

SUMMER STRENGTH PHASE 1

Day one	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun UNLOAD
<b>Hang clean progression</b>	3ea - 40%	3ea - 45%	3ea - 50%	3ea - 50%	
<i>rdl</i>	3ea - 50%	3ea - 55%	3ea - 60%	3ea - 60%	
<i>hang clean pull - shrug</i>	3ea - 55%	3ea - 60%	3ea - 65%	3ea - 67.5%	
<i>hang clean</i>	3ea - 60%	3ea - 65%	3ea - 70%	3ea - 75%	
<b>PVC/stick overhead squat</b>	3x8	3x8	3x8	3x8	
<b>Front squat</b>	40%/10	40%/10	45%/8	45%/8	
<i>down to parallel</i>	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	
<b>Seated cable row (DB if no machine)</b>	3x10ea	3x10ea	3x8ea	3x8ea	
<b>DB step-ups</b>	10ea	10ea	8ea	8ea	
	10ea	10ea	8ea	8ea	
	10ea	10ea	8ea	8ea	
<b>Chin-ups</b>	3x6	3x6	3x8	3x8	
<b>Alt. DB bicep curls</b>	3x10ea	3x10ea	3x8ea	3x8ea	
<b>Core choice from sheet - phase 1</b>					

Day two	3-Jun	10-Jun	17-Jun	24-Jun	1-Jul UNLOAD
<b>Plyo circuit</b>					
<i>box jumps- 2 ft - soft landing</i>	2x5	2x5	2x5	2x5	
<i>ice skaters - stick landing</i>	2x5ea	2x5ea	2x5ea	2x5ea	
<i>Broad jumps - stick landing</i>	2x5	2x5	2x5	2x5	
<b>Y-T-W</b>	3x8ea	3x8ea	3x8ea	3x8ea	
<b>Bench press</b>	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	
<b>PB HAMSTRING CURL (BOTH LEGS)</b>	3x8	3x10	3x12	3x14	
<b>Alt. DB shoulder press</b>	10ea	10ea	8ea	8ea	
<i>standing, both arms up</i>	10ea	10ea	8ea	8ea	
	10ea	10ea	8ea	8ea	
<b>PB 2-leg bridge hold (knees bent)</b>	3 x 30s	3 x 30s	3x45s	3x45s	
<b>Dips (off bench or on bars)</b>	3x10	3x10	3x12	3x12	
<b>Core choice from sheet - phase 1</b>					

Day three	5-Jun	12-Jun	19-Jun	26-Jun	3-Jul UNLOAD
<b>Speed and Conditioning</b>					
<b>Linear</b>					
<i>push up starts (alt. leading leg)</i>	5yds x 3 ea	5yds x 3ea	5yds x 4ea	5yds x 4ea	
<i>mnt climber starts (3 count)</i>	5yds x 3 ea	5yds x 3 ea	5yds x 4ea	5yds x 4ea	
<b>Lateral</b>					
<i>crossover start sprints</i>	5yds x 3 ea	5yds x 3 ea	5yds x 4ea	5yds x 4ea	
<i>crossover side run (each direction)</i>	10yds, 2 ea	10yds, 2 ea	10yds,3ea	10yds,3ea	
<b>Conditioning</b>					
<i>5-10-5 pro agility technique</i>	3x ea way	3x ea way	3x ea way	3x ea way	
<i>dominators</i>		8	10	10	12
men: make in 13s rest 26s					
women: make in 15s rest 30s					
core choice from sheet phase 1					

SUMMER STRENGTH PHASE 2

MONDAY	6-Jul	13-Jul	20-Jul	27-Jul	3-Aug UNLOAD
<b>Hang clean</b>	4- 40%	4 - 45%	4 - 50%	3 - 55%	
	4- 50%	4 - 55%	4 - 60%	3 - 65%	
	4 - 55%	4 - 60%	4 - 65%	3 - 72.5%	
	4 - 60%	4 - 65%	4 - 70%	3 -80%	
<b>prone hurdlers / scorpions</b>	3 x 8ea	3 x 8ea	3 x 8ea	3 x 8ea	
<b>Front squat</b> <i>down to parallel</i>	45%/8	50%/8	50%/6	50%/6	
	60%/8	62.5%/8	65%/6	70%/6	
	67.5%/8	70%/8	72.5%/6	77.5%/6	
	75%/8	77.5%/8	80/6	82.5%/6	
<b>1-arm cable row</b>	3 x 6ea	3 x 6ea	3 x 5ea	3 x 5ea	
<b>BB high knee step-up</b> drive knee and toe up at the top hold for 2 sec then lower	8EA	6EA	5EA	5EA	
	8EA	6EA	5EA	5EA	
	8EA	6EA	5EA	5EA	
<b>shoulder front/lateral raise</b>	3 X 8EA	3 X 8EA	3 X 8EA	3 X 8EA	
<b>back extensions</b>	3 X 10	3 X 10	3 X 10	3 X 10	
<b>core choice from sheet phase 2</b>					

WEDNESDAY	8-Jul	15-Jul	22-Jul	29-Jul	5-Aug UNLOAD
<b>Plyo circuit</b>					
<i>box jumps-jump from 2- land on1</i>	2x3ea	2x3ea	2x3ea	2x3ea	
<i>ice skaters - one bounce</i>	2x5ea	2x5ea	2x5ea	2x5ea	
<i>lateral broad jumps - stick it</i>	2x4ea	2x4ea	2x4ea	2x4ea	
<b>scap push-ups</b>	2 x 15	2 x 15	2 x 15	2 x 15	
<b>Bench press</b>	45%/8	50%/8	50%/6	50%/6	
	60%/8	62.5%/8	65%/6	70%/6	
	67.5%/8	70%/8	72.5%/6	77.5%/6	
	75%/8	77.5%/8	82.5/6	85%/6	
<b>RDL (DB OR BB) back flat - knees soft</b>	3x10	3x10	3x8	3X8	
<b>Alt. DB shoulder press</b> <i>standing, both arms up</i>	10ea	10ea	8ea	8ea	
	10ea	10ea	8ea	8ea	
	10ea	10ea	8ea	8ea	
<b>PB 1-leg bridge hold (knees bent)</b>	3 x 30s	3 x 30s	3x45s	3x45s	
<b>DIAMOND PUSH-UPS ON FLOOR</b>	3 X 8	3x10	3x12	3 X 14	
<b>core choice from sheet phase 2</b>					

FRIDAY	10-Jul	17-Jul	24-Jul	31-Jul	7-Aug UNLOAD	
<b>Speed and Conditioning</b>						
<b>Linear</b>						
<i>push up starts (alt. leading leg)</i>	10y x 3 ea	10y x 3 ea	10y x 4ea	10y x 4ea		
<i>mnt climber starts (3 count)</i>	10y x 3 ea	10y x 3 ea	10y x 4ea	10y x 4ea		
<b>Lateral</b>						
<i>crossover start sprints</i>	5yds x 4 ea	5yds x 4 ea	5yds x 5ea	5yds x 5ea		
<i>crossover side run (each direction)</i>	10yds, 4 ea	10yds, 4 ea	10yds,5ea	10yds,5ea		
<b>Conditioning</b>						
<i>5-10-5 pro agility- technique</i>	3x ea way	3x ea way	3x ea way	3x ea way		
<i>dominators</i>	12	14	14	16		
men: make in 13s rest 26s						
women: make in 15s rest 30s						
<b>core choice from sheet phase 2</b>						

SUMMER STRENGTH PHASE 3

MONDAY	10-Aug	17-Aug	24-Aug	31-Aug UNLOAD
<b>Hang clean</b>	3 - 50%	3 - 50%	3 - 50%	
	3 - 60%	3 - 65%	3 - 65%	
	3 - 67.5%	2 - 77.5%	2 - 82.5%	
	3 - 75%	2 - 85%	1 - 95%	
<b>BW jump squats</b>	3 x 5	3 x 5	3 x 5	
<b>Front squat</b> <i>down to parallel</i>	55%/6	55% / 6	55% / 5	
	70%/6	72.5% / 6	75% / 6	
	77.5%/6	80% / 6	82.5% / 5	
	82.5%/6	85% / 6	87.5% / 5	
<b>Inverted rows</b>	3 x 6	3x8	3x10	
<b>Lateral BB lunges</b> legs out wide - sit hips back weight on heels - chest up!	3 X 8EA	3 X 8EA	3 x 6ea	
	3 X 8EA	3 X 8EA	3 x 6ea	
	3 X 8EA	3 X 8EA	3 x 6ea	
<b>Cable/band side rotations</b>	3x10ea	3x10ea	3x8ea	
<b>Parallel Grip chin-ups</b>	3 X 8EA	3 X 10	3 X 10	
<b>core choice from sheet phase 3</b>				

WEDNESDAY				UNLOAD
<b>Plyo circuit</b>				
<i>single leg box jumps ; jump 1 - land 1</i>	2x3ea	2x3ea	2x3ea	
<i>ice skaters - continuous</i>	2x5ea	2x5ea	2x5ea	
<i>lateral broad jumps - continuous</i>	2x4ea	2x4ea	2x4ea	
<b>lying mb chest pass - straight up</b>	2 x 8	2 x 8	2 x 8	
<b>Bench press</b>	55%/6	55% / 6	55% / 5	
	70%/6	72.5% / 6	75% / 6	
	77.5%/6	80% / 6	82.5% / 5	
	85%/6	87.5% / 6	90% / max	
<b>SL RDL (BAR OR DB) - BACK FLAT!</b>	3 X 5ea	3 X 5ea	3 X 5ea	
<b>DB PUSH PRESS</b> <i>"DIP AND PUNCH"</i> USE YOUR LEGS!	6	5	5	
	6	5	5	
	6	5	5	
<b>PB 1-LEG CURL W/ HOLD 3 X</b>	5X, 5S HOLD EA	5X, 5S HOLD EA	5X, 5S HOLD EA	
<b>DIAMOND PUSH-UPS ON BALL</b>	3 X 8	3 X 8	3 X 10	
<b>core choice from sheet phase 3</b>				

FRIDAY	14-Aug	21-Aug	28-Aug	4-Sep UNLOAD	
<b>Speed and Conditioning</b>					
<b>Linear</b>					
<i>push up starts (alt. leading leg)</i>	10y x 4 ea	10y x 4 ea	10y x 4ea		
<i>falling starts (alt leading leg)</i>	5yds x 4ea	5yds x 4ea	5yds x 4ea		
<b>Lateral</b>					
<i>crossover start sprints</i>	5yds x 5ea	5yds x 5ea	5yds x 5ea		
<i>crossover side run (each direction)</i>	10yds,5ea	10yds,5ea	10yds,5ea		
<b>Conditioning</b>					
<i>5-10-5 pro agility - technique</i>	3x ea way	3x ea way	3x ea way		
<i>dominators</i>	18	18	20		
men: make in 13s rest 26s women: make in 15s rest 30s					
<b>core choice from sheet phase 3</b>					