 x 55%	
chin-ups (add weight each set!!!)	10/8/6	8/6/4	
POWER CIRCUIT	3 X THRU	3 X THRU	
LATERAL QUICK STEPS (BOX IF YOU HAVE IT)	30SEC	40SEC	
STANDING PLATE PUNCH	30SEC	40SEC	
MOUNTAIN CLIMBERS	30SEC	40SEC	
PLYO PUSH-UPS (HANDS LEAVE GROUND EA REP)	30SEC	40SEC	

Isometric Strength

2 x THRU ADD
 Plank Hold - 1 arm/1 foot :20 seconds ea 10
 Side Bridge Hold - lift top leg up :20 seconds ea SECONDS
 Y-crunch hold (extend arms out) :30 seconds EACH
 glute bridge alt. march (hips up whole time) :30 seconds WEEK

DAY 2

UNLOAD

Plyo circuit			REST 1:30 EACH SET
single leg box jumps ; jump 1 - land 1	2x3ea	2x3ea	
ice skaters - continuous	2x5ea	2x5ea	
lateral broad jumps - continuous	2x4ea	2x4ea	
lying mb chest pass - straight up	2 x 8	2 x 8	
BB PUSH PRESS MAX = 60% OF BENCH USE YOUR LEGS! DIP AND PUNCH BAR UP	55%/6	55% / 5	
	65%/6	70% / 5	
	70%/6	75% / 5	
	77.5 /6	85% / 5	
rotating push-ups	3 x 8ea	3 x 8ea	
POWER CIRCUIT	3 X THRU	3 X THRU	
JUMPIES	30SEC	40SEC	
SIT-UPS	30SEC	40SEC	
LATERAL LINE HOPS	30SEC	40SEC	
BURPIES	30SEC	40SEC	

DAY 3

14-Aug 21-Aug UNLOAD

Speed and Conditioning		
Linear		
push up starts (alt. leading leg)	10y x 4 ea	10y x 4 ea
falling starts (alt leading leg)	5yds x 4ea	5yds x 4ea
back peddle push-offs into 5y side run	5yds x 3ea way	5yds x 3ea way
Lateral		
crossover sprints	5yds x 5ea	5yds x 5ea
crossover side run into 5y sprint	10yds,5ea	10yds,5ea
push-8's - see below	6x , 30s rest ea	8x, 30s rest
(10 yds- sprint up and back, shuffle up and back, back peddle up and back, sprint up and back =1)		
Dynamic 3 x thru		
stick rocky sit-up	10	ADD 5
rotating atomic (twist at top)	8 ea side	REPS
off bench obliques if possible (if not - hip lif	10	EACH
stick straight leg sit-ups	15	WEEK
single leg lower with toe touch at the top	8ea	