	Date		Week # 1 Day # 1			Da	y of the we	ek:	
			Bodyweig	ht					
	CONDI	TIONING			netrics- S	Speed/Agi	ility- Con	ditioning	
Time	of Day:		(10 yards)						
111116	oi Day.					nee skip, hi			
<u> </u>		backw	ard run, ba	ackpedal, S	LDL walk,	straight leg	skip, lung	e walk, inch	nworm
Start	/Finish	Plyometric							
		riyometric	<i>,</i> 5.		Box Ju	mps 5x5			
Coa	ch(s):								
Partne	r/Group:	Speed/Agi	lity:						
					Lean Fall	Run 3x ea.			
<u> </u>		Condition	ina:						
		Sommittell	a.		Tempo	Run 14x			
Abdomina	als:								
			4.	at Ctability	2220 60				
					2x20 - 60 s				
				-	Ups 3x10-				
					Trainin				
				,		9			
%	l Exe	rcise	Set 1	Set 2	Set 3	Reps/	Reps/		
	<u></u>		Reps/	Reps/	Reps/	Weight	Weight	Tempo	Rest
60,65,70	DB Snatcl		5 ea.	5 ea.	5 ea.	! <del> </del>	! }	 	
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>	<u> </u>	
00 ==0/	! 	•		ı İo	ı İo	! 	! }	 	
60-77%	Front Box		8	8	8	<u> </u>	<u> </u>		
60-77%	Chin Ups		8	8 	8 	<u> </u> 	<u> </u>		
70-75%	DB Split S	Saniat	12	12	<del>                                     </del>	<del>                                     </del>	<del> </del>		
70-75% 70-75%	KB Row		12	12   12	<u>.                                    </u>	<u>.                                    </u>	<u> </u> 	<u> </u> 	
	1	Plate Raise	1	12	<u> </u>	<u> </u>	<u> </u>		
	i j			i	i	<u> </u>	i		
	Ţ			<u> </u>	!	ļ	Ī		
	<del> </del>			<del>                                     </del>	<del>                                     </del>	<del>!</del> !	<del>l</del> I	<del> </del> 	
Flexibility	: Partner S	tretch							
Additiona	I Comment	s: (issues o	r injuries. o	verall mood.	etc.)				
			.,		,				
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)					

	D-1-		Week # 1			Da	y of the we	ek:					
	Date		Day # 2	-l-4									
			Bodyweig	jht									
	CONDI				netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:		(Ladder) 1	-									
						behind F/E			. =				
Ctant	/Finials		⊒/R, ankie i ankles) L/R		Snuttle + C	arioca + Sp	olderman 5	x ea. Lat. So	uat 5x				
Start	/Finish	Plyometri		() / D									
		1 19 0 111 0 111	<del></del>	L	ateral Box	Jump 3x5 e	a.						
			·										
Coa	ch(s):												
Partne	r/Group:	Speed/Ag	ility:										
						hoops) 3x e							
		1		Latera	ai Hoop Ru	n (3 hoops)	зх ea.						
		Condition	nditioning:										
		Jonation	Slide Board 5x :30/1:30										
		1				5 (M-Lv 12,							
							· · · · · · · · · · · · · · · · · · ·						
Abdomin	als: (MEDB												
						below knee							
		Front				s 4x10 ND 3	3x10 D						
			•	Seated Che	St Pass 3X	10							
			5	Strength	Trainin	ıg							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/ Weight	l Tempo I	Rest				
60,65,70	Hang Clea	an	5	5	5			<sub>[</sub>					
	Slant Boa	rd Rev Sit	10 to 20	10 to 20	10 to 20		<u></u>						
	ļ		<u>l</u>		! -	<u> </u>	<u> </u>	<u> </u>					
60-77%	Bench Pre	ess	8	8	8	] [	! [	! ! !					
	11 leg Hip l	Lift	8 to 20	8 to 20	8 to 20	Į	<u> </u>	<u> </u>					
	<u> </u>		! <del> </del>	] 	! <del> </del>	I <del> </del>	! <del> </del>	ı l					
70-75%	KB Shoul		12	12	<u> </u>	<u>į</u>	<u> </u>	<u> </u>					
70-75%	DB SLDL		112	112	 	] 	] <del> </del>	I   <del>                                   </del>					
70-75%	Cable Cho	op	12	12	<u> </u>	<u>i</u>	<u> </u>	<u>i i</u>					
<u> </u>	1		<u> </u>	1	<u> </u>	<u> </u>	<u> </u>	]					
	<del>i</del>		<del>.</del>	1	<del>.</del>	<del> </del>	<u>.</u>	·					
Elevibilit	: Foam Rol	lar Stratch	<u> </u>	<u> </u>	<u> </u>		<u> </u>	<u> </u>					
riexibility	. Foaiii Koi	ner Stretch											
Additiona	I Comment	s: (issues o	or injuries, o	verall mood.	etc.)								
		`	•	•	,								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 1 Day # 3			Da	y of the we	ek:	
	Date		Bodyweig	ht					
			Dody weig	1111					
	COND	ITIONING			netrics- S	peed/Agi	ility- Con	ditioning	
Time	of Day:		(10 yards)						
	<b>,</b> -				utt, high kn				
011	/F11-1-	backw	ard run, ba	ackpedai, S	LDL walk,	straight leg	skip, lung	e walk, inch	nworm
Start	/Finish	Plyometric	es:						
		,		Sin	gle Leg Bo	x Jump 5x5	ea.		
					<u> </u>	•			
Coa	ch(s):								
Partne	r/Group:	Speed/Agi	lity:						
				00.1		E-11 D 0			
				90 d	egree Lean	Fall Run 3	x ea.		
		Condition	ina:						
		Comunición	9.		Tempo	Run 16x			
	_								
Abdomin		40 4 4 -		1.1	10 '11			-10	
over ui	nder crunci	n x10, toe to	ouches x10	, bicycle x	і оеа., јаскк	nite x10, si	de crunch	x10, superr	nan x10
			5	Strength	Trainin	g			
%	I Exe	ercise	Set 1	Set 2	Set 3	Reps/	Reps/		
	. <u>`</u>		Reps/	Reps/	Reps/	Weight	Weight	Tempo	Rest
60,65,70	Push Pres		5	5	5				
	Bent Leg	L-Sit	20-60sec	20-60sec	20-60sec				
00.770/	lupı	01	8	<u> </u>  8	<u> </u>  8				
60-77%	Hex DL +	O u.g		8	8				
60-77%	rarallei G	rip Chin Up	<u> </u>	i i	l				
70-75%	Step Up		12	1 1 <sub>12</sub>	<u>.</u> 				
70-75% 70-75%	T-Grip Ro	ow .	12	12	<del> </del>				
.0.070		Plate Raise		I <sub>12</sub>	<u>.                                    </u>				
	I			<del> </del>					
	İ			i I					
	Ţ			Ţ	Ţ				
Flexibility	: Partner S	tretch							
Additiona	I Commen	ts: (issues o	r injuries, o	verall mood,	etc.)				
A alcite	l Europi	(De)'	Dile D	Outdoor est					
Additiona	II Exercises	s: (Practice,	Bike, Run,	Swimming)					
i									

	Date		Week # 1 Day # 4		Day of the week:							
	Date			ıb.								
	CONDI	TIONING	Bodyweig G-Warm		netrics- (	Speed/Agi	ility- Con	ditioning				
Time	of Days	Warm Up:	(ladder) 1	5 yds.								
Time	of Day:	quick feet	F/L/R, qui	ck shuffle F	/B, hip sw	itch F/R/L, i	n-in-out-ou	t F/B/L/R,				
					Carioca Sp	oiderman 5x	ea. Lat. So	uat 5x ea.				
Start	/Finish		kles) F/B/L	./R								
		Plyometri										
	Single Leg Box Jump Medial + Lateral 3x3 ea.											
Coa	ıch(s):											
Partne	er/Group:	Speed/Ag	ility:									
						3x (4 hoops)						
				late	rai noop r	un 3x (3 ho	ops)					
		Condition	inaı									
		Condition	ıng:		Slide Bee-	d 5x :30/1:3	n					
						5 (M-Lv 12,	_					
				Alluyile	TUX . 15/.4	(IVI-LV 12,	1-EV 10)					
Abdomin	als: (MEDB	ALL)										
		,	Stan	ding Overh	ead Throv	v 3x10						
				nt Hip Toss								
				Seated Che								
				Journal Circ	01 1 400 0x							
			(	Strength	Trainir	ng						
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/ Weight	l Tempo l	Rest			
60,65,70	Hang Cle	an	5	5	5	<u> </u>	<u> </u>	! — — — <u>!</u>				
	SB Sit & I	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	i i	l I				
	j		Î	Ì	Î	ĺ	Ì	i i				
60-77%	Incline Be	ench	8	8	8							
	1 Leg Hip		8 to 20	8 to 20	8 to 20	İ	<u>.                                    </u>	!! 				
	1	-	<u> </u>	Ī	<u>į                                    </u>	<u> </u>	Ī	j				
70-75%	IDB hammer	curl + press	12	12	<del> </del>	+	} I	<del>                                     </del>				
70-75%	KB 1 Leg		<u>                                     </u>	112	<u>.                                    </u>	i	<u>.                                    </u>	 				
70-75%	Cable Ch		12	12	!	1	<u> </u>	İ				
	I Cable Offi	<u>-                                    </u>	<u>                                     </u>	1 ·=	<del>!</del>	1	<u>.                                    </u>					
	<del>†</del>		<del>i                                     </del>	†	<del>i</del>	<del>†                                      </del>	<u>.</u> 					
<del> </del>	<del>!</del>		<u> </u>	<del>!</del>	!	<u> </u>	<del> </del>					
Flexibility	<u>I</u> ∕: Foam Ro	ller Stretch	I		I	1	l					
i lexibility	, i odili ito	ner Otreten										
Additiona	al Commen	t <b>s:</b> (issues o	r iniuries. o	verall mood	etc.)							
	<del></del>	, 300 0	,50, 0		, ,							
j												
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)								
1												

	Date		Week # 2 Day # 1		-	Da	y of the we	ek:			
	Date		Bodyweig	ıht							
			Бойужегу	III							
	CONDI				netrics-	Speed/Agi	ility- Con	ditioning			
Time	of Day:		(10 yards)								
	-					nee skip, hi					
Stort	:/Finish	Dackw	aru run, b	ackpedai, S	DLDL Walk,	Straight leg	skip, iurig	e walk, ilici	IWOTTI		
Start	. /୮!!! 5!!	Plyometric	cs:								
		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			Box Ju	umps5x5					
						<u> </u>					
Coa	ich(s):										
Partne	er/Group:	Speed/Agi	ility:								
		1			Lean Fall	Run 3x ea.					
<b> </b>		Condition	ina.								
<u> </u>		Somulion	y.		Tempo	Run 18x					
		1			Tompo						
		1									
Abdomin	als:										
				pt. Stability							
				Spinal Circ							
				lat Foot Sit	·						
	1			Strength		ng		1			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest		
65,70,75	DB Snatcl		5 ea.		5 ea.	5 ea.		<u> </u>			
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	1		l I			
	<u>i</u>		<u> </u>	<u> </u>	<u>i</u>	<u>i</u>		<u> </u>			
60-77%	Front Box	Squat	8	8	8	<u> </u>		] <del> </del>			
60-77%	Chin Ups		8	8	8	i	<u> </u>	<u>.</u>			
			] 	1	<u> </u>	1		<u> </u>			
70-75%	DB Split S	Squat	12	12	<u>:</u>	<del>i</del> —		. ' <del>                                    </del>			
70-75%	KB Row		12	12	<u> </u>	<u> </u>		<u>                                      </u>			
ļ	Diagonal	Plate Raise	112 	12	<u> </u>	-		. ! <del>                                    </del>			
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>			
<u> </u>	<u> </u>		I I	<u> </u>	<u> </u>	1		[ ] 			
Flassila ilita	Dantman C	tuatala	<u>.</u>	i		i		i			
Fiexibility	/: Partner S	tretcn									
Additiona	al Comment	s: (issues o	r injuries, o	verall mood,	etc.)						
A alcite!	.l F'	(Dreed)	Dille D	Occident to the high							
Additiona	al Exercises	: (Practice,	BIKE, Run,	Swimming)							

	D-1-		Week # 2		Day of the week:								
	Date		Day # 2	-l-4									
			Bodyweig	ınt									
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	ility- Con	ditioning					
Time	of Day:		(Ladder) 1	-									
	o. 24).					behind F/E							
					Shuffle + C	Carioca Spi	derman 8x	ea., Lateral	Squat 8x				
Start	/Finish	Plyometri	kles) F/B/L	JR									
		riyomeun	<b>.</b> .	1	ateral Boy	lumn 3v5 e	<u> </u>						
			Lateral Box Jump 3x5 ea.										
Coa	ch(s):												
	r/Group:	Speed/Ag	eed/Agility:										
				1	-2 stick (4 l	hoops) 3x e	a.						
				Latera	al Hoop Ru	n (3 hoops)	3x ea.						
		Condition	nditioning:										
		<b></b>				d 6x :30/1:3							
		1		Airdyne	: 1∠X :15/:4	5 (M-Lv 12,	r-LV 10)						
Abdomin	als: (MEDB	ALL)											
	•		ina Overh	ead Throw	with band I	below knee	s 3x10						
						s 4x10 ND 3							
			_	Seated Che									
			Ç	Strength	Trainin	ıg							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	l Tempo	Rest				
65,70,75	Hang Clea	an	5	5	5			[					
	Slant Boa	rd Rev Sit	10 to 20	10 to 20	10 to 20		<u></u>	<u> </u>					
	<u> </u>		<u> </u>	Į	<u> </u>	ļ	<u> </u>	<u> </u>					
60-77%	Bench Pre	ess	8	8	8	<u> </u>		! ! ! !					
	11 leg Hip l	Lift	8 to 20	8 to 20	8 to 20	Į	<u>!</u>	<u>!</u> i					
	1		] 	] 	<u> </u>	] <del> </del>	] 	I   					
70-75%	KB Shoul	der Press	12	12	<u>i</u>	<u>i</u>	<u>i</u>	<u>i          i                         </u>					
70-75%	DB SLDL		12	112	<u> </u>	<u> </u>	<u> </u>	 					
70-75%	Cable Cho	op	12	12	<u> </u>	<u> </u>	<u>.</u>	<u> </u>					
	<u> </u>		<u> </u>	<u>Į</u>	<u> </u>	Į	<u> </u>	<u>ļ</u>					
	! <del> </del>		! <del>!</del>	] <del> </del>	! <del>!</del>	 <del> </del>	! <del> </del>	 <del>                                  </del>					
	<u>i</u>		<u>.</u>	<u>.</u> ]	<u>i                                      </u>	i I	<u>.</u>	<u>i i</u>					
Flexibility	: Foam Ro	ller Stretch											
Additions	I Comment	s. (jeenee o	riniuries o	verall mood	etc.)								
AGGILLOTTE	••••••••••••••••••••••••••••••••••••	(133ues U	. injunico, U	. J. a.i. 111000,	J.(J.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									
			•	3,									

	Date		Week # 2 Day # 3			Da	y of the we	ek:	
			Bodyweig	ht					
	CONDI	TIONING			netrics- S	peed/Agi	ility- Con	ditioning	
Time	of Day:	Warm Up:	(15 yards)						
Tille	or Day.				utt, high kr				
		backw	ard run, ba	ackpedal, S	LDL walk,	straight leg	skip, lung	e walk, incl	ıworm
Start	/Finish	Plyometric							
		Piyometric	<i>.</i> 5.	Sin	gle Leg Bo	v lumn 5v <sup>6</sup>	. aa		
				0	gic Leg Bo	x oump oxe	, cu.		
Coa	ch(s):								
	r/Group:	Speed/Agi	lity:						
				90 d	egree Lean	Fall Run 3	x ea.		
		Condition	ina:						
		Johannon	a.		Tempo	Run 20x			
					. 0p0				
	als: Circuit								
over ur	nder crunch	x10, toe to	uches x10	, bicycle x	l0ea., jackk	nife x10, si	de crunch	x10, superi	nan x10
				Stronath	Trainin	a			
			·	diengui	i i i allilli	9			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest
65,70,75	Push Pres	ss	5	5	5		F = = = =		
	Bent Leg	L-Sit	20-60sec	20-60sec	20-60sec	<u> </u> 	<u> </u>		
	ļ			ļ	<u> </u>	]	]		
60-77%	Hex DL +		8	8	8	! <u> </u>	! <u> </u>		i
60-77%	Parallel G	rip Chin Up	8	<del>.                                    </del>	8	<u> </u>	<u> </u>		<u> </u>
	1 1		 	 <del> </del>	! <del> </del>	] <del> </del>	] 		
70-75%	Step Up		12	12	<u> </u>	<u> </u>	<u> </u>		
70-75%	T-Grip Ro		12	112	<u> </u>	] 	] 		
	וםagonal	Plate Raise	12	12	<del>!</del>	ļ	ļ		
<b></b>	<u>]</u> ]			<u> </u> 	<u> </u> 	<u> </u> 	<u> </u>		
	Ī			<del>.</del>	<u> </u>	- 	- 		
Flexibility	: Partner S	tretch		<u> </u>	<u> </u>				
i ioxioiiity									
Additiona	I Comment	s: (issues o	r injuries. o	verall mood	etc.)				
			.,		,				
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)					

	Date		Week # 2 Day # 4		Day of the week:							
	Date			ıht.								
	CONDI	TIONING	Bodyweig G-Warm		netrics- (	Speed/Agi	ility- Con	ditioning				
Time	of Dove	Warm Up:	(ladder) 1	5 yds.								
Time	of Day:					itch F/R/L, i						
					arioca + Sp	oiderman 8x	ea. & Lat S	Squat 8x ea	•			
Start	/Finish		kles) F/B/L	J/R								
		Plyometri		Single Leg I	Box Jump	Medial + La	teral 3x3 e	a.				
	ach(s):											
Partne	r/Group:	Speed/Ag	ility:		1.2 of old 2	)v (4 baana)						
	1-2 stick 3x (4 hoops)  lateral hoop run 3x (3 hoops)											
				iate		07 (0 1100						
		Condition	ing:									
	Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10)											
	Slide Board 6x :30/1:30											
	. (11500											
Abdomin	als: (MEDB	ALL)				2.12						
-				ding Overh								
				Seated Che								
			•	seated Che	SI F455 3X	10						
			(	Strength	Trainir	ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
65,70,75	Hang Cle	an — — —	5	5	5	5		I I				
		Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		 				
	Ì		i	Ì	<u>.                                    </u>	i		 				
60-77%	Incline Be	nch	8	8	8	†						
	11 Leg Hip	Lift	8 to 20	8 to 20	8 to 20	i		i i				
	Ĭ				1							
70-75%	DB hammer	curl + press	12	12	<u> </u>							
70-75%	KB 1 Leg	SLDL	12	12	!	<u> </u>		[				
70-75%	Cable Cho	р	12	12	! 	<u> </u>						
	]		1	<u> </u>	<u>[</u>	<u> </u>						
	] }		] }	] }	I ├───	<u> </u>	 	] <del> </del>				
	<u> </u>		<u> </u>	Ī	<u> </u>	Ī						
Flexibility	: Foam Rol	ler Stretch										
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 3 Day # 1		Day of the week:								
	Date		Bodyweig	ht									
	CONDI	TIONING			netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:		(20 yards)										
						nee skip, hi							
011	/=:!!·	раски	ara run, ba	аскредаі, 5	LDL walk,	straight leg	j sкip, iung	e waik, incr	iworm				
Start	/Finish	Plyometric	cs:										
		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Box Jumps 5x5										
						-							
	ch(s):												
Partne	r/Group:	Speed/Agi	ed/Agility:										
			Loan Fall Pun 2v oa										
			Lean Fall Run 3x ea.										
		Condition	nditioning:										
		10-10 Test											
ļ													
Abdomina	als:												
			4	pt. Stability	2x20 - 60	sec							
				Spinal Circ	uit 10/10/1	0							
			F	lat Foot Sit	Ups 3x10-	·20							
				Strength	Trainin	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
55,60,65	DB Snatch			-	3ea.	3ea.	3ea.						
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	] <del>]</del>	! <del> </del>	 	<u> </u>				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>						
60-77%	Front Box	Squat	18 1	•	18 1 <sub>8</sub>	1 	! 						
60-77%	Chin Ups		8	8	ļ°	<u> </u>	<del> </del>		ļ				
70-75%	DB Split S	Sanat	1 1 <sub>12</sub>	12	I I <sub>12</sub>	<u> </u> 	<u>'</u> 						
70-75% 70-75%	KB Row	yual	12	12	12	<del> </del>	<del>                                     </del>						
. 0 . 0 /0		Plate Raise		<u> </u>	<u>  1-2                                   </u>	<u> </u>	<u>.                                    </u>						
	i		<u> </u>	İ	1	Ī	ļ						
	i I		l	<del>.</del> I	i	İ	i						
						<u> </u>							
Flexibility	: Partner S	tretch											
		s: (issues o			etc.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 3 Day # 2			Da	y of the we	ek:	
			Bodyweig	ht					
	CONDI	TIONING			netrics- (	Speed/Ag	ility- Con	ditioning	
Timo	of Day:	Warm Up:	(Ladder) 2	0 yds.					
Time	of Day:					s behind F/E			
					Shuffle + (	Carioca Spi	derman 8x	ea., Lateral	Squat 8x
Start	/Finish		kles) F/B/L	/R					
		Plyometri	cs:		I D	O T			
				Li	aterai Box	Jump 3x5 e	ea.		
Coa	ıch(s):								
	er/Group:	Speed/Ag	ility:						
				1	-2 stick (4	hoops) 3x e	a.		
				Latera	al Hoop Ru	ın (3 hoops)	3x ea.		
		Condition	ing:						
						d 7x :30/1:3			
				Airdyne	14X :15/:4	5 (M-Lv 12,	r-Lv 10)		
		-							
Abdomin	als: (MEDB	ALL)							
	,	•	ing Overh	ead Throw	with band	below knee	s 3x10		
			_			s 4x10 ND 3			
				Seated Che	st Pass 3x	10			
			9	Strength	Trainir	ng			
%	<u></u>	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	_	Rest
55,60,65	Hang Clea	an	3	3	3	3	3	 	
	Slant Boa	rd Rev Sit	10 to 20	10 to 20	10 to 20	<u>i                                      </u>	<u>i</u>		
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	]	
60-77%	Bench Pro		8	8	8	<u> </u>	<u> </u>		
	11 leg Hip	Lift	8 to 20	8 to 20	8 to 20	<u> </u>	<u> </u>	<u> </u>	
<u> </u>	<del> </del>		1	1	1	<del> </del>	<del>!</del>		
70-75%	KB Shoul		12	12	12	<u> </u>	<u> </u>	<u>                                     </u>	
70-75%	DB SLDL		12 12	112 112	112 12	1	<u> </u>		
70-75%	Cable Cho	op	12	12	12	<del> </del>	<u> </u>		
	<u> </u> 		<u> </u> 	<u> </u>	<u> </u> 	<u> </u> 	<u> </u> 	<u> </u> 	<u></u> 1
	<u>.</u>		<u>.</u>	<u>.</u>	<del>!</del>	<del>!</del>	<del>.</del>	· 	-
Flexibility	I ∕: Foam Ro	ller Stretch	<u> </u>	<u> </u>	<u> </u>	1	<u> </u>		
rickibility	, i odin ko	ner otreton							
Additions	al Comment	s: (issues o	r injuries. o	verall mood	etc.)				
		, 200 0	,50, 0		, ,				
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)					

	Date		Week # 3 Day # 3			Da	y of the we	ek:	
			Bodyweig	ht					
	CONDI	TIONING			netrics- S	peed/Ag	ility- Con	ditioning	
Timo	of Day:	Warm Up:	(10 yards)						
Time	or Day:							n, butt kicke	
		backw	ard run, ba	ackpedal, S	LDL walk,	straight leg	ı skip, lung	e walk, inch	worm
Start	/Finish								
		Plyometric	cs:						
				Sin	gle Leg Bo	x Jump 5x5	ea.		
0	ab/a).								
	ch(s): r/Group:	Speed/Agi	lity:						
raitile	г/огоир.	operation.							
				90 d	egree Lean	Fall Run 3	x ea.		
		Condition	ing:						
				Lon	g Shuttle (5		x150		
					:30/	1:30			
		-							
Abdomin	ale:								
		x10 too to	uchoc v10	biovolo v1	Ooo jackk	nifo v10 ci	do crunch	x10, supern	nan v10
Over u	ider Crunci	1 x 10, 100 10	duciles x io	, Dicycle X	uea., jackk	illie X IU, Si	ue cruncii	x iv, superii	Idii X IU
			S	Strength	Trainin	g			
	1		Set 1	Set 2	Set 3	<u> </u>	Ι	1 1	
%	Exe	rcise	Reps/	Reps/	Reps/	Reps/	Reps/	   Tamana	Doot
EE CO CE	Push Pres		3	  3	  3	Weight	Weight	Tempo I	Rest
55,60,65	1		<del></del>	<del>-</del>	<u> </u>		-	<del>                                     </del>	
	Bent Leg	L-SIT	20-00 Sec	20-60 sec	20-60 Sec		<u> </u>	<u>                                       </u>	
CO 770/	Llew DL	Ch	8	8	8		<u>;</u>	<del>i i</del>	
60-77% 60-77%	Hex DL +			<b>.</b>	°  8	ļ	<u> </u>	<u> </u>	
60-77%	iraiallei G	rip Chin Up		<u>                                     </u>			<u> </u>	. ! 	
70-75%	Ston Un		12	12	12		<del> </del>	<del>!                                    </del>	
70-75% 70-75%	Step Up IT-Grip Ro	NA/			12	<u> </u>	<u> </u> 	<u>                                       </u>	
10-1370		Plate Raise	-	12	12	<u> </u>	<u>.</u> İ	<del>i i</del>	
<del> </del>	Piagonal	i iale Naise	<u>'</u> -	<u>  · ~ </u>	<u>'</u> -		<u> </u>	<del>                                     </del>	
<del> </del>	<del>†                                    </del>			<u>'</u>			<u> </u>	<u>'</u>	
<del> </del>	<del>!</del>			<u> </u>			ļ	<del>!                                    </del>	
Flexibility	: Partner S	tretch		<u> </u>			]		
i ioxioiii,									
A =1=1741 = :	10	/:	a taata aat	annall mare a d	-4- \				
Additiona	ıı Commeni	s: (issues o	ı ınjuries, o\	rerail mood,	etc.)				
Additiona	I Exercises	: (Practice,	Bike, Run. S	Swimming)					
		,	-, ,	9/					

	Date		Week # 3 Day # 4		Day of the week:								
	Duto		Bodyweig	ıht									
	CONDI	TIONING			netrics- (	Speed/Agi	ility- Con	ditioning					
Time	of Day:	Warm Up:	(ladder) 2	0 yds.									
Tille	OI Day.					itch F/R/L, i							
<b>.</b>	<b></b>				arioca + Sp	oiderman 8x	ea. & Lat	Squat 8x ea					
Start	/Finish	Plyometri	kles) F/B/L	-/K									
		riyometri		Single Lea I	Box Jump	Medial + I a	teral 3x3 e	a.					
	Single Leg Box Jump Medial + Lateral 3x3 ea.												
Coa	ich(s):	ch(s):											
Partne	er/Group:	Speed/Ag	eed/Agility:										
			1-2 stick 3x (4 hoops)										
			lateral hoop run 3x (3 hoops)										
<del>                                     </del>		Condition	ina:										
			- <del>-</del>	;	Slide Boar	d 7x :30/1:3	0						
	Airdyne 14x :15/:45 (M-Lv 12, F-Lv 10)												
	.,												
Abdomin	als: (MEDB	ALL)				2.42							
				nding Overh nt Hip Toss									
				Seated Che									
			•	Jealed One	311 433 32	10							
			(	Strength	Trainir	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
55,60,65	Hang Cle		3	3	3	3	3	] }					
	SB Sit & S	SB Rev Sit	10 to 20	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>					
	<u> </u>		  -	  -	  -	<u> </u>	<u> </u> 	 					
60-77%	Incline Be		8	<del>1</del>	8	<del>į</del>	<u> </u>	<u> </u>					
<del>                                     </del>	I1 Leg Hip	LITT	8 to 20 	8 to 20	8 to 20	<u> </u>	<u> </u>	<u> </u> 	<u> </u>				
70-75%	DB hammer	curl & proce	12	12	12	<del>.</del>	- 	<u> </u>					
70-75% 70-75%	KB 1 Leg		112		112	<u> </u>	<u>.                                    </u>	<u> </u>					
70-75%	Cable Cho		12	12	12	!	]	<u>i</u>					
	1	•		l		<del> </del>	<u> </u>	<del> </del> 					
	İ		į	į	į	į	<u> </u>						
			I L	<u> </u>	I L	<u> </u>	I L	 					
Flexibility	: Foam Ro	ller Stretch											
				verall mood,	etc.)								
Additiona	al Exercises	:: (Practice,	ыке, Kun,	Swimming)									

	Date		Week # 4 Day # 1			Da	y of the we	ek:					
	Date		Bodyweig	ıht									
	CONDI	TIONING			netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:		(20 yards)										
	•							n, butt kick					
Ctout	/Finials	раскуа	ra run, bac	креааі, 5	DL walk, St	raignt leg s	skip, lunge	w/ twist, in	cnworm				
Start	/Finish	Plyometri	cs.										
		i iyomean	· · · · · · · · · · · · · · · · · · ·	Hure	dle Jump w	ith Stability	/ 5x5						
Coa	ch(s):												
Partne	r/Group:	Speed/Ag	Speed/Agility:										
Ball Drops 5x ea.													
<u> </u>		Sled 3x 1/2 field (90 yards)											
		Conditioning:											
		Long Shuttle (50 yard) 6x150											
		:30/1:30											
Abdomina	ais:												
			4 nt 9	Stability w/	movement	8v 02							
			- pi. (		oll 2x10	ox ca.							
			1	Leg Sit +T		a.							
				Strength									
%	I I Evo	rcise	Set 1	Set 2	Set 3	Reps/	Reps/	I !					
	L		Reps/	Reps/	Reps/	Weight	Weight	Tempo	Rest				
70,75,80	DB Snatcl		15	•	15	1		<u> </u>					
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u>;</u>	<del>}</del>	<u> </u>	<u> </u>				
00 070/	Frant Bay	Carret	<u> </u>  5	l	l  5	<u> </u>	<u> </u>	<u> </u>					
80-87%	Front Box	Squat	5	5	5	<u> </u>	<u> </u>						
80-87%	Chin Ups		ļ <u>.</u>	13	13	<del> </del>	<u> </u>	<u> </u>					
75-80%	1 Leg Ben	ch Squat	1 1 <sub>8</sub>	l <sub>8</sub>	I <sub>8</sub>	<del>i</del>	i						
. 5-00 /6	Ring Inve		8-20	8-20	8-20	<del> </del>	] 	<del>                                     </del>					
		h Oblique		l8-20	l8-20	<u>.                                    </u>	<u>.                                    </u>	<u>.                                    </u>					
	!		ļ	ļ	ļ	<u> </u>	ļ	<u> </u>					
	i		<del>!</del> 	i	<del>!</del> 	<del>!</del> 	<del>l</del>	<u>.                                    </u>	<u> </u>				
			ļ		ļ	]		<u> </u>					
Flexibility	: Partner S	tretch		•									
Additiona	I Comment	<b>s:</b> (issues o	or injuries, o	verall mood	etc.)								
		<b></b> (	,	, , , , , , , , , , , , , , , , , , ,	0.0.,								
<u> </u>													
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 4 Day # 2			Da	y of the we	ek:					
			Bodyweig	nht									
	COND	TIONING		up- Plyon	netrics- S	Speed/Agi	ility- Con	ditioning					
Timo	of Day:	Warm Up:	(Ladder)	10 yds.									
Tille	ог рау.			oss in front									
				Spiderman		t Walk, Lun	ge to Hams	string					
Start	/Finish			e knees) F/	B/L/R								
		Plyometric	cs:	Lata	ual Hernalla .	C II-							
			Lateral Hurdle or Cone Hop 5x5										
Coa	ıch(s):												
	er/Group:	Speed/Agility:											
1-2 cut 3x ea.													
Lateral Hoop Run (4 hoops)													
	Conditioning:												
		5 mile bike test (group 1)											
	(one group on day #2, one group on day #4)												
Abdomin	als: (MEDB	ALL)											
	•	· ·	Overh	ead w/ stag	gered stan	ce 3x10							
				g Front Hip	_								
			S	tanding Ch	est Pass 3x	<b>c</b> 10							
			,	Strength	Trainin	ıg							
%		ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight		Rest				
70,75,80	Hang Cle		5	5	5	! 	! <del>}</del>	! ! <del>                                   </del>					
	Slant Boa	rd Rev Sit I	10 to 20	10 to 20	10 to 20	<u>i</u>	<u> </u>	<u>i i</u>					
	<u> </u>		! !	  -	<u> </u>  -	<u> </u>	] ]	 					
80-87%	Bench Pr		5	5	5	<u>i                                     </u>	<u></u>	<u>i i</u>					
<u> </u>	I4-6 in.Hip	Lift	8 to 20	8 to 20	8 to 20	<u> </u>	<u> </u> 	<u>                                     </u>					
	<del> </del>		<del> </del>	<del> </del>	<del> </del>	<del>!</del>	, <del> </del>	. ! <del>! !</del>					
75-80%	-	oulder Press	-	8	8	<u> </u>	<u> </u>	<del>! !</del>					
75-80%	DB SLDL		18 1 <sub>8</sub>		8	1	] ]	! ! 					
75-80%	Cable Lift		8	8	8	<u> </u>	<u> </u>	ļ į					
	<u> </u>		<u> </u>	<u> </u> 	<u> </u>	<u> </u>	<u> </u> 	<u>                                     </u>					
	i		<del>i</del>	i	i	i	<del>.</del>	<del>i i</del>					
Flexibilit	/: Foam Ro	ller Stretch	<u> </u>	<u> </u>	<u> </u>	<u> </u>	l	<u> </u>					
riexibility	7. FOAIII KO	ner Stretch											
Additions	al Commen	ts: (issues o	r injuries o	verall mood,	etc.)								
raditions		(ioodoo o	i injunico, c	voran mooa,	0.0.,								
Additiona	al Exercises	s: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 4 Day # 3			Da	y of the we	ek:	
			Bodyweig	ht					
	CONDI	TIONING			netrics- S	peed/Agi	ility- Con	ditioning	
Time	of Day:	Warm Up:	(10 yards)						
Time	oi Day.	figure fo						eel to butt	w/ SLDL,
			straiç	ght leg cros	sover, SLD	DL F/B, bac	kward inch	worm	
Start	/Finish	Dheamatai							
		Plyometric		Single Log	Hurdle Ho	n with Stab	ility EvE oa		
				Single Leg	nurule no	p with Stab	ility 3x3 ea	•	
Coa	ch(s):								
	r/Group:	Speed/Agi	ility:						
					igle Leg Ba				
				Res	isted Band	Run 3x20	yds.		
		Condition	inai						
		Condition	ıııg:	She	ort Shuttle (	(25 yard) 6	(150		
				3110		1:30			
Abdomina	als:	-=							
		10, toe toud	ches x10, b	icycle x10e	a., jackknii	fe x10, side	crunch x1	0, hip roll x	10,
supermar	10x								
				`4 a a. 4 la	Tuelulu				
					Trainin	9			
%	<u>L</u>	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest
70,75,80	Push Jerk		5	5	5	! }	! }	 	
	Straight L	.eg L-Sit	20-60sec	20-60sec	20-60sec	<u> </u>	<u> </u>		
	! 		!  -	!  -	!  -	] 	] ]		
80-87%	Hex DL +		5	5	5	<u> </u>	<u> </u>		
80-87%	Pull Ups		·	[5 [	5 	<u> </u>	<u> </u>		
75-80%	1 Leg Ber	nch Saust	8	8	8	<del> </del>	<del> </del>		
. 5-00 /6	Ring Inve	•			8-20	<u> </u>	<u> </u> 		
	<del>1                                    </del>	h Oblique	8-20	8-20	8-20	<u> </u>	<u> </u>		
	1 		<u>.</u> I	<del>!</del> 	<u>.</u> İ	<u>.</u> I	<u>.</u> I		
			Ĭ	<u> </u>	<u> </u>	Ĭ	Ţ		
	<del> </del>		1 	<del>                                     </del>	<del>.</del> I	1 	1 		
Flexibility	: Partner S	tretch							
Additiona	I Comment	s: (issues o	r iniuries o	verall mood	etc.)				
		(	,		,				
Additiona	I Exercises	: (Practice,	Bike, Run, S	Swimming)					

	Date		Week # 4 Day # 4			Da	y of the we	ek:			
			Bodyweig	ht							
	CONDI	TIONING			netrics- S	Speed/Agi	ility- Con	ditioning			
Time	of Days	Warm Up:	(ladder) 1	) yds.							
Time	of Day:					itch F/R/L, i					
						inge to Ham	string, Late	eral Squat			
Start	/Finish		_	e knees) F/	B/L/R						
		Plyometri	US.	Hoi	dane with	Stability 3x5					
				1101	uciio with	Otability Ox	, cu.				
Coa	ich(s):										
Partne	r/Group:	Speed/Ag	ility:								
						ea. (4 hoops					
				late	rai noop r	un 3x (4 hoc	ops)				
		Condition	ina:								
			-9-	5	mile bike	test (group	2)				
						2, one group	-	)			
Abdominals: (MEDBALL)											
Abdomin	ais: (MEDB	ALL)	Ctorr	narad Ovar	haad Thua	210					
				gered Overl ont Hip Tos							
				tanding Ch							
				<u> </u>							
			\$	Strength	Trainir	ng					
%	<u> </u>	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	_	Rest		
70,75,80	Hang Clea		5	5	5	! <del> </del>		] }			
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20					
00.070/	l	1	! !5	5	! !5	1		] [			
80-87%	Incline Be		<sup>3</sup>  8 to 20	ł	<sup>3</sup>  8 to 20	<del>!</del>		<u> </u>			
	I4-6 in. Hip I	, <b>L</b> III	<u>                                     </u>	10 10 20	<u>                                     </u>	<u>!</u> 	<u> </u>	<u>                                       </u>			
75-80%	DB Alt. ci	url + press	8	8	8	†					
75-80%	11 leg KB S		18		18	i		! 			
75-80%	Cable Lift		8	8	8	1					
			İ		İ	j					
			I	!	I	I		<u> </u>			
			<u>.</u>	İ	<u>.</u> [	İ					
Flexibility	/: Foam Rol	ller Stretch									
Additiona	al Comment	t <b>s:</b> (issues o	r injuries, o	verall mood,	etc.)						
Additions	al Exercises	: (Practice	Bike, Run	Swimming)							
		(	,								

	Date		Week # 5 Day # 1			Da	y of the we	ek:	
			Bodyweig	ht					
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	ility- Con	ditioning	
Time	of Day:	Warm Up:	(20 yards)						
Tille	oi Day.					nee skip, hi			
		backwa	rd run, bac	kpedal, SL	DL walk F/I	B, straight I	eg skip, ov	erhead lun	ge walk,
Start	/Finish	Dhramatri	•••						
		Plyometri	us:	ш,	ırdla Han v	v/ stability 5			
				110	irdie riop v	v/ Stability C	,,,J		
Coa	ich(s):								
	r/Group:	Speed/Ag	ility:						
					Ball Dro	ps 3x ea.			
		Condition	!n.a	Sle	ed 4x 1/2 fie	eld (120 yar	ds)		
<u> </u>		Condition	ıng:	1.00	na Shuttle	(50 yard) 7x	150		
<del>                                     </del>				Lor		(50 yard) <i>1x</i> /1:30	130		
					.50/				
Abdomin	als:								
			4 pt. \$	Stability w/		8x ea.			
					oll 2x10				
				Leg Sit +T					
				Strength		g			
%	<u></u>	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	-	Rest
65,70,75	DB Snatcl		5	5	5	! <del>!</del>		l 	
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u>i</u>			
	1		  -	] 1_	! !	<u> </u>		 	
80-87%	Front Box	Squat	5	5	5	<u>i</u>	ļ		
80-87%	Chin Ups		<u> </u> 5	<u> </u> 5	<u> </u> 5 	<u> </u>			
75.000/	41000	ala Carret	8	8	8	<del>i</del>		<del> </del>	
75-80%	1 Leg Ben IRing Inve		<u>I<sup>8</sup></u> 18-20		l <sup>8</sup> l8-20	<del> </del>			
	1	h Oblique	8-20	8-20	8-20	! 			
	On Benc	obilque	<del>                                     </del>	10-20	<del> -20</del>	<del> </del>	<u> </u>	<del>                                     </del>	
	<u> </u> 		<u>!</u> 	<u>!</u> 	<u>!</u> 	<u>!</u> 	<u> </u>	<u>                                       </u>	
	<u>†</u>		<del>!</del>	<u> </u>	<del> </del>	<del>!</del>			
Flexibility	r: Partner S	tretch	<u> </u>	<u> </u>					
	al Comment				etc.)				
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)					

	Date		Week # 5 Day # 2			Da	y of the we	ek:	
			Bodyweig	ht					
	CONDI	TIONING			netrics- S	Speed/Agi	ility- Con	ditioning	
Time	of Day:		(Ladder) 1						
Time	oi Day.					behind F/E		uffle F/B,	
						t, Lunge to	Hamstring		
Start	/Finish			knees) F/	B/L/R				
		Plyometri			0 1	11	-1-1114 - F-F		
			La	terai Hurdi	e or Cone i	Hop with St	ability 5x5	ea.	
Coa	ıch(s):								
	er/Group:	Speed/Ag	ility:						
				-	I-2 cut 3x e	a. (4 hoops	5)		
				Latera	l Hoop Ru	n (5 hoops)	3x ea.		
		Condition	ing:						·
		<b>.</b>				d 6x :30/1:3			
		1		Airdyne	бх :30/1:30	0 (M-Lv 12,	r-Lv 10)		
Abdomin	als: (MEDB	ALL)							
	,	,	Overh	ead w/ stag	gered stan	ce 3x10			
					_	ND 3x10 D	ı		
				anding Ch					
				-					
			\$	Strength	Trainin	ıg			
%	<u></u>	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	_	Rest
65,70,75	Hang Clea		5	5	5	! 	 	 	
	Slant Boa	rd Rev Sit	10 to 20	10 to 20	10 to 20	<u>i                                     </u>			
	l		<u> </u>	<u> </u>	<u> </u>	<u> </u>			
80-87%	Bench Pro	ess	5	5	5	<u> </u>		! !	
	4-6 in.Hip	Lift	<u> </u> 10	<u> </u> 10	<u> </u> 10	<u> </u>			
	<del> </del>		! 	! <del> </del>	! <del> </del>	! <del> </del>	! 	 	
75-80%	-	oulder Press		8	8	<u> </u>		<u> </u>	
75-80%	IDB SLDL		18 In		18 1 <sub>0</sub>	<u> </u>		] ]	i
75-80%	Cable Lift		8	8	8	<u> </u>			
			<u> </u>	<u> </u>	<u> </u>	<u> </u>			
	i		<u>.</u>	<del>.</del>	: 	<del>.</del>			
Elevibilit	/: Foam Ro	lar Stratch	<u> </u>		<u> </u>				
riexibility	7. FOAIII KO	ner Stretch							
Additions	al Comment	s: (issues o	r iniuries o	verall mood	etc.)				
		(100000	, α. 100, 0		5.5.,				
<u> </u>									
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)					

	Date		Week # 5 Day # 3		Day of the week:				
			Bodyweig	ht					
	CONDI	TIONING	3-Warm	up- Plyor	netrics- S	Speed/Agi	ility- Con	ditioning	
Time	of Day:	Warm Up:	(10 Yards)						
Tille	OI Day.							neelto butt v	
		backv	vard lunge	walk, strai	ght leg cros	ssover, SLI	DL F/B, bac	kward inch	worm
Start	/Finish								
		Plyometric	cs:						
				single le	g hurdle ho	p w/stabili	ty 5x5 ea.		
Coo	ıch(s):								
	er/Group:	Speed/Agi	ilitv:						
raitile	aroup.	operag	, .	sin	gle leg ball	drops 3x3	ea.		
					sisted Band				
							-		
		Condition	ing:						
				Sho	ort Shuttle (	(25 yard) 7:	c150		
						1:30			
Abdomin									
		10, toe tou	ches x10, b	icycle x10	ea., jackknii	e x10, side	crunch x1	0, hip roll x	10,
superma	n 10x								
	_				Trainin	g			
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	_	Rest
65,70,75	Push Jerk	(	5	5	5	]	]	l ]	
	Straight L	.eg L-Sit	20-60sec	20-60sec	20-60sec	]	<u> </u>	<u> </u>	
			]			]	]		
80-87%	Hex DL +	Shrug	5	5	5	]	]		
80-87%	Pull Up		5		<b> </b> 5				
			l 			l !			
75-80%	One Leg I	Bench Squa	8	8	8				
	Inverted F	Row	8 to 20	8 to 20	8 to 20				
	Off Bend	h Oblique	8-20	8-20	8-20	] 	] 	ı	
	l		]	I	<u> </u>	]	]		
	l				I				
Flexibility	: Partner S	tretch							
Additions	al Comment	ts: (issues o	r iniuries. o	verall mood	etc.)				
aaitioile		(1000000	,α		0.0.,				
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)					
ĺ									

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning	nt											
CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning  Time of Day:  Warm Up: (Ladder) 15 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, gian Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Purple above knees) F/B/L/R  Plyometrics:  heidens with stability 5x5 ea.  Coach(s):  Partner/Group:  Speed/Agility:  1-2 cut 3x ea. (4 hoops) lateral hoop run 3x ea. (5 hoops)  Conditioning:  slide board 10x :30/1:30  Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)  Abdominals: (Medicine Ball)  overhead w/staggered stance 3x10 alternating twist 3x10ND +2x10D  standing chest pass 3x10  Strength Training  %  Exercise  Set 1  Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Weight Tempo  65.70,75 Clean  5 5 5 5 5 66.70,75 Clean  5 5 5 5 5 66.70,75 Incline Bench or DB Bq 5 5 5 5 6 60.70,75 Incline Bench or DB Bq 7 60.70,75 Incline Bench	nt											
quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, gian Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Purple above knees) F/B/L/R  Plyometrics:  heidens with stability 5x5 ea.  Coach(s):  Partner/Group: Speed/Agility:  1-2 cut 3x ea. (4 hoops) lateral hoop run 3x ea. (5 hoops)  Conditioning:  slide board 10x :30/1:30  Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)  Abdominals: (Medicine Ball)  overhead w/staggered stance 3x10  alternating twist 3x10ND +2x10D  standing chest pass 3x10  Strength Training  % Exercise Set 1 Reps/ Reps/ Reps/ Weight Tempo (5.70,75 Clean 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	nt											
Abdominals: (Medicine Ball)  Sterngth Training  Sterngth Training  Exercise Set 1 Reps/ Reps/ Reps/ Reps/ Weight Tempo I Set 70,75 Clean 5 5 5 5 S S S S S S S S S S S S S S S	nt											
Start /Finish   Bands (Purple above knees) F/B/L/R   Plyometrics:   heidens with stability 5x5 ea.												
Plyometrics:												
Neidens with stability 5x5 ea.												
Coach(s):   Partner/Group:   Speed/Agility:   1-2 cut 3x ea. (4 hoops)   lateral hoop run 3x ea. (5 hoops)												
Partner/Group:   Speed/Agility:   1-2 cut 3x ea. (4 hoops)												
Partner/Group:   Speed/Agility:   1-2 cut 3x ea. (4 hoops)												
1-2 cut 3x ea. (4 hoops)   lateral hoop run 3x ea. (5 hoops)   Conditioning:   Slide board 10x :30/1:30     Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)     Abdominals: (Medicine Ball)   Overhead w/staggered stance 3x10     alternating twist 3x10ND +2x10D     standing chest pass 3x10     Strength Training												
Secondition   Second   Secon												
Conditioning:   Slide board 10x :30/1:30     Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)     Abdominals: (Medicine Ball)     Overhead w/staggered stance 3x10     alternating twist 3x10ND +2x10D     standing chest pass 3x10     Strength Training												
Slide board 10x :30/1:30     Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)     Abdominals: (Medicine Ball)     Overhead w/staggered stance 3x10     alternating twist 3x10ND +2x10D     standing chest pass 3x10     Strength Training     Weight Tempo   Reps/ Reps/ Reps/ Weight Tempo   Reps/ Reps												
Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)  Abdominals: (Medicine Ball)  Overhead w/staggered stance 3x10  alternating twist 3x10ND +2x10D  standing chest pass 3x10   Strength Training  % Exercise Set 1 Set 2 Set 3 Reps/ Reps/ Reps/ Weight Tempo 1 Neight Set 2 Set 3 Reps/ R	<del>_</del>											
Abdominals: (Medicine Ball)  overhead w/staggered stance 3x10  alternating twist 3x10ND +2x10D  standing chest pass 3x10  Strength Training  % Exercise Set 1 Set 2 Set 3 Reps/ Reps/ Reps/ Reps/ Reps/ Weight Tempo 1 Reps/ R												
overhead w/staggered stance 3x10           alternating twist 3x10ND +2x10D           standing chest pass 3x10           Strength Training           Strength Training           %         Exercise         Set 1 Reps/Reps/Reps/Reps/Reps/Weight         Reps/Weight         Reps/Weight         Tempo           65.70,75         Clean         5         5         5         5         5           SB Sit & Rev SB Sit         10 to 20<												
overhead w/staggered stance 3x10           alternating twist 3x10ND +2x10D           standing chest pass 3x10           Strength Training           %         Exercise         Set 1 Reps/Reps/Reps/Reps/Reps/Reps/Weight         Reps/Reps/Reps/Reps/Reps/Reps/Reps/Reps/												
overhead w/staggered stance 3x10           alternating twist 3x10ND +2x10D           standing chest pass 3x10           Strength Training           Strength Training           %         Exercise         Set 1 Reps/Reps/Reps/Reps/Reps/Weight         Reps/Weight         Reps/Weight         Tempo           65.70,75         Clean         5         5         5         5         5           SB Sit & Rev SB Sit         10 to 20<												
Strength Training   Strength Training												
Strength Training   Strength Training												
Strength Training   Set 1   Set 2   Set 3   Reps/   Reps/   Weight   Tempo   1												
%         Exercise         Set 1 Reps/Reps/Reps/Reps/Reps/Reps/Reps/Reps/												
%         Exercise         Reps/												
SB Sit & Rev SB Sit	Rest											
80-87% Incline Bench or DB Be 5 5 5												
4-6 in hip lift												
75-80% DB Hammer Curl + Pre 8 8 8												
75-80%   1 Leg KB SLDL   8   8   8   8   1   1   1   1												
75-80% Cable Lift 8 8 8												
<u> </u>												
Flexibility: Foam Roller Stretch												
Additional Comments: (issues or injuries, overall mood, etc.)												
Additional Exercises: (Practice, Bike, Run, Swimming)												

	Doto		Week # 6			Da	y of the we	ek:	
	Date		Day # 1	·h4					
			Bodyweig	ınt					
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	ility- Con	ditioning	
Time	of Day:		(20 Yards)						
	· , .					nee skip, hi			
		back	ward run,			Forward/B			skip,
Start	/Finish	Dh. amatui		overnead i	unge waik,	heel walks	, inchworm	1	
		Plyometri	US:	h	ırdla ban v	v/stability 5	v.E		
				110	arate flop v	v/Stability 3	XJ		
Coa	ıch(s):								
	er/Group:	Speed/Ag	ility:						
- Cirtino	п,отопр.	-			ball dro	ps 3x ea.			
				Sle	ed 5x 1/2 fie	eld (150 yar	ds)		
		Condition	ing:						
	-					ard) 1:00/2:0			
				-	5x100 (25 y	/ard) :20/:40	)		
A ! ! !	-1-								
Abdomin	ais:								
			2	Dt Ctability	24.20.60.6				
			2	Pt. Stability	IIs 3x10	ec.			
					e 3x10-20				
						. ~			
				Strength		9			
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest
70,75,80	DB Snatc	 h	5	5	T <sub>5</sub>	<u> </u>			
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	Ī		] 	
	Ī		ĺ	ĺ	Ī	ĺ			
80-87%	Front Box	Squat	5	5	5	<u> </u>			
80-87%	-		5	5	5	i			
	1	-	<u> </u>	[	<u> </u>	<u> </u>			ļ
75-80%	1 Leg Ber	ch Squat	8	8	8	<del>                                     </del>		<del> </del> 	
	Ring Inve	_	8-20		8-20	i i		 	
		h Oblique	8-20	8-20	8-20	<u> </u>	1	] 	
	i I	·	i i	l I	i i	i			
			]	]	Ţ	]			
	i I		<del> </del> 	<del>i</del> I	<del> </del> 	<del>1</del> I			
Flexibility	: Partner S	tretch							
Additiona	al Comment	s: (issues o	r injuries, o	verall mood.	etc.)				
		,	,,-	,	,				
<u> </u>									
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)					

			Week # 6	Day of the week:						
	Date		Day # 2			- 1				
			Bodyweig	ht						
	CONDI			. ,	netrics- S	Speed/Agi	lity- Con	ditioning		
Time	of Day:		(Ladder) 2					=/5	0.45	
	-					behind F/B,			,3-1 F,	
Stort	/Finish			knees) F/E		amstring, I	aterai squa	at walk		
Start	/FIIII311	Plyometric		, Kilooo, 172	, LI (					
		,		_ateral Huro	dle or Cone	Hop with	Stability 5x	5		
Coa	ch(s):									
Partne	r/Group:	Speed/Agi	ility:							
						a. ((4 hoops				
				latera	l hoop run	3x ea. (5 h	oops)			
		Conditte								
		Condition	ıng:		elida baar-	l 6x :30/1:00	`			
						) (M-Lv 12,				
				a y . 10	2.7. 1.007 1.100	· ··· -· · · · · · · · · · · · · · · ·				
Abdomina	als: (Medici	ne Ball)								
				ead w/stago						
			alterr	nating twist	3x10ND +	2x10D				
			S	tanding che	est pass 3x	10				
				Strength		g				
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest	
70,75,80	Clean		5	5	5	 				
	Slant Boa	rd Rev Sit I	10 to 20	10 to 20	10 to 20	<u>i</u>				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>				
80-87%	Bench Pre	ess	5	5	5					
	4-6 in hip	lift	8-20	8-20	8-20	<u>[</u>		<u> </u>		
_	! <del> </del>		I 	! <del> </del>	1 <del> </del>	! <del> </del>	<u> </u>	 		
75-80%	KB Alt. Sho				8	<u>.                                    </u>				
75-80%	DB SLDL		18		18 1-	! 				
75-80%	Cable Lift		8	8	8					
	<u> </u> 		<u> </u> 	<u> </u> 	<u> </u> 	<u> </u> 				
	<del>i</del>		<del> </del>	<del>i</del>	<del> </del>		<u> </u>			
Flevibility	: Foam Rol	lar Stratah				<u> </u>				
riexibility	. Foaiii Koi	iei Stretcii								
Additiona	I Comment	s: (issues o	r injuries o	verall mood	etc.)					
			, 31100, 0	. 5 111000,	/					
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)						

	Date		Week # 6 Day # 3			Da	y of the we	ek:	
	Date		-	ht					
			Bodyweig	nt					
	CONDI	TIONING			netrics- S	peed/Agi	ility- Con	ditioning	
Time	of Day:	-	(10 Yards)						
	· , .							el to butt w	
<b>a</b>	<b></b>	backv	vard lunge	walk, straig	ght leg cros	ssover, SLI	DL F/B. bac	kward inch	worm
Start	/Finish	Plyometri	00:						
		riyomeun	<b>.</b> .	single le	g hurdle ho	n w/stahilit	ty 5y5 ea		
				Single ic	g naraic ne	p wotabili	y oxo cu.		
Coa	ich(s):								
	er/Group:	Speed/Ag	ility:						
				siı	ngle leg bal	l drop 3x3	ea.		
				Res	isted Band	Run 5x20	yds.		
		Condition	ıng:				20		
					x300 (25 ya 5x100 (25 y				
					5x 100 (23 y	a.uj .20/.40	,		
Abdomin	als:	<b>=</b>							
			2 Poir	nt Stability	2x:20-60 se	conds			
				Hip Ro	oll 3x10				
				Jackknif	e 3x10-20				
				Strength	Trainin	g			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest
70,75,80	Push Jerk	(	5	5	5				
	Straight L	.eg L-Sit	20-60sec	20-60sec	20-60sec			! []	
	<u> </u>		<u> </u>	l	<u> </u>				
80-87%	Hex DL +	Shrug	5	5	5				
80-87%	Pull Up		5	<b> </b> 5	5				
	<u> </u>		! }	! <del>!</del>	! <del>!</del>			 	
75-80%	Step Up		8	8	8	<u> </u>	<u> </u>	[]	
	Inverted F		8 to 20		8 to 20			 	
	Off Bend	h Oblique	8-20	8-20	8-20				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>			<u> </u>	
	1		! <del> </del>	! <del> </del>	! <del> </del>	! 	! 	 	
	1		<u> </u>	I	<u> </u>				
Flexibility	/: Partner S	tretch							
Additions	al Comment	e. (jeende o	r injuries o	verall mood	etc )				
Additions	a. Comment	(ISSUES C	injunes, o	voian moou,	G.G.)				
L									
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)					

	Date		Week # 6 Day # 4		Day of the week:							
	Date			ıh.								
	CONDI	TIONING	Bodyweig 3-Warm		netrics- (	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	(Ladder) 2	20 yds.								
Tille	or Day.					itch F/L/R, i			iant			
						namstring,	ateral squa	at walk				
Start	/Finish			knees) F/E	3/L/R							
		Plyometric	cs:			( - 1. 111 ( O - F						
			heidens w/ stability 3x5 ea.									
Coa	ch(s):											
	r/Group:	Speed/Agi	peed/Agility:									
	1-2 cut 3x ea. (4 hoops)											
		lateral hoop run with return 3x ea.										
		Conditioning:										
		Slide Board 6x :30/1:00										
				Airdyne	8x :30/1:3	0 (M-Lv 12,	F-Lv 10)					
Abdomin	ale:											
Abdomin	ui3.		Overhe	ead w/ Stag	nered Star	nce 3x10						
				nating Twis								
				tanding Ch								
			(	Strength	Trainir	ng						
%	Fye	rcise	Set 1	Set 2	Set 3	Reps/	Reps/					
<b> </b>	<u>.L</u> .		Reps/	Reps/	Reps/	Weight	Weight	Tempo	Rest			
70,75,80	Hang Clea		5	5	5	1		] 				
	SB Sit & F	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		}				
80-87%	Incline Be	nch	  5	I5	  5	<u> </u>		<u> </u>	<u> </u>			
30-01 /0	4-6 in hip		8-20		18-20	<u>'</u> 			<u> </u>			
	<u>                                     </u>		<u> </u>	<u> </u>	<del></del>	<u> </u>						
75-80%	DB Hamm	er Curl + P	8	8	8	<u>†                                    </u>		l   				
	Hip Lift or		8 to 20	8 to 20	8 to 20							
75-80%	Cable Lift		18	18	18	<u> </u>						
	<del> </del>		! <del> </del>	! <del> </del>	<del> </del>	<del> </del>						
	<del>!                                    </del>		<u> </u>	<u> </u>	<u> </u>	<del>!</del>						
Flexibility	: Foam Rol	ler Stretch		<u> </u>	<u> </u>							
i ioxioiiity	. r cam rec											
Additiona	I Comment	s: (issues o	r iniuries. ດ	verall mood.	etc.)							
			.,		,							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								
I												

L

	D-1-		Week # 7		Day of the week:						
	Date		Day # 1	.1.4							
			Bodyweig	ınt							
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	ility- Con	ditioning			
Time	of Day:		(20 yards)								
	o. Day.					knee skip 4					
_		7. back	pedal 8. S			kward 9. s		skip 10. O	verhead		
Start	/Finish	Dh. am atri		11.	neel walks	12. inchw	orm				
		Plyometri	us:	<u> </u>	ntinuous L	Hurdle Hop	EvE				
					illilluous r	iurule nop	323				
Coa	ch(s):										
	r/Group:	Speed/Ag	ility:								
	,, o., ou.p.				Chase Spr	rint 3x each					
					<u> </u>						
				Sled 3x 1	/2 field, 1x	full field (1	50 yards)				
		Condition	ing:								
						ard) 1:00/2:0					
				(	6x100 (25 y	/ard) :20/:40	)				
Abdomina	ale:										
Abdollilla	ai5.			Knoo Fall	Outs 3x20						
			Δlternati	ng March o							
				ıad-Arm-Glı							
				Leg Sit and							
				Strength							
	1					9		1			
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/	! _ !			
	<u> </u>		13	<b></b>	I <sub>3</sub>	Weight	Weight	Tempo	Rest		
65,67.5,70	DB Snatc		<u> </u>	ř	<del>-</del>	<del>i</del>	<u> </u>				
<u> </u>	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>	<u>                                     </u>			
00 70 550	i i	. 0	l <sub>c</sub>	140	24	<u> </u>	<u>'</u>				
	Front Box	_	6	12	l	<u> </u>	<u> </u>				
80-87%	l Pu	II Up	5 	5 	5 		<u> </u>				
00.050/	KD Tastis	-11	i	i_	i	<del>i</del>	į —	<u> </u>			
80-85%	KB Tactic		5 18 to 20	5 8 to 20	5  8 to 20	<u> </u>	<u> </u>	<u>                                       </u>			
	Inverted		8 to 20		8 to 20	<u> </u>	<u>'</u>				
	Reverse Hyp	perextension	0 10 20	0 10 20	0 10 20	<u> </u>	<u> </u>				
<u> </u>	<u>I</u> 		<u> </u> 	1	<u> </u> 	<u> </u> 	<u> </u> 	1 			
<u> </u>	<u> </u>		<del>                                     </del>	1		<del>]</del>					
Flevihility	: Partner S	tretch	l								
riexibility	. Faither 3	ii etcii									
A 1 10:-											
Additiona	I Comment	s: (Issues C	or injuries, o	verall mood,	etc.)						
Additiona	l Exercises	: (Practice,	Bike Run	Swimmina\							
		(	,,	_ ····································							

	<b>.</b>		Week # 7		Day of the week:						
	Date		Day # 2								
			Bodyweig	jht							
	CONDI	TIONING	3-Warm	up- Plyon	netrics- (	Speed/Agi	ility- Con	ditioning			
Time	of Day:		(Ladder) 1								
	o. Day.					, quick shuffle			uffle F		
						namstring,	ateral squa	at walk			
Start	/Finish			Band - Purp	e) F/B/L/R						
		Plyometri	cs:	Lateral	Lluudla au	Cone Hop 5	vE acab				
				Laterai	nurale or	Cone nop a	xo eacn				
Coa	ch(s):										
	r/Group:	Speed/Ag	ilitv:								
1 di tilo	7010up.	J J		A	ssisted 1-	2 cut 3x eac	:h				
				Lateral hoo	p run w/ re	eturn 3x eac	h (2 hoops	5)			
		Conditioning:									
					Slide Boar	d 8x :30/1:0	0				
				Airdyne	10x :30/1:	30 (M-Lv 12,	F-Lv 10)				
Abdomina	als:										
						p 2x10 eacl	1				
				de twist 3x1							
			one arn	n chest pas	s 3x10 ND	& 2x10 D					
				Strength		ng					
<u></u> %	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo I	Rest		
65,67.5,70	Hang Clea	an	3	3	3			 			
	Slant Boar	d Rev. Situp	10-20	10-20	10-20	<u>i</u>					
	l		<u> </u>	<u> </u>	<u> </u>	<u> </u>					
85,90,95,100	Bench Pre	ess	4	3	2	1					
	Foam Rolle	er Hip Lift	8-20	8-20	8-20	<u>i                                      </u>		ii			
			I ———	<u> </u>	l	<u> </u>					
75-80%	Dips + Sc	apula	5+10	5+10	5+10	<u>.                                    </u>					
	Glute Han	n Raise	8 to 20		8 to 20	!					
75-80%	Cable Lift		8	8	8	I					
	i		i	i	<u> </u>	i	<u> </u>	ii			
			]			ĺ					
	İ					i		1 1			
Flexibility	: Foam Rol	ller Stretch									
Additiona	I Comment	: <b>s</b> : (issues o	r iniuries. o	verall mood,	etc.)						
		(	,	11000,	,						
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)							

	D-1-		Week # 7		Day of the week:							
	Date		Day # 3	1.4								
			Bodyweig	nt								
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	speed/Agi	ility- Con	ditioning				
Time	of Day:		(20 yards)									
	o. Day.							run 5.butt k				
		7. back	pedal 8. SI					skip 10. O	erhead/			
Start	/Finish	Diamental		11.	heel walks	12. inchw	orm					
		Plyometri	cs:	Cinale I ee	· Cantinua	ا مالسام ا	lan EvE aa					
				Single Lec	Continuo	us nurale r	юр эхэ еа.					
Coa	ch(s):											
	r/Group:	Speed/Ag	ilitv:									
1 artifici	7010up.	- p	,	Singl	e Leg Chas	se Sprint 3x	each					
				Resis	ted Band T	owing 3x 2	5 yds.					
		Condition	ditioning:									
			1x300 (25 yard) 1:00/2:00									
					6x100 (25 y	ard) :20/:40	)					
	_											
Abdomina	als:											
			2 poir		2x:20-60 se	conds						
				•	lls 3x10							
				Jackknif	e 3x10-20							
					Trainin	g 						
<u></u> %	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	l Tempo	Rest			
65,67.5,70	Push Pres	ss	3	3	3							
	Stall Bar I	Bicycle	20-60sec	20-60sec	20-60sec			ii				
	<u> </u>		<u> </u>	<u> </u>				<u> </u>				
80,70,55	Hex DL +	Shrug	6	12	24			] [				
80-87%	Pull Up		5	5	5			i i				
			)									
	Single Le	g Squat	5 ea	5 ea	5 ea			i i				
	Inverted F	Row	8 to 20	8 to 20	8 to 20			i i				
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20			i i				
	İ		İ	İ	İ			i i				
	Ţ		ŗ	Ţ								
	<del>I</del>		<del>I</del> I	<del>I</del>	 			<del>                                     </del>				
Flexibility	: Partner S	tretch		•								
A .1.154		- /'-			-1-\							
Additiona	I Comment	s: (Issues o	r injuries, o	verall mood,	etc.)							
Additions	l Exercises	: (Practice,	Rike Run (	Swimming\								
AuditiOlid		· (i ractice,	ار , IXUII, ۱	ovviiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii								

	Date		Week # 7 Day # 4		Day of the week:								
	Date		Bodyweig	nht									
	CONDI	TIONING			netrics- (	Speed/Agi	ility- Con	ditioning					
Time	of Day:		(Ladder) 1										
	o. Day.					in-in-out-out F			ward 1 back				
<b>.</b>	·-· · ·			spiderman, and - purple		amstring,	ateral squa	at walk					
Start	/Finish	Plyometri		and - purple	) F/D/L/K								
		riyometri			Heide	ens 5x5							
					110140	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,							
Coa	ch(s):												
	r/Group:	Speed/Ag	Speed/Agility:										
					Assisted 1	-2 cut 3x ea							
		Lateral hoop run w/ return 3x each (2 hoops)											
		0											
	Conditioning:												
	Slide Board 8x :30/1:00 Airdyne 10x :30/1:30 (M-Lv 12, F-Lv 10)												
	Analytic 10x .30/1.30 (M-EV 12,1-EV 10)												
Abdomina	als:												
				Overhead v	w/ Step 2x1	10							
			Sic	de twist 3x1	0 ND & 2x	10 D							
			One Arr	n chest pas	s 3x10 Nd	& 2x10 D							
			(	Strength	Trainir	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
65,67.5,70	Snatch		3	3	3	! !	 						
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	į						
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	] <del>}</del>	[ 					
80,70,55%	DB Incline	)	6	12	24	<u> </u>	<u> </u>	! [					
	Foam Rolle	er Hip Lift	8-20	8-20	8-20	<u> </u>	<u> </u>	<u> </u>					
	! <del> </del>		! <del> </del>	+	! <del> </del>	! <del> </del>	] <del> </del>	 					
75-80%	Dips + Sca	•	5+10	5+10	5+10	<u> </u>	<u>!</u>	<u> </u>					
	1 Leg Bac		8 to 20		8 to 20	1	! <del>!</del>	 					
75-80%	Cable Lift		8	8	8	<u>i</u>	<u> </u>						
	<u> </u>		<u> </u>	1	<u> </u>	<u> </u>	]		<u> </u>				
	! <del> </del>		! <del> </del>	<u> </u>	! <del> </del>	! <del> </del>	! <del> </del>	 	-				
F1		Jan 01 11	<u> </u>			<u> </u>							
Flexibility	: Foam Rol	ler Stretch											
Additiona	I Comment	s: (issues o	r iniuries. o	verall mood,	etc.)								
		, 0	,55, 6		· /								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 8 Day # 1		Day of the week:							
			Bodyweig	jht								
	COND	ITIONING			netrics- S	Speed/Agi	ility- Con	ditioning				
Time	of Day:		(20 yards)									
111110	oi Day.					knee skip 4						
<u> </u>		7. back	pedal 8. S			ckward 9. s		skip 10. O	/erhead			
Start	/Finish	Plyometri	00:	11.	neei waiks	12. inchw	orm					
		Tyonican		Co	ntinuous F	Hurdle Hop	5x5					
						ш.е т.ер						
Coa	ch(s):											
Partne	/Group:	Speed/Ag	ility:									
					Chase Spi	rint 3x each						
				Clad Av 1	/2 field 1v	full field (4	On vordo)					
		Condition	ina:	Sieu 4X	nz neiu, ix	full field (1	oo yarus)					
<del>                                     </del>		Condition	a.	1	x300 (25 va	ard) 1:00/2:0	00					
						yard) :20/:40						
	Abdominals:											
Abdomina	als:											
			2 mais	nt otability	22.20.60.60							
			2 poi	nt stability	lls 3x10	econas						
					e 3x10-20							
				Strength		na						
				J. 1. 3. 1. 3. 1.		.9						
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	l Tempo	Rest			
82.5.85.90	DB Snatc	 h	13	<u></u>	i	i weight	- Weight	<u> </u>				
00,00,00		rd Sit Ups	10 to 20	10 to 20	10 to 20	<del> </del>   						
	i	· ·	<u>.                                    </u>	İ	i I	Ì		 				
80,70,55%	Front Box	c Squat	6	12	24	<u>1</u>						
80-87%	•	in Up	5	<b>j</b> 5	<b>j</b> 5	į		ii				
			l		<del></del>							
80-85%	KB Taction	al Lunge	5ea	5ea	5ea	İ						
	Inverted I	Row	8 to 20		8 to 20	1		[ 				
	Reverse Hy	perextension	8 to 20	8 to 20	8 to 20	ļ						
<u> </u>	<u> </u>		<u> </u>	1	<u> </u>	] Y		[ 				
	<u> </u>		<u> </u>	<del> </del>	<u> </u>	! <del> </del>	 	<del> </del>				
Elevibilis.	I : Partner S	Strotch										
riexibility	: Partner 3	otreton										
Additions	l Commen	ts: (issues c	r iniuries o	verall mood	etc )							
raditiona		.J. (IJJUGS C	. injunico, U	voicin mood,	J.(J.)							
Additiona	I Exercises	s: (Practice,	Bike, Run,	Swimming)								

	D-1-		Week # 8		Day of the week:							
	Date		Day # 2									
			Bodyweig	int								
	CONDI				netrics- (	Speed/Agi	ility- Con	ditioning				
Time	of Day:		(Ladder) 1		1 1: 15/5		E/D 4004E		<i>(</i> 1) =			
	•					, quick shuffle			uffle F			
Ctout	/Finish			spiderman, Band - Purp		namstring, I	aterai squa	at walk				
Start	/Finish	Plyometri		and - ruip	ie) i /b/L/i\							
		,	<del></del>	Late	ral Hurdle	or Cone Ho	p 5x5					
Coa	ch(s):											
Partne	r/Group:	Speed/Ag	ility:									
				Δ	Assisted 1-	2 cut 3x eac	h					
				Lateral hoo	p run w/ r	eturn 3x eac	h (2 hoops	5)				
		Conditioning										
	Conditioning:  7 Mile Bike Test (group 1)											
						Test (group 2, one group	-	`				
		1		(one group	on uay #2	., one group	Jii uay #4	,				
		1										
Abdomina	als:											
			Medicine E	Balls- Overh	nead w/ ste	p 2x10 each	1					
			sic	de twist 3x1	0 ND & 2x	10 D						
			one arn	n chest pas	s 3x10 ND	& 2x10 D						
			9	Strength	Trainir	ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	I I	Rest			
82.5,85,90	Hang Clea	in	3	3	3							
	Slant Boa	rd Rev Sit	10 to 20	10 to 20	10 to 20	<u> </u>		 				
	<u> </u>		<u> </u>	Į	<u> </u>	<u>I</u>						
85,90,95,100	Bench Pre	ess	4	3	2	1						
	Foam Rolle	er Hip Lift	8-20	8-20	8-20	<u>į</u>	<u> </u>	Į į				
	! !		<u> </u>	] 	<u> </u>	<u> </u>		] }				
75-80%	Dips + Sc	_	5+10	5+10	5+10	<u>i</u>		[]				
	Glute Han		8 to 20		8 to 20	<u> </u>		[ 				
75-80%	Cable Lift		8	8	8	<u> </u>		! 				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>				
	<u> </u>		! <del> </del>	] <del> </del>	! <del> </del>	! <del> </del>		] 				
	<u> </u>		Ī	Ī	Ī	Ī						
Flexibility	: Foam Rol	ler Stretch										
Additiona	I Comment	s: (issues d	or injuries. o	verall mood,	etc.)							
		,	,. ,., ,	,	,							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 8		Day of the week:					
	Date		Day # 3							
			Bodyweig	ht						
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	ility- Con	ditioning		
Time	of Day:	Warm Up:	(20 yards)							
Tille	oi Day.							run 5.butt k		
		7. back	oedal 8. Sl					skip 10. O	verhead	
Start	/Finish			11.	heel walks	12. inchw	orm			
		Plyometric	cs:	0.			-			
				Sing	jie Leg Hur	dle Hop 5x	o ea.			
Coo	ob/o\ı									
	ch(s): r/Group:	Speed/Agi	ility:							
raitilei	/Group.	opera,, ig	, .	Singl	e Leg Chas	se Sprint 3x	each			
				Resis	ted Band T	owing 4x2	5 yds.			
		Condition	ing:							
						rd) 1:00/2:0				
					7x100 (25 y	ard) :20/:40	)			
									1	
A la al a maior a	la.									
Abdomina	us:									
			2 noir	nt stability 2	2v:20_60_co	conde				
			z poli		lls 3x10	conus				
					e 3x10-20					
				Strength		a				
						9				
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/			
	<u></u>		13	<u></u>	I <sub>3</sub>	Weight	Weight	Tempo	Rest	
82.5,85,90	Push Pres		<u> </u>	ř——	<u> </u>					
-	Stall Bar   	Вісусіе	20-00560	20-60sec	20-60SeC	<u> </u> 		<u>                                     </u>		
00 70 550/	Llau DL	Clausses	6	12	24	<u>.</u> 				
	Hex DL +		°  5	ł	<del>24</del>  5	<u> </u>				
80-87%	Pull Up		  -	<u> </u>	1 <u>3</u>	l I				
80-85%	Single I a	a Sauct	5ea	5ea	5ea	<u> </u>		<del> </del>		
00-00%	Single Le	g Squat erted Row			18 to 20	<u> </u> 		<u>                                     </u>		
		perextension	8 to 20	8 to 20	8 to 20		i			
	Reverse nyp	perextension	0 10 20	10 10 20	0 10 20	<u> </u>				
1	<u>.</u> 			<u>.</u> 	! [	]			1	
	ļ .		<u> </u>	ļ .	<u> </u>	<del> </del>	<del>                                     </del>	<del>                                     </del>		
Flexibility	I : Partner S	tretch		<u> </u>	<u> </u>	<u> </u>				
Additiona	I Commen	ts: (issues o	r injuries, o	verall mood,	etc.)					
Additions	l Evereises	: (Practice,	Rika Dun (	Swimming\						
Auditiona	. LACI (1365	•. (1 Tactice,	DING, INUIT, V	Jvviiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii						

	Date		Week # 8 Day # 4		Day of the week:							
	Date		Bodyweig	tht.								
	CONDI	TIONING			netrics- (	Speed/Agi	ility- Con	ditioning				
Time	of Day:		(Ladder) 1									
11110	or buy.					in-in-out-out F			ward 1 back			
						namstring,	lateral squa	at walk				
Start	/Finish	-		and - purple	e) F/B/L/R							
		Plyometri		Single Leg L	ateral Hur	dle or Cone	Hop 5x5 e	a.				
Con	ach(s):											
		n(s): /Group: Speed/Agility:										
Fartile	aroup.	Oup: Speed/Aginty.  Assisted 1-2 cut 3x ea.										
		Lateral hoop run w/ return 3x each (2 hoops)										
							,	-				
	Conditioning:											
	7 Mile Bike Test (group 2)											
	(one group on day #2, one group on day #4)											
	(											
Abdomin	als:											
				Overhead v								
				de twist 3x1								
			One Arr	n chest pas	s 3x10 Nd	& 2x10 D						
				Strength	Trainir	ng						
%	. <u> _                                    </u>	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo I	Rest			
82.5,85,90	0 Snatch		3	3	3	<u> </u>	] ]					
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	<u></u>	]				
	Į		<u> </u>	<u> </u>	<u> </u>	<u>ļ</u>	<u> </u>	<u> </u>				
80,70,55%	6 DB Incline	)	6	12	24	<u> </u>	]	] [				
	Foam Rolle	er Hip Lift	8-20	8-20	8-20	į	Ī	i i				
75-80%	Dips + Sc	apula	5+10	5+10	5+10	<u> </u>	. ————————————————————————————————————	ı ————————————————————————————————————				
	1 Leg Bac	k Ext.	8 to 20	8 to 20	8 to 20	Į	!	<u> </u>				
75-80%	Cable Lift		8	8	8	I						
	i		i	İ	i	j	j	i i				
	Ţ		<u>ן</u>		]	Ţ						
			i I	Ī	i I	İ	i					
Flexibility	: Foam Rol	ller Stretch										
	al Comment				etc.)							
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)								

	Data		Week # 9		Day of the week:							
	Date		Day # 1	.l. 4								
			Bodyweig	ınt								
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:		(20 yards)									
	o. Day.							run 5.butt k				
		7. back	pedal 8. Si					skip 10. O	verhead			
Start	/Finish	DI		11.	heel walks	12. inchw	orm					
		Plyometri	cs:	C-	ntinuaua L	luudla Han	EvE					
				Co	ntinuous r	lurdle Hop	эхэ					
Coa	ch(s):											
	r/Group:	Speed/Ag	ilitv:									
Tartric	7010up.	J	Chase Sprint 3x each									
					•							
				Sled 5x 1	/2 field, 1x	full field (2	10 yards)					
		Condition	Conditioning:									
					Line Drill	5 15 25 30						
						1:00						
					10 mi	inutes						
	_											
Abdomina	als:											
			2 poi	nt stability		conds						
					lls 3x10							
					e 3x10-20							
				Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100-	DB Snatcl	h	3	3	3	<u> </u>						
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u>j</u>		<u> </u>				
	<u> </u>		<u>[</u>	ļ	<u> </u>	<u> </u>						
80,70,55%	Front Box	Squat	6	12	24	I I						
80-87%	Chin up		5	5	5	i		l i				
	]		I		I	]						
80-85%	Single Le	g Squat	5ea	5ea	5ea	<u> </u>						
	Inverted F	Row	8 to 20	8 to 20	8 to 20	<u> </u>						
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20	1						
	i		i	j	i	į						
	]		]	[	1	]						
	I		I .	I .	I .	<u> </u>		<u> </u>				
Flexibility	: Partner S	tretch										
Additiona	I Comment	ts: (issues c	r injuries, o	verall mood,	etc.)							
		,	- * * *	,	,							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 9 Day # 2		Day of the week:							
	Date			ıht.								
	CONDI	TIONING	Bodyweig 3-Warm		netrics- (	Speed/Agi	ility- Con	ditioning				
Timo	of Day:		(Ladder) 2									
Time	of Day:					, quick shuffle			uffle F			
						namstring,	ateral squa	at walk				
Start	/Finish	-		Band - Purp	le) F/B/L/R							
		Plyometric	cs:	Late	ral Hurdle	or Cone Ho	p 5x5					
Coa	pach(s):											
Partner	/Group:											
		Assisted 1-2 cut 3x each										
		Lateral hoop run w/ return 3x each (2 hoops)										
		Conditto	: n. a									
		Condition	ırıg:		lido Pos-	1 12v .20/4.0	10					
	Slide Board 12x :30/1:00											
	Airdyne 6x :45/1:15 (M-Lv 10, F-Lv 8)											
Abdomina	ıls:											
			Medicine E	Balls- Overh	nead w/ ste	p 2x10 eacl	า					
			sic	de twist 3x1	0 ND & 2x	10 D						
			one arn	n chest pas	s 3x10 ND	& 2x10 D						
			(	Strength	Trainir	ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100-	Clean		3	3	3							
	Slant Boa	rd Rev Sit I	10 to 20	10 to 20	10 to 20	<u>i                                      </u>						
	<u> </u>		<u> </u>	Į	<u> </u>	<u> </u>	<u> </u>	ļ				
85,90,95,100	Bench Pre	ess	4	3	2	1	]					
	Foam Rolle	er Hip Lift	8-20	8-20	<b> 8-20</b>	<u>i</u>	į	i i				
	! <del>}</del>		! <del>}</del>	] <del> </del>	! <del> </del>	! <del> </del>	] }					
75-80%	Dips + Sca	•	5+10	5+10	5+10	<u> </u>	<u> </u>	<u> </u>				
	Glute Han		8 to 20		8 to 20	<u> </u>	] }	 				
75-80%	Cable Lift		8	8	8	<u>i</u>	<u> </u>	i i				
	<u> </u>		<u> </u>	1	<u> </u>	<u> </u>	1					
	! <del> </del>		! <del> </del>	! }	! <del> </del>	<u> </u>	! }					
El	<u> </u>	lee Cr	<u> </u>									
Flexibility	: Foam Rol	ler Stretch										
Additiona	Comment	s: (issues o	r injuries, o	verall mood,	etc.)							
		`	•	,	,							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 9		Day of the week:						
	Date		Day # 3				,				
			Bodyweig	ht							
	CONDI	TIONING	3-Warm ≀	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning			
Timo	of Day:	Warm Up:	(10 yards)								
Time	of Day:	1. figure f	our walk F	/B 2.heel to	butt 3. op	posite han	d heel to b	utt 4. heel	to butt w/		
		5. Bac	kward lun	ge walk 6.	Straight Le	g Crossov	er 7. SLDL	. F/B 8. bac	kward		
Start	/Finish										
		Plyometric	cs:								
				Si	ngle Leg Hı	urdle Hop 5	ix5				
	ch(s):										
Partner	/Group:	Speed/Agi	lity:								
				Singl	e Leg Chas	se Sprint 3x	each				
		<b>I</b>		Das!-	tod Dond T	owing Evo	Evdo				
		Condition	ina:	Resis	ted Band T	owing 5X2	yus.				
		Condition	ıııy.	4	x300(50 ya	rd) 1.00/2.0	10				
					x300(50 ya 2x150(50 ya						
		1			3x100(50 ya						
Abdomina	als:										
			2 poir	t stability 2	2x:20-60 se	conds					
					lls 3x10						
				Jackknif	e 3x10-20						
			S	Strength	Trainin	g					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest		
90 95 100-	Push Pres		3	<u> </u>	I <sub>3</sub>	Vicigin	Weight	l Tempo	i i i i i i i i i i i i i i i i i i i		
30,33,100	Stall Bar E		<u> </u>	20-60sec	ř –			<del>                                     </del>			
	i Dian Bar L	Dicycle	1	<u>                                  </u>	<u> </u>			!! 			
80 70 55%	Hex DL +	Shrua	6	12	24			i	Ī		
	Pull Up		5		<del></del>  5			<u> </u>			
JU-U1 /0	i. un op			<u>'</u>	 						
80-85%	Single Leg	n Saust	5ea	5ea	5ea				İ		
		rip Inv Rov			8 to 20						
			8 to 20	8 to 20	8 to 20						
	Reverse Hyp	erextension	0 10 20	0 10 20	0 10 20			<u> </u>			
	<u> </u> 							! 			
	<del>!</del>			<del>!</del>	<del> </del>			<del>                                     </del>	——i		
Flexibility	I : Partner S	tretch									
rickibility	. I di tilei O	il etell									
Additiona	Comment	s: (issues o	r iniuries o	erall mood	etc.)						
			, 31100, 01	111000,	/						
Additiona	l Exercises	: (Practice,	Bike, Run, S	Swimming)							

			Week # 9		Day of the week:							
	Date		Day # 4									
			Bodyweig	int								
	CONDI				netrics-	Speed/Agi	ility- Con	ditioning				
Time	of Day:		(Ladder) 2		witch F/I /R	in-in-out-out F	/R/I/R giant	slalom F 2 for	ward 1 hack			
						namstring,			ward I back			
Start	/Finish			and - purple		iamsumg,	aterar squa	at waik				
Otart	71 1111311	Plyometri			,							
		<del>-</del>		Single Leg	Lateral H	urdle or Co	ne Hop 5x5					
							· · · · · · · · · · · · · · · · · · ·					
Coa	ich(s):											
Partne	r/Group:	Speed/Ag	ility:									
						-2 cut 3x ea						
			Lateral hoop run w/ return 3x each (2 hoops)									
	Conditioning:											
	Conditioning: Slide Board 12x :30/1:00											
		1				15 (M-Lv 10,						
		1		Allwylle	, JA .TU/ I.	(III LV 10,	. = + 0,					
Abdomin	als:											
				Overhead v	v/ Step 2x	10						
			Sic	de twist 3x1	0 ND & 2x	10 D						
			One Arr	n chest pas	s 3x10 Nd	& 2x10 D						
			(	Strength	Trainir	ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight		Rest			
90,95,100	- Snatch		3	3	3							
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	]					
	į		İ	į	į	į		l i				
80,70,55%	DB Incline o	r DB Bench	6	12	24		]					
	Foam Rolle	er Hip Lift	8-20	8-20	8-20	i	Ī	i i				
	<u> </u>				 							
75-80%	Dips + Sc	apula	5+10	5+10	5+10		 	. — — — — — — — — — — — — — — — — — — —				
	1 Leg Bac	k Ext.	8 to 20		8 to 20							
75-80%	Cable Lift		8	8	8		] [					
	i		<u> </u>	į	<u> </u>	į	<u>į</u>	<u> </u>				
	<u> </u>		I I	l L	l -	1	] !	] 				
	İ		<u> </u>		<u> </u>							
Flexibility	r: Foam Rol	ller Stretch										
Additiona	al Comment	s: (issues c	r injuries, o	verall mood,	etc.)							
A al altet - :	I Francis	/D== :::	Dille Divi	Occidental Control								
Additiona	II Exercises	: (Practice,	ыке, Run,	Swimming)								
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 10 Day # 1	0	Day of the week:							
	Duit		Bodyweig	nht								
			Dody Weig	J110								
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	ility- Con	ditioning				
Time	of Day:	Warm Up:										
	o. Day.			2.heel to b								
		7. back	pedal 8. S	LDL walk Fo				skip 10. O\	erhead/			
Star	t /Finish			11.	heel walks	12. inchw	orm					
		Plyometric	cs:									
				HL	irdie Hop w	ith Sprint 5	)X5					
0	1- (-)	2).										
	ach(s):	Speed/Agi	ility:									
Partne	er/Group:	Ground Chase Sprint 3x each										
				010	una Onasc	орин эх с	acii					
		Sled 2x 1/2 field, 2x full field (180 yards)										
	Conditioning:											
	Line Drill 5 15 25 30											
	:30/1:00											
	12 minutes											
Abdomin	als:											
				Stability Bal								
			1 Leg F	lip Lift on N		III 2x8-12						
				Russian	Twist 3x10							
				<b>.</b>								
				Strength		g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight		Rest			
	Bar Comp	lex	i		i	i	'	i — — — i				
	High clean		— — — —  5		+ — — — — 15							
	Row		I <sub>10</sub>	<u>!</u>	I <sub>10</sub>	<u>:</u> 		!!				
	SLDL		10	10	10	<u> </u>						
	Push Pres	s	10	10	10	<u>!</u> 						
	High pull		10	i	10	i		i				
				<del> </del>	<del> </del>	<del> </del>		-				
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	i						
	1		j	<u> </u>	<u> </u>	<u> </u>		1				
	Hammer C	url + Press	8+8	8+8	<del>.</del> İ	<del>.</del> İ	İ					
		Plate Raise		8 to 20	j			İ				
	1		<del> </del> 	1	<del>i</del> I	<del>i</del> I						
Flexibilit	y: Partner S	tretch		•								
۸ ططانه: ۵۰۰۰	al Camma:	e. (ioc.:co -	ripiurios -	wordl man-	oto \							
Addition	al Comment	<b>3.</b> (1550 <del>05</del> 50	ı ırıjuries, 0	weran mood,	<del>6</del> (6.)							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								
			,	3,								

	Week # 10 Day of the week:										
	Date		Day # 2			Da	y or tile we	ck.			
			Bodywei	ght							
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	ility- Con	ditioning			
Time	of Day:		(Ladder)								
Tille	ог рау.					, quick shuffle			le F		
						amstring,	ateral squa	at walk			
Start	/Finish	-		Knees - Gr	reen) F/B/L/	'R					
		Plyometri									
			Late	ral Hurdle o	or Cone Ho	p with Jum	p and Read	h 5x5			
	ch(s):	Speed/Ag	ility.								
Partne	r/Group:	Speeu/Ay	ility.	l a	toral 45 de	aree 1-2 cut	· Δν				
					Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops)						
						37. 540	(550pc	· ,			
		Condition	ing:								
				•	Slide Board	14x :30/1:0	0				
	Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)										
Abdomin	als:										
		N				ad 2x10 ead	h				
					3x10 ND &						
			Alternati	ng Chest Pa	ass 3x10 NI	D & 2x10 D					
					Trainin	ig					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/		ı _		
	L		<u> </u>	<u> </u>	<del>_</del>	Weight	Weight	Tempo	Rest		
70,75,80	Slant Board	Day Cit Una	I5 I <sub>10 to 20</sub>	I4 I <sub>10 to 20</sub>	I3 I <sub>10 to 20</sub>	<u> </u>					
	Siant Board	Kev Sit Ups	10 10 20	10 10 20	10 10 20	İ		i			
60%	50's Benc	h	3x	<del> </del>	<u> </u>	<u> </u> 		<u> </u> 			
337	Leg Circu		, 	<u> </u>	i	<u>.                                    </u>	<u> </u>	!   i			
	jump squa		20	20	20	ļ					
	body weigh	nt squats	20	20	20						
	alternating		20	20	20	<u>i</u>					
	lateral squa	at	20	20	20	<u> </u>		<u> </u>			
	<u> </u>		I   na	1	1	! 			i		
	pull up		Мах	Max-2	<u> </u>	<u> </u>					
Flovilli III	Metronom	-	-	Max-10	ĺ						
Flexibility	: Foam Rol	ier Stretch									
Additions	I Comment	e. (jeeuoe o	or injurios	werall mood	etc )						
Auditiona		a. (ISSUES C	n injunico, C	veran mood	, o.o. <i>)</i>						
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)							
		, ,	,	3,							
1											

	Data		Week # 1	0	Day of the week:							
	Date		Day # 3	ul. 4								
			Bodyweig	gnt								
	CONDI			up- Plyor	netrics- S	Speed/Agi	ility- Con	ditioning				
Time	of Day:		(10 yards									
	-			7/B 2.heel to								
Stor	t /Finish	Э. Ба	CKWaru iui	ige walk 6.	Straight Le	g Crossov	ei 7. SLDL	. F/D 0. Dau	Kwaru			
Star	t /i iiiisii	Plyometri	cs:									
		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		Single L	eq Hurdle	Hop with S	print 5x5					
				<u>-</u>		<u> </u>	<u> </u>					
Co	ach(s):											
Partne	er/Group:	Speed/Ag	ility:									
				Ва	ck ground	sprint 3x ea	ach					
				Docio	ad Rand D	unning 6x 2	25 vde					
		Condition	ina:	I/G212	eu Bailu K	anning ox a	yus.					
		Condition	y.	1	x300(50 va	rd) 1:00/2:0	10					
						rd) :30/1:3						
						ard) :20/:40						
Abdomir	nals:											
				Stability Bal								
			1 Leg F	lip Lift on N		II 2x8-12						
				Russian	Twist 3x10							
				C4 a a4 la	Tuelulu							
				Strength		9						
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight		Rest			
	DB Comp	<u>lex</u>	 	<u> </u> 	! } — — — —							
	Snatch		5	5	5	<u>i</u>		<u> </u>				
	Row		10	10	10	! <del>!</del>		<u> </u>				
	SLDL		10	10	10	<u>i                                    </u>		<u>.                                    </u>				
	curl + pus		[10	110	110	1		<u> </u>				
	push up +	scapula	10+10	10+10	10+10	<u> </u>	<b>.</b>	<u> </u>				
	<u> </u>		140 45 20	140.45.00	140 45 20	<u> </u>		<u></u>				
	Hanging I	_eg Kaise	10 to 20	110 to 20	10 to 20	<u> </u>						
<u> </u>	1		<u> </u>	<del> </del>	<del> </del>	<u> </u>		<u> </u>				
<del>                                     </del>	<u> </u>		<u> </u> 	<u> </u> 	<u>'</u> 	<u>.</u> 		I				
<del>                                     </del>	1		!	1	!	!						
Flexibilit	y: Partner S	tretch										
	, u											
Addition	al Commen	t <b>s:</b> (issues d	or injuries. o	verall mond	etc.)							
		, 200	,55, 0		/							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 10	)	Day of the week:						
	Date		Day # 4				,				
			Bodyweig	ht							
Time			G-Warm (Ladder) 1	. ,	netrics- (	Speed/Agi	ility- Con	ditioning			
Time	of Day:	quick feet F/	L/R, quick sh	uffle F/B, hip s	witch F/L/R,	in-in-out-out F	/B/L/R,Giant,	Brake Run F			
		Shuffle &	Carioca - s	piderman,	lunge to h	namstring,	ateral squa	at walk			
Start	/Finish	•		knees - gre	en) F/B/L/F	₹					
		Plyometri		Leg Hurdle	or Cone I	Hop with Ju	mp and Re	ach 5x5			
Coa	ich(s):										
	r/Group:	Speed/Ag	ility:								
					45 degre	e 1-2 cut 4x					
			Lateral hoop run w/ return 3x each (3 hoops)								
	Conditioning:										
	Slide Board 14x :30/1:00										
		<b>.</b>		Airdyne	7x :45/1:	15 (M-Lv 10,	, F-Lv 8)				
		1									
Abdomin	als:										
				Medicine	Ball Abs						
			sina	le leg overl		0 each					
				e leg twist 3							
				_		D & 2x10 D					
			Ş	Strength	Trainir	ng					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/ Weight		Rest		
70,75,80	Push Pres	 ss	5	4	I <sub>3</sub>	Ţ <u></u>					
	-	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	 				
	i		<u>.                                    </u>	]	<u> </u>	İ	 ]	 			
	Mini Leg (	Circuit	†	1	† !	1	<u> </u>	<b>i</b>			
	squat jump		10	İ	i I	i					
	body weigh		10		<u> </u>	1					
	alternating		10	1 	<del>I</del>	i	<u> </u>				
	tuck jump		110	<u> </u>	<u> </u>	<u> </u>	<u> </u>				
			] [		] [		] ]				
	Chin ups		max	max-2	<u>i                                      </u>	<u>i</u>	<u> </u>				
	Inverted R	Row	8 to 20	8 to 20	l ———						
			<u> </u>		<u> </u>						
	/: Foam Rol										
Additiona	al Comment	<b>s:</b> (issues o	r injuries, o	verall mood,	etc.)						
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)							

	Date		Week # 1 Day # 1	1		Da	y of the we	ek:			
			Bodyweig	aht							
			weit	J. 14							
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	ility- Con	ditioning			
Time	of Day:	Warm Up:									
	o. Day.			2.heel to b							
		7. back	pedal 8. S	LDL walk Fo				skip 10. O	erhead/		
Star	t /Finish	Di		11.	heel walks	12. inchw	orm				
		Plyometric	cs:	116		ith Cunint I					
				п	iraie nop w	ith Sprint 5	oxo				
Co	ach(s):										
	er/Group:	Speed/Agi	ility:								
1 di tili	логоар.		,	Gro	und Chase	Sprint 3x 6	each				
						•					
	Sled 3x 1/2 field, 2x full field (210 yards)										
	Conditioning:										
	Line Drill 5 15 25 30										
	:30/1:00										
	14 minutes										
Abdomin	ale:										
Abdomii	iais.			Stability Bal	I Alphahat	2v					
				lip Lift on N							
			i Legi		Twist 3x10	III ZXU-1Z					
				rtuodian	THICK OX TO						
			;	Strength	Trainin	g					
%	l Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight		Rest		
	Bar Comp	olex		Ţ	[						
	High clean		5	5	5  5	1	i				
	Row		10	10	10	į	Ī				
	SLDL		10	10	10	1	i i				
	Push Pres	s	10	10	10	İ	Ī				
	High pull		10	10	10	1	l 1				
	Ī			İ	i İ	l	]				
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	! 	 				
	<u> </u>		<u>.</u>	<u> </u>	! 	<u> </u>	! 				
<b>.</b>	Hammer C	url + Press	8+8	8+8	<u> </u>	<u> </u>	]	<u> </u>	<u> </u>		
	<u> </u>		! <del> </del>	1	! <del> </del>	! <del> </del>	! <del>!</del>	 			
	<u>i</u>			I		<u> </u>					
Flexibilit	y: Partner S	tretch									
Addition	al Comment	s: (issues o	r injuries, c	verall mood,	etc.)						
		,	-	•	•						
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)							

	Date		Week # 11 Day # 2	İ	Day of the week:					
	Duto		Bodyweig	ıht						
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning		
Time	of Day:		(Ladder) 1							
111110	or Day.							akovsky Shuff	ie F	
_						amstring, I	ateral squa	at walk		
Start	/Finish			Knees - Gr	een) F/B/L/	R				
		Plyometri		ral Hurdla	or Cono Ho	p with Jum	and Pose	h EvE		
			Late	ai riurule (	or Cone no	p with Julii	J and iteat	11 3/3		
Coa	ch(s):									
	r/Group:	Speed/Agi	ility:							
				La	teral 45 de	gree 1-2 cut	4x			
					-	turn 3x eac		i)		
				Resis	ted Band T	ows 1x Ful	l Field			
		Condition	ing:		N. 1. E .	40 00/4-				
						16x :30/1:0 5 (M-Lv 10,				
				Alluyn	C OX .43/1:1	J (IVI-LV 1U,	1-LV 0)			
Abdomina	als:									
		IV	ledicine Ba	alls- single	leg overhe	ad 2x10 eac	h			
			single	e leg twist	3x10 ND & :	2x10 D				
			Alternati	ng chest pa	ass 3x10 NC	0 & 2x10 D				
				Strength	Trainin	g				
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/			
75,80 85	Snatch		5	4	13 Keps/	Weight	Weight	Tempo	Rest	
7 3,00 03		rd Rev Sit I		10 to 20	10 to 20	i		i i		
	l Clark Boar	u nov on	1	1.0 1.0 2.0	1101020	<del>                                     </del>				
60%	50's Benc	h	3x	j	İ	i		 		
	Leg Circu		l		<u> </u>	<u> </u>				
	jump squa		20	20	20	! <del> </del>		ı   		
	body weigh	•	20	20	20	<u> </u>		<u> </u>		
	laternating		<u> </u> 20  20	20  20	20  20	<u>.                                    </u>		<u>.                                    </u>		
	I STALL DYGG		- <del></del> [	<u> </u>	<u> </u>	<u>.</u> !		i		
	pull up		Max	Max-2	<u> </u>	<del>                                     </del>				
		ne Push Up		Max-10	Ì	İ				
Flexibility	: Foam Rol	ler Stretch								
	I Comment				etc.)					

	Date		Week # 1 Day # 3	1	Day of the week:								
			Bodyweig	aht									
	CONDI	TIONING		up- Plyor	netrics- S	Speed/Agi	ility- Con	ditioning					
Time	of Day:		: (10 yards										
111110	or Day.			B 2.heel to									
		5. Ba	ckward lur	ige walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward				
Star	t /Finish	Dhramatri											
		Plyometri	cs:	Single Le	g Hurdle He	an with Car	int EvE oo						
				Siligle Le	g nurule no	op with opi	IIII JAJ ea.						
Co	ach(s):												
	er/Group:	Speed/Ag	peed/Agility:										
	•			Ва	ck ground	sprint 3x e	ach						
				Resis	ted Band R	unning 6x 2	25 yds.						
		Conditioning											
	Conditioning:												
	1x300(50 yard) 1:00/2:00												
	3x150(50 yard) :30/1:30 5x100(50 yard) :20/:40												
		1			-x.100(00 y		-						
Abdomir	nals:												
			5	Stability Bal	I Alphabet	2x							
			1 Leg F	lip Lift on N	ledicine Ba	II 2x8-12							
				Russian	Twist 3x10								
				Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight		Rest				
	DB Comp	lex	! 	! <b></b>	! <b>!</b> — — — —	! 	] ]						
	Snatch		5	5	5	<u>i</u>	<u> </u>	i					
	Row		10	10	10	<u> </u>	<u> </u>						
	SLDL		10	10	10	<u>.</u>	] ]						
	curl + push	n press	<b> 10</b>	<b> </b> 10	<b> 10</b>	<u> </u>	<u> </u>						
	push up +	scapula	10+10	10+10	10+10	! <del> </del>	! <del> </del>	 					
	I Hanging L	og Boico	1 10 to 20	I I10 to 20	1 10 to 20	<u> </u>	<u> </u> 						
	nanging i	ey Kaise	1	1	1101020	<del>i</del>	i	i					
	<del> </del>		<del> </del>	<del> </del>	<del> </del>	<u> </u>	<u> </u> 						
	i		İ	i	i	i	<u>.</u>						
	1		<del> </del>	1	<del> </del>	<del> </del>	<u> </u>	<del> </del>					
Flexibilit	y: Partner S	tretch		1									
Addition	al Comment	s: (issues c	or injuries, o	verall mood,	etc.)								
Addition	al Exercises	: (Practice	Bike, Run	Swimming)									
		(	, r.uii,	iiii									

	Data		Week # 1 <sup>-</sup> Day # 4	1	Day of the week:						
	Date			ul-4							
			Bodywei	ght							
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning			
Time	of Day:		(Ladder)								
	o. 2u,.					in-in-out-out F					
						amstring, I	ateral squa	at walk			
Start	/Finish			knees - gre	en) F/B/L/F	{					
		Plyometric		_eg Lateral	Hurdle Ho	p with Jump	and Reac	h 5x5 ea.			
Coo	Coach(s):										
	artner/Group: Speed/Agility:										
Faitile	backward 45 degree 1-2 cut 4x										
		eturn 3x eac		3)							
								·			
		Condition	ing:								
						1 16x :30/1:0					
				Airdyn	8x :45/1:1	15 (M-Lv 10,	F-Lv 8)				
A ! ! !	-1-										
Abdomin	ais:				<u> </u>						
			-!		Ball Abs	\b					
				le leg overl							
				e leg twist 3 ng chest pa							
			,	Strength	ıraınır	ng					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo l	Rest		
75.80,85	Push Pres	s	5	4	3	<u> </u>					
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		[			
			Ī	I	l	1					
	Mini Leg (	<u>Circuit</u>		1	i i						
	Mini Leg (		10	† 	 	<u> </u>					
			10  10	 	     	 					
	squat jump	t squat	i —	† 	 	 					
	squat jump	t squat lunge	10	1 1 1 1	 						
	squat jump body weigh alternating	t squat lunge	10 10	1 1 1 1 1 1							
	squat jump body weigh alternating	t squat lunge	10 10	Max-2							
	squat jump body weigh alternating tuck jump	it squat lunge	10 10 10								
	Isquat jump body weigh alternating tuck jump Chin Up inverted re	it squat lunge	10 10 10 10 Max 8 to 20								
Flexibility	squat jump body weigh alternating tuck jump	it squat lunge	10 10 10 10 Max 8 to 20								
	Isquat jump body weigh alternating tuck jump Chin Up inverted ro	t squat lunge	10 10 110 Max 8 to 20	8 to 20							
	Isquat jump body weigh alternating tuck jump Chin Up inverted re	t squat lunge	10 10 110 Max 8 to 20	8 to 20	etc.)						
	Isquat jump body weigh alternating tuck jump Chin Up inverted ro	t squat lunge	10 10 110 Max 8 to 20	8 to 20	etc.)						
	Isquat jump body weigh alternating tuck jump Chin Up inverted ro	t squat lunge	10 10 110 Max 8 to 20	8 to 20	etc.)						
Additiona	squat jump body weigh alternating tuck jump Chin Up inverted re r: Foam Rol	t squat lunge bw ler Stretch s: (issues o	10 10 10 Max 8 to 20 r injuries, o	8 to 20	etc.)						
Additiona	Isquat jump body weigh alternating tuck jump Chin Up inverted ro	t squat lunge bw ler Stretch s: (issues o	10 10 10 Max 8 to 20 r injuries, o	8 to 20	etc.)						
Additiona	squat jump body weigh alternating tuck jump Chin Up inverted re r: Foam Rol	t squat lunge bw ler Stretch s: (issues o	10 10 10 Max 8 to 20 r injuries, o	8 to 20	etc.)						

	Data		Week # 12	2	Day of the week:							
	Date		Day # 1	.h.								
			Bodywei	ınt								
	CONDI	TIONING		. ,	netrics- S	Speed/Ag	ility- Con	ditioning				
Time	of Day:	Warm Up:										
								run 5.butt k				
01	. / <del>=</del> !!-	7. back	pedal 8. S			скward 9. s 12. inchw		skip 10. Ov	rernead			
Star	t /Finish	Plyometric	rs.	11.	neer warks	12. IIICIIW	OTTI					
		Tiyomcan		Hu	ırdle Hop v	vith Sprint !	5x5					
Coa	ach(s):											
	er/Group:	Speed/Agi	ility:									
				Gro	und Chase	Sprint 3x	each					
					01 14							
		Condition	ina		Sied 1x	perimeter						
		Condition	ıııg:		l ine Drill	5 15 25 30						
						13 23 30 /1:00						
						inutes						
Abdomin	Abdominals:											
				Stability Bal								
			1 Leg F	lip Lift on N		all 2x8-12						
				Russian	Twist 3x10							
				Strength		ig						
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
	Bar Comp	olex	! !	<u> </u>	! + — — — —							
	High clean	1	5	5	5	<u> </u>	]	<u> </u>				
	Row		10	10	10	<u> </u>	] -	 				
	SLDL		10	10	10	! [	<u> </u> 	! !				
	Push Pres		110	-	110	<u> </u>	]	<u> </u>				
	High pull		10	10	10	] <del> </del>	! }	] }				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>				
	Slant Boa	rd Sit Ups	110 to 20	10 to 20	10 to 20	! 	] }					
	1		<u> </u>	10.0	<del>!                                    </del>	<u> </u>	<u> </u>	<u> </u>				
	Hammer C	url + Press	ŏ+ŏ 	8+8 	<u> </u> 	I T	] 	1 				
<del>                                     </del>	<del>i</del>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		i				
Flexibilit	<u> </u>	tretch	I.									
i lexibilit	y. r artiler 3	ti etcii										
Addition	al Comment	e. (jeende o	r iniuries o	verall mood	etc )							
Addition	a. Commen	. <b></b> (133063 0	i injunes, u	voi all moou,	O.O.)							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								
Ī												

	Date		Week # 1	2	Day of the week:						
	Date		Day # 2	wh.t							
			Bodywei	gnt							
	CONDI				metrics- S	Speed/Agi	lity- Con	ditioning			
Time	of Day:		(Ladder)								
						, quick shuffle			le F		
				-		amstring, I	ateral squa	at walk			
Start	/Finish			Knees - Gi	reen) F/B/L/	R					
		Plyometri									
			Late	rai Hurdie d	or Cone Ho	p with Jum	and Read	n 5X5			
0	ala (a).										
	ch(s):	Speed/Ag	ility.								
Partne	r/Group:	Speed/Ag	ility.		toral 45 do	gree 1-2 cut	· Av				
							cut 4x ach (3 hoops)				
				Later at 1100	- P   W   W   E	AUTH DA GOL	(5 Hoops	<u>''</u>			
		Condition	ina:								
			-5-	10	) Mile Bike	Test (group	1)				
						, one group		)			
				. 5 - 7				•			
Abdomina	als:										
		N	ledicine B	alls- single	leg overhe	ad 2x10 ead	h				
			singl	e leg twist	3x10 ND &	2x10 D					
			Alternati	ng chest pa	ass 3x10 NI	O & 2x10 D					
			;	Strength	n Trainin	ıg					
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/	T	Doot		
65,70,75	Snatch		15	4	1 13 13 13 13 13 13 13 13 13 13 13 13 13	Weight	Weight	Tempo	Rest		
03,70,73		rd Rev Sit		10 to 20	10 to 20	i		<del>i i</del>			
	Clark Boa	I A INCV OIL	10 10 20	10 10 20	101020	<del> </del>		<del>                                     </del>			
60%	50's Benc	h	3x	i i	<del> </del>	<u>.</u> I					
137	Leg Circu		Î	i	Î	i		i i			
	jump squa		20	20	20	1		ļ			
	body weigh	nt squats	20	20	20	I I					
	alternating	lunge	20	20	20	j					
	lateral squ	at	20	20	120	<u> </u>		<u> </u>			
	<u> </u>		 	1	<u> </u>	! <del> </del>					
	pull up		Max	Max-2	<u>i                                      </u>	į		<u> </u>			
Flace 9: 400		llan Crist t		<u> </u>	Ţ						
riexibility	: Foam Ko	ller Stretch									
A .1.155	10	/:-			-1-\						
Additiona	i Comment	t <b>s:</b> (issues d	or injuries, o	verali mood	, etc.)						
۸ ططانه: ۵۰۰ -	l Evereies	: (Practice,	Biko D	Cwimmin al							
Auditiona	i Exercises	. (Fractice,	DIKE, KUN,	Swirining)							
1											
i											

	Date		Week # 1: Day # 3	2	Day of the week:							
			Bodyweig	nht								
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	ility- Con	ditioning				
Time	of Day:		(10 yards									
111116	oi Day.			B 2.heel to								
		5. Ba	ckward lur	ige walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward			
Star	t /Finish											
		Plyometri	cs:	<u> </u>								
				Single L	eg Hurale i	Hop with Sp	orint 5x5					
Cod	ach(c).	ch(s):										
	er/Group:	Speed/Ag	ilitv:									
raitiit	aroup.	оросал (д		Ва	ck around	sprint 3x ea	ach					
					<b>J</b>							
		Resisted Band Tows 1x Full Field										
	Conditioning:											
	1x300(50 yard) 1:00/2:00											
	3x150(50 yard) :30/1:30											
	7x100(50 yard) :20/:40											
Abdomin	iais:											
				Stability Bal								
			1 Leg F	lip Lift on M	rwist 3x10	III 2X8-12						
				Russian	I WIST 3X10							
				24	Tuelulu	~						
	T			Strength		g						
<u></u> %	Ехе	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight		Rest			
	DB Comp	lex	 	 	! ∔ — — — —	<u> </u>	] ]					
	Snatch		5	5	5	<u>.</u>						
	Row		10	10	10	<u> </u>	<u> </u>					
	SLDL		10	10	10		] ]					
	curl + pusl	n press	10	<b>j</b> 10	110	<u> </u>	į					
	push up +	scapula	10+10	10+10	10+10		]					
	<u>i</u>		<u>.</u>	<u>i</u>	<u>i</u>	<u>.</u>	<u>.</u>					
	Straight L	.eg Raise	10 to 20	10 to 20	10 to 20	<u> </u>	] *					
	1		<u> </u>	1	! 	I 	! 					
	<u>į</u>		Į	<u>Į</u>	<u> </u>	<u>[</u>	<u> </u>					
	1		] 	<u> </u>	I <del>I</del>	<u> </u>	] !					
	<u>i</u>		<u>i</u>	<u>i                                      </u>	<u>i</u>	<u> </u>	<u> </u>					
Flexibilit	y: Partner S	tretch										
	al Comment				etc.)							
Addition	ai ExelCises	o. (Fractice,	DIKE, KUII,	Swiriiriiiig)								

	D-1-		Week # 12	2	Day of the week:					
	Date		Day # 4							
			Bodyweig	ht						
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	ility- Con	ditioning		
Time	of Day:		(Ladder) 2							
111116	or Day.	quick feet F/	L/R, quick sh	uffle F/B, hip s	witch F/L/R,	in-in-out-out F	/B/L/R,Giant	Brake Run F		
						namstring,	ateral squa	at walk		
Start	t/Finish	-		knees - gre	en) F/B/L/F	₹				
		Plyometric								
			Latera	I Hurdle or	Cone Hop	with Jump	and Reach	5x5 ea.		
_	Coach(s): tner/Group: Speed/Agility:									
Partne	er/Group:	Speeu/Ag	ility.	haal	avord 45 d	logroo 1 2 o	114 Av			
	backward 45 degree 1-2 cut Lateral hoop run w/ return 3x each									
				Lateral 1100	Pran W/I	CLUITI JA EAL	(o noops	''		
		Condition	ing:							
				10	Mile Bike	Test (group	1)			
						2, one group		)		
Abdomin	als:	=								
				Medicine	Ball Abs					
				le leg overl						
				e leg twist 3						
				ng chest pa						
				Strength	Trainir	ng				
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo I	Rest	
65,70,75	Push Pres	s	5	4	3	<u> </u>	<u> </u>			
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	<u></u>	<u> </u>		
					<u> </u>	<u> </u>				
	Mini Leg (	<u>Circuit</u>	! ]	]	! 	<u> </u>	! ]	!		
	squat jump	)	10	Į	<u>Į                                    </u>	<u>Į</u>	Į	<u> </u>		
	body weigh	nt squat	10	] !	! !	1	l !	 		
	alternating		10	<u>j</u>	<u>i</u>	<u>i</u>	<u>.</u>			
	tuck jump		10	1	<u> </u>	<u> </u>	<u> </u>	 		
	<u> </u>		! 			<u>;</u>		. ! 		
	Chin Up		Max	Max-2	<u> </u>	<u> </u>	<u> </u>	<u> </u>		
	inverted re	ow	8 to 20	8 to 20	! <del> </del>	! <del> </del>	] }	 		
	İ			j	<u>i</u>	<u>i</u>	<u> </u>			
Flexibility	y: Foam Rol	ler Stretch								
Addition	al Comment	<b>s:</b> (jssues o	riniuries o	verall mood	etc \					
, waitions	a. Comment	<b></b> (1000000	,	Torum mood,	J.O.,					
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)						

	Data		Week # 13	}	Day of the week:				
	Date		Day # 1	.l. 4					
			Bodyweig	ht					
	CONDI					Speed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:	5 Min. Jog	j + Dynamio	c Warm Up	)			
Start	/Finish								
		Plyometric	cs: Sport S Depth	-	ass - Jum	p & Reach 5	5x5 = 25 co	ntacts	
	ich(s):								
Partne	er/Group:	Speed/Agi	lity: Sport		ern Run 1	3x under :4	5sec		
		Condition	ing:		Line Dril	1 5 15 25 30			
						/1:00			
					18 m	inutes			
Abdomin	ale:								
Abdomin	ais.								
			9	Strength	Trainir	ng			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	-	Rest
90,95,100	- DB Snatcl		5	4	3	 <del> </del>			
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u>j</u> I		ii	
90-97%	Front Box	Squat	3	3	3	3			
90-97%	Alternating (	Grip Chin Up	3	3 	3	3			
70-75%	Lunge		12	12	12	<del> </del>			
70-75%	_	m 1 Leg Rov	12		112	<u>i</u>			
	Reverse Hy	perextension	8-20	8-20	8-20	I I			
	<u> </u>			<u> </u>	<u> </u>	1			
	! <del> </del>		 	! <del> </del>	! <del> </del>	<u> </u>		 	-
Flevibility	/: Partner S	tretch		<u> </u>		<u> </u>			
riexibility	/. Faither 3	Helch							
Additiona	al Comment	s: (issues o	r injuries, o	verall mood,	etc.)				
					•				
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)					

	Date		Week # 13 Day # 2	3		Da	y of the we	ek:	
			Bodyweig	ıht					
	CONDI	ITIONING			metrics-	Speed/Agi	ility- Con	ditioning	
Time	of Day:	Warm Up:	5 minute	Jog + Dyna	mic Warm	Up			
Start	t /Finish	Di	0	O '6' -					
		Plyometric	cs: Sport 9 Q	-	le Chest Pa	ass 2x 10-12	passes ea	ch	
Coa	ach(s):								
Partne	er/Group:	Speed/Agi	ility: Spor	t Specific	Lane Agi	ility Box 5x			
		Condition	ing:		slide boor	d 9x :30/1:3	n		
						dyne:			
					1:00/2:00 (	M-Lv 9, F-L			
A la al a maio	ala: /MEDD	ĀLL		5x	:30/1:30 (N	/I-Lv 10, F-L	v 8)		
Abdomin	als: (MEDB	ALL)							
				Strength		ng			
%	. <u> </u>	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest
90,95,100			5	4	3	! <del> </del>	 	! ! <del>                                   </del>	
	Slant Boa	rd Rev Sit U	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>	<u> </u>	
90-97%	Bench Pro		3	3	3	3	<u>.</u>	<u> </u>	
30 3770	+	all Leg Curl	<u> </u>	8-20	8-20	<u> </u> '	<u> </u> 	<u>                                      </u>	
	Ì		]   						
	_	ne Push Up		Max - 10		<u> </u>	. ——— [	. ————————————————————————————————————	
<u> </u>		g Leg Curl		8-20	8-20	1	] 	[	
70-75%	Cable Rota	ational Chop	12	12	<u>i</u>	<u> </u>		<u> </u>	
	<u> </u> 		<u> </u> 	<u> </u> 	<u>I</u>	<u> </u> 	1	1   1   1	
	1		<del> </del>	<del> </del>	<del> </del>	+	<del> </del>	<del>                                     </del>	
Flexibility	y: Foam Ro	ller Stretch							
Additiona	al Commen	ts: (issues o	r injuries, o	verall mood,	etc.)				
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)					

			Week # 13	3	-	Da	y of the we	ek:				
	Date		Day # 3									
			Bodyweig	jht								
	CONDI			. ,		Speed/Agi	ility- Con	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	amic Warm	ı Up						
Start	t /Finish	Plyometric	e. Sport	Specific								
		riyometri			ed Rim Tou	uches 5x 10	= 50 conta	cts				
Coa	ach(s):											
Partne	er/Group:	Speed/Agi	lity: Spor	t Specific								
				Patt	ern Run 1	3x under :4	5sec					
		ļ										
		Condition	ina:									
		Condition	ıııy.		Tempo	Run 20						
		1			rempt	- IXAII <b>2</b> U						
		1										
Abdomin	als:	_										
			,	Strength		ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo I	Rest			
90,95,100	)- DB Snatcl	h	5	4	3	 	ļ 	] }				
	Straight L	eg Raise	10 to 20	10 to 20	10 to 20	<u>i                                      </u>		<u>ii</u>				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		 				
90-97%	Front Box	•	3	3	3	3		<u> </u>				
90-97%	Alternating (	Grip Chin Up	3	<b>J</b> 3	<b> </b> 3	<b>[3</b>		<u> </u>				
	+		 	! <del> </del>	! <del> </del>	<del> </del>	 	. ! <del>                                    </del>				
70-75%	Lunge		12	12	12	<u> </u>	<u> </u>	<u> </u>				
70-75%	1	m 1 Leg Rov		112	112	<u> </u>						
	Reverse Hy	perextension	8-20	8-20	8-20	<del> </del>		<u> </u>				
	<u> </u>			1	<u> </u>	1		<u> </u>				
<b> </b>	<del>i</del> —			<del>i</del>	<del>.</del>	<del>:</del>		· '				
Elovikili:	y: Partner S	trotok				Ī						
riexibility	y: Partner 5	tretch										
Addition	al Comment	<b>s.</b> (jeenee o	r iniuries o	verall mood	etc.)							
, waition	a. Comment	(103003 0	,	Toran mood,	J. J. J. J. J. J. J. J. J. J. J. J. J. J							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 13 Day # 4	3	-	Da	y of the we	ek:	
			Bodyweig	ıht					
	CONDI	TIONING			metrics-	Speed/Agi	ility- Con	ditioning	
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	amic Warm	ı Up			
Start	/Finish	Plyometric	ac. Sport	Specific					
		riyometric	.s. sport		quat Jump	os 5x5 = 25 c	ontacts		
Coa	ch(s):								
Partne	r/Group:	Speed/Agi	lity: Spor	t Specific	Lane Agi	ility Box 5x			
		Condition	ing:						
		-				d 9x :30/1:30	0		
				1x		dyne: (M-Lv 9, F-L	v 7)		
						/I-Lv 10, F-L			
Abdomina	als: (MEDB	ĀLL)							
				M	T!.				
			,	Strength	ıraınır	ng			
<u>%</u>	<u> </u>	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest
90,95,100			5	4	3	<u> </u>	! }	! ! <del>                                   </del>	
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>	
00.070/	 		3	3	3	3	! ]		
90-97%	Incline Be		8-20	1 <sup>3</sup> 18-20	<sup>3</sup>  8-20	ļ <sup>3</sup>	] i	<u> </u>	
<u> </u>	Hip Lift on	Med Rall	U-2U	10-20	10-20	1	<u> </u>	<u>'</u>	
		ne Push Up		Max - 10	Max -10	<del> </del> 	<del> </del> 	<del> </del> 	
		g Leg Curl		8-20	8-20	ļ	]	<u> </u>	
70-75%	Cable Rota	ational Chop	12	12	<u> </u>	1	! 	! 	
	<u> </u>			<u> </u>	<u> </u>	1	<u> </u>	<u> </u>	
	1			! <del> </del>	! <del> </del>	1	] <del> </del>		
Fig. 9 ***	<u> </u>	U Cr r				1		<u> </u>	
Flexibility	: Foam Rol	ller Stretch							
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)				
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)					

	Date		Week # 14 Day # 1	ļ		Da	y of the we	ek:	
	Duit		Bodyweig	ht					
	CONDI	TIONING			netrics-	Speed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:	5 Min. Joç	ı + Dynami	c Warm Up	)			
Start	/Finish								
		Plyometric	cs: Sport S Depth J		Pass - Jum	p and Reac	n 5x5 = 25 (	contacts	
	ch(s): r/Group:	Speed/Agi	lity: Sport	Specific					
T di tillo				-	ern Run 1	4x under :4	5sec		
		Condition	ing:		Line Dril	I 5 15 25 30			
						)/1:00 ninutes			
Abdomina	als:	<u> </u>							
			Ş	Strength	Trainir	ng			
%	<u>Ļ</u>	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest
90,95,100	DB Snatcl	n rd Sit Ups	5 10 to 20	4 10 to 20	3 10 to 20	! 			
90-97%	Front Box		3	i i <sub>3</sub>	3	3			
90-97%	1	Grip Chin Up		3  3	3  3	3			
70-75%	Lunge		12	12	12	<del> </del> 		    	
70-75%	1	m 1 Leg Rov	12 8-20	12 8-20	112 8-20	!			
		perextension		]   	<u> </u>	İ			
	<del> </del>			<del> </del> 	<del> </del> 	<u> </u>		    	
Flexibility	: Partner S	tretch							
Additiona	l Comment	s: (issues o	r injuries, o	verall mood,	etc.)				
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)					

	Date		Week # 14 Day # 2		-	Da	y of the we	ek:				
			Bodyweig	ht								
	CONDI	TIONING			netrics- S	Speed/Agi	ility- Con	ditioning				
Time	of Day:	Warm Up:	5 minute c	log + Dyna	mic Warm	Up						
Start	/Finish	Dhomotric	cs: Sport S	Specific								
		Piyometric		-	le Chest Pa	ass 2x10-12	passes ea	ch				
	ch(s):											
Partne	r/Group:	Speed/Agi	lity: Sport	Specific	Lane Agi	ility Box 7x						
		Condition	Airdyne- 2x :45/1:15									
						4x :30/1:13 6x :15/:45	)					
Abdomina	als: (MEDB	ALL)										
			5	Strength	Trainir	ng						
%	<u>_</u>	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo I	Rest			
90,95,100	1	rd Rev Sit l	5 10 to 20	4 10 to 20	3 10 to 20	! <del> </del> 	1 1 1					
	Î			į	Î	ĵ	Ì	ĺ				
90-97%	Bench Pre		3	3	3	3	<u> </u> 					
	Stability Ba	all Leg Curl	0-20	8-20 	8-20 	<del> </del>	! 	<u> </u>				
		ne Push Up		Max - 10		<u> </u>	<del> </del>					
70 756		g Leg Curl		8-20	8-20	<u> </u>	 					
70-75%	Cable Rota	ational Chop	12	12	İ	<u> </u>	- 					
	<u> </u>			<u>'</u> 	<u>'</u> 	<del>i</del>						
				! 	! 							
Flexibility	: Foam Rol	ller Stretch										
Additiona	I Comment	t <b>s:</b> (issues o	r injuries, o	verall mood,	etc.)							
Additiona	Iditional Exercises: (Practice, Bike, Run, Swimming)											

			Week # 14	4	-	Da	y of the we	ek:	
	Date		Day # 3						
			Bodyweig	jht					
	CONDI					Speed/Agi	ility- Con	ditioning	
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	amic Warm	ı Up			
Start	t /Finish	Plyometric	os Sport	Specific					
		riyometric			ed Rim To	uches 6x10	-60 contac	ts	
				and Roolo			-00 0011140		
Coa	ach(s):								
	er/Group:	Speed/Agi	ility: Spor	t Specific					
				Patt	ern Run 1	4x under :4	5sec		
		Condition	inai						
		Condition	ıııg:		Temn	o Run 20			
					rempo	J INUIT ZU			
Abdomin	als:								
				24					
				Strength		າg 			
%	. <u>L</u>	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest
90,95,100	DB Snatcl	h	5	4	3	!	<u> </u>	 	
	Straight L	.eg Raise	10 to 20	10 to 20	10 to 20	<u>i                                      </u>		<u>ii</u>	
	ļ		<u> </u>	<u> </u>	ļ	<u> </u>		 	
90-97%	Front Box	Squat	3	3	3	3		! ! !	
90-97%	Alternating	Grip Chin Up	3	3	<u> 3</u>	3		<u>                                      </u>	
	1		] }	! <del> </del>	<u> </u>	1		ı   <del>                                   </del>	
70-75%	Lunge		12	12	12	<u>ļ</u>		<u> </u>	
70-75%		m 1 Leg Rov		1	112	1		]   	
	Reverse Hy	perextension	8-20	8-20	8-20	<u>i</u>	<u> </u>	<u> </u>	
	<u> </u>		1	1	<u> </u>	1		<u> </u>	
<u> </u>	<del> </del>		! <del> </del>	<del> </del>	<u>.</u>	<del> </del>	! 	, I <del>                                    </del>	
Florence	/ Dent	tuatel-		I	I				
Flexibility	y: Partner S	tretcn							
Addition	al Comment	<b>s.</b> (jeenee o	r iniuries o	verall mood	etc.)				
	••	.2. (1000000	, α. 100, 0	. 5. 4.1 111004,	J.U.,				
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)					

	Date		Week # 14 Day # 4	ļ		Da	y of the we	ek:				
			Bodyweig	ht								
	CONDI	TIONING	<b>∂-</b> Warm	up- Plyor	netrics- (	Speed/Agi	ility- Con	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	amic Warm	ı Up						
Start	/Finish	Dhomotric	cs: Sport S	Specific								
		Piyometric	ss. Sports	-	Squat Jum	ps 5x5=25 c	ontacts					
	ch(s):											
Partne	r/Group:	Speed/Agi	lity: Sport	Specific	Lane Agi	ility Box 7x						
		Condition	Airdyne- 2x :45/1:15									
						2x :45/1:15 4x :30/1:130 6x :15/:45	)					
Abdomina	als: (MEDB	ĀLL)										
	•	,										
	•			Strength		ng						
%	<u> </u>	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/ Weight	Tempo I	Rest			
90,95,100			-	<del> </del>	10 to 20	10 to 20		i				
	SB SIT & F	Rev SB Sit	10 10 20	10 to 20	10 10 20	10 to 20	<u> </u> 	<u>                                       </u>				
90-97%	Incline Be	ench	3	3	3	3	İ	i i				
50 51 /0	Hip Lift on		8-20	8-20	8-20	<del> -</del> 	<u>.                                    </u>					
				<u></u>		<u> </u>		<u> </u>				
	Metronon	ne Push Up	Max	Max - 10	Max -10	<u> </u>	[	<u> </u>				
		g Leg Curl		8-20	8-20	<u> </u>	l -	l [				
70-75%	Cable Rota	ational Chop	12	12	<u> </u>	<u> </u>	! 	ı ! 				
	<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u>                                      </u>				
	<del> </del>		! 	! <del> </del>	+	+	! <del> </del>	, ! <del>                                    </del>				
Flovibilit	· Foam Ba	ller Stretch		<u> </u>								
Flexibility	. Foaiii Ko	ner Stretch										
Additiona	I Comment	ts: (issues o	r injuries, o	verall mood,	etc.)							
Additiona	I Exercises	s: (Practice,	Bike, Run,	Swimming)								

	Dete		Week # 15	5	Day of the week:							
	Date		Day # 1	.l. 4								
			Bodyweig	nt								
	CONDI					Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	5 Min. Jog	g + Dynamic	c Warm Up	)						
Start	/Finish											
		Plyometric			ass - Jum	p and Reacl	n 5x5 = 25 (	contacts				
	ch(s):	Speed/Agi	lity: Sport	Specific								
Partne	/Group:	Speed/Agi	шту. Эрогт		ern Run 1	4x under :4	5sec					
		Condition	ing:									
					:30	1 5 15 25 30						
					20 m	inutes						
Abdomina	ıls:											
			\$	Strength	Trainir	ng						
<u>%</u>	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100	DB Snatch		5	ł	3	1		 				
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>		<u> </u>	<u></u>			
90-97%	Front Box	Squat	3	3	3	3						
90-97%	Alternating (	Grip Chin Up	3	3	3 	[3						
70-75%	Lunge		12	12	12	<u>;</u> 						
70-75%	Cable 1 Arı	m 1 Leg Rov			112	1		 				
	Reverse Hy	perextension	8-20	8-20	8-20	<u> </u>						
	<u> </u> 		! 	<u> </u> 	<u> </u> 	<u> </u>						
	<del> </del>			<del>!</del>	<del> </del>	1		<del>                                     </del>				
Flexibility	: Partner St	tretch			I							
Additiona	I Comment	<b>s:</b> (issues o	r injuries, o	verall mood,	etc.)							
Additiona	Iditional Exercises: (Practice, Bike, Run, Swimming)											

			Week # 15	5		Da	y of the we	ek:	
	Date		Day # 2				,		
			Bodyweig	jht					
	CONDI					Speed/Agi	ility- Con	ditioning	
Time	of Day:	Warm Up:	5 minute 、	Jog + Dyna	mic Warm	Up			
Start	/Finish	Plyometric	an Chart	Cuacifia					
		Piyometric		-	le Chest P	ass 2x10-12	nassas aa	ch	
				durter Lug	ic Onest i	455 EXTO 1E	passes ea		
Coa	ich(s):								
	r/Group:	Speed/Agi	ility: Spor	t Specific					
					Lane Agi	ility Box 9x			
		Condition	ing:						
				410		dyne:	0 E0)		
				1/2 MI	ie sprints :	3x/3:00 (M 1	υ-Γδ)		
Abdomin	als: (MEDB	ALL)							
	_			Strength	Trainir	ng 			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	l I Tempo	Rest
90,95,100	- Clean		5	4	3				
	Slant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20	<u>i</u>	<u>.</u>	ii	
	!		<u> </u>	!	!	!	<u> </u>	<u> </u>	
90-97%	Bench Pre	ess	3	3	3	3	<u> </u> 	<u> </u>	
	Stability Ba	all Leg Curl	8-20	8-20	8-20	<u> </u>	<u> </u>	<u> </u>	
	1		 	1 <del>1</del>	 	1	l 	 <del>  </del>	
		e Push Up			Max -10	<u> </u>	<u> </u>	<u> </u>	
		Leg Curl		8-20	8-20	1	I 	ı   <del>                                   </del>	<b>I</b>
70-75%	Cable Rota	tional Chop	12	12	<u> </u>	1	<u> </u>	<del>!                                    </del>	
	<u> </u>			<u> </u>	<u> </u>	1	<u> </u>	1   	I
<u> </u>	<del>!</del>		- 	<u>.</u>	•	<del>!</del>	- 	<del>i i</del>	
Flexibility	I ∕: Foam Rol	ler Stretch		I		1			
lickibility	. r ouiii itoi	ici otictori							
Additions	al Comment	e. (jeenee o	r injuries o	verall mood	etc )				
Additions	ii Comment	<b>3.</b> (133063 0	i irijuries, o	verali mood,	eic.)				
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)					

			Week # 1	5		Da	y of the we	ek:				
	Date		Day # 3	_								
			Bodyweig	jht								
	CONDI			up- Plyon		Speed/Agi	ility- Con	ditioning				
Time	of Day:	vvariii op.	3 Milliate	oog + Dyne	unic Warm	ОР						
Start	/Finish	Plyometric	e Sport	Spacific								
		riyometri			ed Rim To	uches 6x10	= 60 contac	cts				
					<i>y</i> a	401100 0710	- 00 0011141					
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	lity: Spor	t Specific								
				Patte	ern Run 1	4x under :4	5sec					
		Condition	ina:									
		Sonation	···y.		Temno	Run 20						
		1			Tompo	20						
	win alo.											
Abdomin	Abdominals:											
				Strongth	Trainir	20						
			•	Strength	Hallill	ıg						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	l I Tempo I	Rest			
90,95,100	DB Snatch	า	5	4	3							
	Straight L	eg Raise	10 to 20	10 to 20	10 to 20	j						
	İ			į	ļ	İ		<u> </u>				
90-97%	Front Box	Squat	3	3	3	3						
90-97%	Alternating (	Grip Chin Up	3	3	3	<b>j</b> 3	<u> </u>	<u>į</u>				
	<u> </u>			] 	<u> </u>	<u> </u>		l l				
70-75%	Lunge		12	12	12	<u>i</u>		<u>i i</u>				
70-75%	1	m 1 Leg Rov			112	<u> </u>		<u> </u>				
	Reverse Hy	perextension	8-20	8-20	8-20	<del>i</del>		<u>.</u>				
	<u> </u>		]	Į	<u> </u>	1	<u> </u>	<u> </u>				
	! <del> </del>		 	! <del> </del>	! <del> </del>	<del> </del>	 	. ! <del>                                    </del>				
Flaren we	l Doubles C	tuntal:			<u> </u>	<u> </u>		<u> </u>				
Flexibility	: Partner S	tretch										
Additions	I Comment	e. (iccuso o	r injurios o	vorall maad	oto \							
Auditiona	comment	<b></b> (155085 0	i irijuries, 0	v <del>e</del> ran 111000,	<del>2</del> 10.)							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								
Ī												

			Week # 1	5	Day of the week:						
	Date		Day # 4		<b>.</b>		,				
			Bodyweig	ght							
	CONDI	TIONING	3-Warm	up- Plyor	metrics- S	Speed/Agi	ility- Con	ditioning			
Time o	of Day:	Warm Up:	5 Minute	Jog + Dyna	amic Warm	ı Up					
Start	/Finish										
		Plyometric	cs: Sport		Squat Jum	р 5х5=25 сс	ontacts				
Coad	ch(s):										
	r/Group:	Speed/Agi	lity: Spor	t Specific	Lane Agi	ility Box 9x					
					<u> </u>	-					
		Conditioni	ing:								
				1/2 mi		dyne: 3x/3:00 (M 1	0 - F 8\				
Abdomina	Abdominals: (MEDBALL)										
	·										
				Strength	Trainir	ng					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest		
90,95,100-			5	4	3	<u> </u>					
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20					
90-97%	I Incline Be	nch	3	  3	  3	  3					
	Hip Lift on		8-20	8-20	8-20	<u> </u>					
	<u> </u>					<u>;                                    </u>					
	Metronom			Max - 10 8-20	Max -10 8-20	1 1					
70-75%	Single Lec	Leg Curl	<b>.</b>	8-20  12	0-20	<del> </del>					
.0 ,5,0	Justo Mota		· =	<u>;</u>	<del>i</del>	<del>i                                     </del>					
	<u>i                                      </u>			<u> </u>	İ	<u>i</u>					
	<u>!</u>			<u> </u>	]	<u> </u>					
Flexibility	: Foam Rol	er Stretch									
Additional	I Comment	s: (issues o	r injuries, o	verall mood.	etc.)						
		•	-								
Additional	l Exercises	· (Practice I	Rike Run	Swimming)							
Additional	. EAGI 01363	. (i iaolioe, i	Dino, Ituli,	Ownining)							
A 1 1121	. F	/D: ::	D'I - D	0							
Additional	l Exercises	: (Practice, I	Bike, Run,	Swimming)							