	Date		Week # 1 Day # 1	Day of the week:									
	Date		Bodyweig	tht									
	CONDI	TIONIN			netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:		(10 yards)										
111110	or Day.							n, butt kicke					
011	/=::t-	backw	ard run, b	ackpedal, S	LDL walk,	straight leg	skip, lung	e walk, inch	worm				
Start	/Finish	Disease etai											
		Plyometric	cs:		Box Jui	mps 5x5							
	ch(s):												
Partne	r/Group:	Speed/Ag	ed/Agility:										
			Lean Fall Run 3x ea.										
			Lean i an itali 3x ea.										
		Condition	ing:		Tomno	Dun 14v							
			Tempo Run 14x										
Abdomin	als:												
			4		2x20 - 60 s								
					uit 10/10/10 Ups 3x10-2								
			,	Strength	Trainin	9							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	J		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
60,65,70	DB Snatch		5 ea.	5 ea.	5 ea.			<u> </u>					
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20			! 					
	<u>i</u>		<u> </u>	<u> </u>	<u> </u>			<u> </u>					
60-77%	Front Box		8	8	8			<u> </u>					
60-77%	Chin Ups		8	8	8			<u> </u>	<u> </u>				
70 750/	DD 6 111 5		40	10	<u>:</u>			. ! 					
70-75%	DB Split S		12	12	į į			i	Ī				
70-75%	KB Row		12	12	<u> </u>			<u> </u>					
	Diagonal I	Plate Raise	112	12	<u> </u>				1				
	i 		i 	i 	 			 	i				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>			<u> </u>	F				
Clavilatii	: Partner St	watah			<u> </u>								
Flexibility	: Partner Si	retcn											
Additions	I Comment	s. (jesupe o	r iniuries o	verall mood	etc.)								
Additiona		5. (100000 0	r injunico, o	vorali illood	, 0.0.,								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	D-1-		Week # 1		Day of the week:								
	Date		Day # 2	.h.t			•						
			Bodyweig	Int									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
11110	or Day.				F/B, cross								
Ctows	/Finish	Scissors L	./R, ankle t ankles) L/F	oounce F - 3	Shuffle + Ca	arioca + Sp	iderman 53	c ea. Lat. So	uat 5x ea.				
Start	/Finish	Plyometric		VILID									
		riyometri	<i>.</i> 5.	L	ateral Box	Jump 3x5 e	ea.						
			and a sump one out										
Coa	ich(s):												
Partne	r/Group:	Speed/Agi	ed/Agility:										
			1-2 stick (4 hoops) 3x ea.										
			Lateral Hoop Run (3 hoops) 3x ea.										
		Condition	ina:										
		Sonation	Slide Board 5x :30/1:30										
			Airdyne 10x :15/:45 (M-Lv 12, F-Lv 10)										
Abdomin	als: (MEDB												
					with band b								
		Front			elow knees		ט טואא						
			•	Seated Che	SI F455 3X I	10							
				Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i				
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest _				
60,65,70	Hang Clea		15	10 to 20	10 to 20	<u>l</u>	<u> </u> 	<u> </u>					
	Siant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20		-	: 					
CO 770/	Damala Da			<u> </u>	8	<u> </u>	<u> </u>	<u> </u>					
60-77%	Bench Pre		<u> 8</u> 8 to 20	<u> 8</u>		<u> </u>	<u> </u>						
 	1 leg Hip I	LIIT	8 to 20	8 to 20	8 to 20	<u> </u>	<u> </u>	<u>, </u>	<u>.</u>				
70-75%	KB Should	dor Drass	12	12	i	.	.	i i	i				
	DB SLDL		12	12	!	<u> </u>	<u> </u>	! !					
70-75%	-		12	12		<u> </u>	<u> </u>						
70-75%	Cable Cho	γp	112	112									
	i		-	i	i	-	-	i	i				
-	+		<u> </u>	<u> </u>	 	<u> </u>	<u> </u>	 					
Elovibility	r: Foam Rol	lar Stratah											
riexibility	r. Fuaili Kui	ier Stretch											
Additiona	I Comment	s: (issues o	r iniuries o	verall mood	. etc.)								
raditione		0. (10000000	,	voran mood	, 0.0.,								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 1 Day # 3		Day of the week:							
	Date		Bodyweig	ht								
	CONDI	TIONING			netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:		lr haal ta b	utt bigb kn	oo okin hi	ah kasa ru	n butt kiek	0.00			
					utt, high kn LDL walk, s							
Start	/Finish											
		Plyometric	es:	Sin	gle Leg Bo	x Jump 5x5	i ea.					
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	lity:									
				90 d	egree Lean	Fall Run 3	x ea.					
		Condition	ditioning:									
			Tempo Run 16x									
Abdomina	ale:											
	nder crunch	x10, toe to	uches x10	, bicycle x1	0ea., jackk	nife x10, si	de crunch	x10, supern	nan x10			
			9	Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Rens/	Tempo	Rest			
60,65,70	Push Pres			!	5	<u> (()</u>	<u> </u>	<u> 10111 </u>	<u> </u>			
	Bent Leg I	L-Sit	20-60sec	20-60sec	20-60sec							
60-77%	Hex DL +	Shrug	8	8	8				 			
60-77%		rip Chin Up	8	8	8							
70-75%	Step Up		12	12	!							
70-75%	T-Grip Ro	w		12	 							
	Diagonal I		12	12								
	1			! 	! 							
<u> </u>	1		<u> </u>	 	 	ļ	ļ		 			
Flexibility	: Partner St	tretch										
Additiona	I Comment	s: (issues o	r injuries, ov	verall mood	, etc.)							
Additiona	l Exercises	: (Practice,	Bike, Run, S	Swimming)								

			Week # 1		Day of the week:								
	Date		Day # 4										
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:		(ladder) 1										
111116	or Day.					tch F/R/L, i							
.					Carioca Sp	iderman 5x	ea. Lat. So	uat 5x ea.					
Start	/Finish		kles) F/B/L	J/K									
		Plyometric		Single Leg	Pov lumn	Madial . La	toral 2v2 o	•					
			Single Leg Box Jump Medial + Lateral 3x3 ea.										
Coa	ch(s):												
	r/Group:	Speed/Agi	ed/Agility:										
			1-2 stick 3x (4 hoops)										
				late	eral hoop r	un 3x (3 hoc	ops)						
		Condition	nditioning:										
			Slide Board 5x :30/1:30										
		Airdyne 10x :15/:45 (M-Lv 12, F-Lv 10)											
Abdomina	als: (MEDB	ALL)											
		<i>'</i>	Star	ding Overl	nead Throw	/ 3x10							
				nt Hip Toss									
			(Seated Che	st Pass 3x	10							
				Strength									
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i _ i				
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest _				
60,65,70	Hang Cle		5	5	5	40.4 - 00							
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20							
	i		<u> </u>	i	<u> </u>	Ī	ļ						
60-77%	Incline Be		<u> </u>	<u> 8</u>	<u> 8</u>	<u> </u>							
	1 Leg Hip	Lift	8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>					
	<u> </u>		1	1	1	 		!] 				
70-75%	DB hammer		12	12	<u>i</u>	<u> </u>		.	<u> </u>				
70-75%	KB 1 Leg		12	12	<u> </u>	<u> </u>		<u> </u>					
70-75%	Cable Cho	р	12	12	<u> </u>	<u> </u>		<u> </u>					
] 		! 	<u> </u>	! !	1		! 					
	<u> </u>		<u> </u>	<u> </u>	į	<u> </u>							
			<u> </u>										
Flexibility	: Foam Rol	ler Stretch											
۰ مامانه: م	l Commont	or (ioo::co -	riniurina -	vorall mass-l	oto)								
Auditiona	I Comment	5. (1880e8 0	i irijuries, o	verali III000	, e tc.)								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 2 Day # 1		Day of the week:								
	Date		Bodyweig	ıht									
	CONDI	TIONING		up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
	o. 2ay.			lk, heel to b									
Start	/Finish	backw	ard run, b	ackpedal, S	LDL walk,	straight leg	skip, lung	e walk, incr	worm				
		Plyometric	cs:		Box Ju	mps5x5							
Coa	ch(s):												
	r/Group:	Speed/Agi	Speed/Agility:										
	•												
			Lean Fall Run 3x ea.										
		Conditioni	ina:										
			Tempo Run 18x										
Abdomina	als:												
			4	pt. Stability	<u>/ 2x20 - 60 s</u> :uit 10/10/10								
			F	lat Foot Sit									
				Strength									
0/			Set 1	Set 2	Set 3	Set 4	Set 5						
%	Exe	rcise	Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
65,70,75	DB Snatch		5 ea.	•		5 ea.							
	Slant Boar	rd Sit Ups	10 to 20	10 to 20	10 to 20	1							
60-77%	Front Box	Squat	8	8	8								
60-77% 60-77%	Front Box Chin Ups		8	8	18	<u> </u>							
JJ-17/0	January Ops			i 	ï	i i			i				
70-75%	DB Split S	quat	12	12	 								
70-75%	KB Row		12	12									
	Diagonal I	Plate Raise	12	12	<u> </u>	<u> </u>							
	! 		 	<u> </u>	! 	! 			I				
	[!	<u> </u>				<u> </u>				
Flevihility	I : Partner St	retch											
i lexibility	. Faither St	i Cicii											
Additiona	I Comments	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 2 Day # 2		Day of the week:								
	2410		Bodyweig	aht									
	CONDI	TIONIN			netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:		s F/L/R, cr	oss in front	F/B, cross								
.	,· · ·				Shuffle + C	arioca Spic	derman 8x	ea., Lateral	Squat 8x				
Start	/Finish	Bands (an		_/R									
		Plyometric	<u> </u>	L	ateral Box .	Jump 3x5 e	a.						
Coa	ch(s):												
Partne	r/Group:	Speed/Agi	eed/Agility:										
			1-2 stick (4 hoops) 3x ea.										
			Lateral Hoop Run (3 hoops) 3x ea.										
		Condition	ina:										
		55	Slide Board 6x :30/1:30										
			Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10)										
∆hdomin	als: (MEDB	\											
Abdomini	ais. (IVILDD)		ling Overh	ead Throw	with band b	elow knee	s 3x10						
					elow knees								
				Seated Che	st Pass 3x1	0							
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! _ !	_ [
CE 70 7E	llong Clas		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
65,70,75	Hang Clea	ııı rd Rev Sit l	<u>. </u>	10 to 20	10 to 20			i i	i				
	Statit Boa	id Kev Sit (10 10 20	10 10 20	10 10 20			<u> </u>					
60-77%	Bench Pre	200	<u> </u> 8	<u> </u> 8	8								
JJ-11/0	1 leg Hip l	~~	8 to 20	8 to 20	8 to 20				<u></u>				
	i iog mp i		<u> </u>	1	1 .0 20			į	į				
70-75%	KB Should	der Press	12	12	 			 					
70-75%	DB SLDL		12	12	<u> </u>								
70-75%	Cable Cho	pp	12	12	<u>Ī</u>			i i	j				
	<u> </u>	•		1	1			İ					
	i		 	i	 								
	<u> </u>		<u> </u>	<u>i</u>	<u>i </u>			<u> </u>	i				
Flexibility	: Foam Rol	ler Stretch											
Additions	I Comment	e. (jeende o	r iniuries o	verall mood	etc.)								
Additiona	ii Comment	3. (133063 0	i irijuries, o	verali illood	, 610.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 2 Day # 3		Day of the week:								
			Bodyweig	ht									
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
111110	or Day.							n, butt kicke					
Ctont	/Finish	backw	ard run, ba	ackpedal, S	LDL walk, s	straight leg	skip, lung	e walk, inch	worm				
Start	/FIIIISII	Plyometric	· c ·										
		i iyometne	Single Leg Box Jump 5x5 ea.										
			omgic Leg Box valinp 3x3 ea.										
	ch(s):												
Partne	r/Group:	Speed/Agi	ed/Agility:										
			90 degree Lean Fall Run 3x ea.										
				90 a	egree Lean	raii Kun 3	х еа.						
		Conditioni	ditioning:										
		20	Tempo Run 20x										
			· · · · · · · · · · · · · · · · · · ·										
	ls: Circuit	v10 too to	uoboo v10	hiovolo v1	Ooo iookk	nifo v10 oi	do orunob	v40 ouporp	200 v10				
over un	ider crunch	X IU, loe lo	uches x iu	, bicycle x i	uea., jackk	ille x iu, si	de Crunch	x10, supern	ian x iu				
			5	Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
65,70,75	Push Pres	s	5	5	5								
	Bent Leg l	Sit	20-60sec	20-60sec	20-60sec								
60-77%	Hex DL + S	Shrug	8	8	8								
60-77%	Parallel Gr	rip Chin Up	8	8	8								
70-75%	Step Up		12	12									
70-75%	T-Grip Rov			12									
	Diagonal F	Plate Raise	12	12									
	! !			! 									
	<u>i </u>			<u>i </u>									
	<u> </u>			<u> </u>									
Flexibility	: Partner St	retch											
A ddition o	I Comments	e. (icouco c	injurios s	vorall mand	oto)								
Additiona	Comment	s: (Issues of	injuries, ov	verali mood,	etc.)								
Additiona	I Exercises	: (Practice, I	Bike, Run, S	Swimming)									

	Date	Week # 2 Day # 4 Day # 4											
	2410		Bodyweig	ht									
	CONDI	TIONIN			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	quick feet		ck shuffle F		itch F/R/L, i							
011	/=''!	slalom F, t	turn out F	- Shuffle/Ca	rioca + Sp	iderman 8x	ea. & Lat S	iquat 8x ea.					
Start	/Finish	Plyometric	kles) F/B/I	J/K									
		Tyometric		Single Leg	Box Jump	Medial + La	teral 3x3 e	a.					
	ch(s):												
Partne	r/Group:	Speed/Agi	eed/Agility:										
			1-2 stick 3x (4 hoops) lateral hoop run 3x (3 hoops)										
			iateral 1100p run 3x (3 1100ps)										
		Condition	ing:										
			Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10)										
	Slide Board 6x :30/1:30												
Abdomina	als: (MEDB	ALL)											
				nding Overh nt Hip Toss									
				Seated Che									
					01 1 400 0X								
			;	Strength	Trainin	ng							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	ļ <u></u> !					
65,70,75	Hang Cle		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
05,70,75			10 to 20	10 to 20	10 to 20	10 to 20		i	——i				
	OB OR WIT	icv ob oit	1	10.00	1.0 10 20								
60-77%	Incline Be	nch	8	8	8	l I							
	1 Leg Hip		8 to 20	8 to 20	8 to 20			<u> </u>					
	!		!		!								
70-75%	DB hammer		12	12	<u>i </u>	<u> </u>		<u> </u>					
70-75%	KB 1 Leg		12	12	<u> </u>] Y		<u> </u>					
70-75%	Cable Cho	p	12	12	! 	l Î			<u>!</u>				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		i					
	<u>.</u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>					
Flexibility	: Foam Rol	ler Stretch	<u> </u>	1	<u> </u>								
		·		verall mood	, etc.)								
Additiona	l Exercises	: (Practice,	ыке, Kun,	owimming)									

	Data		Week # 3		Day of the week:								
	Date		Day # 1	hŧ	<u> </u>								
			Bodyweig	nt									
	COND	ITIONING	3-Warm	up- Plyor	netrics- S	Speed/Agi	ility- Con	ditioning					
Time	of Day:	Warm Up:											
								n, butt kick e walk, inch					
Start	/Finish	Dackw	aru run, be	ickpedal, c	LDL Walk,	Straight leg	skip, lulig	e waik, iiici	IWOIIII				
		Plyometric	s:										
			Box Jumps 5x5										
Coa	ch(s)·												
	Coach(s): Partner/Group: Speed/Agility:												
	•												
		Lean Fall Run 3x ea.											
		Conditioni	na.										
		Jonation	onditioning: 10-10 Test										
	•			•	•		•						
Abdomina	ıle:	<u> </u>											
Abdoninie													
					2x20 - 60								
					uit 10/10/1								
					Ups 3x10-								
				Strength	Trainin	ıg							
%	l _{Exe}	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
L — — — —	DB Snatcl		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
33,60,63	-		3ea. 10 to 20	3ea. 10 to 20	3ea. 10 to 20	3ea.	3ea.						
	Siant Boa	ru Sit Ops	10 10 20	10 10 20	10 10 20	•	•						
60-77%	Front Box	Squat	8	8	8	<u> </u>	<u> </u>						
	Chin Ups		8	8	8]							
							<u> </u>						
70-75%	DB Split S		12	12	12		! !						
	KB Row		12	12	12	<u> </u>	<u> </u>	<u>į </u>					
	Diagonal	Plate Raise	12	12	12	<u> </u>	<u> </u>						
<u> </u>	!			!	<u> </u>	<u> </u>	! 	! 					
ļ	<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>					
Flexibility	Partner S	tretch		I			I						
i lexibility	. i aitilei 3	ii C iGii											
Additiona	Comment	s: (issues o	r iniuries o	verall mood	etc.)								
Additiona	Comment	. 3. (133063 01	injunes, o	verali mood	, 610.)								
A 1 122		(D	Dil - D	2									
Additiona	ı ⊨xercises	: (Practice, I	BIKE, Run,	Swimming)									

	Date		Week # 3 Day # 2		ł	Da	ay of the we	ek:					
	Date		Bodyweig	aht									
			Dodywcię	J110									
	COND	ITIONIN		. ,	metrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:		(Ladder) 2		F/D		David Inc. of the	(() - E/D					
	•			oss in front				ea., Lateral	Sauat 0				
Start	t /Finish		kles) F/B/I		Siluille + C	Janoca Spi	ueilliali ox	ea., Laterai	Squat 6				
Otal	. 71 1111011	Plyometri		_,									
		, , , , , , , , , , , , , , , , , , , ,		L	ateral Box	Jump 3x5	ea.						
	ach(s):												
Partne	er/Group:	Speed/Ag	ility:		0 atials /4	h \ 2							
		1				hoops) 3x							
			Lateral Hoop Run (3 hoops) 3x ea.										
		Condition	ing:										
						d 7x :30/1:							
	-		Airdyne 14x :15/:45 (M-Lv 12, F-Lv 10)										
۰	olo: /MEDD	A											
Abdomin	als: (MEDB		ling Overh	ead Throw	with hand	halaw knad	oc 2v10						
				with band b									
		11011		Seated Che			3X10 D						
				ocatoa one	01 1 400 0X								
			;	Strength	Trainir	ng							
%	_!	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
55,60,65	Hang Cle		3	13	3	13	13	! 					
	Slant Boa	ard Rev Sit	10 to 20	10 to 20	10 to 20	i	 						
	!		<u> </u>	!	<u>I</u>	<u> </u>	!	<u> </u>					
60-77%	Bench Pr		8	8	8	<u> </u>	<u> </u>	<u> </u>					
	1 leg Hip	Lift	8 to 20	8 to 20	8 to 20	1	<u> </u>						
	1,50		10	i	1.0	i 	i	i	<u> </u>				
70-75%		Ider Press	-	12	12	<u> </u>	<u> </u>	<u> </u>					
0-75%	DB SLDL		12	<u> 12</u>	12	<u> </u>	<u> </u>	<u> </u>					
70-75%	Cable Ch	ор	12	12	12	1	<u> </u>	I					
	+		 	i 	<u> </u>	i 	 	<u>.</u>					
	<u> </u>		<u> </u>	<u> </u>	Į	<u> </u>	<u> </u>	 i	<u> </u>				
Flexibility	y: Foam Ro	ller Stretch											
				vorall mood	. etc.)								
	al Commen	ts: (issues o	r injuries, o	verali illoou	,,								
	al Commen	ts: (issues o	r injuries, o	verali illood	,,								
	al Commen	ts: (issues o	r injuries, o	verali mood	,,								
Additiona		·			,,								
Additiona		ts: (issues o			,,								

	Week Date Day #				Day of the week:							
			Bodyweig	ht								
	COND	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	(10 yards)									
Tillie	or Day.							n, butt kick				
0 4 4	·-· · ·	backw	ard run, ba	ickpedal, S	LDL walk, s	straight leg	skip, lung	e walk, incl	nworm			
Start	/Finish	Dhaanatai										
		Plyometric	:s:	Sin	gle Leg Bo	v lumn 5v	5.02					
				5111	gie Leg Do	x Juliip Jx	ca.					
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	ed/Agility:									
				90 d	egree Lean	Fall Run 3	x ea.					
		Condition	nditioning:									
		Condition	Long Shuttle (50 yards) 5x150									
					:30/							
Abdomina		10 1 1-		li tarrada a 4	0 '11			10				
over ur	nder cruncr	x10, toe to	uches x10	, bicycle x1	0еа., јаскк	nite x10, si	de crunch	x10, superr	nan x10			
			5	Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
55,60,65	Push Pres	ss	3		3							
	Bent Leg	L-Sit	20-60 sec	20-60 sec	20-60 sec							
	<u>i</u>			<u> </u>			<u></u>	<u>j</u>				
60-77%	Hex DL +	Shrug	8		8		<u> </u>					
60-77%	Parallel G	rip Chin Up	8	8	8		l 					
	<u> </u>			<u>.</u>			<u>.</u>	<u> </u>				
70-75%	Step Up				12		<u> </u>	نـــــــــــــــــــــــــــــــــــــ	<u> </u>			
70-75%	T-Grip Ro				12			<u> </u>				
	Diagonal	Plate Raise	12	12	12		! }	<u> </u>				
	<u> </u>							<u> </u>				
	<u>Ļ</u>			<u> </u>			<u> </u>	<u> </u>				
	I							I				
Flexibility	: Partner S	tretch										
Additiona	I Comment	s: (issues o	r injuries, ov	erall mood,	etc.)							
Additions	l Evereises	: (Practice,	Riko Pun G	Swimming\								
Auditiona	ii Exercises	. (Fractice,	DINE, KUII, S	(wiiiiiiiiy)								

			Week # 3			D:	ay of the we	ek.	
	Date		Day # 4			Di	ay or the We	on.	
			Bodyweig	ht					
	COND	ITIONIN	G-Warm	up- Plyor	metrics- S	Speed/Ag	ility- Con	ditioning	
Time	of Day:	Warm Up:	(ladder) 20 F/L/R, quid	0 yds. ck shuffle F	/B. hip sw	itch F/R/L.	in-in-out-ou	t F/B/L/R.	
Ot a mt	/Finials	slalom F,		- Shuffle/Ca				Squat 8x ea.	
Start	/Finish	Plyometri		J/K					
		riyometri		Single Leg	Box Jump	Medial + La	ateral 3x3 e	a.	
Coa	ch(s):								
Partne	r/Group:	Speed/Ag	ility:						
						3x (4 hoops			
				late	eral hoop r	un 3x (3 ho	ops)		
		Condition	ing:		Clida Baar	d 7x :30/1:3	20		
						a /x :30/1:3 5 (M-Lv 12			
				wy 110		- (= v 12	, . ,		
Λ h al a ··· · · ·	ala. /MEDD	<u> </u>							
Abdomina	als: (MEDB	ALL)	Stan	ding Overl	and Throu	v 2v10			
				nt Hip Toss					
				Seated Che					
			9	Strength	Trainir	ng			
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
55,60,65	Hang Cle		3	3	3	3	13		
	SB Sit & S	SB Rev Sit	10 to 20	10 to 20	10 to 20	10 to 20	! 	! !	
20. 770/	llu alina Da			<u> </u>	<u>į </u>	<u> </u>	<u> </u>	<u> </u>	
60-77%	Incline Be		8 8 to 20	8 8 to 20	8 8 to 20	<u> </u>	 	<u> </u>	
	1 Leg Hip	LIπ	10 10 20	10 10 20	10 10 20	i	<u>:</u> 1		
70-75%	DB hammer	curl + press	12	12	12	 	 	 	
70-75%	KB 1 Leg		12	12	12	Ĭ	i	i i	
70-75%	Cable Ch		12	12	12	ĺ	ĺ		
	[l				[
	<u> </u>					<u> </u>	<u> </u>		
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u>ii</u>	
Flexibility	: Foam Ro	ller Stretch							
,									
	I Commen	t s: (issues o	r injuries, o	verall mood	, etc.)				
	I Commen	t s: (issues o	r injuries, o	verall mood	, etc.)				
Additiona		ts: (issues o			, etc.)				

	Date		Week # 4 Day # 1			Da	y of the we	ek:			
			Bodyweig	ht							
	CONDI	ITIONIN			netrics- S	peed/Agi	lity- Cond	ditioning			
Time	of Day:		(20 yards)								
Tillie	or Day.							n, butt kick			
Ctows	/Finiah	backwa	rd run, bac	kpedal, SL	DL walk, st	raight leg s	kip, lunge	w/ twist, inc	hworm		
Start	/Finish	Plyometric	26.								
		riyometri	<i>.</i> 5.	Hur	dle Jump w	ith Stability	/ 5x5				
							- CAC				
	ch(s):										
Partne	r/Group:	Speed/Agi	ility:								
				-		ps 5x ea.	1-1				
		1	Sled 3x 1/2 field (90 yards)								
		Condition	ina:								
		Jonation		Loi	ng Shuttle ((50 yard) 6x	150				
			:30/1:30								
Abdomin	ais:										
			4 pt. 9	Stability w/	movement	8x ea.					
					oll 2x10	OX Gui					
			1		wist 2x10 e	a.					
			9	Strength	Trainin	g					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest		
70,75,80	DB Snatch		T ₅	15	T ₅	T - ((C) - (C)	<u> Kopor</u>	Г - Т			
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>					
	1		î Î	1 I	1 1	i I					
80-87%	Front Box	Squat	5	5	5	į					
80-87%	Chin Ups		5	5	5						
					l	 					
75-80%	1 Leg Ben	ch Squat	8	8	8	! [
	Ring Inve		8-20	8-20	8-20	<u> </u>		<u> </u>			
	Off Benc	h Oblique	8-20	8-20	8-20						
	<u> </u>		! }	<u> </u>	<u> </u>	! 		 			
	<u>i </u>		<u> </u>	<u>i </u>	<u>i </u>	<u>i </u>					
Flexibility	r: Partner St	tretch									
Additiona	I Comment	s: (issues o	r injuries, ov	verall mood	, etc.)						
Additiona	I Exercises	: (Practice,	Bike, Run, S	Swimming)							

	Date		Week # 4 Day # 2		-	Da	y of the we	ek:	
			Bodyweig	ht					
	COND	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning	
Timo	of Day:	Warm Up:	(Ladder) 1	0 yds.					
Time	or Day:					behind F/E			
						t Walk, Lun	ge to Hams	string	
Start	:/Finish			e knees) F/	B/L/R				
		Plyometric	cs:						
				Late	ral Hurdle	or Cone Ho	p 5x5		
	ıch(s):								
Partne	r/Group:	Speed/Agi	lity:						
						t 3x ea.			
		1		La	teral Hoop	Run (4 hoc	ps)		
		Condition	ıng:	_	والمالمال	last /s	4)		
						test (group		1	
		1		(one group	on day #2	, one group	on day #4)	
		1							
∧ bdomin	als: (MEDB	^							
Abdomin	ais. (IVIEDD	ALL)	Overh	and w/ stan	gered stan	00 2v10			
						ND 3x10	1		
					est Pass 3		'		
			3	landing Cit	esi rass 3/	KIU			
			(Strength	Trainin	g			
%	I Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	l Tempo	Rest
70,75,80	Hang Clea		5	15	5				
	Slant Boa	rd Rev Sit U	10 to 20	10 to 20	10 to 20				
				! 	Ī				
80-87%	Bench Pre	ess	5	5	5	i	ĺ		
	4-6 in.Hip		8 to 20	8 to 20	8 to 20	Ï	<u> </u>	<u> </u>	
	1	·		<u> </u>	<u> </u>	1	<u> </u>	i i	
75-80%	KR Alt Sh	oulder Press	8	8	8	!	<u> </u>		
75-80%	DB SLDL		8	8	8	!	<u> </u>		
75-80%	Cable Lift		8	18	18	<u> </u>	<u>. </u>	<u>, </u>	
7 3-00 /0	-Sabie Liit		Ĭ	ĭ	i	i			
	1			1	1	1	-	H	
	<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	
Flexibility	/: Foam Rol	ler Stretch							
Additiona	al Comment	s: (issues o	r injuries, o	verall mood	, etc.)				
Additiona	al Exercises	· (Practice	Rike Run	Swimming)					
Additions		. (1 1actice,	Dino, Ituil,	Cwinining)					

	D-1-		Week # 4			Da	y of the we	ek:		
	Date		Day # 3	h4			•			
			Bodyweig	nt						
	CONDI	TIONIN	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning		
Time	of Day:		(10 yards)							
	-	figure fo	ur walk F/E	3, heel to b	utt, opposi	te hand hee	el to butt, h	eel to butt	w/ SLDL,	
Start	/Finish		Straig	ant leg cros	ssover, SLL	DL F/B, bac	kward inch	worm		
Otart	71 1111011	Plyometric	cs.							
		,		Single Leg	Hurdle Ho	p with Stab	ility 5x5 ea			
	ch(s):									
Partne	r/Group:	Speed/Agi	ility:	0.						
		1			ingle Leg Ball Drops 5x ea. esisted Band Run 3x20 yds.					
		1		nes	nateu Dailu	I INUIT SAZU	yus.			
		Condition	ing:							
			-	Sho		(25 yard) 6x	c150			
					:30/	1:30				
Abdomina	ale.									
	er crunch x	10. toe touc	hes x10. b	icycle x10e	a. iackknif	e x10. side	crunch x1	0. hip roll x	10.	
supermar		10, 100 1040	X 10, D	ioy olo x i oo	ai, jaoittaii	0 X10, 0140	or arrow x r	o,p . o x	,	
			9	Strength		g				
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest	
70,75,80	Push Jerk		5	5	5	<u> </u>		<u> </u>	[
	Straight L		20-60sec	20-60sec	20-60sec	î Î		î		
	i		İ	i	İ	İ		İ		
80-87%	Hex DL +	Shrug	5	5	5	Ì		<u> </u>		
80-87%	Pull Ups		5	5	5					
75-80%	1 Leg Ben	ch Squat	8	8	8	<u> </u>		<u> </u>		
	Ring Inve		8-20		8-20	<u> </u>		<u> </u>		
				8-20	0 00					
!	Off Benc	h Oblique	8-20	0-20	8-20	.				
	Off Benc	h Oblique	8-20	0-20	8-20					
	Off Benc	h Oblique	8-20	 	6-20	 				
		•	8-20 		8-20 					
Flexibility	Off Benc	•	8-20 	 	8-20 					
Flexibility		•	8-20	 	6-20	 				
	I I v: Partner S	tretch				l I				
		tretch								
	I I v: Partner S	tretch								
Additiona	r: Partner S	tretch s: (issues o	r injuries, ov	verall mood,						
Additiona	I I v: Partner S	tretch s: (issues o	r injuries, ov	verall mood,						
Additiona	r: Partner S	tretch s: (issues o	r injuries, ov	verall mood,						

	Date		Week # 4 Day # 4		-	Da	y of the we	ek:	
			Bodyweig	ht					
	COND	ITIONING	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning	
Time	of Day:		(ladder) 10						
111110	o. Day.					itch F/R/L, i			
Stort	/Finish			out F Spic e knees) F/		nge to Ham	string, Late	eral Squat	
Start	/FIIIISII	Plyometric		e Kilees) F/	D/L/K				
		riyometric	<i>.</i> 5.	Hei	dens with	Stability 3x	5 ea.		
						o tuno integral			
Coa	ch(s):								
Partne	r/Group:	Speed/Agi	ility:						
						ea. (4 hoops			
				late	eral hoop r	un 3x (4 hoc	ops)		
		Condition	in a i						
		Condition	ıng:	5	mile hike	test (group	2)		
						test (group 2, one group)	
						, <u></u>			
Abdomina	als: (MEDB	ALL)							
				gered Over					
				ont Hip To					
			Si	tanding Ch	est Pass 3	x10			
				Strength		-			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	l Tempo	Post
70,75,80	Hang Clea		1 Keps/	15	15 Kepsi	Reps/	Reps/	тепіро	Rest
70,73,00		Rev SB Sit		10 to 20	10 to 20	10 to 20		i	
	OB OIL G.	tor ob oit	1.0 1.0 20	 	 				
80-87%	Incline Be	nch	5	5	15	 			
00 07 70	4-6 in. Hip	_	8 to 20	8 to 20	8 to 20	<u>'</u>		<u>'</u>	
	<u> </u>	, <u>_ </u>	10 10 20	1	10 10 20	i		i	
75-80%	DB Alt c	url + press	8	8	8	!			
75-80%	1 leg KB S		8	8	8	 			
75-80%	Cable Lift		8	18	18	'		<u> </u>	
75-0070	I		i	Ĭ	Ĭ	i			
	<u> </u>		<u> </u>	!	!	!			
	 		 	 	!	 			
Flexibility	: Foam Rol	ler Stretch	<u> </u>			1			
i i c xibility	. i oaiii Noi	iei Stretch							
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)				
۸ ما ما ۱۹۹۱ م. ۰۰ -	l Evereies	. (Drostiss	Dilea Dim	Curlmoral a c \					
Additiona	ı ⊏xercises	: (Practice,	DIKE, KUN,	owirnming)					

	Date		Week # 5 Day # 1			Da	y of the we	ek:	
			Bodyweig	ht					
	COND	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning	
Time	of Day:		(20 yards)						
1	o. Day.					nee skip, hi			
Stort	/Finish	backwa	rd run, bac	kpedal, SL	DL walk F/I	B, straight l	eg skip, ov	erhead lun	ge walk,
Start	/FIIIISII	Plyometri	201						
		Fiyometri		Н	urdle Hop v	v/ stability	5x5		
						., σταιστιτή τ			
Coa	ch(s):								
Partne	r/Group:	Speed/Ag	ility:						
					Ball Dro	ps 3x ea.			
		.		Ci	od 4v 4/0 fi	old (100	da)		
		Conclision	!.a.a	SI	ed 4x 1/2 fle	eld (120 yar	us)		
		Condition	ıng:	1.0	na Shuttle	(50 yard) 7x	150		
		1		LO		(30 yaru) 77 /1:30			
Abdomina	als:								
			4 pt. 9		movement	8x ea.			
					oll 2x10				
					wist 2x10 e				
					Trainin				
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,70,75	DB Snatcl		15 Keps/	15	15 Keps/	Keps/	Keps/	Tellipo	
55,15,15	1		10 to 20	10 to 20	10 to 20	Ī	Ī		
	Joine 200	. a on opo	1	+	1	 	<u> </u>		
80-87%	Front Box	Squat	5	5	5	<u>!</u> i	<u> </u>		
80-87%	Chin Ups		ļ <u>s</u> 15	15	15	<u>. </u>	<u></u>	, 	
30 01 /0	I		Ī	Ī	Ĭ	i	Ī	i	
75-80%	1 Leg Ben	ch Squat	8	8	8	!	 		
. 5 55 76	Ring Inve	•	8-20	8-20	8-20	!	<u>. </u>		
		h Oblique		8-20	8-20	<u>.</u> 			
	I Done	Oblique	T	<u> </u>	<u> </u>	Ī	Ī		
	!		<u> </u>	<u> </u>	<u> </u>	!	<u> </u>		
	 		 	 	 	 	<u> </u>		
Flexibility	: Partner S	tretch	<u> </u>			1	1		
i iezibility	. i ai tiiti 3	6.011							
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)				
					•				
A .1.124	1 E	/D	D:1 - D	0 1 1 . 1					
Additiona	II Exercises	: (Practice,	Bike, Run,	Swimming)					
Additiona	I Comment				, etc.)				

			Week # 5			Da	y of the we	ok.			
	Date		Day # 2			Da	y or the we	с к.			
			Bodyweig	jht							
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning			
Time	of Day:	Warm Up:	(Ladder) 1	5 yds.	F/B cross	behind F/E	R auick shi	ıffle F/R			
		1,2,3 - 1F,	Snake F -	Spiderman	, Lat. Squat	, Lunge to		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			
Start	/Finish			knees) F/	B/L/R						
		Plyometric		ateral Hurdl	e or Cone I	Hop with St	ability 5x5	ea.			
Coa	ch(s):										
Partne	r/Group:	Speed/Ag	ility:								
						a. (4 hoops n (5 hoops)					
				Later	аг ноор ки	ii (5 iioops)	ox ea.				
		Condition	ing:		Slide Board	d 6x :30/1:3	<u> </u>				
						0 (M-Lv 12,					
Abdomina	als: (MEDB	ALL)									
		· ·	Overh	ead w/ stag	gered stan	ce 3x10					
						ND 3x10 D	1				
			S	tanding Ch	est Pass 3x	c10					
			Ç	Strength	Trainin	g					
%	I Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5				
65,70,75	Hang Cle		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest		
05,70,75		ırd Rev Sit l		10 to 20	10 to 20	<u> </u>		<u> </u>			
	Jiant Boa	ind ivev oil v	10 10 20	101020	10 10 20	 					
80-87%	Bench Pr	ess	5	5	5	İ					
	4-6 in.Hip	Lift	10	10	10	Î					
75-80%	KR Alt Sh	oulder Press	8	8	8	! 					
75-80%	DB SLDL		8	18	8	! 	<u> </u>	<u> </u>			
75-80%	Cable Lift		18	8	18	<u>i</u>		<u> </u>			
	1		I	I	1	I					
	!		<u>i </u>	<u>į </u>	<u>i </u>	<u>i </u>					
Flavil-112-	. Fee: B:	ller Stretch									
- 16 X 17 11 11 11 17 1	. FOAM KO	iler Stretch									
i ieviniită											
_	I Commen	t s: (issues o	r injuries. o	verall mood	, etc.)						
_	I Commen	t s: (issues o	r injuries, o	verall mood	, etc.)						
Additiona					, etc.)						
Additiona		ts: (issues o			, etc.)						

	Date		Week # 5 Day # 3			Da	y of the we	ek:	
			Bodyweig	ht					
	COND	ITIONING			netrics- S	peed/Agi	lity- Con	ditioning	
Time	of Day:		(10 Yards)						
111110	or Day.							neelto butt	
Ctout	/Finiah	backv	vard lunge	walk, strai	ght leg cros	ssover, SLI	DL F/B, bac	kward inch	worm
Start	/Finish	Plyometric							
		riyometric	,3.	single le	a hurdle ha	p w/stabili	tv 5x5 ea.		
				Jg. 10	<u>g</u>	, , , , , , , , , , , , , , , , , , ,	-, -,		
Coa	ch(s):								
Partne	r/Group:	Speed/Agi	lity:						
						drops 3x3			
-		 		Kes	istea Band	I Run 4x20	yas.		
		Condition	ina:						
		Somulion	y.	Sho	ort Shuttle	(25 yard) 7x	(150		
						1:30			
Abdomina		10 10 10 10 10 10 10 10 10 10 10 10 10 1	h 10 h	:140-	- !!-!-::	:40 -:-l-		0 1-1 11	40
superman		10, toe touc	nes x10, b	icycie xiue	a., jackknii	e x10, side	crunch X1	u, nip roli x	10,
Superman	IUX								
			5	Strength	Trainin	g			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65,70,75	Push Jerk	(5	5	5				
	Straight L	eg L-Sit	20-60sec	20-60sec	20-60sec				
80-87%	Hex DL +	<u> </u>	5	5	5				
80-87%	Pull Up		5	5	5				
	<u>į</u>			<u> </u>	<u> </u>	<u> </u>			
75-80%		Bench Squa			8	<u>[</u>		<u>[</u>	
	Inverted F				8 to 20				
	Off Bend	h Oblique	8-20	8-20	8-20	! }			
	į								
	ļ		•	<u> </u>	<u> </u>	<u> </u>	•	<u> </u>	
	<u> </u>			 -	 -	<u> </u>		<u> </u>	
Flexibility	: Partner S	tretch							
Additiona	I Comment	s: (issues o	r injuries, o\	erall mood,	etc.)				
	l Evereiess	. (Drostics	Dika Dim (Presiment on a					
Additiona	i Exercises	: (Practice,	DIKE, KUN, S	owimining)					

	Date		Week # 5 Day # 4			Da	y of the we	ek:	
			Bodyweig	ht					
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning	
Time	of Day:		(Ladder) 1 F/L/R. quid		/B. hip sw	itch F/L/R, i	n-in-out-ou	t F/B/L/R. a	iant
		Shuffle &	Carioca - s	piderman,	lunge to h	amstring, la			
Start	/Finish			knees) F/E	3/L/R				
		Plyometric	CS:	hoi	done with	stability 5x5			
				1101	uciis with	Stability Oxc	, cu.		
Coa	ch(s):								
Partne	r/Group:	Speed/Agi	ility:				,		
						ea. (4 hoops n 3x ea. (5 h			
				ialei	ai iioop iui	ı əv ear (ə II	oopaj		
		Condition	ing:				_		
						1 10x :30/1:3 30 (M-Lv 12,			
				Airuyfie	5 UK .3U/113	OU (IVI-LV 1Z,	1 -EV 10)		
Abdomin	als: (Medici	ne Ball)							
				ead w/stage nating twist					
				tanding che					
				unium g on h	p v.				
			\$	Strength	Trainir	ng			
%	Exe	rcise	Set 1 Reps/		Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65.70,75	Clean		5	5	5	1		<u> </u>	
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
80-87%	Inclina Ban	nch or DB Be	5	 5	5	<u> </u>		<u> </u>	
00-07 /6	4-6 in hip		8 to 20	8 to 20	8 to 20	i			
	+ 0 III III P		10.020	10.00	10 10 10	 			
75-80%	DB Hamme	er Curl + Pres	8	8	8	i			
75-80%	1 Leg KB S	LDL	8	8	8			ĺ	
75-80%	Cable Lift		8	8	8	<u> </u>			
			<u></u>	<u> </u>					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	ļ		لِــــــــا	
Fland, 92	 	lan 04::-1-1	I	I	I	1			
Flexibility	: Foam Rol	ier Stretch							
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)				
<u></u>									
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)					

	Date		Week # 6 Day # 1		Day of the week:							
	Date		Bodyweig	ht								
			Bodyweig	iit								
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:		(20 Yards)									
Tillie	or Day.							n, butt kicke				
_		back	ward run, l					traight leg	skip,			
Start	/Finish			overhead I	unge walk,	heel walks	, inchworn	1				
		Plyometric	cs:									
				n	uraie nop v	v/stability 5	X5					
Coa	ich(s):											
	r/Group:	Spood/Ag	lity									
Tartic	iiioioup.	Speeding	eed/Agility: ball drops 3x ea.									
			Sled 5x 1/2 field (150 yards)									
		Condition	nditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40									
Abdomina	olov											
Abdomina	ais:											
			2	Pt Stability	2x:20-60 s	ec						
					lls 3x10							
					e 3x10-20							
			9		Trainin	g						
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	l I Tempo	Rest			
70,75,80	DB Snatcl		I ₅	15	T ₅	T	i Kopo,	T				
70,70,00		rd Sit Ups		10 to 20	10 to 20	1		 				
	Siant Boa	iu on ops	10 10 20	10 10 20	10 10 20							
80-87%	Front Boy	Squat	5	5	5	<u> </u>						
80-87% 80-87%	Front Box	- 1	15	15	15							
00-07%	Chi	in Up	i	1	1	•		i i				
7E 000/	14 1 0 0	ah Carrat				<u> </u>		<u> </u>				
75-80%	1 Leg Ben		8 8-20	<u> 8</u>	<u> 8</u>	<u> </u>		<u>. </u>				
<u> </u>	Ring Inve			8-20	8-20							
	Off Bend	h Oblique	8-20	8-20	8-20							
<u> </u>	Į		<u> </u>	 	 	<u> </u>		<u> </u>				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>				
	<u> </u>		ı	1	<u> </u>	I						
Flexibility	r: Partner S	tretch										
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additions	I Exercises	· (Practice	Rika Dun	Swimmina\								
Auditiona	ii Exercises	. (Fractice,	DIKE, KUII,	owinining)								
, , , , , , , , , , , , , , , , , , , ,		i (i radiloo,	Dirto, Fran,	g/								

	Date		Week # 6 Day # 2			Da	y of the we	ek:	
	Date		Bodyweig	ht					
			bodyweig	111					
	COND	ITIONING			netrics- S	peed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:	(Ladder) 2	0 yds.				(I = (D + a	
	•	high knee	F/L/R, cros	ss in front i	-/B, cross to lunge to ha	oenind F/B,	quick shul	ffle F/B, 1,2,	3-1 F,
Start	/Finish			knees) F/E		amsumy, i	aterar squa	it waik	
Otal	.,,	Plyometric		141000) 172	, =,				
		,		Lateral Hur	dle or Cone	Hop with	Stability 5x	5	
						•			
	ich(s):								
Partne	er/Group:	Speed/Agi	lity:						
					-2 cut 3x e				
				latera	al hoop run	зх ea. (5 h	oops)		
		Condition	ina:						
		Somulion			slide board	l 6x :30/1:0	0		
					8x :30/1:30				
Abdomin	als: (Medic	ine Ball)							
					gered stand				
					3x10ND +				
			S	tanding che	est pass 3x	.10			
			(Strength	Trainin	g			
%	l Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	l I <u>Tempo</u> I	Rest
70,75,80	Clean		5	5	5				
	Slant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20				
	i		i	İ	i	i	i	i i	
80-87%	Bench Pro	ess	5	5	5	j	ĺ	i i	
	4-6 in hip	lift	8-20	8-20	8-20				
75-80%	KB Alt. Sh	oulder Press	8	8	8				
75-80%	DB SLDL			8	8	i	i	i Î	
75-80%	Cable Lift		8	8	8	<u> </u>		<u> </u>	
	l I		i		<u> </u>	<u> </u>	i -		
	i		i	İ	i	i	i	; ;	
	ĺ		ĺ	i	<u>i</u>	<u>i</u>	ĺ	i i	
Flexibility	/: Foam Ro	ller Stretch							
Additiona	al Comment	s: (issues o	r injuries, o	verall mood	etc.)				
Addition	al Exercises	: (Practice,	Rike Run	Swimming)					
AGGINOTIC	4. EAGIOISCS	. (1 1actice,	DINO, INUII,	ownining)					

Date Day # 3 Bodyweight CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning Time of Day: Warm Up: (10 Yards) figure four walk F/B, heel to butt, opposite hand heel to butt, heel to butt with backward lunge walk, straight leg crossover, SLDL F/B. backward inchwo Start /Finish Plyometrics: single leg hurdle hop w/stability 5x5 ea. Coach(s): Partner/Group: Speed/Agility: single leg ball drop 3x3 ea. Resisted Band Run 5x20 yds. Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	n SLDL, orm
CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning Time of Day: Warm Up: (10 Yards) figure four walk F/B, heel to butt, opposite hand heel to butt, heel to butt with backward lunge walk, straight leg crossover, SLDL F/B. backward inchwo Start /Finish Plyometrics: single leg hurdle hop w/stability 5x5 ea. Coach(s): Partner/Group: Speed/Agility: single leg ball drop 3x3 ea. Resisted Band Run 5x20 yds. Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	n SLDL, orm
Time of Day: Warm Up: (10 Yards)	n SLDL, orm
figure four walk F/B, heel to butt, opposite hand heel to butt, heel to butt with backward lunge walk, straight leg crossover, SLDL F/B. backward inchwo Start /Finish Plyometrics: single leg hurdle hop w/stability 5x5 ea. Coach(s): Partner/Group: Speed/Agility: single leg ball drop 3x3 ea. Resisted Band Run 5x20 yds. Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	n SLDL,
Start /Finish Plyometrics: Single leg hurdle hop w/stability 5x5 ea. Coach(s): Partner/Group: Speed/Agility: Single leg ball drop 3x3 ea. Resisted Band Run 5x20 yds. Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	n SLDL, orm
Start /Finish Plyometrics: single leg hurdle hop w/stability 5x5 ea. Coach(s): Partner/Group: Speed/Agility: single leg ball drop 3x3 ea. Resisted Band Run 5x20 yds. Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	orm
Plyometrics: single leg hurdle hop w/stability 5x5 ea. Coach(s): Partner/Group: Speed/Agility: single leg ball drop 3x3 ea. Resisted Band Run 5x20 yds. Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	
Single leg hurdle hop w/stability 5x5 ea. Coach(s): Partner/Group: Speed/Agility: Single leg ball drop 3x3 ea. Resisted Band Run 5x20 yds. Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	
Coach(s): Partner/Group: Speed/Agility: single leg ball drop 3x3 ea. Resisted Band Run 5x20 yds. Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	
Partner/Group: Speed/Agility: single leg ball drop 3x3 ea. Resisted Band Run 5x20 yds. Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	
Partner/Group: Speed/Agility: single leg ball drop 3x3 ea. Resisted Band Run 5x20 yds. Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	
Single leg ball drop 3x3 ea.	
Resisted Band Run 5x20 yds. Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	
Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	
1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 Abdominals:	
5x100 (25 yard) :20/:40 Abdominals:	
Abdominals:	
2 Point Stability 2y/20 50 accords	
Z Point Stability 2x:20-60 Seconds	
Hip Roll 3x10	
Jackknife 3x10-20	
Strength Training	
% Exercise Set 1 Set 2 Set 3 Set 4 Set 5	Rest
70,75,80 Push Jerk 5 5 5	11631
Straight Leg L-Sit 20-60sec 20-60sec 20-60sec	
Straight Leg L-Sit 20 00300 20 00300	
80-87%	
80-87% Pull Up 5 5 5	i
75-80%	
	I
Off Bench Oblique 8-20 8-20 8-20	
 	<u>_</u>
 	
	<u> </u>
Flexibility: Partner Stretch	
Additional Comments: (issues or injuries, overall mood, etc.)	
Additional Everainmy (Practice Bike Bun Swimming)	
Additional Exercises: (Practice, Bike, Run, Swimming)	

	Date		Week # 6 Day # 4			Da	y of the we	ek:					
			Bodyweig	ht									
	CONDI	TIONING			metrics- S	Speed/Agi	lity- Cond	ditioning					
Time (of Day:		(Ladder) 2										
Tillie	oi Day.					itch F/L/R, iı			iant				
						amstring, la	ateral squa	t walk					
Start	/Finish			knees) F/E	3/L/R								
		Plyometric	cs:	h -	.: -!	4 a la : 11:4							
		-	heidens w/ stability 3x5 ea.										
Coad	ch(s):												
	/Group:	Speed/Agi	ed/Agility:										
T di tilo	7010up.	opecu/Agi	1-2 cut 3x ea. (4 hoops)										
						with return							
		Condition	ing:										
						d 6x :30/1:0							
				Airdyne	8x :30/1:3	0 (M-Lv 12,	F-Lv 10)						
Abdomina	ls:												
				ead w/ Stag									
				nating Twis									
			5	tanding Ch	est Pass 3	X1U							
				Strength	Trainir	na							
						-							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	l – I					
70,75,80	Hang Clea		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
70,75,60	SB Sit & R		10 to 20	10 to 20	10 to 20	10 to 20							
	l ob on a n	CV OD OIL	10 10 20	10 10 20	10 10 20	10 10 20							
80-87%	Incline Be	nch	5	5	5	•							
	4-6 in hip	lift	8-20	8-20	8-20	•							
	i I		î I	i		i i							
75-80%		er Curl + P		8	8								
== occ/	Hip Lift on	Medball	8 to 20	8 to 20	8 to 20	į į		<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>		<u> </u>	<u> </u>	<u> </u>	<u> </u>							
Flevihility	Foam Roll	er Stretch											
i lexibility.	. i oaiii Koii	er Stretch											
Additional	Comments	s: (issues o	r injuries, o	verall mood	, etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									
	dditional Exercises: (Practice, Bike, Run, Swimming)												

			Week # 7		Day of the week:								
	Date		Day # 1				,						
			Bodyweig	jht									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning					
Time (of Day:	Warm Up:											
11110	o. Day.							run 5.butt k					
.	· ·	7. back	pedal 8. S					skip 10. Ov	erhead/				
Start	/Finish	 		11.	heel walks	12. Inchw	orm						
		Plyometric	cs:	C	ntinuous F	lurdle Hon	5×5						
		Continuous Hurdle Hop 5x5											
Coad	ch(s):												
Partner	/Group:	Speed/Agi	eed/Agility:										
			Chase Sprint 3x each										
				Sled 3x '	1/2 field, 1x	tull field (1	50 yards)						
		Condition	ing:		v200 /25 ··-	"4\ 1.00 <i>l</i> 0-4	20						
					x300 (25 ya 6x100 (25 y								
					OA 100 (23 y	u.uj .20/.40	,						
Abdomina	ıls:												
				Knee Fall	Outs 3x20								
			Alternati	ng March o	n Medicine	Ball 2x12							
			Qı	uad-Arm-Gl	ute Raise 2	x12							
			One	Leg Sit and	Twist 3x10	each							
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	_ [
	!		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo _	Rest				
65,67.5,70	DB Snatch		3	3	3			<u> </u>					
	Slant Boai	rd Sit Ups	10 to 20	10 to 20	10 to 20								
			<u> </u>	<u>i</u>	<u> </u>			İ					
	Front Box		6	12	24								
80-87%	I Pul	I Up	5	5	5			<u> </u>					
	! 		! 	! 	! !								
80-85%	KB Tactica		5	5	5								
	Inverted F		8 to 20	8 to 20	8 to 20			<u> </u>					
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20								
	! !		! !	!	<u> </u>								
				<u> </u>	<u>. </u>			. ! !					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>			<u>i</u>					
Flexibility	: Partner St	retch											
Additional	Comment	s: (issues o	r injuries, o	verall mood	etc.)								
Additional	Exercises	· (Dractice	Riko Dun	Swimming\									
Auditional	i ⊑xeicises	. (Fractice,	DIKE, KUII,	owinining)									

			Week # 7		Day of the week:								
	Date		Day # 2			Da	y or the we	CK.					
			Bodyweig	jht									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	speed/Agi	lity- Cond	ditioning					
Time (of Day:	Warm Up:	(Ladder) 1	0 yds.									
11110	or Day.							, Makovsky S	nuffle F				
C4 = m4	/ C ::			piderman,		amstring, I	ateral squa	t walk					
Start	/Finish	Plyometric		and - Purp	e) r/b/L/K								
		riyometric	<u></u>	l ateral	Hurdle or 0	Cone Hop 5	x5 each						
			Lateral Hurdle or Cone Hop 5x5 each										
Coad	:h(s):												
Partner	/Group:	Speed/Agi											
			Assisted 1-2 cut 3x each										
			Lateral hoop run w/ return 3x each (2 hoops)										
		Condition	ina:										
		Condition	ıııy.		Slide Board	1 8x :30/1:0	0						
						0 (M-Lv 12							
Abdomina	ls:												
				Balls- Overh			1						
				de twist 3x1									
			one arn	n chest pas	S 3X1U ND	& 2X10 D							
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i					
			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo _	Rest				
65,67.5,70	Hang Clea		3	13	3	<u> </u>							
	Slant Board	d Rev. Situp	10-20	10-20	10-20	! 							
	<u> </u>		<u> </u>	<u>i</u>	<u> </u>	<u> </u>		<u> </u>	i				
85,90,95,100			<u> </u>	3	2	<u>[1</u>							
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	1	1						
	! 		I 	I I= /-	! 	<u> </u>							
75-80%	Dips + Sca	•	5+10	5+10	5+10	<u> </u>		<u> </u>	i				
	Glute Ham		8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>					
75-80%	Cable Lift		8	8	8	1	<u> </u>		<u> </u>				
			! 	1	<u> </u>	! 		. ! 					
			<u> </u>	į —	į —	<u> </u>		<u> </u>	i				
	<u> </u>					<u> </u>							
Flexibility:	Foam Rol	ler Stretch											
Additional	Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	Additional Exercises: (Practice, Bike, Run, Swimming)												

			Week # 7		Day of the week:							
	Date		Day # 3				,					
			Bodyweig	ht								
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:		(20 yards)									
111110	or Day.							run 5.butt k				
Ctant	/Ciniala	7. back	pedal 8. Si					skip 10. Ov	erhead/			
Start	/Finish	Dhaanaatsi		11.	heel walks	12. Inchw	orm					
		Plyometric	CS:	Single Lea	n Continuo	ıs Hurdle F	lon 5x5 ea					
		Single Leg Continuous Hurdle Hop 5x5 ea.										
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	ility:									
				Singl	e Leg Chas	e Sprint 3x	each					
		Care list	·	Resis	ted Band T	owing 3x 2	5 yds.					
		Condition	ıng:	4	x300 (25 ya	rd) 1.00/2.4	<u> </u>					
					<u>хзоо (25 уа</u> 6х100 (25 у							
					JA 100 (20 y		•					
Abdomina	als:											
			2 poii	nt stability	2x:20-60 se	conds						
					lls 3x10							
				Jackknif	e 3x10-20							
					Trainin							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	Ţ			
05.05.5.5	<u></u>		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest			
65,67.5,70	Push Pres		3	3	3							
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec							
	i.		<u> </u>	į	i			ļ				
80,70,55	Hex DL +		<u> </u>	12	24							
80-87%	Pull Up		5	5	5] 	<u> </u>			
	<u> </u>		! }_	! -	: -							
	Single Lec		5 ea	5 ea	5 ea			<u> </u>				
	Inverted R		8 to 20		8 to 20			<u> </u>				
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20				1			
	<u> </u>		! !	! !	! 							
	<u> </u>			<u> </u>				· '				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>			<u> </u>				
Flexibility	: Partner St	tretch										
Addition:	I Comment	er (icouco c	r injurios s	vorall mass	oto)							
Additiona	Comment	s: (Issues o	i irijuries, o	verali mood,	eic.)							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)		·						
				-,								

		Week # 7 Day of the week:											
	Date		Day # 4			Da	y or the we	cn.					
			Bodyweig	jht									
	CONDI	TIONIN	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning					
Time o	of Day:	Warm Up:	(Ladder) 1	0 yds.	switch F/I /R	in-in-out-out F	/R/I/R giant	slalom F, 2 for	ward 1 back				
						amstring, I			waru i back				
Start	/Finish			and - purple		amsumg, i	aterar squa	it waik					
		Plyometric											
					Heide	ns 5x5							
	ch(s):												
Partner	/Group:	Speed/Agi	ed/Agility:										
			Assisted 1-2 cut 3x ea.										
			Lateral hoop run w/ return 3x each (2 hoops)										
		Condition	ing:										
			_			d 8x :30/1:0							
				Airdyne	10x :30/1:3	30 (M-Lv 12,	F-Lv 10)						
A b al a main a	la.												
Abdomina	iis:			Overhead v	ul Stan 2v1	0							
				de twist 3x1									
				n chest pas									
			;	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	!		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
65,67.5,70			3	3	3	1.0							
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20							
	<u> </u>		<u> </u>	<u>i. </u>	<u> </u>	<u> </u>		<u> </u>					
	DB Incline		<u> </u>	12	24			<u> </u>					
	Foam Rolle	r Hip Lift	8-20	8-20	8-20								
	! !		! 	<u> </u>		1		 	- I				
75-80%	Dips + Sca		5+10	5+10	5+10	<u>i</u>		ļ					
	1 Leg Bac		8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>					
75-80%	Cable Lift		8	8	8								
	! 		! 	1	1	1		 					
	<u> </u>		<u> </u>	i	i 	<u> </u>							
Flexibility:	: Foam Rol	ler Stretch											
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 8 Day # 1		Day of the week:								
			Bodyweig	jht									
	COND	ITIONIN		up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time (of Day:	Warm Up:											
111110	o. Day.							run 5.butt k					
Ctont	/Cininh	7. back	oedal 8. S	LDL walk Fo	orward/Bac heel walks	kward 9. s	traight leg	skip 10. Ov	<u>rerhead</u>				
Start	/Finish	Plyometric	201		lieei waiks	12. IIICIIW	Offili						
		riyometri	<i>-</i> 3.	Co	ntinuous H	urdle Hon	5x5						
			Continuous Hurdle Hop 5x5										
Coad	ch(s):												
Partner	/Group:	Speed/Agi	eed/Agility:										
					Chase Spr	int 3x each							
				Clast 4st 4	10 field 4:-	£ £:- - /4	00						
		Condition	Sled 4x 1/2 field, 1x full field (180 yards) onditioning:										
		Condition	ırıg:	1	x300 (25 va	rd) 1:00/2:0	00						
		1x300 (25 yard) 1:00/2:00 7x100 (25 yard) :20/:40											
	7 X 100 (25 yard) :20/:40												
Abdomina	ls:												
			2 poi	nt stability		conds							
					lls 3x10								
					e 3x10-20								
				Strength		g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i					
			Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
82.5,85,90	DB Snatcl		3	3	3			i <u> </u>					
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20			<u>'</u>					
	<u> </u>		<u> </u>	10	104			<u> </u>					
	Front Box		6		24								
80-87%	l Chi	n Up	5	5	5			i I					
	! 		<u> </u>	 	<u>.</u>			<u>'</u>					
80-85%	KB Tactic		5ea	5ea	5ea			<u> </u>					
	Inverted F		8 to 20	8 to 20	8 to 20			<u></u>					
	Reverse Hyp	perextension	8 to 20	8 to 20	8 to 20			<u> </u>					
	! 		! 	<u> </u>	! 			; I					
	<u> </u>		<u> </u>	<u>i </u>				<u> </u>					
Flexibility	: Partner S	tretch											
A 1 11/21 11		- ('			- (-)								
Additional	Comment	s: (Issues o	r injuries, o	verall mood,	etc.)								
Additional	Exercises	: (Practice,	Bike. Run	Swimmina)									
		(,,	9)									

			y of the we	ok.									
	Date		Day # 2			Da	y or the we	cn.					
			Bodyweig	jht									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	speed/Agi	lity- Con	ditioning					
Time (of Day:	Warm Up:	(Ladder) 1	5 yds									
Time (or Day.							, Makovsky S	huffle F				
C4 = ==4	/ C inials			piderman,		amstring, I	ateral squa	t walk					
Start	/Finish			and - Purp	e) F/B/L/K								
		Plyometrics: Lateral Hurdle or Cone Hop 5x5											
			=utotal flature of outle flop one										
Coad	:h(s):												
Partner	/Group:	Speed/Agi	ed/Agility:										
				Lateral hoc	<u>h</u>	,							
				5)									
		Condition	ina:										
		Condition	ıııy.	7	Mile Bike T	est (aroun	1)						
					on day #2)					
									· · · · · · · · · · · · · · · · · · ·				
Abdomina	ls:												
				Balls- Overh			1						
				de twist 3x1 n chest pas									
			one am	i chest pas	S 3X IU ND	& ZX 10 D							
				Strength	Trainin	g							
%	Fxe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i					
	 		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
82.5,85,90	Hang Clea		3	3	3	<u> </u>		<u> </u>					
	Slant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20	! }		 					
85,90,95,100	Bench Pre		<u> </u>	3	<u> </u> 2	<u>[</u> 1							
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	<u> </u>		<u> </u>	<u> </u>				
			I 	! !	! !	! !] 		I				
75-80%	Dips + Sca		5+10	5+10	5+10	<u>.</u>	<u> </u>	. ! 					
	Glute Han		8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>					
75-80%	Cable Lift		8	8	8	<u> </u>		<u> </u>					
	 		I 	<u> </u>	! !	! !	 		I				
				<u> </u>	<u> </u>								
								Ī					
Flexibility	Foam Rol	ler Stretch											
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additional	Additional Exercises: (Practice, Bike, Run, Swimming)												

	Week # 8 Day of the week:												
	Date		Day # 3	l-4			,						
			Bodyweig	nt									
	CONDI	TIONIN	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time o	of Day:		(20 yards)										
	. Duy.							run 5.butt k					
Stort	/Einiah	7. back	oedai 8. Si		orward/Bac heel walks			skip 10. O\	/erhead				
Start	/Finish	Dlyomotric	20.	- ''-	licei waiks	12. IIICIIW	OTTI						
		Plyometrics: Single Leg Hurdle Hop 5x5 ea.											
			onigio Log Hurale Hop oxo ea.										
	:h(s):												
Partner	/Group:	Speed/Agi											
			Single Leg Chase Sprint 3x each										
			Resisted Band Towing 4x25 yds.										
		Condition	ina:	110313	, ca Dana I	Ownig TAZ	o yuu.						
		30ait.011	3.	1	x300 (25 ya	rd) 1:00/2:0	00						
					7x100 (25 y								
	(20 ya.a) (2011)												
Abdomina	ls:												
			2 noi	nt stability	2x:20-60 se	conde							
			2 poi		lls 3x10	COHUS							
					e 3x10-20								
			(Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		1				
			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
	Push Pres	_	3	3	3								
	Stall Bar B	Bicycle	20-60sec	20-60sec	20-60sec								
			<u> </u>		<u> </u>								
	Hex DL + S		6	12	24								
80-87%	Pull Up		5	5	5				1				
			! }_	1 -	! 								
80-85%	Single Leg		5ea	5ea	5ea								
		erted Row		8 to 20	8 to 20								
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20								
			! }		! 								
			<u> </u>	<u>i </u>	<u>. </u>								
					<u> </u>								
Flexibility:	Partner St	retch											
Additional	Comment	e. (jeende o	r injuries o	verall mood,	etc.)								
Additional	Comment	s. (ISSUES U	i iiijuiies, o	verali ilioou,	eic.)								
Additional	dditional Exercises: (Practice, Bike, Run, Swimming)												

	Date		Week # 8 Day # 4		Day of the week:							
			Bodyweig	jht								
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning				
Time (of Day:	Warm Up:	(Ladder) 1	l5 yds.								
Tille	л Бау.							slalom F, 2 for	ward 1 back			
a						amstring, I	ateral squa	t walk				
Start	/Finish			and - purple) F/B/L/R							
		Plyometric		Single Leg I	_ateral Hur	dle or Cone	Нор 5х5 е	·a.				
		Single Leg Lateral Hurdle or Cone Hop 5x5 ea.										
	:h(s):											
Partner	/Group:	Speed/Agi	lity:			2 12						
						-2 cut 3x ea		.1				
			Lateral hoop run w/ return 3x each (2 hoops)									
		Condition	ing:									
				7	Mile Bike	Test (group	2)					
				(one group	on day #2	, one group	on day #4)				
A la -l a : a	la.											
Abdomina	IS:			Overhead v	ul Stan 2v1	0						
			Sid	de twist 3x1								
				m chest pas								
			One An	ii olioot pac	JO OX TO ING	G EXIOD						
			;	Strength	Trainin	ıg						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i	Ī			
	 		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo _	Rest			
82.5,85,90			3	3	3			<u> </u>				
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		! ! 	-			
00 70 FE9/	DB Incline		6	12	24	<u> </u>		 				
	DB Incline		6	12	24	<u> </u>		<u> </u>				
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	1		<u> </u>				
75-80%	Dine : Sad	nula	5+10	5+10	5+10	i		: :				
	Dips + Sca 1 Leg Bac		8 to 20	8 to 20	8 to 20	 		 				
			8	8	8			<u> </u>				
73-60%	Cable Lift		10 1	1	10							
			-	i	i 	i		i i	i			
			<u> </u>	!	<u> </u>	 		 	!			
Elovibility	Foam Rol	lar Stratal										
riexibility:	FOAIII KOI	ier Stretch										
Additional	Comment	s: (issues o	r iniuries o	verall mood	etc.)							
,		01 (10000000		voran mood	, 0.0.,							
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 9 Day # 1		Day of the week:								
			Bodyweig	jht									
	COND	ITIONIN		up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
Time v	or Day.			2.heel to b									
011	/=··.	7. back	oedal 8. S	LDL walk Fo				skip 10. O	erhead/				
Start	/Finish	DI		11.	heel walks	12. Inchw	orm						
		Plyometric	cs:	Co	ntinuous U	urdle Hen	EvE						
			Continuous Hurdle Hop 5x5										
Coa	ch(s):												
	r/Group:	Speed/Agi	eed/Agility:										
	-		•		Chase Spr	int 3x each	1						
				Sled 5x 1	/2 field, 1x	full field (2	10 yards)						
		Condition	onditioning: Line Drill 5 15 25 30										
		1											
		:30/1:00 10 minutes											
					10 1111								
Abdomina	ıls:	-											
			2 poi	nt stability	2x:20-60 se	conds							
					lls 3x10								
				Jackknif	e 3x10-20								
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	<u>!</u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,95,100-	DB Snatcl		3	3	3								
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20								
	<u> </u>			<u> </u>									
	Front Box		6	12	24								
80-87%	Chin up		5	5	5								
	!		<u> </u>	<u> </u>									
80-85%	Single Le	g Squat	5ea	5ea	5ea	<u> </u>							
	Inverted F		8 to 20	8 to 20	8 to 20								
	Reverse Hyp	perextension	8 to 20	8 to 20	8 to 20								
				<u> </u>									
			<u> </u>										
Flexibility	: Partner S	tretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)								
Additiona	l Exercises	: (Practice,	Bike, Run	Swimming)									
		(1 1401100)	o, r.uii,	- ·····iii									

	Date		Week # 9 Day # 2		Day of the week:								
			Bodyweig	ht									
	CONDI	TIONING		up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time o	of Day:	Warm Up:	(Ladder) 2	20 yds.									
Time (or Day.			front F/B, cros					huffle F				
C4 = ==4	/ C ::	Shuffle &	Carioca - s	spiderman, Band - Purpl	lunge to ha	amstring, I	ateral squa	t walk					
Start	/Finish			anu - Fuipi	e) FIDILIK								
		Plyometric		Late	ral Hurdle o	or Cone Ho	n 5x5						
			Lateral Hurdle or Cone Hop 5x5										
Coad	:h(s):												
Partner	/Group:	Speed/Agi	ed/Agility: Assisted 1-2 cut 3x each										
				Lateral hoo	p run w/ re	turn 3x eac	n (2 noops)					
		Condition	ina:										
		- Jonation	Slide Board 12x :30/1:00										
						5 (M-Lv 10							
Abdomina	ls:		Madiaina F	Dalla Overd		. 040 1	_						
				Balls- Overh de twist 3x1			1						
				n chest pas									
			one am	ii oncot pas	O OX TO TYP	Q ZXIO D							
			;	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		_				
			Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
90,95,100-			3	3	3	<u> </u> 							
	Slant Boal	rd Rev Sit U	10 to 20	10 to 20	10 to 20	<u> </u>							
	D l. D		1	<u> </u>		1							
	Bench Pre		4 8-20		2 8-20	<u>[1</u>							
	Foam Rolle	r HIP LITT	10-20	10-20	10-20	<u> </u>							
75 900/	Ding : Sa	nuls	5+10	5+10	5+10	-							
75-80%	Dips + Sca		8 to 20	+	8 to 20	<u> </u>							
	Glute Ham		8 to 20	8 to 20	8 to 20	<u> </u>							
75-80%	Cable Lift		<u>. </u>	<u> </u>	<u>. </u>								
				i	Ī	Ī		i i					
			 	!	<u> </u>	<u> </u>							
Flexibility	Foam Rol	ler Stretch	1	I	<u> </u>	<u> </u>							
i lexibility.	i oaiii Koi	iei Stretcii											
Additional	Comment	s: (issues o	r iniuries o	verall mood,	etc.)								
Additional	Oomment	3. (1334C3 O	i irijarios, o	verali mood,	Cto.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 9 Day # 3		Day of the week:								
			Bodyweig	ht									
	CONDI	ITIONING			netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
Tille	oi Day.							utt 4. heel					
		5. Bac	kward lun	ge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward				
Start	/Finish												
		Plyometric	es:	Si	ngle Leg H	urdle Hop 5	5x5						
	ch(s):		and/Amilian										
Partner	/Group:	Speed/Agi	eed/Agility:										
			Single Leg Chase Sprint 3x each										
				Resis	sted Band 1	Towina 5x2	5 vds.						
		Conditioni	Resisted Band Towing 5x25 yds. nditioning:										
	·		·		x300(50 ya								
					2x150(50 ya								
					3x100(50 ya	ard) :20/:40)						
A la al a '-	Ja.												
Abdomina	IIS:												
			2 noir	nt stahility '	2x:20-60 se	conds							
			Z poli		lls 3x10	COIIGS							
					e 3x10-20								
			5		Trainin	g							
%	Eve	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i	, <u> </u>				
	J		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,95,100-	Push Pres		3	3	3	<u>[</u>							
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec								
80,70,55%	Hex DL +	Shrug	6	12	24								
80-87%	Pull Up		5	5	5				<u> </u>				
80-85%	Single Leg	g Squat	5ea	5ea	5ea								
		rip Inv Row	8 to 20	8 to 20	8 to 20	i							
		erextension			8 to 20	ĺ							
	<u> </u>			<u> </u>	1								
	İ				1								
	 			 	.)				
Flexibility	: Partner S	tretch											
Additional	Comment	s: (issues o	r injuries, ov	erall mood,	, etc.)								
Additional	Evere:e	. (Drootice	Diko Dim 1	Swimmin ~\									
Additional	∟xercises	: (Practice,	DIKE, KUN, S	owimining)									
1													

			Week # 9			Da	y of the we	ok:					
	Date		Day # 4			Da	y or the we	CK.					
			Bodyweig	ght									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning					
Time o	of Day:	Warm Up:	(Ladder) 2	20 yds.									
1	o. Day.							slalom F, 2 for	ward 1 back				
C4	/Cininh			spiderman,		amstring, I	ateral squa	t walk					
Start	/Finish	Bands (total body band - purple) F/B/L/R Plyometrics:											
		Piyometri	ometrics: Single Leg Lateral Hurdle or Cone Hop 5x5										
			Single Leg Lateral Hurdle of Colle Hop 3x3										
Coad	ch(s):												
Partner	/Group:	Speed/Ag	ility:										
						-2 cut 3x ea		,					
				Lateral hoc	op run w/ re	eturn 3x eac	n (2 noops)					
		Condition	ina:										
		Sonation	····y.		Slide Board	12x :30/1:0	00						
						5 (M-Lv 10							
	·								·				
Abdomina	ls:												
			0.	Overhead v									
				de twist 3x1									
			One Ar	m chest pas	SS 3X10 Na	& 2X10 D							
				Strength	Trainin	g							
%	Fxe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i					
			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,95,100-			3	3	3	<u> </u>		<u> </u>					
	SB Sit & R	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20							
	<u> </u>		<u> </u>	<u> </u>	į.	<u> </u>							
80,70,55%	DB Incline or		J 6	12	24								
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	<u> </u>		<u> </u>					
	! !		<u> </u>	!	! !	! !	1	 	<u> </u>				
75-80%	Dips + Sca		5+10	5+10	5+10	<u> </u>		<u>'</u>					
	1 Leg Bac		8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>	j				
75-80%	Cable Lift		8	8	8								
	I 		! !	<u> </u>	! !	! !		<u> </u>					
	! 		<u> </u>	<u> </u>	! !	<u> </u>	 	<u> </u>					
	<u> </u>		<u>i</u>	<u>i </u>	<u>i </u>	<u>i</u>		<u> </u>	<u>_</u> i				
Flexibility:	Foam Rol	ler Stretch											
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 10 Day # 1	0		Da	y of the we	ek:				
			Bodyweig	ght								
	COND	TIONING	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:										
	· · · · · · · · · · · · · · · · · · ·			2.heel to b								
Star	t /Finish	7. back	bedai 6. S	LDL walk Fo	heel walks			SKIP TU. O	vernead			
		Plyometrics:										
			Hurdle Hop with Sprint 5x5									
Co	ach(s):											
	er/Group:	Speed/Agi	litv:									
		epood; rg.		Gro	und Chase	Sprint 3x	each					
		Condition	ing:	Sied 2x 7	1/2 field, 2x	tuli field (1	ชบ yards)					
		Condition	Conditioning: Line Drill 5 15 25 30									
					:30/	1:00						
	12 minutes											
Abdomin	ale:											
Abdomin	iais.			Stability Bal	I Alphabet 2	2x						
				lip Lift on N								
				Russian	Twist 3x10							
	_			Strength								
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	Bar Comp	lex										
	High clean	l	5	5	5							
	Row		10	10	10							
	SLDL		10	10	10							
	Push Pres	<u> </u>	10 10	I10 I ₁₀	110 1 ₁₀							
	High pull		10	10	10				 i			
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>					
	Ì			ĺ	i							
			8+8	8+8	I							
	Diagonal	Plate Raise	8 to 20	8 to 20	<u> </u>							
Flexibility	y: Partner S	tretch										
۸ ططائدا م	al Cammani	ou (ioossoo es	ripiurioo -	wordl mass-	oto)							
Addition	al Comment	s. (ISSUES O	i irijuries, o	verali mood	, etc.)							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 10 Day # 2)		Da	y of the we	ek:				
	Date		Bodyweig	ıht								
	COND	ITIONIN			netrics- S	peed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:			ss behind F/B.	auick shuffle	F/B. 180's. N	lakovsky Shuf	fle F			
011	/ 	Shuffle &	Carioca - s	piderman,	lunge to ha	amstring, I						
Start	Start /Finish Bands (Band Above Knees - Green) F/B/L/R Plyometrics:											
	Lateral Hurdle or Cone Hop with Jump and Reach 5x5											
	Coach(s):											
Partne	Partner/Group: Speed/Agility:											
		Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops)										
		Conditioning:										
		Slide Board 14x :30/1:00 Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)										
Abdomina	als:	B. /	ladiaina D	-العماء ماله	log overbee	ad 2v40 a = -	h					
		IV			leg overhea 3x10 ND & 2		in					
					ass 3x10 NC							
			;	Strength	Trainin	g						
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5		Doot			
70,75,80	Snatch		Reps/	Reps/	Reps/	Reps/	Keps/	Tempo I	Rest			
-, -,		Rev Sit Ups	10 to 20	10 to 20	10 to 20							
000/	lea - D			<u> </u>				<u> </u>				
60%	50's Benc Leg Circu		3x	<u>I</u>	I I			<u>'</u> '				
	jump squa		20	120	20			i i				
	body weig	ht squats	20	20	20			<u> </u>				
	alternating		20	20	20							
	lateral squ	at	20	20	20		! 	! 				
	pull up		Max	Max-2	1			! 				
		ne Push Up		Max-10	<u>. </u>			<u>!!</u> 				
Flexibility		ler Stretch										
Additional Comments: (issues or injuries, overall mood, etc.)												
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 1 Day # 3	0	Day of the week:							
			Bodywei	ght								
	COND	ITIONIN			netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:		(10 yards									
111110	or Day.				o butt 3. op							
Ctan	/Cinini	5. Ba	ckward lur	ige walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward			
Stari	:/Finish	Dhromotri	001									
		Plyometrics: Single Leg Hurdle Hop with Sprint 5x5										
			onigio Log Haraio Hop With Opinit 0x0									
Coa	ich(s):											
Partne	er/Group:	Speed/Ag	ility:									
				Ba	ck ground	sprint 3x e	ach					
				Rasie	ted Band R	unning 6v 1	25 vds					
		Condition	ina:	110313	.ou Build IN	anning ox	yus.					
		1x300(50 yard) 1:00/2:00										
		2x150(50 yard) :30/1:30										
	5x100(50 yard) :20/:40											
A la al a main	ala:											
Abdomin	ais:			Stability Bal	I Alphabet	2v						
					ledicine Ba							
			i Logi		Twist 3x10	II EXO IE						
Strength Training												
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	DB Comp	lex	<u> </u>									
	Snatch		5	5	5							
	Row		10	10	10							
	SLDL		10	10	10							
	curl + pus	h press	10	10	10							
	push up +	scapula	10+10	10+10	10+10	<u> </u>	l 					
	<u> </u>		<u> </u>	<u> </u>								
	Hanging I	Leg Raise	10 to 20	10 to 20	10 to 20		<u></u>					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>							
	<u> </u>		! 	<u> </u>	! 				 			
	į.		<u>i </u>	<u>i </u>	<u> </u>							
	<u> </u>											
Flexibility	: Partner S	tretch										
Addition:	d Common	te: lieeuee e	r injurios o	verall mood	otc.)							
Additiona	ai Commen	13. (155065 0	i irijuries, c	verall III000	, e.c. <i>)</i>							
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 10 Day # 4)		Da	y of the we	ek:			
			Bodyweig	ht							
	CONDI	ITIONIN		up- Plyon	netrics- S	Speed/Agi	lity- Cond	ditioning			
Time	of Day:	Warm Up: quick feet F/	(Ladder) 1 L/R, quick sh	0 yds. uffle F/B, hip s	switch F/L/R,	in-in-out-out F	/B/L/R,Giant ,	Brake Run F			
.		Shuffle &	Carioca - s	piderman,	lunge to h	amstring, I					
Start	/Finish			knees - gree	en) F/B/L/R	(
		Plyometric		Leg Hurdle	or Cone F	lop with Ju	mp and Re	ach 5x5			
	ich(s):										
Partne	r/Group:										
				l otorol boo		1-2 cut 4x	h /2 haana				
				eturn 3x eac	ii (ə noops	·)					
		Conditioning:									
		Slide Board 14x :30/1:00 Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)									
	Thirdy the fact to the second										
Abdomin	als:			Medicina	Ball Abs						
			sing	le leg overh		each					
			singl	e leg twist 3	3x10 ND &	2x10 D					
				ng chest pa							
			•	Strength	Trainin	ıg					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest		
70,75,80	Push Pres		5	4	3	Ţ					
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20					
	Mini Leg (Circuit	! I] 	! !] 					
	squat jump		10	ļ	ļ	ļ					
	body weigl		10]]]			I		
	alternating	lunge	10	j		j		ļ			
	tuck jump		<u> </u> 10	<u> </u>	<u> </u>						
	Chin ups		max	max-2	<u>. </u>	j					
	Inverted R	Row	8 to 20	8 to 20)]	1		 			
Flexibility	r: Foam Rol	ler Stretch									
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)						
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)							

	Date		Week # 1 Day # 1	1		Da	y of the we	ek:				
			Bodywei	ght								
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:										
	, c. 2u,.			2.heel to b								
Star	t /Finish	7. Dack	pedal 6. S	LDL walk Fo	heel walks			SKIP TU. O	vernead			
		Plyometrics:										
			Hurdle Hop with Sprint 5x5									
Co	ach(c):											
	ach(s): er/Group:	Speed/Ag	ilitv•									
	, c. cu.p.	оресалд	iiity.	Gro	Sprint 3x	each						
		Condition	Sled 3x 1/2 field, 2x full field (210 yards)									
		Condition	Conditioning: Line Drill 5 15 25 30									
		:30/1:00										
	14 minutes											
Abdominals:												
Abdomii	iais.			Stability Bal	I Alphabet :	2x						
				lip Lift on N								
					Twist 3x10							
Strength Training												
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	Bar Comp	lex	<u> </u>	<u> </u>	<u> </u>							
	High clear		5	5	5							
	Row		10	10	10							
	SLDL		10	10	10							
	Push Pres		10	10	10							
	High pull		10	10	10							
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20							
	ĺ		ĺ	İ	i							
	Hammer C	url + Press	8+8	8+8	I							
	<u> </u>		<u> </u>	<u> </u>	<u> </u>							
	İ		<u> </u>	<u> </u>	<u> </u>							
Flexibility	y: Partner S	tretch										
A -1-1747 -	-l O	/:	a factorist s		-4- \							
Addition	al Comment	s: (ISSUES O	r injuries, o	verali mood	, etc.)							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								

Date Day # 2 Bodyweight CONDITIONING-Warm up- Plyometrics- Speed/Agility- Condition Time of Day: Warm Up: (Ladder) 15 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsk Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D Alternating chest pass 3x10 ND & 2x10 D	xy Shuffle F
CONDITIONING-Warm up- Plyometrics- Speed/Agility- Condition Time of Day: Warm Up: (Ladder) 15 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsk Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	xy Shuffle F
Time of Day: Warm Up: (Ladder) 15 yds.	xy Shuffle F
high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsk Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	ζ
Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	ζ
Start /Finish Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Lateral hoop run w/ return 3x each (3 hoops) Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Resisted Band Tows 1x Full Field Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D	
Alternating cheet nace 2v10 ND & 2v10 D	
Atternating Chest pass SATO ND & ZATO D	
Strength Training	
% Exercise Set 1 Set 2 Set 3 Set 4 Set 5	i
Reps/ Reps/ Reps/ Reps/ Tem	npo Rest
75,80 85 Snatch 5 4 3	
	<u> </u>
60% 50's Bench 3x	
leg Circuit 20 20 20 1	
body weight squats 20 20 20	i
alternating lunge 20 20 20	
lateral squat 20 20 20	
pull up Max Max-2	<u> </u>
Metronome Push Up Max Max-10	
Flexibility: Foam Roller Stretch	
Additional Comments: (issues or injuries, overall mood, etc.)	
Additional Exercises: (Practice, Bike, Run, Swimming)	
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	Date		Week # 1 Day # 3	1		Da	y of the we	ek:				
			Bodywei	ght								
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:		(10 yards									
	c, .			B 2.heel t								
Start	/Finish	5. Ba	ckward iur	nge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. Dac	kward			
Otari	Plyometrics:											
		Single Leg Hurdle Hop with Sprint 5x5 ea.										
_												
	ich(s):	0	eed/Agility:									
Partne	er/Group:	Speed/Ag	ility:	Ra	sprint 3x e	ach						
					ted Band R							
		Condition	Conditioning:									
		-	1x300(50 yard) 1:00/2:00									
	3x150(50 yard) :30/1:30 5x100(50 yard) :20/:40											
3x100(30 yaru) .207.40												
Abdomin	als:											
				Stability Bal								
			1 Leg I	lip Lift on N		II 2x8-12						
				Russian	Twist 3x10							
Strength Training												
	1						0.15					
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	Tompo	Rest			
	DB Comp		I Keps/	i Keps/	I Keps/	Reps/	Reps/	Tempo _	Ve2r			
	Snatch		†	i	T ₅							
	Row		10	10	10							
	SLDL		10	110	10							
	curl + pust	n press	10	10	10		<u>. </u>					
	push up +		10+10	10+10	10+10							
	Hanging I	_eg Raise	10 to 20	10 to 20	10 to 20		i					
	i		İ	Ï	Î		ĺ					
					<u> </u>							
Flexibility	/: Partner S	tretch										
۸ ماماند: مرد د	ol Commercia	o liocusa -	ripiurioo -	wordl mass-	oto \							
Addition	ai Coinment	. s. (ISSUES 0	ı ırıjuries, o	verall mood	, etc.)							
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 11			Da	y of the we	ek:				
	Date		Day # 4				, 0, 1,,0 ,,0	, o				
			Bodyweig	ht								
	CONDI	TIONING	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	(Ladder) 1	5 yds.								
	o. Day.					in-in-out-out F						
Stort	/Finish			piderman, knees - gre		amstring, I	ateral squa	it walk				
Start	/FIIIISII	Plyometric		kilees - gre	eli) F/D/L/N	<u> </u>						
		riyometri		eg Lateral	Hurdle Ho	p with Jump	and Reac	h 5x5 ea.				
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	ed/Agility:									
						egree 1-2 c						
		Lateral hoop run w/ return 3x each (3 hoops)										
		Conditioning										
		Conditioning: Slide Board 16x :30/1:00										
	Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8)											
	All dyllo 0x .40/1.10 (M-Lv 10, 1 -Lv 0)											
Abdomina	als:											
					e Ball Abs							
				le leg over								
				e leg twist :								
				ng chest pa								
			,	Strength	Trainin	ıg						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5					
	<u></u>		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest			
75.80,85	Push Pres	~	5	4	3							
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		! 				
	Mini Leg C	Circuit	 	 	 	<u> </u>						
	squat jump		110	Ī	Ī	Ī		l				
	body weigh		110	<u> </u>	Ī	Ī		i i	i			
	alternating		10	!	•	1		<u> </u>				
	tuck jump	9~	10	 	1] 		 				
	1		Ì	i İ	Ì	i İ		<u> </u>				
	Chin Up		Max	Max-2	Ī	Ī		i i	i			
	inverted re	ow	8 to 20	8 to 20	 	<u> </u>		<u> </u>				
	1		 	† · · · · · · · · · · · · · · · · · · ·	 							
Flexibility	: Foam Rol	ler Stretch										
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
		•										
A 1 11		/D ::	D:: 5	0								
Additiona	I Exercises	: (Practice,	BIKE, Run,	Swimming)								

	Date		Week # 1: Day # 1	2	-	Da	y of the we	ek:					
			Bodywei	ght									
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
	, c. 2u,.			2.heel to b									
Star	t /Finish	7. Dack	pedal 6. S	LDL walk Fo	heel walks			SKIP TU. O	vernead				
		Plyometric	lyometrics:										
			Hurdle Hop with Sprint 5x5										
Co	oob(o).												
	ach(s): er/Group:	Speed/Ag	ilitv•										
	о., о. о а.р.	Opeca/Ag	Ground Chase Sprint 3x each										
		Condition	Sled 1x perimeter										
		Colluition	conditioning: Line Drill 5 15 25 30										
		:30/1:00											
		16 minutes											
Abdominals:													
Abdomii	iais.			Stability Bal	I Alphabet	2x							
				lip Lift on N									
				Russian	Twist 3x10								
				Strength									
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
	Bar Comp		<u> </u>	<u> </u>	<u> </u>								
	High clear	1	5	5	5								
	Row		10	10	10								
	SLDL		10	110	10								
	Push Pres		10 ₁₀	I ₁₀	110 110								
	High pull		10	10	10								
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20								
	Hammer C	url + Press	8+8	8+8	<u> </u>								
				!	<u> </u>								
Flexibilit	y: Partner S	tretch	I	1	I								
Addition	al Comment	t s: (issues o	r injuries, o	verall mood	, etc.)								
Addition	al Exercises	: (Practice.	Bike, Run.	Swimmina)									
		(- 12.00.00)	,,	9)									

			Week # 1	2		D -						
	Date		Day # 2			ра	y of the we	ек:				
			Bodyweig	ght								
	COND	ITIONIN	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	(Ladder) 2	20 yds.								
	o. 2	high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk										
Start	/Finish	Finish Bands (Band Above Knees - Green) F/B/L/R										
Otart	/1 1111311	Plyometrics:										
		i iyomouri	Lateral Hurdle or Cone Hop with Jump and Reach 5x5									
Coo	ob/o\ı											
	ch(s): r/Group:	Cmaad/Acilitar										
raitilei	/Group.	Speed/Agility: Lateral 45 degree 1-2 cut 4x										
		Lateral hoop run w/ return 3x each (3 hoops)										
<u> </u>												
	Conditioning:											
	10 Mile Bike Test (group 1)											
	(one group on day #2, one group on day #4)											
Abdomina	ıls:					10.10						
		IV.		alls- single			n					
				e leg twist 3 ng chest pa								
			Aiternati	ng chest pa	155 3X 10 INL	7 & 2X 10 D						
			,	Strength	Trainin	g						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i				
65,70,75	Snatch		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
03,70,73		rd Rev Sit l			10 to 20							
			ĺ	İ	İ							
60%	50's Benc		3x	<u> </u>	<u> </u>							
	Leg Circu		l ₂₀	I I ₂₀	l ₂₀							
	jump squa body weig		1 ₂₀	I ₂₀	20							
	alternating		20	20	20							
	lateral squ		20	20	20							
	 		 	ļ., .	<u> </u>							
	pull up		Max	Max-2		ļ		ļ — i				
Clavibility	. Foom Bol	ler Stretch										
riexibility	. FOAIII KOI	ier Stretch										
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 1: Day # 3	2	-	Da	y of the we	ek:				
			Bodywei	ght								
	COND	ITIONIN			netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:		: (10 yards)									
111110	or Day.				o butt 3. op							
Ctan	/Finials	5. Ba	ckward lur	nge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward			
Stari	:/Finish	Dlyomotri	001									
		Plyometri	us.	Single I	eg Hurdle l	lon with Si	orint 5x5					
Coa	ach(s):											
Partne	er/Group:	Speed/Ag	ility:									
				Ba	ck ground	sprint 3x e	ach					
				Racia	ted Band T	ows 1x Ful	l Field					
		Condition	ina:	110313	Balla I	CHO IXI UI						
		1x300(50 yard) 1:00/2:00										
_	-	3x150(50 yard) :30/1:30										
	7x100(50 yard) :20/:40											
Abdominals:												
Abaomin	ais:			Stability Rai	I Alphabet	2v						
					ledicine Ba							
			0g .		Twist 3x10	120 12						
Strength Training												
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	DB Comp	lex	<u> </u>	<u> </u>								
	Snatch		5	5	5							
	Row		10	10	10		<u> </u>					
	SLDL		10	10	10		<u> </u>					
	curl + pust	n press	10	10	10							
	push up +	scapula	10+10	10+10	10+10	 	I 					
	<u> </u>		<u>i</u>	<u>i</u>	<u> </u>							
	Straight L	eg Raise	10 to 20	10 to 20	10 to 20		<u> </u>					
	1		1	1	<u> </u>				ľ			
	İ		 	 	•							
	!		! 	!	<u> </u>				<u> </u>			
Flands III	. Dantin : : 0	4 m a 4 c l -										
riexibility	: Partner S	tretcn										
Additions	al Comment	s: (issues o	or iniuries o	verall mood	etc.)							
	••	.2. (1000000	,	. Jian mood	, 5.0.,							
			5	0 1 1								
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)								

	Week # 12 Day of the week:										
	Date		Day # 4	_		- Du	y or the we	OK.			
			Bodyweig	ht							
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning			
Time	of Day:	Warm Up:	(Ladder) 2	20 yds.							
	, -					in-in-out-out F					
Stort	/Einich					amstring, I	aterai squa	it waik			
Start	tart /Finish Bands (band above knees - green) F/B/L/R Plyometrics:										
		riyometri		l Hurdle or	Cone Hop	with Jump	and Reach	5x5 ea.			
Coad	ch(s):										
Partner	r/Group:	Speed/Agi	ed/Agility:								
			backward 45 degree 1-2 cut 4x								
			Lateral hoop run w/ return 3x each (3 hoops)								
	Conditioning:										
	10 Mile Bike Test (group 1) (one group on day #2, one group on day #4)										
	(One group on day #2, one group on day #4)										
Abdomina	ıls:										
				Medicine	Ball Abs						
				le leg overl							
				e leg twist 3							
			Alternati	ng chest pa	ss 3x10 NI	D & 2x10 D					
				Strength							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	, i	Deet		
05.70.75	J		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest		
65,70,75	Push Pres	_	-	10 to 20	10 to 20	10 to 20		<u>'</u>			
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		i i	i		
	Mini Leg C	Circuit	Ī	l l		<u> </u>					
	squat jump		10					<u> </u>			
	body weigh		110	Ť	Ĭ	Ī		i i			
	alternating	-	10	1	<u> </u>	1		<u> </u>			
	tuck jump		10	 	!	!		 			
			<u> </u>	İ	<u>. </u>	<u> </u>		<u>. </u>			
	Chin Up		Max	Max-2	<u> </u>	Ī		i i			
	inverted re		8 to 20	8 to 20	<u> </u>	<u> </u>		 			
				1	 	1		 			
Flexibility	: Foam Rol	er Stretch									
Additional	Comment	s: (issues o	r injuries, o	verall mood	etc.)						
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)							

	Date		Week # 13 Day # 1	3		Da	y of the we	ek:					
			Bodyweig	jht									
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	g + Dynamio	Warm Up								
Start	/Finish												
Otart	/i iiii3ii	Plyometric	s: Sport S	Specific									
				ıltiple Box t	o Box Squ	at Jump 5x	5 (25 conta	cts)					
Coa	ch(s):												
	r/Group:	Speed/Agi	ed/Agility: Sport Specific										
			Surrymy. Open Opcome										
		Conditioning:											
	Line Drill 5 15 25 30												
						/1:00 inutes							
					10111								
Abdomina	lominals:												
			;	Strength	Trainin	ıg							
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5	T	Doot				
90 95 100-	DB Snatc		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
00,00,100		rd Sit Ups		-	10 to 20	İ		i i	 				
			<u> </u>	 	 	 		 					
90-97%	Front Box	Squat	3	3	3	3							
90-97%	Alternating	Grip Chin Up	3	3	3	3		<u> </u>	!				
70.750/	! 		12	12	12	<u> </u>		! ! 	<u> </u>				
70-75% 70-75%	Lunge	m 1 Leg Row		12	12 12	<u> </u>		 	<u>.</u>				
10-13%		m 1 Leg Row perextension		8-20	8-20	<u>. </u>		<u> </u>					
		- 2. 221101011	<u> </u>	Ī	<u>İ</u>	Ī		į	į				
	<u> </u>] [î L								
	İ			i	<u> </u>			i i					
Flexibility	: Partner S	tretch											
Additiona	l Comment	ts: (issues o	r iniuries o	verall mood	etc.)								
, idditiona	. 50	(100000	,	Toran mood,	310.,								
Additions	l Evereises	· (Practice	Rika Run	Swimming)									
Auditioila	Additional Exercises: (Practice, Bike, Run, Swimming)												

	Date												
			Bodyweig	jht									
	COND	ITIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 minute .	Jog + Dynaı	mic Warm (Up							
Start	/Finish												
		Plyometric											
	Trunk Rotations 3x10 each side (60 contacts) Backward MB Throw 4x10 (40 contacts)												
Coa	ch(s):		Backward MB Throw 4x10 (40 contacts)										
	r/Group:	Speed/Agi	ed/Agility: Sport Specific										
	Conditioning:												
	slide board 9x :30/1:30												
	Airdyne: 1x 1:00/2:00 (M-Lv 9, F-Lv 7)												
						l-Lv 10, F-L							
Abdomina	odominals: (MEDBALL)												
				Strength	Trainin	ıg							
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i				
90,95,100-	Clean		Reps/ 5	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
30,33,100		rd Rev Sit U			10 to 20			i	<u> </u>				
	1			i i	 	 		 					
90-97%	Bench Pro	ess	3	3	3	3							
	Stability Ba	all Leg Curl	8-20	8-20	8-20	<u> </u>		<u> </u>					
	<u> </u>		l Mari	I Man 40	Man. 40	<u> </u>	! }	! ! 	<u>!</u>				
		ne Push Up		Max - 10 8-20	Max -10 8-20	[į j	<u>i</u>				
70-75%		g Leg Curl ational Chop		12	0-20 	<u> </u>		<u> </u>					
. 5 1 5 / 0	Jable Roll	anonai onop		<u>;</u>	<u>j</u>	į 		i i	 i				
					i 	† 							
					 [
Flexibility	: Foam Ro	ller Stretch											
Additiona	l Comment	s: (issues o	r iniuries o	verall mood	etc.)								
, wantiona	. Comment	. (1000000	. nijanica, u	- Stall HIOOU,	310.)								
Additions	l Evereises	: (Practice,	Rike Dun	Swimmina\									
Additiona	i Exercises	. (Fractice, I	bike, Kufi,	owinining)									

	Date		Week # 13 Day # 3	3	Day of the week:							
			Bodyweig	jht								
	COND	TIONING		up- Plyon	netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric		Specific ultiple Box t	o Box Squ	at Jump 5x	5 (25 conta	cts)				
	ch(s): r/Group:	Speed/Agi	ed/Agility: Sport Specific									
raitile	i/Group.	Speed/Agi	iity: Spor	t Specific								
		Conditioni	Conditioning:									
	Tempo Run 20											
Abdomina	als:											
				Ctue is outle	Tuelmin							
			•	Strength	Irainin	ıg						
%	J	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100	Straight L		5 10 to 20	14 10 to 20	10 to 20	<u> </u> 						
	i I	og italoc		1	 	1						
90-97%	Front Box		3	3	3	3						
90-97%	Alternating	Grip Chin Up	3	3	3 	3						
70-75%	Lunge		12	12	12	<u> </u>						
70-75%		m 1 Leg Row		12	12	! !						
		perextension			8-20	į						
	1			1	<u> </u>	I						
	 		ļ	 	 	<u> </u>						
Elovikilie:	u Bortman C	trotob			<u> </u>							
riexibility	: Partner S	treton										
Additiona	l Comment	s: (issues o	r injuries, o	verall mood,	etc.)							
Additiona	Additional Exercises: (Practice, Bike, Run, Swimming)											

	Date												
			Bodyweig	ght									
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start	/Finish												
		Plyometric											
	Trunk Rotations 3x10 each side (60 contacts) Backward MB Throw 4x10 (40 contacts)												
Coa	ch(s):	Backward MB I nrow 4x10 (40 contacts)											
	r/Group:	Speed/Agi	ed/Agility: Sport Specific										
	Conditioning:												
	slide board 9x :30/1:30												
	Airdyne: 1x 1:00/2:00 (M-Lv 9, F-Lv 7)												
				5x	:30/1:30 (N	1-Lv 10, F-L	v 8)						
Abdomina	bdominals: (MEDBALL)												
			;	Strength	Trainin	ıg							
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	_ i				
90,95,100-	J		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,93,100-		Rev SB Sit		-	10 to 20	10 to 20		i ''	<u></u>				
	1	101 02 011		†	†	†		 					
90-97%	Incline Be	ench	3	3	3	3		 					
	Hip Lift on	Med Ball	8-20	8-20	8-20	Į							
			 	1	I			I T					
		ne Push Up		Max - 10	Max -10	j	j	ii	i				
70.750/		g Leg Curl		8-20 12	8-20	<u> </u>		<u> </u>					
70-75%	Cable Rota	ational Chop	12		<u> </u>			! 					
	!		!	!	<u> </u>	!		<u> </u>	į				
	1 I			 	! !	I I		 					
Flexibility	: Foam Ro	ller Stretch				•							
Additiona	l Comment	s: (issues o	r iniuries o	verall mood	. etc.)								
		(,	. 5. cm. 11100d	, 3.0.,								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									
				3,									

	Date	Week # 14 Day of the week:											
			Bodyweig	ıht									
	COND	ITIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	ı + Dynamio	Warm Up								
Start	/Finish												
Start	/	Plyometric	s: Sport S	pecific									
					o Box Squ	at Jump 5x	5 (25 conta	cts)					
Coa	ch(s):												
	r/Group:	Speed/Agi	ed/Agility: Sport Specific										
		Conditioning:											
	Line Drill 5 15 25 30												
						/1:00 inutes							
Abdomina	als:												
			;	Strength	Trainin	ıg							
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5	T	Doot				
90 95 100-	DB Snatc		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo I	<u>Rest</u>				
00,00,100		rd Sit Ups	~	-	10 to 20	į		j	į				
	Î Î	•]]		1							
90-97%	Front Box		3	3	3	3		i					
90-97%	Alternating	Grip Chin Up	3	3	3	3			<u> </u>				
70 7E%	Lungs		12	12	12	<u> </u>		! ! 	<u> </u>				
70-75% 70-75%	Lunge Cable 1 Ar	m 1 Leg Row		12	12	 		<u> </u>					
10 10/0		perextension			8-20	<u>. </u>		<u></u>					
				<u> </u>	<u> </u>								
	I			I T	I 	I							
	j			j	<u>i</u>	İ		İ					
Flexibility	: Partner S	tretch											
Additiona	l Comment	s: (issues o	r iniuries o	verall mood	etc.)								
, idditiona	. 50	(1000000	jui100, 0	· Crail Hi00u,	310.,								
Additions	l Evereises	· (Practice	Rika Run	Swimming)									
Additiona	Additional Exercises: (Practice, Bike, Run, Swimming)												

	Date	Week # 14 Day # 2 Day of the week:											
			Bodyweig	ght									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 minute	Jog + Dyna	mic Warm (Up							
Start	/Finish												
	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Plyometric	s: Sport	Specific									
						each side (s)					
Coa	ch(s):		Backward MB Throw 4x10 (40 contacts)										
	r/Group:	Speed/Agi	ed/Agility: Sport Specific										
	Conditioning:												
	Airdyne- 2x :45/1:15 4x :30/1:130												
	4x :30/1:130 6x :15/:45												
Abdomina	als: (MEDB/	ALL)											
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i				
90,95,100	J		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,93,100		rd Rev Sit U		-	10 to 20	İ		i i	<u> </u>				
	1	i a i to t o i t t	1	†	 	1		 					
90-97%	Bench Pre	ess	3	3	3	3		<u> </u>					
	Stability Ba	III Leg Curl	8-20	8-20	8-20	<u> </u>		<u> </u>	<u> </u>				
	I 1		 	 	Maria 42	1 			! !				
		e Push Up		Max - 10	Max -10	<u> </u>			<u>——į</u>				
70-75%		g Leg Curl itional Chop		8-20 12	8-20	<u> </u>		<u> </u>					
10 1070	Cable Rota	itional onop	<u>''-</u>	''-	i	i		i i					
	<u> </u>			 	 	 		 					
					<u> </u>								
Flexibility	: Foam Rol	ler Stretch											
Additiona	I Comment	s: (issues o	r injuries. o	verall mood	etc.)								
, (4411.0114		61 (100000 0	ju1100, 0	vorali moda,	, 0.0.,								
Additiona	I Exercises	· (Practice	Rike Run	Swimming)									
, waitiona		. (1 140110 0 ,	omo, mun,	C ************************************									

	Date		Week # 14 Day # 3	4		Da	y of the we	ek:				
			Bodyweig	jht								
	COND	ITIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric		Specific ultiple Box t	o Box Squ	at Jump 5x	5 (25 conta	cts)				
	ch(s): r/Group:	Spood/Agi	ed/Agility: Sport Specific									
i aitiiei	17010ир.	Speeu/Agi	iity. Spor	Сореспіс								
		Conditioni	Conditioning:									
		Tempo Run 20										
Abdomina	als:											
			,	Strength	Trainin	g						
%	J	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100-	DB Snatcl Straight L		5 10 to 20	10 to 20	3 10 to 20							
90-97%	Front Box	Squat	3	3	3	3						
90-97%	_	Grip Chin Up			3	3						
70-75%	Lunge		12	12	12							
70-75%		m 1 Leg Row perextension		12 8-20	12 8-20	<u>i</u>						
	l Hororogany	рогожинополог				i						
	<u> </u>			<u> </u> 	<u> </u> 							
Flexibility	Flexibility: Partner Stretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)							
Additiona	additional Exercises: (Practice, Bike, Run, Swimming)											

	Date	. ,											
			Bodyweig	ght									
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start	/Finish												
		Plyometric			O10		COtt-						
	Trunk Rotations 3x10 each side (60 contacts) Backward MB Throw 4x10 (40 contacts)												
	ch(s):												
Partne	r/Group:	Speed/Agi	ed/Agility: Sport Specific										
	Conditioning												
	Conditioning: Airdyne- 2x :45/1:15												
	4x :30/1:130												
						6x :15/:45							
Abdomina	bdominals: (MEDBALL)												
	,	,											
			;	Strength	Trainir	ıg							
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5	T	Doot				
90,95,100-	Clean		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo I	Rest				
00,00,.00		Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		i					
				1]							
90-97%	Incline Be		3	3	3	3		<u> </u>					
	Hip Lift on	Med Ball	8-20	8-20	8-20			<u> </u>	<u> </u>				
	Metronom	ne Push Up	Max	Max - 10	Max -10	i		i	 į				
		g Leg Curl		8-20	8-20	 							
70-75%		ational Chop		12	į	į							
	1] 	1	! !	1							
	<u>į</u>			i 	<u> </u>	<u>į</u>		i	i				
Flexibility	: Foam Rol	ller Stretch											
. icalbility	oam No	ioi ou cion											
Additiona	l Comment	:s: (issues o	r iniuries o	verall mood	etc.)								
, idditiona	. 50	(1000000	jui100, 0	Toran mood,	310.7								
Additiona	l Exercises	: (Practice	Bike, Run	Swimming)									
	Additional Exercises: (Practice, Bike, Run, Swimming)												

	Date		Week # 1: Day # 1	5		Da	y of the we	ek:					
			Bodyweig	ght									
	COND	ITIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	g + Dynamio	Warm Up								
Start	:/Finish												
		Plyometric			o Box Squ	at Jump 5x	5 (25 conta	cts)					
	ich(s):		and A military. Smart Smarific										
Partne	er/Group:	Speed/Agi	eed/Agility: Sport Specific										
	Conditioning:												
	Line Drill 5 15 25 30 :30/1:00												
						inutes							
						-							
Abdomin	als:												
				Strength		ıg							
%	J	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100	- DB Snatc		5	4	3] 			<u> </u>				
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	i		<u> </u>					
90-97%	Front Box	Squat	3	3	3	3							
90-97%		Grip Chin Up			[3	3		i i					
				1	<u> </u>								
70-75%	Lunge		12	12	12	İ			<u></u>				
70-75%		m 1 Leg Row		12 8-20	12								
	Reverse Hy	perextension	18-20	18-20	8-20								
	1		<u> </u>	1	<u> </u>	1		<u> </u>	 i				
	i		 	!	! !] [
Flexibility	r: Partner S	tretch											
Additiona	al Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	al Exercises	:: (Practice,	Bike, Run,	Swimming)									

	Date												
			Bodyweig	ght									
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 minute	Jog + Dynai	mic Warm	Up							
Start	/Finish												
Otart	/i iiii3ii	Plyometric	s: Sport	Specific									
	Trunk Rotations 3x10 each side (60 contacts)												
Coa	ch(s):	Backward MB Throw 4x10 (40 contacts)											
	r/Group:	Speed/Agi	eed/Agility: Sport Specific										
			ewngility. Oport opecific										
	Conditioning:												
	Airdyne:												
	1/2 mile sprints 3x/3:00 (M 10 - F 8)												
Abdomina	odominals: (MEDBALL)												
			;	Strength	Trainin	ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	Ţi	Dord.				
90,95,100-	. Clean		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo _	Rest				
50,55,100		rd Rev Sit U		-	10 to 20	İ		i i					
	1			 	 	l							
90-97%	Bench Pre	ess	3	3	3	3							
	Stability Ba	all Leg Curl	8-20	8-20	8-20			<u> </u>					
	I I		 	l 	l 1	! !			<u> </u>				
		ne Push Up		Max - 10	Max -10	į		i	i				
70-75%		g Leg Curl ational Chop		8-20 12	8-20	<u> </u>							
10-13%	Cable Rota	апонаі спор	1.4		i	İ		 					
	!			! 	! 	!		<u> </u>	 i				
	l			<u> </u>	L	l							
Flexibility	: Foam Rol	ller Stretch											
Additions	l Commont	s: (issues o	r injurios o	vorall mood	otc)								
Auditiona	Comment	. ə. (155085 0	i irijuries, 0	verall III000.	, c ic.)								
A al alta! !	l Eugenia	- /D	Diles D	Occidence to a t									
Additional	Additional Exercises: (Practice, Bike, Run, Swimming)												

	Date		Week # 15 Day # 3	5	Day of the week:						
			Bodyweig	ht							
	COND	ITIONING			netrics- S	Speed/Agi	lity- Cond	ditioning			
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up					
Start	/Finish										
		Plyometric		Specific Iltiple Box t	o Box Squ	at Jump 5x	5 (25 conta	cts)			
	ch(s): r/Group:	Speed/Agi	eed/Agility: Sport Specific								
		Conditioning: Tempo Run 20									
	Tempo Kun 20										
Abdomina	als:										
			;	Strength	Trainin	ıg					
%	J	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest		
90,95,100-	DB Snatcl Straight L		5 10 to 20	10 to 20	3 10 to 20	<u> </u> 					
	I	eg itaise	10 10 20	†		 		1			
90-97%	Front Box		3	3	3	3					
90-97%	Alternating	Grip Chin Up	3	3	3	3			<u> </u>		
70-75%	Lunge		12	12	12	<u>:</u>			 į		
70-75% 70-75%		m 1 Leg Row		12	12	 					
		perextension			8-20	i					
	Î			Ì							
	! 			 		<u> </u>					
Elevihili#	. Portmar C	trotob									
riexibility	: Partner S	tretcn									
Additiona	I Comment	s: (issues o	rinjuries, o	verall mood,	etc.)						
Additiona	l Exercises	:: (Practice, I	Bike, Run,	Swimming)							

Date			Week # 15 Day # 4		Day of the week:					
		Bodyweight								
CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning										
Time of Day: Warm Up:			5 Minute Jog + Dynamic Warm Up							
Start /	/Finish									
Coach(s):		Plyometrics: Sport Specific								
		Trunk Rotations 3x10 each side (60 contacts) Backward MB Throw 4x10 (40 contacts)								
		Dackward MD 11110W 4X10 (40 COIIIacts)								
Partner/Group:		Speed/Agility: Sport Specific								
	Conditioning:									
		Condition	ıııg.		Airo	dyne:				
				1/2 mi		3x/3:00 (M 1	0 - F 8)			
Abdomina	ls: (MEDB	ALL)								
Strength Training										
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest	
90,95,100-			5	4	3	Ţ			<u> </u>	
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20				
			<u> </u> 	<u> </u>		<u> </u>				
90-97%	Incline Bench		3	3	3	<u>3</u>				
	Hip Lift on Med Ball		8-20	8-20	8-20	1			<u>_</u>	
	Metronom	ne Push Up	Max	Max - 10	Max -10	į				
		g Leg Curl		8-20	8-20	 				
70-75%		ational Chop		12	,	i				
. 5 . 5 / 5	542.5		i	i 	Ï	Ť			i	
			<u> </u>	! 	! 	ţ				
			 	i	 	i				
Flexibility:	Foam Rol	ler Stretch	_	-	_	-				
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)					
Additional Exercises: (Practice, Bike, Run, Swimming)										
Additional Exercises: (Practice, Bike, Run, Swimming)										