

| | | |
|------|------------|------------------|
| | Week # 1 | Day of the week: |
| Date | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (10 yards) |
| | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Box Jumps 5x5 |
| | |
| Partner/Group: | Speed/Agility: |
| | Lean Fall Run 3x ea. |
| | Conditioning: |
| | Tempo Run 14x |
| | |
| | |

Abdominals:

4 pt. Stability 2x20 - 60 sec
 Spinal Circuit 10/10/10
 Flat Foot Sit Ups 3x10-20

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 60,65,70 | DB Snatch | 5 ea. | 5 ea. | 5 ea. | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 60-77% | Front Box Squat | 8 | 8 | 8 | | | | |
| 60-77% | Chin Ups | 8 | 8 | 8 | | | | |
| 70-75% | DB Split Squat | 12 | 12 | | | | | |
| 70-75% | KB Row | 12 | 12 | | | | | |
| | Diagonal Plate Raise | 12 | 12 | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 1 | Day of the week: |
| Date | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| Time of Day: | Warm Up: (Ladder) 15 yds. high knees F/L/R, cross in front F/B, cross behind F/B, wide shuffle F/B, scissors L/R, ankle bounce F - Shuffle + Carioca + Spiderman 5x ea. Lat. Squat 5x ea. |
| Start /Finish | Bands - (ankles) L/R/F/B |
| Coach(s): | Plyometrics: |
| | Lateral Box Jump 3x5 ea. |
| Partner/Group: | Speed/Agility: |
| | 1-2 stick (4 hoops) 3x ea. Lateral Hoop Run (3 hoops) 3x ea. |
| | Conditioning: |
| | Slide Board 5x :30/1:30 Airdyne 10x :15/:45 (M-Lv 12, F-Lv 10) |

Abdominals: (MEDBALL)

| |
|---|
| Standing Overhead Throw with band below knees 3x10 |
| Front Hip Toss with band below knees 4x10 ND 3x10 D |
| Seated Chest Pass 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|---------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 60,65,70 | Hang Clean | 5 | 5 | 5 | | | | |
| | Slant Board Rev Sit | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 60-77% | Bench Press | 8 | 8 | 8 | | | | |
| | 1 leg Hip Lift | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 70-75% | KB Shoulder Press | 12 | 12 | | | | | |
| 70-75% | DB SLDL | 12 | 12 | | | | | |
| 70-75% | Cable Chop | 12 | 12 | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 1 | Day of the week: |
| Date | Day # 3 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (10 yards) |
| | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Single Leg Box Jump 5x5 ea. |
| Partner/Group: | Speed/Agility: |
| | 90 degree Lean Fall Run 3x ea. |
| | Conditioning: |
| | Tempo Run 16x |

Abdominals:
over under crunch x10, toe touches x10, bicycle x10ea., jackknife x10, side crunch x10, superman x10

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 60,65,70 | Push Press | 5 | 5 | 5 | | | | |
| | Bent Leg L-Sit | 20-60sec | 20-60sec | 20-60sec | | | | |
| 60-77% | Hex DL + Shrug | 8 | 8 | 8 | | | | |
| 60-77% | Parallel Grip Chin Up | 8 | 8 | 8 | | | | |
| 70-75% | Step Up | 12 | 12 | | | | | |
| 70-75% | T-Grip Row | 12 | 12 | | | | | |
| | Diagonal Plate Raise | 12 | 12 | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 1 | Day of the week: |
| | Day # 4 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (ladder) 15 yds. |
| Start /Finish | quick feet F/L/R, quick shuffle F/B, hip switch F/R/L, in-in-out-out F/B/L/R, slalom F, turn out F - Shuffle + Carioca Spiderman 5x ea. Lat. Squat 5x ea. Bands (ankles) F/B/L/R |
| Coach(s): | Plyometrics: Single Leg Box Jump Medial + Lateral 3x3 ea. |
| Partner/Group: | Speed/Agility: 1-2 stick 3x (4 hoops) lateral hoop run 3x (3 hoops) |
| | Conditioning: Slide Board 5x :30/1:30 Airdyne 10x :15/:45 (M-Lv 12, F-Lv 10) |

Abdominals: (MEDBALL)

| |
|-------------------------------|
| Standing Overhead Throw 3x10 |
| Front Hip Toss 4x10 ND 3x10 D |
| Seated Chest Pass 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 60,65,70 | Hang Clean | 5 | 5 | 5 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 60-77% | Incline Bench | 8 | 8 | 8 | | | | |
| | 1 Leg Hip Lift | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 70-75% | DB hammer curl + press | 12 | 12 | | | | | |
| 70-75% | KB 1 Leg SLDL | 12 | 12 | | | | | |
| 70-75% | Cable Chop | 12 | 12 | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 2 | Day of the week: |
| | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (10 yards) |
| | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Box Jumps5x5 |
| Partner/Group: | Speed/Agility: |
| | Lean Fall Run 3x ea. |
| | Conditioning: |
| | Tempo Run 18x |

Abdominals:

4 pt. Stability 2x20 - 60 sec
 Spinal Circuit 10/10/10
 Flat Foot Sit Ups 3x10-20

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | DB Snatch | 5 ea. | 5 ea. | 5 ea. | 5 ea. | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 60-77% | Front Box Squat | 8 | 8 | 8 | | | | |
| 60-77% | Chin Ups | 8 | 8 | 8 | | | | |
| 70-75% | DB Split Squat | 12 | 12 | | | | | |
| 70-75% | KB Row | 12 | 12 | | | | | |
| | Diagonal Plate Raise | 12 | 12 | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 2 | Day of the week: |
| | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (Ladder) 15 yds. |
| Start /Finish | high knees F/L/R, cross in front F/B, cross behind F/B, wide shuffle F/B, scissors L/R, ankle bounce F - Shuffle + Carioca Spiderman 8x ea., Lateral Squat 8x Bands (ankles) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Box Jump 3x5 ea. |
| Partner/Group: | Speed/Agility: 1-2 stick (4 hoops) 3x ea. Lateral Hoop Run (3 hoops) 3x ea. |
| | Conditioning: Slide Board 6x :30/1:30 Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10) |

Abdominals: (MEDBALL)

| |
|---|
| Standing Overhead Throw with band below knees 3x10 |
| Front Hip Toss with band below knees 4x10 ND 3x10 D |
| Seated Chest Pass 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|---------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | Hang Clean | 5 | 5 | 5 | | | | |
| | Slant Board Rev Sit | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 60-77% | Bench Press | 8 | 8 | 8 | | | | |
| | 1 leg Hip Lift | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 70-75% | KB Shoulder Press | 12 | 12 | | | | | |
| 70-75% | DB SLDL | 12 | 12 | | | | | |
| 70-75% | Cable Chop | 12 | 12 | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 2 | Day of the week: |
| | Day # 3 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (15 yards) |
| | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Single Leg Box Jump 5x5 ea. |
| | |
| Partner/Group: | Speed/Agility: |
| | 90 degree Lean Fall Run 3x ea. |
| | Conditioning: |
| | Tempo Run 20x |

Abdominals: Circuit
over under crunch x10, toe touches x10, bicycle x10ea., jackknife x10, side crunch x10, superman x10

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | Push Press | 5 | 5 | 5 | | | | |
| | Bent Leg L-Sit | 20-60sec | 20-60sec | 20-60sec | | | | |
| 60-77% | Hex DL + Shrug | 8 | 8 | 8 | | | | |
| 60-77% | Parallel Grip Chin Up | 8 | 8 | 8 | | | | |
| 70-75% | Step Up | 12 | 12 | | | | | |
| 70-75% | T-Grip Row | 12 | 12 | | | | | |
| | Diagonal Plate Raise | 12 | 12 | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| Date | Week # 2 | Day of the week: | | | | | | |
|---|--|------------------|----------------|----------------|----------------|----------------|-------|------|
| | Day # 4 | | | | | | | |
| | Bodyweight | | | | | | | |
| CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning | | | | | | | | |
| Time of Day: | Warm Up: (ladder) 15 yds. | | | | | | | |
| Start /Finish | quick feet F/L/R, quick shuffle F/B, hip switch F/R/L, in-in-out-out F/B/L/R, slalom F, turn out F - Shuffle/Carioca + Spiderman 8x ea. & Lat Squat 8x ea. | | | | | | | |
| | Bands (ankles) F/B/L/R | | | | | | | |
| Coach(s): | Plyometrics: | | | | | | | |
| | Single Leg Box Jump Medial + Lateral 3x3 ea. | | | | | | | |
| Partner/Group: | Speed/Agility: | | | | | | | |
| | 1-2 stick 3x (4 hoops) | | | | | | | |
| | lateral hoop run 3x (3 hoops) | | | | | | | |
| | Conditioning: | | | | | | | |
| | Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10) | | | | | | | |
| | Slide Board 6x :30/1:30 | | | | | | | |
| Abdominals: (MEDBALL) | | | | | | | | |
| | Standing Overhead Throw 3x10 | | | | | | | |
| | Front Hip Toss 4x10 ND 3x10 D | | | | | | | |
| | Seated Chest Pass 3x10 | | | | | | | |
| Strength Training | | | | | | | | |
| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
| 65,70,75 | Hang Clean | 5 | 5 | 5 | 5 | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 60-77% | Incline Bench | 8 | 8 | 8 | | | | |
| | 1 Leg Hip Lift | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 70-75% | DB hammer curl + press | 12 | 12 | | | | | |
| 70-75% | KB 1 Leg SLDL | 12 | 12 | | | | | |
| 70-75% | Cable Chop | 12 | 12 | | | | | |
| | | | | | | | | |
| | | | | | | | | |
| Flexibility: Foam Roller Stretch | | | | | | | | |
| Additional Comments: (issues or injuries, overall mood, etc.) | | | | | | | | |
| Additional Exercises: (Practice, Bike, Run, Swimming) | | | | | | | | |

| | | |
|------|------------|------------------|
| | Week # 3 | Day of the week: |
| Date | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 yards) |
| | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Box Jumps 5x5 |
| | |
| Partner/Group: | Speed/Agility: |
| | Lean Fall Run 3x ea. |
| | Conditioning: |
| | 10-10 Test |

Abdominals:

| |
|-------------------------------|
| 4 pt. Stability 2x20 - 60 sec |
| Spinal Circuit 10/10/10 |
| Flat Foot Sit Ups 3x10-20 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 55,60,65 | DB Snatch | 3ea. | 3ea. | 3ea. | 3ea. | 3ea. | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 60-77% | Front Box Squat | 8 | 8 | 8 | | | | |
| 60-77% | Chin Ups | 8 | 8 | 8 | | | | |
| 70-75% | DB Split Squat | 12 | 12 | 12 | | | | |
| 70-75% | KB Row | 12 | 12 | 12 | | | | |
| | Diagonal Plate Raise | 12 | 12 | 12 | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 3 | Day of the week: |
| | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| Time of Day: | Warm Up: (Ladder) 20 yds. high knees F/L/R, cross in front F/B, cross behind F/B, wide shuffle F/B, scissors L/R, ankle bounce F - Shuffle + Carioca Spiderman 8x ea., Lateral Squat 8x |
| Start /Finish | Bands (ankles) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Box Jump 3x5 ea. |
| | |
| Partner/Group: | Speed/Agility: 1-2 stick (4 hoops) 3x ea. Lateral Hoop Run (3 hoops) 3x ea. |
| | |
| | Conditioning: Slide Board 7x :30/1:30 Airdyne 14x :15/:45 (M-Lv 12, F-Lv 10) |
| | |

Abdominals: (MEDBALL)

| |
|---|
| Standing Overhead Throw with band below knees 3x10 |
| Front Hip Toss with band below knees 4x10 ND 3x10 D |
| Seated Chest Pass 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|---------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 55,60,65 | Hang Clean | 3 | 3 | 3 | 3 | 3 | | |
| | Slant Board Rev Sit | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 60-77% | Bench Press | 8 | 8 | 8 | | | | |
| | 1 leg Hip Lift | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 70-75% | KB Shoulder Press | 12 | 12 | 12 | | | | |
| 70-75% | DB SLDL | 12 | 12 | 12 | | | | |
| 70-75% | Cable Chop | 12 | 12 | 12 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 3 | Day of the week: |
| | Day # 3 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (10 yards) |
| | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Single Leg Box Jump 5x5 ea. |
| Partner/Group: | Speed/Agility: |
| | 90 degree Lean Fall Run 3x ea. |
| | Conditioning: |
| | Long Shuttle (50 yards) 5x150 :30/1:30 |

Abdominals:
over under crunch x10, toe touches x10, bicycle x10ea., jackknife x10, side crunch x10, superman x10

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 55,60,65 | Push Press | 3 | 3 | 3 | | | | |
| | Bent Leg L-Sit | 20-60 sec | 20-60 sec | 20-60 sec | | | | |
| 60-77% | Hex DL + Shrug | 8 | 8 | 8 | | | | |
| 60-77% | Parallel Grip Chin Up | 8 | 8 | 8 | | | | |
| 70-75% | Step Up | 12 | 12 | 12 | | | | |
| 70-75% | T-Grip Row | 12 | 12 | 12 | | | | |
| | Diagonal Plate Raise | 12 | 12 | 12 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 3 | Day of the week: |
| | Day # 4 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (ladder) 20 yds. |
| Start /Finish | quick feet F/L/R, quick shuffle F/B, hip switch F/R/L, in-in-out-out F/B/L/R, slalom F, turn out F - Shuffle/Carioca + Spiderman 8x ea. & Lat Squat 8x ea. |
| Coach(s): | Bands (ankles) F/B/L/R |
| Partner/Group: | Plyometrics: Single Leg Box Jump Medial + Lateral 3x3 ea. |
| | Speed/Agility: 1-2 stick 3x (4 hoops) lateral hoop run 3x (3 hoops) |
| | Conditioning: Slide Board 7x :30/1:30 Airdyne 14x :15/:45 (M-Lv 12, F-Lv 10) |

Abdominals: (MEDBALL)

| |
|-------------------------------|
| Standing Overhead Throw 3x10 |
| Front Hip Toss 3x10 ND 2x10 D |
| Seated Chest Pass 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 55,60,65 | Hang Clean | 3 | 3 | 3 | 3 | 3 | | |
| | SB Sit & SB Rev Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 60-77% | Incline Bench | 8 | 8 | 8 | | | | |
| | 1 Leg Hip Lift | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 70-75% | DB hammer curl + press | 12 | 12 | 12 | | | | |
| 70-75% | KB 1 Leg SLDL | 12 | 12 | 12 | | | | |
| 70-75% | Cable Chop | 12 | 12 | 12 | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 4 | Day of the week: |
| | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 yards) |
| | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge w/ twist, inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Hurdle Jump with Stability 5x5 |
| Partner/Group: | Speed/Agility: |
| | Ball Drops 5x ea. |
| | Sled 3x 1/2 field (90 yards) |
| | Conditioning: |
| | Long Shuttle (50 yard) 6x150 |
| | :30/1:30 |

Abdominals:

| |
|------------------------------------|
| 4 pt. Stability w/ movement 8x ea. |
| Hip Roll 2x10 |
| 1 Leg Sit +Twist 2x10 ea. |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|---------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | DB Snatch | 5 | 5 | 5 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 80-87% | Front Box Squat | 5 | 5 | 5 | | | | |
| 80-87% | Chin Ups | 5 | 5 | 5 | | | | |
| 75-80% | 1 Leg Bench Squat | 8 | 8 | 8 | | | | |
| | Ring Inverted Row | 8-20 | 8-20 | 8-20 | | | | |
| | Off Bench Oblique | 8-20 | 8-20 | 8-20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 4 | Day of the week: |
| | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| Time of Day: | Warm Up: (Ladder) 10 yds. high knees F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3 - 1F, Snake F - Spiderman, Lat. Squat Walk, Lunge to Hamstring |
| Start /Finish | Bands (Purple above knees) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Hurdle or Cone Hop 5x5 |
| | |
| Partner/Group: | Speed/Agility: 1-2 cut 3x ea. Lateral Hoop Run (4 hoops) |
| | |
| | Conditioning: 5 mile bike test (group 1) (one group on day #2, one group on day #4) |
| | |

Abdominals: (MEDBALL)

| |
|---|
| Overhead w/ staggered stance 3x10 |
| Alternating Front Hip Toss 4x10 ND 3x10 D |
| Standing Chest Pass 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | Hang Clean | 5 | 5 | 5 | | | | |
| | Slant Board Rev Sit | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 80-87% | Bench Press | 5 | 5 | 5 | | | | |
| | 4-6 in.Hip Lift | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 75-80% | KB Alt. Shoulder Press | 8 | 8 | 8 | | | | |
| 75-80% | DB SLDL | 8 | 8 | 8 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 4 | Day of the week: |
| | 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 w/ SLDL, straight leg crossover, SLDL F/B, backward inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: Single Leg Hurdle Hop with Stability 5x5 ea. |
| Partner/Group: | Speed/Agility: Single Leg Ball Drops 5x ea. Resisted Band Run 3x20 yds. |
| | Conditioning: Short Shuttle (25 yard) 6x150 :30/1:30 |

Abdominals:
over under crunch x10, toe touches x10, bicycle x10ea., jackknife x10, side crunch x10, hip roll x10, superman 10x

Strength Training

| % | Exercise | 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 | | | | |
| | Straight Leg L-Sit | 20-60sec | 20-60sec | 20-60sec | | | | |
| 80-87% | Hex DL + Shrug | 5 | 5 | 5 | | | | |
| 80-87% | Pull Ups | 5 | 5 | 5 | | | | |
| 75-80% | 1 Leg Bench Squat | 8 | 8 | 8 | | | | |
| | Ring Inverted Row | 8-20 | 8-20 | 8-20 | | | | |
| | Off Bench Oblique | 8-20 | 8-20 | 8-20 | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 4 | Day of the week: |
| | Day # 4 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (ladder) 10 yds. |
| Start /Finish | quick feet F/L/R, quick shuffle F/B, hip switch F/R/L, in-in-out-out F/B/L/R, giant slalom F, stack out F Spiderman, Lunge to Hamstring, Lateral Squat Band - (purple above knees) F/B/L/R |
| Coach(s): | Plyometrics: Heidens with Stability 3x5 ea. |
| Partner/Group: | Speed/Agility: 1-2 cut 3x ea. (4 hoops) lateral hoop run 3x (4 hoops) |
| | Conditioning: 5 mile bike test (group 2) (one group on day #2, one group on day #4) |

Abdominals: (MEDBALL)

| |
|------------------------------------|
| Staggered Overhead Throw 3x10 |
| Alt. Front Hip Toss 4x10 ND 3x10 D |
| Standing Chest Pass 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | Hang Clean | 5 | 5 | 5 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 80-87% | Incline Bench | 5 | 5 | 5 | | | | |
| | 4-6 in. Hip Lift | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 75-80% | DB Alt. curl + press | 8 | 8 | 8 | | | | |
| 75-80% | 1 leg KB SLDL | 8 | 8 | 8 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 5 | Day of the week: |
| | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 yards) |
| | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk F/B, straight leg skip, overhead lunge walk, |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Hurdle Hop w/ stability 5x5 |
| | |
| Partner/Group: | Speed/Agility: |
| | Ball Drops 3x ea. |
| | Sled 4x 1/2 field (120 yards) |
| | Conditioning: |
| | Long Shuttle (50 yard) 7x150 :30/1:30 |
| | |

Abdominals:

| |
|------------------------------------|
| 4 pt. Stability w/ movement 8x ea. |
| Hip Roll 2x10 |
| 1 Leg Sit +Twist 2x10 ea. |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|---------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | DB Snatch | 5 | 5 | 5 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 80-87% | Front Box Squat | 5 | 5 | 5 | | | | |
| 80-87% | Chin Ups | 5 | 5 | 5 | | | | |
| 75-80% | 1 Leg Bench Squat | 8 | 8 | 8 | | | | |
| | Ring Inverted Row | 8-20 | 8-20 | 8-20 | | | | |
| | Off Bench Oblique | 8-20 | 8-20 | 8-20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 5 | Day of the week: |
| | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (Ladder) 15 yds. high knees F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3 - 1F, Snake F - Spiderman, Lat. Squat, Lunge to Hamstring |
| Start /Finish | Bands (purple above knees) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Hurdle or Cone Hop with Stability 5x5 ea. |
| Partner/Group: | Speed/Agility: 1-2 cut 3x ea. (4 hoops) Lateral Hoop Run (5 hoops) 3x ea. |
| | Conditioning: Slide Board 6x :30/1:30 Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10) |

Abdominals: (MEDBALL)

| |
|---|
| Overhead w/ staggered stance 3x10 |
| Alternating Front Hip Toss 4x10 ND 3x10 D |
| Standing Chest Pass 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | Hang Clean | 5 | 5 | 5 | | | | |
| | Slant Board Rev Sit | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 80-87% | Bench Press | 5 | 5 | 5 | | | | |
| | 4-6 in.Hip Lift | 10 | 10 | 10 | | | | |
| 75-80% | KB Alt. Shoulder Press | 8 | 8 | 8 | | | | |
| 75-80% | DB SLDL | 8 | 8 | 8 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 5 | Day of the week: |
| | 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 w/SLDL, backward lunge walk, straight leg crossover, SLDL F/B, backward inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | single leg hurdle hop w/stability 5x5 ea. |
| Partner/Group: | Speed/Agility: |
| | single leg ball drops 3x3 ea. Resisted Band Run 4x20 yds. |
| | Conditioning: |
| | Short Shuttle (25 yard) 7x150 :30/1:30 |

Abdominals:
over under crunch x10, toe touches x10, bicycle x10ea., jackknife x10, side crunch x10, hip roll x10, superman 10x

Strength Training

| % | Exercise | 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 Leg L-Sit | 20-60sec | 20-60sec | 20-60sec | | | | |
| 80-87% | Hex DL + Shrug | 5 | 5 | 5 | | | | |
| 80-87% | Pull Up | 5 | 5 | 5 | | | | |
| 75-80% | One Leg Bench Squat | 8 | 8 | 8 | | | | |
| | Inverted Row | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | Off Bench Oblique | 8-20 | 8-20 | 8-20 | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|---------------------|------------------|
| Date | Week # 5 Day # 4 | Day of the week: |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (Ladder) 15 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk |
| Start /Finish | Bands (Purple above knees) F/B/L/R |
| Coach(s): | Plyometrics: heidens with stability 5x5 ea. |
| Partner/Group: | Speed/Agility: 1-2 cut 3x ea. (4 hoops) lateral hoop run 3x ea. (5 hoops) |
| | Conditioning: slide board 10x :30/1:30 Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10) |

Abdominals: (Medicine Ball)

| |
|----------------------------------|
| overhead w/staggered stance 3x10 |
| alternating twist 3x10ND +2x10D |
| standing chest pass 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65-70,75 | Clean | 5 | 5 | 5 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 80-87% | Incline Bench or DB Be | 5 | 5 | 5 | | | | |
| | 4-6 in hip lift | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 75-80% | DB Hammer Curl + Pres | 8 | 8 | 8 | | | | |
| 75-80% | 1 Leg KB SLDL | 8 | 8 | 8 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 6 | Day of the week: |
| | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 Yards) |
| | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk Forward/Backward, straight leg skip, overhead lunge walk, heel walks, inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: hurdle hop w/stability 5x5 |
| Partner/Group: | Speed/Agility: ball drops 3x ea. Sled 5x 1/2 field (150 yards) |
| | Conditioning: 1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40 |

Abdominals:

| |
|-------------------------------|
| 2 Pt. Stability 2x:20-60 sec. |
| Hip Rolls 3x10 |
| Jackknife 3x10-20 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|---------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | DB Snatch | 5 | 5 | 5 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 80-87% | Front Box Squat | 5 | 5 | 5 | | | | |
| 80-87% | Chin Up | 5 | 5 | 5 | | | | |
| 75-80% | 1 Leg Bench Squat | 8 | 8 | 8 | | | | |
| | Ring Inverted Row | 8-20 | 8-20 | 8-20 | | | | |
| | Off Bench Oblique | 8-20 | 8-20 | 8-20 | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 6 | Day of the week: |
| | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (Ladder) 20 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3-1 F, Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk |
| Start /Finish | Bands (purple above knees) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Hurdle or Cone Hop with Stability 5x5 |
| | |
| Partner/Group: | Speed/Agility: 1-2 cut 3x ea. ((4 hoops) lateral hoop run 3x ea. (5 hoops) |
| | Conditioning: slide board 6x :30/1:00 Airdyne 8x :30/1:30 (M-Lv 12, F-Lv 10) |
| | |

Abdominals: (Medicine Ball)

| |
|----------------------------------|
| overhead w/staggered stance 3x10 |
| alternating twist 3x10ND + 2x10D |
| standing chest pass 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | Clean | 5 | 5 | 5 | | | | |
| | Slant Board Rev Sit U | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 80-87% | Bench Press | 5 | 5 | 5 | | | | |
| | 4-6 in hip lift | 8-20 | 8-20 | 8-20 | | | | |
| 75-80% | KB Alt. Shoulder Press | 8 | 8 | 8 | | | | |
| 75-80% | IDB SLDL | 8 | 8 | 8 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 6 | Day of the week: |
| | 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 SLDL, backward lunge walk, straight leg crossover, SLDL F/B. backward inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | single leg hurdle hop w/stability 5x5 ea. |
| 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:

| |
|------------------------------------|
| 2 Point Stability 2x:20-60 seconds |
| Hip Roll 3x10 |
| Jackknife 3x10-20 |

Strength Training

| % | Exercise | 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 | | | | |
| | Straight Leg L-Sit | 20-60sec | 20-60sec | 20-60sec | | | | |
| 80-87% | Hex DL + Shrug | 5 | 5 | 5 | | | | |
| 80-87% | Pull Up | 5 | 5 | 5 | | | | |
| 75-80% | Step Up | 8 | 8 | 8 | | | | |
| | Inverted Row | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | Off Bench Oblique | 8-20 | 8-20 | 8-20 | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 6 | Day of the week: |
| | Day # 4 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (Ladder) 20 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk |
| Start /Finish | Bands (purple above knees) F/B/L/R |
| Coach(s): | Plyometrics: heidens w/ stability 3x5 ea. |
| Partner/Group: | Speed/Agility: 1-2 cut 3x ea. (4 hoops) lateral hoop run with return 3x ea. |
| | Conditioning: Slide Board 6x :30/1:00 Airdyne 8x :30/1:30 (M-Lv 12, F-Lv 10) |

Abdominals:

| |
|-----------------------------------|
| Overhead w/ Staggered Stance 3x10 |
| Alternating Twist 3x10ND + 2x10D |
| Standing Chest Pass 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|---------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | Hang Clean | 5 | 5 | 5 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 80-87% | Incline Bench | 5 | 5 | 5 | | | | |
| | 4-6 in hip lift | 8-20 | 8-20 | 8-20 | | | | |
| 75-80% | DB Hammer Curl + P | 8 | 8 | 8 | | | | |
| | Hip Lift on Medball | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 7 | Day of the week: |
| | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 yards) |
| | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Continuous Hurdle Hop 5x5 |
| Partner/Group: | Speed/Agility: |
| | Chase Sprint 3x each |
| | Sled 3x 1/2 field, 1x full field (150 yards) |
| | Conditioning: |
| | 1x300 (25 yard) 1:00/2:00 |
| | 6x100 (25 yard) :20/:40 |

Abdominals:

| |
|---|
| Knee Fall Outs 3x20 |
| Alternating March on Medicine Ball 2x12 |
| Quad-Arm-Glute Raise 2x12 |
| One Leg Sit and Twist 3x10 each |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,67.5,70 | DB Snatch | 3 | 3 | 3 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 80,70,55% | Front Box Squat | 6 | 12 | 24 | | | | |
| 80-87% | Pull Up | 5 | 5 | 5 | | | | |
| 80-85% | KB Tactical Lunge | 5 | 5 | 5 | | | | |
| | Inverted Row | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | Reverse Hyperextension | 8 to 20 | 8 to 20 | 8 to 20 | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 7 | Day of the week: |
| | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (Ladder) 10 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3-1 F, Makovsky Shuffle F |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Total Body Band - Purple) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Hurdle or Cone Hop 5x5 each |
| Partner/Group: | Speed/Agility: Assisted 1-2 cut 3x each Lateral hoop run w/ return 3x each (2 hoops) |
| | Conditioning: Slide Board 8x :30/1:00 Airdyne 10x :30/1:30 (M-Lv 12, F-Lv 10) |

Abdominals:

| |
|--|
| Medicine Balls- Overhead w/ step 2x10 each |
| side twist 3x10 ND & 2x10 D |
| one arm chest pass 3x10 ND & 2x10 D |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|--------------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,67.5,70 | Hang Clean | 3 | 3 | 3 | | | | |
| | Slant Board Rev. Situp | 10-20 | 10-20 | 10-20 | | | | |
| 85,90,95,100 | Bench Press | 4 | 3 | 2 | 1 | | | |
| | Foam Roller Hip Lift | 8-20 | 8-20 | 8-20 | | | | |
| 75-80% | Dips + Scapula | 5+10 | 5+10 | 5+10 | | | | |
| | Glute Ham Raise | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 7 | Day of the week: |
| | Day # 3 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 yards) |
| | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Single Leg Continuous Hurdle Hop 5x5 ea. |
| Partner/Group: | Speed/Agility: |
| | Single Leg Chase Sprint 3x each Resisted Band Towing 3x 25 yds. |
| | Conditioning: |
| | 1x300 (25 yard) 1:00/2:00 6x100 (25 yard) :20/:40 |

| | |
|-------------|---|
| Abdominals: | 2 point stability 2x:20-60 seconds Hip Rolls 3x10 Jackknife 3x10-20 |
|-------------|---|

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,67.5,70 | Push Press | 3 | 3 | 3 | | | | |
| | Stall Bar Bicycle | 20-60sec | 20-60sec | 20-60sec | | | | |
| 80,70,55 | Hex DL + Shrug | 6 | 12 | 24 | | | | |
| 80-87% | Pull Up | 5 | 5 | 5 | | | | |
| | Single Leg Squat | 5 ea | 5 ea | 5 ea | | | | |
| | Inverted Row | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | Reverse Hyperextension | 8 to 20 | 8 to 20 | 8 to 20 | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 7 | Day of the week: |
| | Day # 4 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| Time of Day: | Warm Up: (Ladder) 10 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant slalom F, 2 forward 1 back |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (total body band - purple) F/B/L/R |
| Coach(s): | Plyometrics: |
| | Heidens 5x5 |
| Partner/Group: | Speed/Agility: |
| | Assisted 1-2 cut 3x ea. |
| | Lateral hoop run w/ return 3x each (2 hoops) |
| | Conditioning: |
| | Slide Board 8x :30/1:00 |
| | Airdyne 10x :30/1:30 (M-Lv 12, F-Lv 10) |

Abdominals:

| |
|-------------------------------------|
| Overhead w/ Step 2x10 |
| Side twist 3x10 ND & 2x10 D |
| One Arm chest pass 3x10 Nd & 2x10 D |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,67.5,70 | Snatch | 3 | 3 | 3 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 80,70,55% | DB Incline | 6 | 12 | 24 | | | | |
| | Foam Roller Hip Lift | 8-20 | 8-20 | 8-20 | | | | |
| 75-80% | Dips + Scapula | 5+10 | 5+10 | 5+10 | | | | |
| | 1 Leg Back Ext. | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 8 | Day of the week: |
| | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 yards) |
| | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Continuous Hurdle Hop 5x5 |
| Partner/Group: | Speed/Agility: |
| | Chase Sprint 3x each Sled 4x 1/2 field, 1x full field (180 yards) |
| | Conditioning: |
| | 1x300 (25 yard) 1:00/2:00 7x100 (25 yard) :20/:40 |

Abdominals:

| |
|------------------------------------|
| 2 point stability 2x:20-60 seconds |
| Hip Rolls 3x10 |
| Jackknife 3x10-20 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 82.5,85,90 | DB Snatch | 3 | 3 | 3 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 80,70,55% | Front Box Squat | 6 | 12 | 24 | | | | |
| 80-87% | Chin Up | 5 | 5 | 5 | | | | |
| 80-85% | KB Tactical Lunge | 5ea | 5ea | 5ea | | | | |
| | Inverted Row | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | Reverse Hyperextension | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 8 | Day of the week: |
| | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| 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, 1,2,3-1 F, Makovsky Shuffle F |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Total Body Band - Purple) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Hurdle or Cone Hop 5x5 |
| Partner/Group: | Speed/Agility: Assisted 1-2 cut 3x each Lateral hoop run w/ return 3x each (2 hoops) |
| | Conditioning: 7 Mile Bike Test (group 1) (one group on day #2, one group on day #4) |

Abdominals:

| |
|--|
| Medicine Balls- Overhead w/ step 2x10 each |
| side twist 3x10 ND & 2x10 D |
| one arm chest pass 3x10 ND & 2x10 D |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|--------------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 82.5,85,90 | Hang Clean | 3 | 3 | 3 | | | | |
| | Slant Board Rev Sit U | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 85,90,95,100 | Bench Press | 4 | 3 | 2 | 1 | | | |
| | Foam Roller Hip Lift | 8-20 | 8-20 | 8-20 | | | | |
| 75-80% | Dips + Scapula | 5+10 | 5+10 | 5+10 | | | | |
| | Glute Ham Raise | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 8 | Day of the week: |
| | Day # 3 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 yards) |
| | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Single Leg Hurdle Hop 5x5 ea. |
| | |
| Partner/Group: | Speed/Agility: |
| | Single Leg Chase Sprint 3x each |
| | Resisted Band Towing 4x25 yds. |
| | Conditioning: |
| | 1x300 (25 yard) 1:00/2:00 |
| | 7x100 (25 yard) :20/:40 |

Abdominals:

| |
|------------------------------------|
| 2 point stability 2x:20-60 seconds |
| Hip Rolls 3x10 |
| Jackknife 3x10-20 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 82.5,85,90 | Push Press | 3 | 3 | 3 | | | | |
| | Stall Bar Bicycle | 20-60sec | 20-60sec | 20-60sec | | | | |
| 80,70,55% | Hex DL + Shrug | 6 | 12 | 24 | | | | |
| 80-87% | Pull Up | 5 | 5 | 5 | | | | |
| 80-85% | Single Leg Squat | 5ea | 5ea | 5ea | | | | |
| | Ring Inverted Row | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | Reverse Hyperextension | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 8 | Day of the week: |
| | Day # 4 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| Time of Day: | Warm Up: (Ladder) 15 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant slalom F, 2 forward 1 back |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (total body band - purple) F/B/L/R |
| Coach(s): | Plyometrics: Single Leg Lateral Hurdle or Cone Hop 5x5 ea. |
| Partner/Group: | Speed/Agility: Assisted 1-2 cut 3x ea. Lateral hoop run w/ return 3x each (2 hoops) |
| | Conditioning: 7 Mile Bike Test (group 2) (one group on day #2, one group on day #4) |

Abdominals:

| |
|-------------------------------------|
| Overhead w/ Step 2x10 |
| Side twist 3x10 ND & 2x10 D |
| One Arm chest pass 3x10 Nd & 2x10 D |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 82.5,85,90 | Snatch | 3 | 3 | 3 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 80,70,55% | DB Incline | 6 | 12 | 24 | | | | |
| | Foam Roller Hip Lift | 8-20 | 8-20 | 8-20 | | | | |
| 75-80% | Dips + Scapula | 5+10 | 5+10 | 5+10 | | | | |
| | 1 Leg Back Ext. | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 9 | Day of the week: |
| | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 yards) |
| Start /Finish | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm |
| Coach(s): | Plyometrics: Continuous Hurdle Hop 5x5 |
| Partner/Group: | Speed/Agility: Chase Sprint 3x each Sled 5x 1/2 field, 1x full field (210 yards) |
| | Conditioning: Line Drill 5 15 25 30 :30/1:00 10 minutes |

Abdominals:

| |
|------------------------------------|
| 2 point stability 2x:20-60 seconds |
| Hip Rolls 3x10 |
| Jackknife 3x10-20 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | DB Snatch | 3 | 3 | 3 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 80,70,55% | Front Box Squat | 6 | 12 | 24 | | | | |
| 80-87% | Chin up | 5 | 5 | 5 | | | | |
| 80-85% | Single Leg Squat | 5ea | 5ea | 5ea | | | | |
| | Inverted Row | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | Reverse Hyperextension | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 9 | Day of the week: |
| | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (Ladder) 20 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3-1 F, Makovsky Shuffle F |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Total Body Band - Purple) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Hurdle or Cone Hop 5x5 |
| Partner/Group: | Speed/Agility: Assisted 1-2 cut 3x each Lateral hoop run w/ return 3x each (2 hoops) |
| | Conditioning: Slide Board 12x :30/1:00 Airdyne 6x :45/1:15 (M-Lv 10, F-Lv 8) |

Abdominals:

| |
|--|
| Medicine Balls- Overhead w/ step 2x10 each |
| side twist 3x10 ND & 2x10 D |
| one arm chest pass 3x10 ND & 2x10 D |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|--------------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean | 3 | 3 | 3 | | | | |
| | Slant Board Rev Sit U | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 85,90,95,100 | Bench Press | 4 | 3 | 2 | 1 | | | |
| | Foam Roller Hip Lift | 8-20 | 8-20 | 8-20 | | | | |
| 75-80% | Dips + Scapula | 5+10 | 5+10 | 5+10 | | | | |
| | Glute Ham Raise | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 9 | Day of the week: |
| Date | Day # 3 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| Time of Day: | Warm Up: (10 yards) |
| | 1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Single Leg Hurdle Hop 5x5 |
| Partner/Group: | Speed/Agility: |
| | Single Leg Chase Sprint 3x each |
| | Resisted Band Towing 5x25 yds. |
| | Conditioning: |
| | 1x300(50 yard) 1:00/2:00 |
| | 2x150(50 yard) :30/1:30 |
| | 3x100(50 yard) :20/:40 |

Abdominals:

| |
|------------------------------------|
| 2 point stability 2x:20-60 seconds |
| Hip Rolls 3x10 |
| Jackknife 3x10-20 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Push Press | 3 | 3 | 3 | | | | |
| | Stall Bar Bicycle | 20-60sec | 20-60sec | 20-60sec | | | | |
| 80,70,55% | Hex DL + Shrug | 6 | 12 | 24 | | | | |
| 80-87% | Pull Up | 5 | 5 | 5 | | | | |
| 80-85% | Single Leg Squat | 5ea | 5ea | 5ea | | | | |
| | Reverse Grip Inv Row | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | Reverse Hyperextension | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 9 | Day of the week: |
| | Day # 4 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| Time of Day: | Warm Up: (Ladder) 20 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant slalom F, 2 forward 1 back |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (total body band - purple) F/B/L/R |
| Coach(s): | Plyometrics: Single Leg Lateral Hurdle or Cone Hop 5x5 |
| Partner/Group: | Speed/Agility: Assisted 1-2 cut 3x ea. Lateral hoop run w/ return 3x each (2 hoops) |
| | Conditioning: Slide Board 12x :30/1:00 Airdyne 6x :45/1:15 (M-Lv 10, F-Lv 8) |

Abdominals:

| |
|-------------------------------------|
| Overhead w/ Step 2x10 |
| Side twist 3x10 ND & 2x10 D |
| One Arm chest pass 3x10 Nd & 2x10 D |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Snatch | 3 | 3 | 3 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 80,70,55% | DB Incline or DB Bench | 6 | 12 | 24 | | | | |
| | Foam Roller Hip Lift | 8-20 | 8-20 | 8-20 | | | | |
| 75-80% | Dips + Scapula | 5+10 | 5+10 | 5+10 | | | | |
| | 1 Leg Back Ext. | 8 to 20 | 8 to 20 | 8 to 20 | | | | |
| 75-80% | Cable Lift | 8 | 8 | 8 | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 10 | Day of the week: |
| | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 yards) |
| Start /Finish | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm |
| Coach(s): | Plyometrics: Hurdle Hop with Sprint 5x5 |
| Partner/Group: | Speed/Agility: Ground Chase Sprint 3x each Sled 2x 1/2 field, 2x full field (180 yards) |
| | Conditioning: Line Drill 5 15 25 30 :30/1:00 12 minutes |

Abdominals:

| |
|--|
| Stability Ball Alphabet 2x |
| 1 Leg Hip Lift on Medicine Ball 2x8-12 |
| Russian Twist 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|---|----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| | Bar Complex | | | | | | | |
| | High clean | 5 | 5 | 5 | | | | |
| | Row | 10 | 10 | 10 | | | | |
| | SLDL | 10 | 10 | 10 | | | | |
| | Push Press | 10 | 10 | 10 | | | | |
| | High pull | 10 | 10 | 10 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| | Hammer Curl + Press | 8+8 | 8+8 | | | | | |
| | Diagonal Plate Raise | 8 to 20 | 8 to 20 | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 10 | Day of the week: |
| | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (Ladder) 10 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 |
| 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) |

Abdominals:

| |
|---|
| Medicine Balls- single leg overhead 2x10 each |
| single leg twist 3x10 ND & 2x10 D |
| Alternating Chest Pass 3x10 ND & 2x10 D |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|-------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | Snatch | 5 | 4 | 3 | | | | |
| | Slant Board Rev Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 60% | 50's Bench | 3x | | | | | | |
| | Leg Circuit | | | | | | | |
| | jump squat | 20 | 20 | 20 | | | | |
| | body weight squats | 20 | 20 | 20 | | | | |
| | alternating lunge | 20 | 20 | 20 | | | | |
| | lateral squat | 20 | 20 | 20 | | | | |
| | pull up | Max | Max-2 | | | | | |
| | Metronome Push Up | Max | Max-10 | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 10 | Day of the week: |
| | Day # 3 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (10 yards) |
| Start /Finish | 1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward |
| Coach(s): | Plyometrics: Single Leg Hurdle Hop with Sprint 5x5 |
| Partner/Group: | Speed/Agility: Back ground sprint 3x each Resisted Band Running 6x 25 yds. |
| | Conditioning: 1x300(50 yard) 1:00/2:00 2x150(50 yard) :30/1:30 5x100(50 yard) :20/:40 |

Abdominals:

| |
|--|
| Stability Ball Alphabet 2x |
| 1 Leg Hip Lift on Medicine Ball 2x8-12 |
| Russian Twist 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|---|--------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| | DB Complex | | | | | | | |
| | Snatch | 5 | 5 | 5 | | | | |
| | Row | 10 | 10 | 10 | | | | |
| | SLDL | 10 | 10 | 10 | | | | |
| | lcurl + push press | 10 | 10 | 10 | | | | |
| | push up + scapula | 10+10 | 10+10 | 10+10 | | | | |
| | Hanging Leg Raise | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 10 | Day of the week: |
| | Day # 4 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (Ladder) 10 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, Giant , Brake Run F |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (band above knees - green) F/B/L/R |
| Coach(s): | Plyometrics: Single Leg Hurdle or Cone Hop with Jump and Reach 5x5 |
| Partner/Group: | Speed/Agility: 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) |

Abdominals:

| |
|---|
| Medicine Ball Abs |
| single leg overhead 2 x 10 each |
| single leg twist 3x10 ND & 2x10 D |
| Alternating chest pass 3x10 ND & 2x10 D |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|-------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | Push Press | 5 | 4 | 3 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| | Mini Leg Circuit | | | | | | | |
| | squat jump | 10 | | | | | | |
| | body weight squat | 10 | | | | | | |
| | alternating lunge | 10 | | | | | | |
| | tuck jump | 10 | | | | | | |
| | Chin ups | max | max-2 | | | | | |
| | Inverted Row | 8 to 20 | 8 to 20 | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 11 | Day of the week: |
| Date | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 yards) |
| | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Hurdle Hop with Sprint 5x5 |
| Partner/Group: | Speed/Agility: |
| | Ground Chase Sprint 3x each Sled 3x 1/2 field, 2x full field (210 yards) |
| | Conditioning: |
| | Line Drill 5 15 25 30 :30/1:00 14 minutes |
| | |

Abdominals:

| |
|--|
| Stability Ball Alphabet 2x |
| 1 Leg Hip Lift on Medicine Ball 2x8-12 |
| Russian Twist 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|---|----------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| | Bar Complex | | | | | | | |
| | High clean | 5 | 5 | 5 | | | | |
| | Row | 10 | 10 | 10 | | | | |
| | SLDL | 10 | 10 | 10 | | | | |
| | Push Press | 10 | 10 | 10 | | | | |
| | High pull | 10 | 10 | 10 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| | Hammer Curl + Press | 8+8 | 8+8 | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 11 | Day of the week: |
| | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| 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, Makovsky Shuffle F |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 |
| 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 |
| Alternating chest pass 3x10 ND & 2x10 D |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 75,80 85 | Snatch | 5 | 4 | 3 | | | | |
| | Slant Board Rev Sit U | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 60% | 50's Bench | 3x | | | | | | |
| | Leg Circuit | | | | | | | |
| | jump squat | 20 | 20 | 20 | | | | |
| | body weight squats | 20 | 20 | 20 | | | | |
| | alternating lunge | 20 | 20 | 20 | | | | |
| | lateral squat | 20 | 20 | 20 | | | | |
| | pull up | Max | Max-2 | | | | | |
| | Metronome Push Up | Max | Max-10 | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 11 | Day of the week: |
| | Day # 3 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (10 yards) |
| Start /Finish | 1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward |
| Coach(s): | Plyometrics: Single Leg Hurdle Hop with Sprint 5x5 ea. |
| Partner/Group: | Speed/Agility: Back ground sprint 3x each Resisted Band Running 6x 25 yds. |
| | Conditioning: 1x300(50 yard) 1:00/2:00 3x150(50 yard) :30/1:30 5x100(50 yard) :20/:40 |

Abdominals:

| |
|--|
| Stability Ball Alphabet 2x |
| 1 Leg Hip Lift on Medicine Ball 2x8-12 |
| Russian Twist 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|---|-------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| | DB Complex | | | | | | | |
| | Snatch | 5 | 5 | 5 | | | | |
| | Row | 10 | 10 | 10 | | | | |
| | SLDL | 10 | 10 | 10 | | | | |
| | curl + push press | 10 | 10 | 10 | | | | |
| | push up + scapula | 10+10 | 10+10 | 10+10 | | | | |
| | Hanging Leg Raise | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 11 | Day of the week: |
| | Day # 4 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (Ladder) 15 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, Giant , Brake Run F |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (band above knees - green) F/B/L/R |
| Coach(s): | Plyometrics: Single Leg Lateral Hurdle Hop with Jump and Reach 5x5 ea. |
| Partner/Group: | Speed/Agility: backward 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) |
| | Conditioning: Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8) |

Abdominals:

| | |
|---|--|
| Medicine Ball Abs | |
| single leg overhead 2 x 10 each | |
| single leg twist 3x10 ND & 2x10 D | |
| Alternating chest pass 3x10 ND & 2x10 D | |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|-------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 75.80,85 | Push Press | 5 | 4 | 3 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| | Mini Leg Circuit | | | | | | | |
| | squat jump | 10 | | | | | | |
| | body weight squat | 10 | | | | | | |
| | alternating lunge | 10 | | | | | | |
| | tuck jump | 10 | | | | | | |
| | Chin Up | Max | Max-2 | | | | | |
| | inverted row | 8 to 20 | 8 to 20 | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 12 | Day of the week: |
| | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (20 yards) |
| | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead 11. heel walks 12. inchworm |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Hurdle Hop with Sprint 5x5 |
| Partner/Group: | Speed/Agility: |
| | Ground Chase Sprint 3x each |
| | Sled 1x perimeter |
| | Conditioning: |
| | Line Drill 5 15 25 30 :30/1:00 16 minutes |

Abdominals:

| |
|--|
| Stability Ball Alphabet 2x |
| 1 Leg Hip Lift on Medicine Ball 2x8-12 |
| Russian Twist 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|---|---------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| | Bar Complex | | | | | | | |
| | High clean | 5 | 5 | 5 | | | | |
| | Row | 10 | 10 | 10 | | | | |
| | SLDL | 10 | 10 | 10 | | | | |
| | Push Press | 10 | 10 | 10 | | | | |
| | High pull | 10 | 10 | 10 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| | Hammer Curl + Press | 8+8 | 8+8 | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|-------------|-------------------|-------------------------|
| | Week # 12 | Day of the week: |
| Date | Day # 2 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|-----------------------|---|
| Time of Day: | Warm Up: (Ladder) 20 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 |
| Partner/Group: | Speed/Agility: Lateral 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) |

Abdominals:

| |
|---|
| Medicine Balls- single leg overhead 2x10 each |
| single leg twist 3x10 ND & 2x10 D |
| Alternating chest pass 3x10 ND & 2x10 D |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | Snatch | 5 | 4 | 3 | | | | |
| | Slant Board Rev Sit U | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 60% | 50's Bench | 3x | | | | | | |
| | Leg Circuit | | | | | | | |
| | jump squat | 20 | 20 | 20 | | | | |
| | body weight squats | 20 | 20 | 20 | | | | |
| | alternating lunge | 20 | 20 | 20 | | | | |
| | lateral squat | 20 | 20 | 20 | | | | |
| | pull up | Max | Max-2 | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 12 | Day of the week: |
| Date | Day # 3 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| Time of Day: | Warm Up: (10 yards) |
| | 1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward |
| Start /Finish | |
| Coach(s): | Plyometrics: |
| | Single Leg Hurdle Hop with Sprint 5x5 |
| Partner/Group: | Speed/Agility: |
| | Back ground sprint 3x each |
| | Resisted Band Tows 1x Full Field |
| | Conditioning: |
| | 1x300(50 yard) 1:00/2:00 |
| | 3x150(50 yard) :30/1:30 |
| | 7x100(50 yard) :20/:40 |

Abdominals:

| |
|--|
| Stability Ball Alphabet 2x |
| 1 Leg Hip Lift on Medicine Ball 2x8-12 |
| Russian Twist 3x10 |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|---|---------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| | DB Complex | | | | | | | |
| | Snatch | 5 | 5 | 5 | | | | |
| | Row | 10 | 10 | 10 | | | | |
| | SLDL | 10 | 10 | 10 | | | | |
| | curl + push press | 10 | 10 | 10 | | | | |
| | push up + scapula | 10+10 | 10+10 | 10+10 | | | | |
| | Straight Leg Raise | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 12 | Day of the week: |
| | Day # 4 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|--|
| Time of Day: | Warm Up: (Ladder) 20 yds. quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, Giant , Brake Run F |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (band above knees - green) F/B/L/R |
| Coach(s): | Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 ea. |
| Partner/Group: | Speed/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) |

Abdominals:

| | |
|---|--|
| Medicine Ball Abs | |
| single leg overhead 2 x 10 each | |
| single leg twist 3x10 ND & 2x10 D | |
| Alternating chest pass 3x10 ND & 2x10 D | |

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|----------|-------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | Push Press | 5 | 4 | 3 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| | Mini Leg Circuit | | | | | | | |
| | squat jump | 10 | | | | | | |
| | body weight squat | 10 | | | | | | |
| | alternating lunge | 10 | | | | | | |
| | tuck jump | 10 | | | | | | |
| | Chin Up | Max | Max-2 | | | | | |
| | inverted row | 8 to 20 | 8 to 20 | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 13 | Day of the week: |
| Date | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| Time of Day: | Warm Up: 5 Min. Jog + Dynamic Warm Up |
| Start /Finish | |
| Coach(s): | Plyometrics: Sport Specific Multiple Box to Box Squat Jump 5x5 (25 contacts) |
| Partner/Group: | Speed/Agility: Sport Specific |
| | Conditioning: Line Drill 5 15 25 30 :30/1:00 18 minutes |

Abdominals:

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|--------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | DB Snatch | 5 | 4 | 3 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 90-97% | Front Box Squat | 3 | 3 | 3 | 3 | | | |
| 90-97% | Alternating Grip Chin Up | 3 | 3 | 3 | 3 | | | |
| 70-75% | Lunge | 12 | 12 | 12 | | | | |
| 70-75% | Cable 1 Arm 1 Leg Row | 12 | 12 | 12 | | | | |
| | Reverse Hyperextension | 8-20 | 8-20 | 8-20 | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 13 | Day of the week: |
| | Day # 2 | |
| | 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) |
| Partner/Group: | Speed/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 (M-Lv 10, F-Lv 8) |

Abdominals: (MEDBALL)

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|-------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean | 5 | 4 | 3 | | | | |
| | Slant Board Rev Sit U | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 90-97% | Bench Press | 3 | 3 | 3 | 3 | | | |
| | Stability Ball Leg Curl | 8-20 | 8-20 | 8-20 | | | | |
| | Metronome Push Up | Max | Max - 10 | Max -10 | | | | |
| | Single Leg Leg Curl | 8-20 | 8-20 | 8-20 | | | | |
| 70-75% | Cable Rotational Chop | 12 | 12 | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 13 | Day of the week: |
| Date | Day # 3 | |
| | 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 Multiple Box to Box Squat Jump 5x5 (25 contacts) |
| Partner/Group: | Speed/Agility: Sport Specific |
| | |
| | Conditioning: Tempo Run 20 |
| | |

Abdominals:

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|--------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | DB Snatch | 5 | 4 | 3 | | | | |
| | Straight Leg Raise | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 90-97% | Front Box Squat | 3 | 3 | 3 | 3 | | | |
| 90-97% | Alternating Grip Chin Up | 3 | 3 | 3 | 3 | | | |
| 70-75% | Lunge | 12 | 12 | 12 | | | | |
| 70-75% | Cable 1 Arm 1 Leg Row | 12 | 12 | 12 | | | | |
| | Reverse Hyperextension | 8-20 | 8-20 | 8-20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 13 | Day of the week: |
| Date | Day # 4 | |
| | 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) |
| Partner/Group: | Speed/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 (M-Lv 10, F-Lv 8) |

Abdominals: (MEDBALL)

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean | 5 | 4 | 3 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 90-97% | Incline Bench | 3 | 3 | 3 | 3 | | | |
| | Hip Lift on Med Ball | 8-20 | 8-20 | 8-20 | | | | |
| | Metronome Push Up | Max | Max - 10 | Max -10 | | | | |
| | Single Leg Leg Curl | 8-20 | 8-20 | 8-20 | | | | |
| 70-75% | Cable Rotational Chop | 12 | 12 | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 14 | Day of the week: |
| Date | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| Time of Day: | Warm Up: 5 Min. Jog + Dynamic Warm Up |
| Start /Finish | |
| Coach(s): | Plyometrics: Sport Specific Multiple Box to Box Squat Jump 5x5 (25 contacts) |
| Partner/Group: | Speed/Agility: Sport Specific |
| | Conditioning: Line Drill 5 15 25 30 :30/1:00 20 minutes |

Abdominals:

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|--------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | DB Snatch | 5 | 4 | 3 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 90-97% | Front Box Squat | 3 | 3 | 3 | 3 | | | |
| 90-97% | Alternating Grip Chin Up | 3 | 3 | 3 | 3 | | | |
| 70-75% | Lunge | 12 | 12 | 12 | | | | |
| 70-75% | Cable 1 Arm 1 Leg Row | 12 | 12 | 12 | | | | |
| | Reverse Hyperextension | 8-20 | 8-20 | 8-20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 14 | Day of the week: |
| Date | Day # 2 | |
| | 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) |
| Partner/Group: | Speed/Agility: Sport Specific Conditioning: Airdyne- 2x :45/1:15 4x :30/1:130 6x :15/45 |

Abdominals: (MEDBALL)

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|-------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean | 5 | 4 | 3 | | | | |
| | Slant Board Rev Sit U | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 90-97% | Bench Press | 3 | 3 | 3 | 3 | | | |
| | Stability Ball Leg Curl | 8-20 | 8-20 | 8-20 | | | | |
| | Metronome Push Up | Max | Max - 10 | Max -10 | | | | |
| | Single Leg Leg Curl | 8-20 | 8-20 | 8-20 | | | | |
| 70-75% | Cable Rotational Chop | 12 | 12 | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 14 | Day of the week: |
| | Day # 3 | |
| | 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 Multiple Box to Box Squat Jump 5x5 (25 contacts) |
| Partner/Group: | Speed/Agility: Sport Specific |
| | |
| | Conditioning: Tempo Run 20 |
| | |

Abdominals:

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|--------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | DB Snatch | 5 | 4 | 3 | | | | |
| | Straight Leg Raise | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 90-97% | Front Box Squat | 3 | 3 | 3 | 3 | | | |
| 90-97% | Alternating Grip Chin Up | 3 | 3 | 3 | 3 | | | |
| 70-75% | Lunge | 12 | 12 | 12 | | | | |
| 70-75% | Cable 1 Arm 1 Leg Row | 12 | 12 | 12 | | | | |
| | Reverse Hyperextension | 8-20 | 8-20 | 8-20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 14 | Day of the week: |
| | Day # 4 | |
| | 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) |
| Partner/Group: | Speed/Agility: Sport Specific |
| | |
| | Conditioning: |
| | Airdyne- 2x :45/1:15 |
| | 4x :30/1:130 |
| | 6x :15/45 |

Abdominals: (MEDBALL)

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean | 5 | 4 | 3 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 90-97% | Incline Bench | 3 | 3 | 3 | 3 | | | |
| | Hip Lift on Med Ball | 8-20 | 8-20 | 8-20 | | | | |
| | Metronome Push Up | Max | Max - 10 | Max -10 | | | | |
| | Single Leg Leg Curl | 8-20 | 8-20 | 8-20 | | | | |
| 70-75% | Cable Rotational Chop | 12 | 12 | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 15 | Day of the week: |
| Date | Day # 1 | |
| | Bodyweight | |

CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning

| | |
|----------------|---|
| Time of Day: | Warm Up: 5 Min. Jog + Dynamic Warm Up |
| Start /Finish | |
| Coach(s): | Plyometrics: Sport Specific Multiple Box to Box Squat Jump 5x5 (25 contacts) |
| Partner/Group: | Speed/Agility: Sport Specific |
| | Conditioning: Line Drill 5 15 25 30 :30/1:00 20 minutes |

Abdominals:

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|--------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | DB Snatch | 5 | 4 | 3 | | | | |
| | Slant Board Sit Ups | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 90-97% | Front Box Squat | 3 | 3 | 3 | 3 | | | |
| 90-97% | Alternating Grip Chin Up | 3 | 3 | 3 | 3 | | | |
| 70-75% | Lunge | 12 | 12 | 12 | | | | |
| 70-75% | Cable 1 Arm 1 Leg Row | 12 | 12 | 12 | | | | |
| | Reverse Hyperextension | 8-20 | 8-20 | 8-20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 15 | Day of the week: |
| | Day # 2 | |
| | 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) |
| Partner/Group: | Speed/Agility: Sport Specific Conditioning: Airdyne: 1/2 mile sprints 3x3:00 (M 10 - F 8) |

Abdominals: (MEDBALL)

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|-------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean | 5 | 4 | 3 | | | | |
| | Slant Board Rev Sit U | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 90-97% | Bench Press | 3 | 3 | 3 | 3 | | | |
| | Stability Ball Leg Curl | 8-20 | 8-20 | 8-20 | | | | |
| | Metronome Push Up | Max | Max - 10 | Max -10 | | | | |
| | Single Leg Leg Curl | 8-20 | 8-20 | 8-20 | | | | |
| 70-75% | Cable Rotational Chop | 12 | 12 | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| Date | Week # 15 | Day of the week: |
| | Day # 3 | |
| | 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 Multiple Box to Box Squat Jump 5x5 (25 contacts) |
| Partner/Group: | Speed/Agility: Sport Specific |
| | |
| | Conditioning: Tempo Run 20 |
| | |
| | |

Abdominals:

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|--------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | DB Snatch | 5 | 4 | 3 | | | | |
| | Straight Leg Raise | 10 to 20 | 10 to 20 | 10 to 20 | | | | |
| 90-97% | Front Box Squat | 3 | 3 | 3 | 3 | | | |
| 90-97% | Alternating Grip Chin Up | 3 | 3 | 3 | 3 | | | |
| 70-75% | Lunge | 12 | 12 | 12 | | | | |
| 70-75% | Cable 1 Arm 1 Leg Row | 12 | 12 | 12 | | | | |
| | Reverse Hyperextension | 8-20 | 8-20 | 8-20 | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Partner Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

| | | |
|------|------------|------------------|
| | Week # 15 | Day of the week: |
| Date | Day # 4 | |
| | 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) |
| Partner/Group: | Speed/Agility: Sport Specific Conditioning: Airdyne: 1/2 mile sprints 3x/3:00 (M 10 - F 8) |

Abdominals: (MEDBALL)

Strength Training

| % | Exercise | Set 1 Reps/ | Set 2 Reps/ | Set 3 Reps/ | Set 4 Reps/ | Set 5 Reps/ | Tempo | Rest |
|------------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean | 5 | 4 | 3 | | | | |
| | SB Sit & Rev SB Sit | 10 to 20 | 10 to 20 | 10 to 20 | 10 to 20 | | | |
| 90-97% | Incline Bench | 3 | 3 | 3 | 3 | | | |
| | Hip Lift on Med Ball | 8-20 | 8-20 | 8-20 | | | | |
| | Metronome Push Up | Max | Max - 10 | Max -10 | | | | |
| | Single Leg Leg Curl | 8-20 | 8-20 | 8-20 | | | | |
| 70-75% | Cable Rotational Chop | 12 | 12 | | | | | |
| | | | | | | | | |
| | | | | | | | | |

Flexibility: Foam Roller Stretch

Additional Comments: (issues or injuries, overall mood, etc.)

Additional Exercises: (Practice, Bike, Run, Swimming)

Additional Exercises: (Practice, Bike, Run, Swimming)

