	Date	Week # 1 Day # 1 Day of the week:											
	Date		Bodyweig	ht									
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:	(10 yards)										
Tillie	or Day.							n, butt kick					
		backw	ard run, ba	ackpedal, S	LDL walk,	straight leg	skip, lung	e walk, inch	nworm				
Start	/Finish												
		Plyometric	cs:		Box Jui	mps 5x5							
Coa	ch(s):												
Partne	r/Group:	Speed/Agi	lity:										
			Lean Fall Run 3x ea.										
		Conditioni	nditioning:										
		Tempo Run 14x											
	- 												
Abdomina	ıls:												
				. 0. 1 111	0.00.00								
				pt. Stability									
				Spinal Circ									
				Strength									
								, ,					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	l Tampa	Boot I				
60,65,70	DB Snatch				5 ea.	Reps/	Reps/	Tempo	Rest				
00,03,70	T		10 to 20		10 to 20	<u> </u>							
	Sialit Boai	u Sit Ops	10 10 20	10 10 20	10 10 20	<u> </u>	<u> </u>						
60-77%	Front Box	Saust	8	8	8	<u> </u>							
	Chin Ups		8	-	8								
JJ-11/0	Jimi ops			!	ľ	<u> </u>							
70-75%	DB Split S	guat	12	12									
	KB Row		12	12		<u>. </u>							
. 3 . 3 / 0	1	Plate Raise		12		<u> </u>		<u> </u>					
	Diagonari	iato italoc	-	! <u>'~</u>		<u> </u>							
	İ			i İ	<u> </u>	<u>. </u>		<u>. </u>					
	<u> </u>			<u> </u>		<u> </u>		i	i				
Flexibility	: Partner St	retch		•									
,													
Additional Comments: (issues or injuries, overall mood, etc.)													
Additiona	I Comment	s: (issues or	r injuries, o	verall mood,	etc.)								
Additiona	I Exercises	: (Practice. I	Bike, Run.	Swimmina)									
		,	,	- ·························)/									

	Week # 1 Day of the week:											
	Date		Day # 2				,					
			Bodyweig	ght								
	CONDI	TIONIN	G-Warm	up- Plyor	metrics- S	peed/Agi	ility- Con	ditioning				
Time	of Day:		(Ladder) 1 s F/L/R, cr		F/B, cross	behind F/E	3. wide shu	ffle F/B.				
					Shuffle + Ca				uat 5x ea.			
Start	/Finish		ankles) L/F			•						
		Plyometric	cs:									
				L	ateral Box .	Jump 3x5 e	ea.					
	Coach(s):											
		D: Speed/Agility:										
Partne	r/Group:	Speed/Ag	eed/Agility: 1-2 stick (4 hoops) 3x ea.									
			Lateral Hoop Run (3 hoops) 3x ea.									
			Later at 1100p Ivan (5 1100ps) 5x ea.									
		Condition	ing:									
					Slide Board							
				Airdyne	10x :15/:4	5 (M-Lv 12,	F-Lv 10)					
Abdomina	als: (MEDB/			! Tl		-1	- 040					
					with band b							
		Front			elow knees st Pass 3x1		ט טואא					
			•	Sealeu Che	SI F455 3X I	U						
				Strength	Trainin	g						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i				
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo j	Rest			
60,65,70	Hang Clea		15	15	15		<u> </u>					
	Slant Boar	rd Rev Sit l	10 to 20	10 to 20	10 to 20		<u> </u>	<u>. </u>	<u> </u>			
	<u> </u>			<u> </u>			<u> </u>	<u> </u>				
60-77%	Bench Pre		8	8	8		<u> </u> 	<u> </u>				
	1 leg Hip L	_ift	8 to 20	8 to 20	8 to 20		<u> </u>		 			
	<u> </u>		10	1.0	<u> </u>		<u> </u>	<u> </u>	<u> </u>			
70-75%	KB Should		12	12								
70-75%	DB SLDL		12	112 1 ₁₂	I .		<u> </u>	! !				
70-75%	Cable Cho	р	12	12	į		<u>.</u>	.				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>		<u> </u>	لـــــا				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>		<u> </u>	<u> </u>				
]]	! !] 							
Flexibility	: Foam Rol	ler Stretch										
Additiona	Additional Comments: (issues or injuries, overall mood, etc.)											
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

	Week # 1 Day of the week:												
	Duit		Bodyweig	ht									
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:		k hool to b	utt, high kn	oo skin hi	ah knoo ru	n hutt kick	ore				
					LDL walk,								
Start	/Finish		, , , ,	, , ,	,		p-,g	,,					
		Plyometric	s:	Sin	gle Leg Bo	x Jump 5x5	i ea.						
Coa	ich(s):												
Partne	r/Group:	Speed/Agi	lity:										
				90 d	egree Lean	Fall Run 3	x ea.						
		Conditioning											
		Conditioning: Tempo Run 16x											
	Tempo Kun Tox												
A la al a sasisa	Abdominals:												
	ais: nder crunch	x10 toe to	uches x10	hicycle x1	0ea iackk	nife v10 si	de crunch	x10 suneri	man x10				
Over u	ider Granon	1 × 10, 100 10	AUTICS X TO	, bioyole x	oca., jaokit	11110 X10, 01	ac oranon	x ro, ouper	ilaii x i o				
			5	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	Tamma	Doot				
60,65,70	Push Pres		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
00,05,70	Bent Leg I			-	20-60sec				i				
	Dent Leg I	3it	20-00300	20-00300	20-00300				 				
60-77%	Hex DL + S	Shrua	8	8	8								
60-77 <i>%</i>		rip Chin Up			8				i i				
	1	.,,, J.,,,, JP		 									
70-75%	Step Up		12	12									
70-75%	T-Grip Rov		12	12					i i				
		Plate Raise	12	12					i				
	i i			1 I	l				<u> </u>				
	İ			į									
	<u> </u>												
Flexibility	r: Partner St	retch											
	Additional Comments: (issues or injuries, overall mood, etc.) Additional Exercises: (Practice, Bike, Run, Swimming)												

	Dete		Week # 1		Day of the week:							
	Date		Day # 4 Bodyweig	tht			-					
	CONDI	TIONIN			netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:		(ladder) 1		:/R hin sw	itch F/R/L, i	n-in-out-ou	t F/R/I /R				
						iderman 5x						
Start	/Finish		kles) F/B/L									
		Plyometri		Single Leg	Box Jump	Medial + La	teral 3x3 e	a.				
Coa	ch(s):											
	r/Group:	Speed/Ag	ility:									
						3x (4 hoops)						
				late	ral hoop r	un 3x (3 ho	ops)					
1		Canditia:	ina									
		Conditioning: Slide Board 5x :30/1:30										
						15 (M-Lv 12,						
Abdominals: (MEDBALL)												
Standing Overhead Throw 3x10												
	Front Hip Toss 4x10 ND 3x10 D											
				Seated Che	st Pass 3x	10						
				Strength								
%	Exe	rcise	Set 1	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	j 	Doot			
60,65,70	Hang Cle		Reps/	5 Keps/	5 Keps/	Reps/	Reps/	Tempo	Rest			
00,03,70		Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		<u>.</u>				
	OB OR WIN	icv ob oil	1.0 1.0 2.0	1	1.0 1.0 2.0	1						
60-77%	Incline Be	nch	8	18	8	İ		i				
	1 Leg Hip	Lift	8 to 20	8 to 20	8 to 20]						
						<u> </u>						
70-75%	DB hammer	curl + press	12	12	<u> </u>	<u> </u>		<u> </u>				
70-75%	KB 1 Leg		12	12	<u> </u>	!		<u> </u>				
70-75%	Cable Cho	р	12	12	<u> </u>	 			 			
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u>i </u>						
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>	1			
	! !		1 1	! !	1 1	1 1						
Flexibility	: Foam Rol	ler Stretch										
Additiona	l Comment	s. (jsslies v	r injuries o	verall mood	etc.)							
Additiona	Comment	3. (133063 0	i injunes, o	verali illood	, 610.)							
A 1 1127		(D ::	D.1 D	0								
Additiona	l Exercises	: (Practice,	Bíke, Run,	Swimming)								

	D-1-	Week # 2 Day # 1 Day # 1											
	Date			.b.t									
			Bodyweig	ınt									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:	(10 yards))	4 1 1 1 1			1 4111					
	•							n, butt kick					
Start	/Finish	Dackw	ara run, b	аскрецаі, з	LDL walk,	straight leg	skip, lung	e walk, inch	iworm				
Otart	/1 IIIIOII	Plyometric	:s:										
		. iyomoti i			Box Ju	mps5x5							
	ch(s):		and/A military										
Partne	r/Group:	Speed/Agi	ed/Agility:										
			Lean Fall Run 3x ea.										
			Lean raii Kun 3x ea.										
		Conditioning:											
	Tempo Run 18x												
	1000pg 1100												
Abdominals:													
Abdomina	113.												
			4	pt. Stability	2x20 - 60 s	sec							
					uit 10/10/10								
			F	lat Foot Sit	Ups 3x10-	20							
			;	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3 Reps/	Set 4	Set 5		D1				
65,70,75	DB Snatch		Reps/ 5 ea.	Reps/ 5 ea.		Reps/ 5 ea.	Reps/	Tempo	Rest				
05,70,75	Slant Boar		10 to 20	10 to 20	10 to 20	IJ ea.							
	Sialit Boai	u Sit Ops	10 10 20	10 10 20	10 10 20	<u> </u>							
60-77%	Front Box	Squat	8	8	8	<u> </u>							
60-77% 60-77%	Chin Ups		8	1 ₈	1 ₈	i			i				
50-11/0	Jimi Ops			!	!	<u> </u>							
70-75%	DB Split S	guat	12	12	!	<u> </u> 							
70-75% 70-75%	KB Row		12	112	i	<u>. </u>							
. 5 . 5 / 0	1	Plate Raise	1	12	•	!							
				l	!	 							
	i			i	<u> </u>	<u>. </u>							
	<u> </u>			į	<u> </u>	<u> </u>			Ī				
Flexibility	: Partner St	retch		•	•								
	Additional Comments: (issues or injuries, overall mood, etc.) Additional Exercises: (Practice, Bike, Run, Swimming)												

L

			Week # 2 Day of the week:										
	Date		Day # 2				,						
			Bodyweig	ght									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:		s F/L/R, cr	oss in front	F/B, cross								
					Shuffle + C	arioca Spi	derman 8x	ea., Lateral	Squat 8x				
Start	/Finish		kles) F/B/I	_/R									
		Plyometric	cs:	L	ateral Box	Jump 3x5 e	a.						
Coa	Coach(s):												
	r/Group:	Speed/Ag	eed/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)												
Alf dyne 12x : 15/:45 (M-LV 12, F-LV 10)													
<u> </u>													
Abdomina	als: (MEDB/	ALL)											
					with band b								
		Front	_		elow knees		3x10 D						
			;	Seated Che	st Pass 3x1	10							
					Trainin								
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		į				
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
05,70,75	Hang Clea	ın rd Rev Sit l		10 to 20	10 to 20	<u>.</u> 							
	Siant Boa	ra Rev Sit (10 10 20	10 to 20	10 to 20	<u> </u>	Ī		——- <u>i</u>				
00 770/	<u> </u>			10									
60-77%	Bench Pre		8	8	8 8 to 20	<u> </u> 	1						
	1 leg Hip l	_IIT	8 to 20	8 to 20	o to 20	-			i				
70.750/	IVD Charl	dan Dr	12	112	<u> </u>	<u> </u>							
70-75%	KB Should		<u> </u> 12 ₁₂	12 1 ₁₂									
70-75%	DB SLDL		112 1 ₁₂	112	<u>.</u>	<u>.</u>			<u>'</u>				
70-75%	Cable Cho	op	12	12									
				<u> </u>		<u></u>							
	<u> </u>		<u> </u>	1					<u> </u>				
E1	<u>.</u>	l 04	-	<u> </u>		- -			<u>_</u>				
Flexibility	: Foam Rol	ler Stretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
A -1-1:41	1 F 1	- /D "	Diller D	Occidence 1 1									
Additiona	I Exercises	: (Practice,	ыке, Run,	Swimming)									

	Date	Week # 2 Day # 3 Day of the week:											
			Bodyweig	ht									
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
Tillie	oi Day.			k, heel to b									
<u> </u>		backw	ard run, ba	ackpedal, S	LDL walk, s	straight leg	skip, lung	e walk, incl	hworm				
Start	/Finish												
		Plyometric	cs:	Sin	gle Leg Bo	x Jump 5x5	ea.						
Coo	ah/a\.												
	ch(s): r/Group:	Spood/Agi	ed/Agility:										
Faitile	i/Group.	Speeu/Agi	eurrymty.										
			90 degree Lean Fall Run 3x ea.										
			oo dog. oo Eodii . dii itan oo da										
	Conditioning:												
		Tempo Run 20x											
∆hdomin	Abdominals: Circuit												
	ider crunch	x10 toe to	uches v10	hicycle x1	0ea iackk	nife x10 si	de crunch	v10 suneri	man x10				
over ar	ider ordinor	1 X 10, 100 10	dones x re	, bioyole X i	ocai, jaokk	ilio XIO, O	ac oranon	x ro, superi	IIIIII XIV				
			5	Strength	Trainin	g							
%	Fye	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	Ī		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
65,70,75	Push Pres		5		5								
	Bent Leg	Sit	20-60sec	20-60sec	20-60sec								
	<u> </u>			<u>i </u>									
60-77%	Hex DL +		8	<u> </u>	8								
60-77%	Parallel G	rip Chin Up	8	8	8								
	<u> </u>		<u> </u>	<u> </u>				 					
70-75%	Step Up		12	12					<u> </u>				
70-75%	T-Grip Ro	W	12	12									
	Diagonal I	Plate Raise	12	12									
				<u>i</u>									
Flexibility	: Partner St	retch											
Additiona	I Comment	s: (issues o	r injuries, ov	verall mood,	etc.)								
			-										
Additiona	I Exercises	: (Practice, I	Bike, Run,	Swimming)		·							

	Doto		Week # 2		Day of the week:						
	Date		Day # 4 Bodyweig	tht			-				
			bouyweig	jiit							
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning			
Time	of Day:		(ladder) 1								
						itch F/R/L, i					
Start	/Finish		turn out F Ikles) F/B/L		irioca + Sp	iderman 8x	ea. & Lat S	oquat 8x ea	•		
Otart	/I IIII3II	Plyometri		-/1\							
		. iyomoun		Single Leg	Box Jump	Medial + La	teral 3x3 e	a.			
	ch(s):										
Partne	r/Group:	Speed/Ag	ility:		4.0 - 1 - 1 - 1) (4 l)					
				late		3x (4 hoops) un 3x (3 ho					
				iate	rai noop i	un 3x (3 no	Jµs)				
		Condition	ing:								
				Airdyne	12x :15/:4	15 (M-Lv 12,	F-Lv 10)				
			-			d 6x :30/1:3					
Abdominals: (MEDBALL)											
Abdominals: (MEDBALL) Standing Overhead Throw 3x10											
Front Hip Toss 4x10 ND 3x10 D											
				Seated Che							
						-					
			,	Strength	Trainir	ng					
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i			
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest		
65,70,75	Hang Cle		10 to 20	10 to 20	10 to 20	10 to 20					
	28 211 & K	Rev SB Sit	10 10 20	10 10 20	10 to 20	10 10 20	Ī		<u> </u>		
60-77%	Incline Be		<u> </u> 8	<u> </u> 8	<u> </u> 8	<u> </u>					
6U-77%	1		8 to 20	-	8 to 20	 					
 	1 Leg Hip	LIII	0 10 20	0 10 20	0 10 20	i		i i			
70-75%	IDB herrore	AURI - 12225	12	12	! 	!		<u> </u>			
70-75% 70-75%	DB hammer		112	112 112	<u>. </u>	 					
70-75% 70-75%	Cable Cho		12	12	i	i		i i			
70-7370	Cable Cit	γþ	1'2	 ''		!					
	<u> </u>		<u> </u>	<u> </u>	<u>. </u>	<u> </u>		<u>. </u>			
	i		i	i	i	i 		i i			
Flexibility	: Foam Rol	ler Stretch				1		· · · · · · · · · · · · · · · · · · ·			
i lexibility	. i oaiii koi	iei otretori									
Additiona	I Comment	s: (issues o	r injuries, o	verall mood.	etc.)						
		,	,,-		,						
											
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)							

	Week # 3 Day of the week:												
			Bodyweig	ht									
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	ility- Cond	ditioning					
Time	of Day:	Warm Up:											
	o. Day.			lk, heel to b									
Start	/Finish	раски	ard run, b	ackpedal, S	LDL walk,	straight leg	skip, lung	e waik, incr	nworm				
Start	/1 1111311	Plyometric											
		i iyomotik	,		Box Jui	mps 5x5							
	ch(s):		ood/A aility:										
Partne	r/Group:	Speed/Agi	lity:										
		Lean Fall Run 3x ea.											
		Lean Fan Kun SX ea.											
	Conditioning:												
	10-10 Test												
Abdomina	als:												
			4	pt. Stability	2x20 - 60 s	sec							
				Spinal Circ									
				lat Foot Sit									
			(Strength		g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i				
55,60,65	DB Snatch		Reps/ 3ea.	Reps/ 3ea.	Reps/ 3ea.	Reps/ 3ea.	Reps/ 3ea.	Tempo	Rest				
33,00,03		rd Sit Ups			10 to 20	Jea.	sea.						
	I	u on ops	10 10 20	1	1	<u> </u>							
60-77%	Front Box	Squat	8	8	8	<u> </u>							
60-77%	Chin Ups		8		8	<u>i</u>							
	I			Ţ	Ī	Ī		Į.					
70-75%	DB Split S	quat	12	12	12	 							
70-75%	KB Row		12	12	12	Ī		i					
	Diagonal F	Plate Raise	12	12	12								
]									
Flexibility	: Partner St	retch											
	Additional Comments: (issues or injuries, overall mood, etc.) Additional Exercises: (Practice, Bike, Run, Swimming)												
Additiona	I Exercises	: (Practice, I	Bike, Run,	Swimming)									

	D-1-		Week # 3		Day of the week:								
	Date		Day # 2	.1.4									
			Bodyweig	ınt									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:	Warm Up:											
Tillie	oi Day.			oss in front									
					Shuffle + C	Carioca Spi	derman 8x	ea., Lateral	Squat 8x				
Start	/Finish	Bands (an		_/R									
		Plyometric	cs:										
			Lateral Box Jump 3x5 ea.										
Coa	ch(s):												
	r/Group:	Spood/Agi	eed/Agility:										
1 ai tile	i/Group.	Speeu/Agi	ed/Agnity: 1-2 stick (4 hoops) 3x ea.										
			Lateral Hoop Run (3 hoops) 3x ea.										
			Lateral Hoop Kuri (3 Hoops) 3x ea.										
		Conditioni	ing:										
						d 7x :30/1:3							
				Airdyne	14x :15/:4	5 (M-Lv 12,	F-Lv 10)						
Abdomina	als: (MEDB/												
				ead Throw									
		Front	_	with band b			3X10 D						
			•	Seated Che	st Pass 3x	10							
				Strength	Trainin	ıa							
	•						I 0 1 5						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		Doot				
55 60 65	Hang Clea		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
33,00,03		rd Rev Sit U		-5	10 to 20	i i	<u> </u>						
	Siant Boa	u Nev Sit t	10 10 20	101020	10 10 20	i	1	i i	Ī				
CO 770/	Donah Dra					!	<u> </u>	! 					
60-77%	Bench Pre		8	8 8 to 20	<u> 8</u> 8 += 20	<u> </u>	<u> </u>						
	1 leg Hip L	_ITT	8 to 20	16 to 20	8 to 20	<u> </u>	<u> </u>						
	1/2 6: :		40	i	.	i 	i 	i i					
	KB Should		12	12	12	<u> </u>	<u> </u>	<u> </u>					
70-75%	DB SLDL		12	12	12	<u> </u>	<u> </u>	<u> </u>					
70-75%	Cable Cho	р	12	12	12	! !							
	<u>i </u>			<u>i</u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>					
	<u> </u>			ļ		<u> </u>		<u> </u>					
	<u>!</u>			<u>!</u>	<u> </u>	<u> </u>	<u>!</u>	<u> </u>					
Flexibility	: Foam Rol	ler Stretch											
Additional Comments: (issues or injuries, overall mood, etc.)													
Additiona	I Comment	s: (Issues of	r injuries, o	verall mood	etc.)								
Additions	l Exercises	· (Practice	Rika Run	Swimming)									
Auditioila	I EVELCISES	· (i iaciice, i	DING, INUII,	Ownining)									

	Date												
			Bodyweig	ht									
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
Tillie	oi Day.			k, heel to b									
_		backw	ard run, ba	ckpedal, S	LDL walk, s	straight leg	skip, lung	e walk, incl	hworm				
Start	/Finish	D											
		Plyometric	cs:	Cin	nla Lag Day	v lumm Eve	:						
			Single Leg Box Jump 5x5 ea.										
Coa	ch(s):												
	r/Group:	Speed/Agi	ed/Agility:										
	•	<u> </u>											
			90 degree Lean Fall Run 3x ea.										
		Conditioni	ng:		Ob		-450						
	Long Shuttle (50 yards) 5x150												
	:30/1:30												
Abdomina	als:												
		x10, toe to	uches x10	, bicycle x1	0ea., jackk	nife x10, si	de crunch	x10, superi	man x10				
		·		•		•							
			S	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	İ	i				
	Ļ		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
55,60,65	Push Pres				3								
	Bent Leg I	L-Sit	20-60 sec	20-60 sec	20-60 sec								
	<u> </u>			<u> </u>			<u> </u>		<u> </u>				
60-77%	Hex DL +				8								
60-77%	Parallel G	rip Chin Up	8	8	8			 					
	<u> </u>												
70-75%	Step Up		12		12				<u> </u>				
70-75%	T-Grip Ro	•			12				<u> </u>				
	Diagonal I	Plate Raise	12	12	12				!				
	<u> </u>			<u></u>					<u> </u>				
	<u> </u>												
Flexibility	: Partner St	tretch											
Additions	l Commont	s: (issues or	r injuries es	verall mood	etc)								
Additiona	· Oomment	3. (1330C3 OI	injunes, or	rciali illood,	Cic.)								
Additiona	l Exercises	: (Practice, I	Bike, Run, S	Swimming)									

	Dete		Week # 3		Day of the week:							
	Date		Day # 4	L-4			-					
			Bodyweig	nt								
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Ag	ility- Con	ditioning				
Time	of Day:		(ladder) 20									
Tillie	or Day.					itch F/R/L, i						
					rioca + Sp	iderman 8x	ea. & Lat S	Squat 8x ea.	ı			
Start	/Finish		kles) F/B/L	J/R								
		Plyometric		O: I I	D I	Madialida		_				
		Single Leg Box Jump Medial + Lateral 3x3 ea.										
Coa	ch(s):											
	r/Group:	Sneed/Agi	peed/Agility:									
	.,	opecur, tg.	1-2 stick 3x (4 hoops)									
	lateral hoop run 3x (3 hoops)											
		idioidi noop i un ox (o noops)										
		Condition	ing:									
						d 7x :30/1:3						
				Airdyne	14x :15/:4	15 (M-Lv 12,	F-Lv 10)					
Abdomin	olo: /MEDD	A										
Abdomin	als: (MEDB/	ALL)	Stan	ding Overh	ead Throv	v 3v10						
				nt Hip Toss								
				Seated Che								
				ocatea one	5t 1 455 6X							
			;	Strength	Trainir	ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
55.60.65	Hang Clea		13	13	13	13	13	<u> </u>	· _ <u>````</u>			
, ,		B Rev Sit		10 to 20	10 to 20	10 to 20		i i				
	!		•	<u> </u>	<u> </u>	1		<u> </u>				
60-77%	Incline Be	nch	8	8	8	!						
	1 Leg Hip		8 to 20		8 to 20	† 	i I	<u>. </u>				
	ogp		<u> </u>	T -2 -3	<u> </u>			ı i				
70-75%	DB hammer	curl + proce	12	12	12	!	<u> </u>	! 				
70-75% 70-75%	KB 1 Leg		12	•	12	!	<u>. </u>	<u>. </u>				
70-75% 70-75%	Cable Cho		112	112	112	i 	i	<u> </u>	1			
10-13/0	Sable City	<u>'Y</u>	'	! 	! 	<u> </u>		l i				
	! 		<u> </u>	<u> </u>	<u> </u>	! 	<u> </u>					
	<u> </u>		<u> </u>	<u> </u> 	! 	<u> </u>	<u> </u>	<u> </u> 				
Classit III	: Feer: D. "	lan Ctratal	-	-	_	-	•					
Flexibility	: Foam Rol	ier Stretch										
Additional Comments: (issues or injuries, overall mood, etc.)												
Additiona	ii Comment	5. (155065 0	i irijuries, o	verali mood,	eic.)							
Additiona	I Exercises	: (Practice.	Bike, Run.	Swimming)								
			. ,	3/								

	Week # 4 Day of the week:												
	Date		Day # 1	.l.4			•						
			Bodyweig	gnt	<u> </u>								
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:		(20 yards)										
					utt, high kr								
Stort	/Finish	backwa	rd run, bac	ckpedal, SL	DL walk, st	raight leg s	skip, lunge	w/ twist, in	chworm				
Start	/FIIII311	Plyometri	re:										
		- Iyometri		Hur	dle Jump w	ith Stability	/ 5x5						
Coa	ch(s):												
	r/Group:	Speed/Aq	d/Agility:										
			Ball Drops 5x ea.										
			Sled 3x 1/2 field (90 yards)										
		Condition											
			Long Shuttle (50 yard) 6x150 :30/1:30										
			:30/1:30										
	- 												
Abdomina	als:												
			4 pt.	Stability w/	movement	8x ea.							
					oll 2x10								
			1	Leg Sit +T	wist 2x10 e	a.							
					Trainin	g							
%	Exe	rcise	Set 1	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	ii	D(
70,75,80	DB Snatch		Reps/	15	15	Reps/	Reps/	Tempo	Rest				
10,13,00	Slant Boar				10 to 20								
	Jiant Boai	u on ops	1	1	1	j	j	i					
80-87%	Front Box	Squat	5	5	5								
	Chin Ups		<u>15</u> 15	5 5	5			<u> </u>					
JU-J1 /0	l ops		<u>. </u>	I	Ĭ			I					
75-80%	1 Leg Ben	ch Saust	8	8	8		-	 					
1 J-00 %	-		8-20	8-20	8-20								
	Ring Inver		8-20	8-20	8-20								
	On Benc	n Oblique	0-20	0-20	0-20		i e	i i					
	! 		<u> </u>	! 	<u>. </u>			<u> </u>	<u> </u>				
	<u>!</u> !		<u> </u> 	 									
Clavibility	: Partner St	rotob	<u> </u>	<u>:</u>	-								
riexibility	: Partner St	retch											
		,											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	l Exercises	: (Practice	Bike, Run	Swimmina)									
			,	- ····································									

	Dete		Week # 4		Day of the week:								
	Date		Day # 2	.l.4			-						
			Bodyweig	gnt									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
Tille	oi Day.			oss in front									
				Spiderman,		Walk, Lun	ge to Hams	string					
Start	/Finish												
		Plyometrics: Lateral Hurdle or Cone Hop 5x5											
			Lateral Hurdle or Cone Hop 5x5										
Coa	ch(s):												
	r/Group:	Speed/Agi	od/Agility:										
Tartife	i/Oroup.	opecu/Agi	iiity.		1-2 cu	t 3x ea.							
			Lateral Hoop Run (4 hoops)										
		Conditioni	ing:										
					mile bike t								
		(one group on day #2, one group on day #4)											
		y grap and any may are great way any											
Abdomina	als: (MEDB	ALL)	0			010							
				ead w/ stag	_								
				g Front Hip tanding Ch									
			<u> </u>	tanding Ch	est Pass 3x	(I U							
				Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
70,75,80	Hang Clea		15	15	15	I Keps/	iteps/	I ICIIIPO I					
,,		rd Rev Sit U			10 to 20	<u>. </u>		i i					
	1			1	<u> </u>	<u> </u>		<u> </u>					
80-87%	Bench Pre	288	5	15	5	<u> </u>		}					
20 01 /0	4-6 in.Hip		8 to 20		8 to 20	<u>:</u>		<u> </u>					
			T 20	1	<u> </u>	Ī	- I						
75-80%	KB Alt. Sho	ulder Press	8	8	8	 		 					
75-80% 75-80%	DB SLDL		8	-	18	<u> </u>							
75-80% 75-80%	Cable Lift		Ω	Ω	Ω								
75-60%	Cable Liit		i	1	-0	1		i i					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>					
	<u> </u>			 	<u> </u>	<u> </u>		<u> </u>					
- 1	<u>: </u>		-	<u>:</u>	<u> </u>								
Flexibility	: Foam Rol	ler Stretch											
Additions	l Commont	e. (iccuso s	r injurios o	verall mood	otc)								
Auditiona	Comment	3. (155065 01	i irijuries, 0	veran mood	, c ic.)								
Additiona	l Exercises	: (Practice	Bike, Run.	Swimmina)									
		(,	- ····································									
i e													

	Date		Week # 4 Day # 3 Day of the week:									
			Bodyweig	ht								
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:										
Tille	oi Day.	figure fo						eel to butt v	w/ SLDL,			
Ctout	/Cininh		strai	ght leg cros	sover, SLD	DL F/B, bac	kward inch	worm				
Start	/Finish	Plyometric	261									
		Tyometric		Single Leg	Hurdle Ho	p with Stab	ility 5x5 ea					
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	J/Agility:									
			Single Leg Ball Drops 5x ea.									
			Resisted Band Run 3x20 yds.									
		Canditia	in a .									
		Condition	litioning: Short Shuttle (25 yard) 6x150									
				Silic		1:30						
Abdomina												
		10, toe touc	hes x10, b	icycle x10e	a., jackknif	e x10, side	crunch x1	0, hip roll x	10,			
superman	10x											
				N 41	- · ·							
					Trainin							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i			
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
70,75,80	Push Jerk		5	I5	00.00			 	1			
	Straight L	eg L-Sit	20-60sec	20-60sec	20-60sec			 				
00.070/	<u> </u>		<u> </u>		<u> </u>			<u> </u>				
	Hex DL +		5 5	<u> </u>	5 5	<u> </u>						
80-87%	Pull Ups		5	5	ว			- i	i			
7E 000'	14.1 5	ah 0						<u> </u>				
	I1 Leg Ben		8	8	8			<u> </u>				
	Ring Inver			1	8-20			. '				
	OTT Benc	h Oblique	0-20	8-20	8-20			<u> </u>	i			
	<u> </u>			<u> </u>								
	1			1					<u> </u>			
Elección 1914	. Deart Of											
Flexibility	: Partner St	tretch										
Additiona	I Comment	s: (issues o	r iniuries. o	/erall mood	etc.)							
		(.00000	,		-10.,							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Doto		Week # 4 Day # 4		Day of the week:								
	Date		Bodyweig	tht									
			водужею	ınt									
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
Tille	oi Day.					itch F/R/L, i							
						nge to Ham	string, Late	eral Squat					
Start	tart /Finish Band - (purple above knees) F/B/L/R Plyometrics:												
		Plyometrics: Heidens with Stability 3x5 ea.											
			Heidens with Stability 3x5 ea.										
Con	ob/o):												
	ch(s): r/Group:	Cnood/Agi	od/Apility:										
Faitile	i/Group.	Speeu/Agi	ed/Agility: 1-2 cut 3x ea. (4 hoops)										
			lateral hoop run 3x (4 hoops)										
			iateral floop ruli ox (4 floops)										
		Conditioni	ing:										
						test (group							
				(one group	on day #2	, one group	on day #4	.)					
	1 granp any, granp any,												
	1 /55===												
Abdomina	als: (MEDB/	ALL)	01		Th	040							
				gered Over									
				ont Hip Tos									
			5	tanding Ch	est Pass 3	X1U							
			(Strength	Trainin	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
70,75,80	Hang Clea		5	15 Kopo, 15	15	i Keps/	iteps/		1.631				
,,		ev SB Sit		-	10 to 20	10 to 20		İ					
	1			<u> </u>		<u> </u>		<u> </u>					
80-87%	Incline Be	nch	5	 5	5	<u> </u>		}					
20 01 /0	4-6 in. Hip		8 to 20	•	8 to 20	† 		<u> </u>					
	I		I	T	I	ī	- I						
75-80%	DB Alt. cu	ırl ± nress	8	8	8	<u> </u>		 					
75-80% 75-80%	1 leg KB S		8	-	8	<u> </u>							
75-80% 75-80%	Cable Lift		Ω	lo lo	Ω	•							
75-60%	Cable Liit		i	i	i	-		i i					
	<u> </u>			ļ	<u> </u>	<u> </u>		<u> </u>					
	1			}	<u> </u>	<u> </u>		<u> </u>					
Elecció 222	. E D ''	lan 0 6.		-	-	-							
Flexibility	: Foam Rol	ler Stretch											
Additions	I Commont	e. (iccuso s	r injurios o	verall mood,	oto)								
Auditiona	Comment	3. (155065 01	i irijuries, 0	v e ran mood,	6 10.)								
Additiona	I Exercises	: (Practice.	Bike, Run.	Swimmina)									
		, ,	. ,	3/									

	Date		Week # 5 Day # 1		Day of the week:								
			Bodyweig	ht									
	CONDI	TIONING		up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:		(20 yards)										
	o. Day.							n, butt kick					
Start	/Finish	раскуа	ra run, bac	креааі, 5∟	DL Walk F/E	3, straight i	eg skip, ov	erhead lun	ge waik,				
Otart	71 1111011	Plyometric	cs:										
			Hurdle Hop w/ stability 5x5										
			Tructule Flop W/ Stability 3x3										
	ch(s):												
Partne	r/Group:	Speed/Agi	d/Agility:										
			Ball Drops 3x ea.										
			Sled 4x 1/2 field (120 yards)										
		Condition											
			Long Shuttle (50 yard) 7x150 :30/1:30										
			.50/1.50										
Abdomina	als:												
			4 pt. 3	Stability w/		8x ea.							
			1	Leg Sit +T	oll 2x10	2							
				Strength									
%	i Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i					
65,70,75	DB Snatch		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
03,70,73		rd Sit Ups	10 to 20	10 to 20	10 to 20			<u>, </u>					
	l Clark Boar	ia oit ops	10 10 20	1	1			 					
80-87%	Front Box	Squat	5	5	5			<u> </u>					
80-87%	Chin Ups		15		<u> </u>			<u> </u>					
	I		Į		I			<u> </u>					
75-80%	1 Leg Ben	ch Squat	8	8	8			 					
	Ring Inver		8-20	8-20	8-20			İ					
		h Oblique	8-20	8-20	8-20								
] 		î I	i] 			[
								<u> </u>					
								<u> </u>					
Flexibility	: Partner St	tretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

			Week # 5		Day of the week:								
	Date		Day # 2				,						
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
111110	or Day.			oss in front				uffle F/B,					
Ctout	/Cininh			Spiderman,		, Lunge to	Hamstring						
Start	/Finish	Plyometric		knees) F/	D/L/K								
		riyometric		ateral Hurdl	e or Cone I	lop with St	ability 5x5	ea.					
Coad	ch(s):												
	r/Group:	Speed/Agi	d/Agility:										
					1-2 cut 3x e								
			Lateral Hoop Run (5 hoops) 3x ea.										
		Conditioni	ıng:		Clido Doo	Ev 120/4-2	n						
			Slide Board 6x :30/1:30										
		Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)											
													
Abdomina	ls: (MEDB	ALL)											
			Overh	ead w/ stag	gered stan	ce 3x10							
				g Front Hip			١						
			S	tanding Ch	est Pass 3x	:10							
	•			Strength									
%	Exe	rcise	Set 1	Set 2	Set 3 Reps/	Set 4	Set 5	 Tamma	Doot				
65,70,75	Hang Clea		Reps/	Reps/	Keps/	Reps/	Reps/	Tempo	Rest				
03,70,73		d Rev Sit U	10 to 20	-	10 to 20								
	Clarit Boar	u itev oit e	10 10 20	1	1			 					
80-87%	Bench Pre	.ee	5	5	5								
	4-6 in.Hip		10		10			<u>. </u>					
	<u> </u>		- · •	T	l			<u>-</u> 					
75-80%	KB Alt. Sho	ulder Press	8	8	8			 					
	DB SLDL		8	-	8		<u> </u>	<u> </u>					
	Cable Lift		g	-	lg			<u>; </u>					
, J-UU /0	Sable Lill		ř	i	<u>i</u>								
	! 			!	<u> </u>			<u> </u>					
	<u> </u>			<u> </u>	<u> </u> 			<u>, </u>					
Elovibilit	: Foam Roll	or Stratak		-	•			-					
riexibility:	: FOAIII KOII	ier Stretch											
Additional	l Commont	e. (jeenee o	r injuries o	verall mood,	etc)								
Additional	. Johnnent	. (IJSUES UI	i irijuries, U	voran moou,	J. J. J. J. J. J. J. J. J. J. J. J. J. J								
Additional	I Exercises	: (Practice.	Bike, Run.	Swimming)									
Additiona		(, ,	- 3/									
raditional		(,	, ,	3/									

	Date	Week # 5 Day # 3 Day of the week:											
			Bodyweig	ht									
	CONDI	TIONING		up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:		B, heel to b	utt annasi	to band bo	al to butt b	soolto butt	w/SLDI				
				walk, straig									
Start	/Finish	Dackv	vara lange	waik, straig	in log cros	SOVCI, OLI	JE 170, 540	KWara micr	WOIIII				
		Plyometric											
			single leg hurdle hop w/stability 5x5 ea.										
_													
	ch(s):		144 119										
Partne	r/Group:	Speed/Agi	ed/Agility: single leg ball drops 3x3 ea.										
			Resisted Band Run 4x20 yds.										
			nesisieu Dailu Null 4X20 yus.										
		Conditioni	nditioning:										
			Short Shuttle (25 yard) 7x150										
			:30/1:30										
Abdomina	ale:												
	er crunch x1	0. toe touc	hes x10. b	icvcle x10e	a iackknif	e x10. side	crunch x1	0. hip roll x	10.				
superman		.,	,		, j			-, <u> </u> -	,				
			5	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	_					
	L		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
65,70,75	Push Jerk		5 20-60sec	5 20-60sec	5 20-60sec								
	Straight Lo	eg L-Sit	20-60SeC	20-60Sec	20-60SeC								
00.070/	Llev DL . 6	Oh	5	5	5								
80-87% 80-87%	Hex DL + S	<u> </u>	5	= -	5								
00-01%	ruii UP		3	J	<u>-</u>								
75-80%	IOne Leg B	lonch Sauc	l R	<u> </u> 8	8								
1 J-00 //	Inverted R		8 to 20		8 to 20								
		h Oblique			8-20								
	On Denic	Oblique		1 20	~ ~~				ľ				
	!			!									
Flexibility	: Partner St	retch											
Additiona	I Comments	s: (issues o	r injuries, ov	verall mood,	etc.)								
Additions	I Exercises	· (Practice I	Rika Run (Swimmina)									
Auditioila	I EVELCISES	. (1 1actice, 1	Dine, Mull, v	ownining)									

	Dete		Week # 5		Day of the week:							
	Date		Day # 4	tht			-					
			Bodyweig	jiit								
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:							_			
						itch F/L/R, i			iant			
Start	/Finish			spiderman, e knees) F/E		amstring, la	terai squat	waik				
Otari	71 1111511	Plyometric		7 1000 7 1 71	<i>3</i> , 2 , 1 (
				hei	dens with	stability 5x5	ea.					
	ch(s):											
Partne	r/Group:	Speed/Agi	lity:		1-2 cut 2v /	ea. (4 hoops	.1					
						ո 3x ea. (5 h						
							- 1 - 1					
	-	Condition										
			slide board 10x :30/1:30 Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)									
		Airdyne 6x :30/1:30 (M-LV 12, F-LV 10)										
Abdomina	odominals: (Medicine Ball)											
overhead w/staggered stance 3x10												
alternating twist 3x10ND +2x10D												
			S	tanding che	est pass 3	x10						
				Strength	Trainir	ng						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i				
CE 70.75	L I Clean		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
65.70,75		lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20						
	SD SIL & N	ev 3D 3II	10 10 20	101020	10 10 20	10 10 20						
80-87%	Incline Ren	ch or DB Be	5	15	<u> </u>	 						
00 01 70	4-6 in hip		8 to 20	-	8 to 20	i 						
	1			 	 	†						
75-80%	DB Hamme	r Curl + Pres	8	8	8	i		<u> </u>				
75-80%	1 Leg KB S		8	18	8	<u>į </u>			i			
75-80%	Cable Lift		8	8	8	1						
	Ī			i	İ	i						
					I							
Flexibility	: Foam Rol	ler Stretch										
Additional Comments: (issues or injuries, overall mood, etc.)												
	. 50	(1000000	,	. Stall Hiood	3.0.,							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								
						_						

	Date		Week # 6 Day # 1 Day of the week:										
	Date		Bodyweig	ıht									
	CONDI	TIONIN		up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
	-			lk, heel to b									
Start	/Finish	раск	ward run,	backpedal,	unge walk,				ѕкір,				
		Plyometric	cs:		ango nam,		,	•					
			hurdle hop w/stability 5x5										
	ch(s):	Cross al/A ari	11:4										
Partne	r/Group:	Speed/Agi	ility:		hall dro	ns 3x ea.							
			ball drops 3x ea.										
			Sled 5x 1/2 field (150 yards)										
		Condition	ing:			B 4 2245							
			1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40										
			5X100 (25 yard) :20/:40										
Abdomina	dominals:												
			2	Pt. Stability		ec.							
					lls 3x10 e 3x10-20								
						A							
				Strength		9							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i <u> </u>				
70.75.00	L		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
70,75,80	DB Snatch		10 to 20	10 to 20	15 10 to 20	<u>.</u> 		<u> </u>					
	Siant Boar	a Sit Ups	10 10 20	10 10 20	10 10 20	<u> </u>							
80-87%	Front Box	Saust	5	5	5	<u> </u>							
80-87%	•	_	l ₅	1 ₅	15	<u> </u>		<u>'</u>					
20 31 /0	1	-	'	†	 	 		 					
75-80%	1 Leg Ben	ch Squat	8	8	8	i i							
	Ring Inver	ted Row	8-20	8-20	8-20	Ī							
	Off Benc	h Oblique	8-20	8-20	8-20	[
	Î	·	İ	i	i I	i		l					
	<u> </u>		<u> </u>	İ		<u> </u>		<u> </u>					
				I									
Flexibility	: Partner St	retch											
		·		verall mood	, etc.)								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									

			Week # 6		Day of the week:							
	Date		Day # 2	-l- (,					
			Bodyweig	ght								
	COND	ITIONIN		•	netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	(Ladder) 2	20 yds.	F/B, cross I	oshind E/D	guick chui	HIO E/D 12	2 1 E			
					lunge to h				,3-1 F,			
Start	/Finish			knees) F/I		umoumg, i	atoral oque	. wan				
		Plyometri										
				Lateral Hur	dle or Cone	Hop with	Stability 5x	5				
Coo	ah/a\.											
	ch(s): r/Group:	Speed/Ag	ility									
rartic	потопр.	opecu/Ag	iiity.		1-2 cut 3x e	a. ((4 hoop	s)					
					al hoop run							
		Condition	ing:		alida b · ·	L Cv -2014 - 0	<u> </u>					
					slide board 8x :30/1:3							
				Alluylle	JA .JU/1.J	<u> </u>	<u>L V 10)</u>					
Abdomina	bdominals: (Medicine Ball)											
overhead w/staggered stance 3x10												
					3x10ND +							
			S	tanding ch	est pass 3x	110						
				Stronath	Trainin							
			•		Trainin	y						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	_			
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
70,75,80	Clean		15	15	15	<u>l</u>		l 				
	Slant Boa	rd Rev Sit I	10 to 20	10 to 20	10 to 20	1		i i				
80-87%	Bench Pro		<u> </u> 5	<u> </u> 5	<u> </u> 5	<u> </u>		<u> </u>				
80-87%	•		8-20	1 ₈₋₂₀	8-20	<u>!</u> 						
	4-6 in hip	ınıt	U-2U	J-2U	U-2U	<u> </u>		i				
75-80%	KR Alt Sh	oulder Press	8	<u> </u> 8	8	<u> </u>						
75-80% 75-80%	DB SLDL	ouluei FICSS	1 <u>0</u> 18	18	18	<u>'</u> İ						
75-80 <i>%</i> 75-80%	Cable Lift		8	8	8	<u> </u>		<u> </u>				
. 5 55 /6	I		<u> </u>	 	 	<u> </u> 						
	ì		<u></u> İ	i	Ì	<u></u> İ	<u>. </u>	 				
	1		1	1	1	<u> </u>		<u>i</u>	i			
Flexibility	: Foam Ro	ller Stretch										
,												
Additiona	I Comment	s: (issues o	r injuries. o	verall mood	. etc.)							
		(,	. 5	, 5.5.,							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 6 Day # 3		Day of the week:								
	Duto		Bodyweig	ht									
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	figure fou		, heel to bu	itt, opposite								
Start	/Finish	Buoki	vara lango	want, otrar	giit log orot	SOVCI, OLI	JE 175. 540	KWara mor					
		Plyometric	cs:	single le	g hurdle ho	p w/stabili	ty 5x5 ea.						
	ch(s):		7.6										
Partne	r/Group:	Speed/Agi	single leg ball drop 3x3 ea.										
			Resisted Band Run 5x20 yds.										
		Conditioni	ing:		w200 /0F		20						
			1x300 (25 yard) 1:00/2:00 5x100 (25 yard) :20/:40										
Abdomina	als:												
			2 Dais	at Ctability	24.20 60 00	aanda							
			2 Poil		2x:20-60 se oll 3x10	conas							
					e 3x10-20								
						~							
					Trainin								
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i _ i				
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
70,75,80	Push Jerk		5	15	15				1				
	Straight L	eg L-Sit	20-60sec	20-60sec	20-60sec				<u> </u>				
	<u> </u>			<u> </u>	<u> </u>								
80-87%	Hex DL +		5 5	-	5 ₅								
80-87%	Pull Up		5	5	' 3								
				<u> </u>									
75-80%	Step Up		8	<u> 8</u>	8				<u> </u>				
	Inverted R	ow	8 to 20		8 to 20				, I				
	Off Benc	h Oblique	8-20	8-20	8-20								
	<u> </u>		<u> </u>	<u> </u>	<u> </u>								
	<u> </u>			<u> </u>	<u> </u>								
	! !			! !									
Flexibility	: Partner St	retch											
	l Comment	·			, etc.)								
Additiona	l Exercises	: (Practice,	Bike, Run, S	Swimming)									

	Date		Week # 6 Day # 4 Day of the week:										
			Bodyweig	ht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning					
Time (of Day:	Warm Up:											
Tillie (oi Day.							t F/B/L/R, g	iant				
Stort	/Finish			spiderman, e knees) F/E		amstring, I	ateral squa	it walk					
Start	/୮!!! 5	Plyometric		Kilees) F/E)/L/K								
		Tyometric	,3.	he	idens w/ s	tability 3x5	ea.						
						•							
	ch(s):		VA 195										
Partner	r/Group:	Speed/Agi	lity:		10 10	/4.1	`						
			1-2 cut 3x ea. (4 hoops)										
			lateral hoop run with return 3x ea.										
		Conditioni	nditioning:										
			Slide Board 6x :30/1:00										
			Airdyne 8x :30/1:30 (M-Lv 12, F-Lv 10)										
Abdomina	minals:												
Abdomina			Overh	ead w/ Stag	gered Star	nce 3x10							
				nating Twist									
			S	tanding Ch	est Pass 3	x10							
				Strength	Trainin	ıg							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
	Hang Clea		5	5	5								
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		<u> </u>					
80-87%	Incline Be	nch	5	1 1 ₅	<u> </u> 5			! ! 					
00-01 /0	4-6 in hip		8-20	8-20	8-20			 					
				1									
75-80%		er Curl + P		8	8								
75-80%	Hip Lift or Cable Lift		8 to 20	_	8 to 20	<u> </u>		<u> </u>					
75-80%	Cable Lift		8	<u> 18</u>	<u> 8</u>	İ		<u> </u>					
	<u></u> I		<u>. </u>	<u> </u>	<u></u> İ	<u>. </u>		<u>''</u>					
	Ϊ			1		l		<u> </u>					
Flexibility	: Foam Rol	ler Stretch											
	dditional Comments: (issues or injuries, overall mood, etc.)												
Additional	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		ek:										
	Duto		Day # 1 Bodyweig	ıht									
	CONDI	TIONING		up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning					
Time o	of Day:		(20 yards)	2.heel to b	utt 3 high k	mee skin 4	high knee	run 5 hutt l	kickers				
				LDL walk F									
Start	/Finish				heel walks								
		Plyometric	cs:										
			Continuous Hurdle Hop 5x5										
Coad	ch(s):												
Partner	/Group:	Speed/Agi											
			Chase Sprint 3x each										
			Sled 3x 1/2 field, 1x full field (150 yards)										
		Conditioni											
					x300 (25 ya								
					6x100 (25 y	/arg) :20/:40	J						
Abdomina	ls:												
					Outs 3x20								
				ng March o ıad-Arm-Gl									
				Leg Sit and									
				Strength									
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	<u>Tempo</u>	Rest				
65.67.5.70	DB Snatch		13	3	13	<u>, коро</u> , ј	<u> ((</u>	l rempo					
	Slant Boa		10 to 20	10 to 20	10 to 20	I							
	<u> </u> 			i i	! !	<u> </u> 							
80,70,55%	Front Box	Squat	6	12	24	ĺ							
80-87%	Pul	l Up	5	5	5								
				<u>į</u>	<u> </u>								
80-85%	KB Tactica		5	5	5								
	Inverted F		8 to 20	8 to 20	8 to 20	! }] 				
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20								
	<u> </u>			<u> </u>		<u> </u>			<u> </u>				
	<u> </u>			<u>i</u>	i	<u> </u>			 				
Flexibility	Flexibility: Partner Stretch												
	Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	dditional Exercises: (Practice, Bike, Run, Swimming)												

	Week # 7 Day of the week:												
	Date		Day # 2			Du	y or the we	CK.					
			Bodyweig	jht									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	ility- Con	ditioning					
Time	of Day:	Warm Up:	(Ladder) 1	0 yds. front F/B, cro	ss behind F/B	, quick shuffle	e F/B, 1,2,3-1 l	F, Makovsky S	huffle F				
						amstring, I							
Start	/Finish			Band - Purp		U /	•						
		Plyometric	cs:										
		Lateral Hurdle or Cone Hop 5x5 each											
_													
	ch(s):		od/Agility:										
Partnei	r/Group:	Speed/Ag	ed/Agility: Assisted 1-2 cut 3x each										
								:)					
			Lateral hoop run w/ return 3x each (2 hoops)										
		Condition	ing:										
						d 8x :30/1:0							
				Airdyne	10x :30/1:3	30 (M-Lv 12	, F-Lv 10)						
Abdomina	iis:		Madiaina I	Palla Overl		n 2v10 aaal	h						
				de twist 3x1		p 2x10 eacl	n						
				n chest pas		_							
			One and	i ciiesi pas	2 2X IO NO	Q 2X 10 D							
			,	Strength	Trainin	ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	Tompo	Post				
CE C7 E 70	Hang Clas		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo _	Rest				
05,07.5,70	Hang Clea	d Rev. Situp		T	1	<u>.</u> 	<u> </u>						
	Siarit Board	a Rev. Situp	10-20	10-20	10-20	<u>!</u>	<u> </u>	 					
05 00 05 400	Donah Dra		4	3	2	1		<u> </u>					
85,90,95,100	Bench Pre		8-20	8-20	8-20	! ' 	<u>. </u>	! 					
	Foam Rolle	ıı nıp Litt	0-20	0-20	-0-20	i	i	i i	- 1				
7E 900/	Ding : C-	- nula	5+10	5+10	5+10	! 	<u> </u>	! !					
75-80%	Dips + Sca			8 to 20	·	<u>!</u>	<u> </u>	<u> </u>					
7E 000/	Glute Ham	ı Kaise	8 to 20 8	8	8 to 20	<u> </u>							
75-80%	Cable Lift		8	10	8		ļ	 					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>					
	<u> </u>		<u> </u>	 	1	<u> </u>	<u> </u>	ı !	1				
	<u> </u>			<u>:</u>			•						
Flexibility	: Foam Rol	ler Stretch											
Additiona	Additional Comments: (issues or injuries, overall mood, etc.)												
Additiona	Oomment	3. (1330C3 0	i irijurios, o	verali illood	, c.o.,								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									
	, , , , , 3 ,												

	Week # 7 Day of the week:											
	Date		Bodyweig	ht								
	CONDI	TIONING			netrics- S	peed/Agi	ility- Con	ditioning				
Time	of Day:	Warm Up: 1.high		2.heel to b	utt 3.high k	mee skip 4	.high knee	run 5.butt I	kickers			
Start	/Finish			_DL walk F		kward 9. s	traight leg	skip 10. O				
		Plyometric	es:		Continuo							
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	ed/Agility: Single Leg Chase Sprint 3x each									
			Resisted Band Towing 3x 25 yds.									
		Conditioni	nditioning: 1x300 (25 yard) 1:00/2:00									
		6x100 (25 yard) :20/:40										
Abdomina	ıls:											
			2 poir		2x:20-60 se Ils 3x10	conds						
					e 3x10-20							
			9	Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
65,67.5,70	Push Pres		3	3	3							
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec				<u> </u>			
	Hex DL + S			<u> </u>	24							
80-87%	Pull Up		5	5	5	 	 	l 	 			
	Single Leg	Squat	5 ea	5 ea	5 ea			<u> </u> 				
	Inverted R	ow			8 to 20							
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20				 			
	<u> </u>			<u> </u>	<u> </u>			<u> </u>				
	<u> </u>			<u> </u>								
Flexibility	Flexibility: Partner Stretch											
	Additional Comments: (issues or injuries, overall mood, etc.)											
Additiona	dditional Exercises: (Practice, Bike, Run, Swimming)											

		Week # 7 Day of the week:											
	Date		Day # 4				,						
			Bodyweig	jht									
	CONDI	TIONIN	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up: quick feet F/	(Ladder) 1 L/R, quick sh	10 yds. uffle F/B, hip	switch F/L/R,	in-in-out-out F	F/B/L/R, giant	slalom F, 2 for	ward 1 back				
						amstring, I							
Start	/Finish	Bands (total body band - purple) F/B/L/R											
		Plyometric	Plyometrics: Heidens 5x5										
		Heidens 5x5											
Coa	ch(s):												
Partne	r/Group:	Speed/Agi	eed/Agility:										
			Assisted 1-2 cut 3x ea.										
			Lateral hoop run w/ return 3x each (2 hoops)										
		Condition	Conditioning:										
						d 8x :30/1:0							
				Airdyne	10x :30/1:	30 (M-Lv 12,	F-Lv 10)						
Abdomina	ıls:												
				Overhead v	w/ Step 2x1	0							
			Sic	de twist 3x1	0 ND & 2x	10 D							
			One Arı	m chest pas	ss 3x10 Nd	& 2x10 D							
				Strength	Trainir	ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i	i				
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo _	Rest				
65,67.5,70	I		13	13	13	40.45.00							
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		i i	i				
20 70 55%	DB Incline		<u> </u> 6	12	24	<u> </u>							
00,70,3376	Foam Rolle		8-20	8-20	8-20	ì							
	i Jani Kulle	a riip Liit	!	1	1	!		<u>!</u>					
75-80%	Dips + Sca	apula	5+10	5+10	5+10	<u> </u> 		<u>. </u>					
	1 Leg Bac		8 to 20	8 to 20	8 to 20	i		i i	i				
75-80%	Cable Lift		8	8	8	1		<u> </u>					
			<u> </u>	i	i I	l							
	î		ĺ	i	ĺ	Î	·	i i	i				
]			1									
Flexibility	: Foam Rol	ler Stretch											
Additiona	Additional Comments: (issues or injuries, overall mood, etc.)												
Additiona	dditional Exercises: (Practice, Bike, Run, Swimming)												

	Week # 8 Day of the week:												
	Date		Day # 1				,						
			Bodyweig	jht									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:	(20 yards))	uutt 2 biada l	rnaa akin 4	high knoo	run E butt l	violeoro.				
					outt 3.high k orward/Bac								
Start	/Finish	7. back	pedai 0. 5		heel walks			3KIP 10. O	verrieau				
		Plyometric	cs:										
	Continuous Hurdle Hop 5x5												
		(c).											
	ch(s):		oeed/Agility:										
Partner	r/Group:	Speed/Ag	eed/Agility: Chase Sprint 3x each										
			Chase Sprint 3x each										
			Sled 4x 1/2 field, 1x full field (180 yards)										
		Condition	Conditioning:										
		1x300 (25 yard) 1:00/2:00											
	7x100 (25 yard) :20/:40												
Abdomina	Abdominals:												
			2 poi		2x:20-60 se	conds							
					olls 3x10								
					e 3x10-20								
				Strengtr	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i					
	<u></u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
82.5,85,90	DB Snatch		10 to 20	10 to 20	10 to 20								
	Siant Boai	rd Sit Ups	10 10 20	10 10 20	10 10 20								
20 70 55%	Front Box	Squat	<u> </u> 6	12	24								
80,70,33 <i>%</i> 80-87%			1 ₅	15	15								
55-51 /6		ор	!	!	<u> </u>								
80-85%	KB Tactica	al Lunge	5ea	5ea	5ea								
	Inverted R		8 to 20	8 to 20	8 to 20			İ					
			8 to 20	8 to 20	8 to 20			<u> </u>					
			<u> </u>	<u> </u>	i								
	i i		Ī	Î	Ī			<u> </u>					
				Ī									
Flexibility	: Partner St	retch											
Additional	l Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additional	Exercises	: (Practice.	Bike, Run.	Swimmina)									
	g)												

	Week # 8 Day of the week:												
	Date		Day # 2				,						
			Bodyweig	jht									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up: high knee F/	(Ladder) 1 L/R, cross in	I5 yds front F/B, cro	ss behind F/B	, quick shuffle	F/B, 1,2,3-1 I	F, Makovsky S	Shuffle F				
				spiderman,		amstring, l	ateral squa	ıt walk					
Start	/Finish			Band - Purp	le) F/B/L/R								
		Plyometric	cs:	Late	ral Hurdle	or Cone Ho	p 5x5						
Coad	ch(s):	n(s):											
	r/Group:	Speed/Agi	ed/Agility:										
	•	- J J	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)												
	(one group on day #2, one group on day #4)												
Abdomina	ıls:												
				Balls- Overl			1						
				de twist 3x1									
			one arn	n chest pas	S 3X10 ND	& 2X10 D							
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i					
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
82.5,85,90	Hang Clea	n rd Rev Sit l	10 to 20	10 to 20	10 to 20	<u> </u>							
	Siant Boar	ra Rev Sit U	10 10 20	10 10 20	10 10 20	 							
85 90 95 100	Bench Pre	166	4	3	2	<u> </u>		<u>. </u>					
03,90,93,100	Foam Rolle		8-20		8-20				<u></u>				
	T Gain Rone	преп	-	†	 	 							
75-80%	Dips + Sca	apula	5+10	5+10	5+10	<u> </u>		<u> </u>	<u> </u>				
	Glute Ham		8 to 20	8 to 20	8 to 20	i		i					
	Cable Lift		8	8	8	!		<u> </u>	<u> </u>				
				 	!	 							
	i			i	İ	<u> </u>		<u> </u>	<u> </u>				
	Ī			Ţ	<u> </u>	Ī							
Flexibility	: Foam Rol	ler Stretch			•	•							
Additional	Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	dditional Exercises: (Practice, Bike, Run, Swimming)												

	Date	Date Day # 3 Day of the week:											
	Date		Bodyweig	ht									
	CONDI	TIONING			netrics- S	peed/Agi	lity- Cond	ditioning					
Time o	of Day:		(20 yards) knee walk	2.heel to b	utt 3.high k	nee skip 4	hiah knee	run 5.butt l	kickers				
Start	/Finish			_DL walk F	orward/Bac heel walks	kward 9. s	traight leg						
Otal t	,, ,,,,,,,,,	Plyometric	cs:		noor wante	121 11101111	<u> </u>						
				Sing	gle Leg Hur	dle Hop 5x	5 ea.						
Coad	ch(s):												
	/Group:	Speed/Agi											
			Single Leg Chase Sprint 3x each										
			Resisted Band Towing 4x25 yds.										
		Conditioni	ing:	4	v200 /25 ···	rd) 1.00/2.4	20						
					x300 (25 ya 7x100 (25 y								
A la al a ancien a	l												
Abdomina	IIS:												
			2 poir	nt stability	2x:20-60 se	conds							
					lls 3x10								
				Jackknif	e 3x10-20								
			5	Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
82 5 85 90	Push Pres		3	3	3	Keps/	Keps/	Tellipo	Ve2r				
02.3,03,30	Stall Bar E		_	20-60sec	1								
	Otan Bar E	oloyolo											
80.70.55%	Hex DL + S	Shrua	6	12	24								
	Pull Up		5	5	5								
] 			 	 								
80-85%	Single Leg	g Squat	5ea	5ea	5ea								
	Ring Inve	erted Row		8 to 20	8 to 20				i				
		erextension	8 to 20	8 to 20	8 to 20								
				İ									
				<u> </u>									
Flexibility	: Partner St	retch											
Additional	Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	dditional Exercises: (Practice, Bike, Run, Swimming)												

	Week # 8 Day of the week:												
	Date		Day # 4				,						
			Bodyweig	ht									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up: quick feet F/	(Ladder) 1 L/R, quick sh	5 yds. uffle F/B, hip	switch F/L/R,	in-in-out-out F	/B/L/R, giant	slalom F, 2 for	rward 1 back				
		Shuffle &	Carioca - s	piderman,	lunge to h	amstring, I	ateral squa	t walk					
Start	/Finish	Bands (to	tal body ba	and - purple) F/B/L/R								
		Plyometrics: Single Leg Lateral Hurdle or Cone Hop 5x5 ea											
	Single Leg Lateral Hurdle or Cone Hop 5x5 ea.												
0													
	ch(s): r/Group:	Cus a a d / A au	ood/A cilibu										
Fartilei	/Group.	Speeu/Ag	eed/Agility: Assisted 1-2 cut 3x ea.										
			Lateral hoop run w/ return 3x each (2 hoops)										
			Lateral Hoop rail W. Tetarii ox Gaeri (2 Hoops)										
		Condition	ing:										
						Test (group							
				(one group	on day #2	, one group	on day #4)					
Abdomina	de												
Abuomma	115.			Overhead v	v/ Sten 2v1	0							
				de twist 3x1									
				n chest pas									
			0	cccc puc		<u> </u>							
			;	Strength	Trainir	ng							
%	Fxe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	L		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
82.5,85,90			3	I 3	13	1							
	SB Sit & R	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		! }					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u>i</u>	i				
80,70,55%	DB Incline		6		24								
	Foam Rolle	er Hip Lift	8-20	8-20	8-20	I		 					
	<u>.</u>			<u> </u>	<u>.</u>								
75-80%	Dips + Sca	apula	5+10	5+10	5+10	<u></u>		<u> </u>					
	1 Leg Bac		8 to 20	8 to 20	8 to 20	<u> </u>			 				
75-80%	Cable Lift		8	8	8								
	<u> </u>		<u> </u>	<u>j</u>	<u> </u>	į							
			<u> </u>										
Flexibility	: Foam Rol	ler Stretch											
Additional	Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	dditional Exercises: (Practice, Bike, Run, Swimming)												

	Date	Week # 9 Day # 1 Day # 1											
	Duto		Bodyweig	ıht									
	CONDI	TIONIN		up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning					
Time o	of Day:	Warm Up:		2.heel to b	utt 3 high k	rnee skin 1	high knee	run 5 butt l	vickers				
				LDL walk F									
Start	/Finish				heel walks								
		Plyometric	cs:										
			Continuous Hurdle Hop 5x5										
_													
	ch(s):		1/4 192										
Partner	/Group:	Speed/Agi	ed/Agility:										
			Chase Sprint 3x each										
			Sled 5x 1/2 field, 1x full field (210 yards)										
		Condition	ina:	J.J. J.		(2	, /						
					Line Drill	5 15 25 30							
					:30/	/1:00							
					10 mi	inutes							
Abdomina	ls:												
				4 4 1 1114									
			2 poi	nt stability		conds							
					e 3x10-20								
				Strength		9							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i _ i				
	<u></u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,95,100-	DB Snatch		13	13	13	<u> </u>		<u> </u>					
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	-							
	<u> </u>		<u> </u>	<u>i </u>	<u> </u>	<u> </u>							
	Front Box		6		24		•						
80-87%	Chin up		5	5	5	<u> </u>			 				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>							
	Single Lec	,	5ea	5ea	5ea				<u> </u>				
	Inverted R	low	8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>					
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20	! !							
	<u>i</u>		<u>i</u>	<u>i</u>	<u>i</u>	<u>i</u>		<u> </u>					
	<u> </u>			<u> </u>									
				1		!							
Flexibility	Flexibility: Partner Stretch												
Additional	Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	Comment	s: (issues o	r injunes, o	verali mood	, etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									
	3,												

	Week # 9 Day of the week:												
	Date		Day # 2				y or the we	OI.					
			Bodyweig	ght									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning					
Time (of Day:	Warm Up:	(Ladder) 2	20 yds. front F/B, cro	ss behind F/B	, quick shuffle	F/B, 1,2,3-1	F, Makovsky S	huffle F				
						amstring, I							
Start	/Finish			Band - Purp		U /	•						
		Plyometric	cs:										
		Lateral Hurdle or Cone Hop 5x5											
	ch(s):		ood/Acilibu										
Partner	r/Group:	Speed/Ag	eed/Agility:										
			Assisted 1-2 cut 3x each Lateral hoop run w/ return 3x each (2 hoops)										
			Lateral noop run w/ return 3x each (2 noops)										
		Conditioning:											
	Slide Board 12x :30/1:00												
				Airdyn	e 6x :45/1:1	15 (M-Lv 10	, F-Lv 8)						
Abdomina	ıls:					0.40							
						p 2x10 eacl	<u> </u>						
				de twist 3x1									
			one arr	n chest pas	S 3X IU ND	& 2X IU D							
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i					
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,95,100-			I 3	<u> </u> 3	13]							
	Slant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20			<u> </u>					
	<u> </u>				<u> </u>								
85,90,95,100	Bench Pre		4	3	<u></u>	[1							
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	<u> </u>							
	<u>i </u>		<u>i</u>	<u>i </u>	<u>i</u>	<u>i </u>							
75-80%	Dips + Sca		5+10	5+10	5+10	<u>ļ</u>		<u> </u>					
	Glute Ham	n Raise	8 to 20	8 to 20	8 to 20	!		 					
75-80%	Cable Lift		8	8	8	<u> </u>							
	<u> </u>		<u>i</u>	<u>i </u>	j	<u>i</u>		<u> </u>					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>							
	! 		! 	<u> </u>	<u> </u>	! 	! !						
Flexibility	: Foam Rol	ler Stretch											
Additional	Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	dditional Exercises: (Practice, Bike, Run, Swimming)												

	Date	Week # 9 Day # 3 Day of the week:											
	Date		Bodyweig	ht									
	CONDI	TIONING			netrics- S	peed/Agi	lity- Cond	ditioning					
Time o	of Day:		our walk F		o butt 3. op								
Start /	/Finish	5. Bac	kward lun	ge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward				
		Plyometric	es:	Si	ngle Leg Hı	urdle Hop 5	5x5						
Coad	ch(s):												
Partner	/Group:	Speed/Agi	d/Agility: Single Leg Chase Sprint 3x each										
			Resisted Band Towing 5x25 yds.										
		Conditioni	litioning:										
			1x300(50 yard) 1:00/2:00 2x150(50 yard) :30/1:30 3x100(50 yard) :20/:40										
Abdomina	ıls:												
			2 poir		2x:20-60 se Ils 3x10	conds							
					e 3x10-20								
			5		Trainin	g							
%	Eve	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,95,100-	Push Pres Stall Bar E		_	20-60sec	1								
	l	oley ele		 	I								
80,70,55%	Hex DL +			12	24								
80-87%	Pull Up		5	5	5								
	<u> </u>			<u>i</u>	i_ i				<u>. </u>				
	Single Lec	7 - 4	5ea	<u>-</u>	5ea				<u> </u>				
		rip Inv Row		8 to 20 8 to 20	8 to 20 8 to 20				 				
	Reverse Hyp	erextension	01020	0 10 20	0 10 20								
	<u>. </u>			<u>. </u>	<u>. </u>				<u> </u>				
				<u> </u>									
Flexibility:	Flexibility: Partner Stretch												
	additional Comments: (issues or injuries, overall mood, etc.)												
Additional	Exercises	: (Practice, I	Bike, Run, S	Swimming)									

	Week # 9 Day of the week:												
	Date		Day # 4			, 							
			Bodyweig	jht									
	CONDI	TIONIN	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up: quick feet F/	(Ladder) 2 L/R, quick sh	20 yds. uffle F/B, hip	switch F/L/R,	in-in-out-out F	/B/L/R, giant	slalom F, 2 fo	rward 1 back				
_						amstring, I	ateral squa	t walk					
Start	/Finish			and - purple	e) F/B/L/R								
		Plyometric	cs:	Single Leg	Lateral H	urdle or Co	ne Hop 5x5						
Coa	ch(s):												
	r/Group:	Speed/Agi	eed/Agility:										
			Assisted 1-2 cut 3x ea.										
			Lateral hoop run w/ return 3x each (2 hoops)										
		0											
	Conditioning: Slide Board 12x :30/1:00												
	Airdyne 6x :45/1:15 (M-Lv 10, F-Lv 8)												
Abdomina	ıls:												
			0:	Overhead v									
				de twist 3x1 m chest pas									
			One An	ii chest pas	55 3X 10 Nu	& 2X 10 D							
			;	Strength	Trainin	ıg							
%	l Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,95,100-	I		I 3	13	13	I							
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			<u> </u>				
	<u> </u>		<u> </u>	140	<u> </u>	<u> </u>							
80,70,55%	DB Incline or		6	12	24	l I							
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	•			<u> </u>				
7F 000/	Dina . Car		5+10	5+10	5.10	<u> </u>							
	Dips + Sca		8 to 20	8 to 20	5+10 8 to 20	<u> </u>							
75-80%	1 Leg Bac Cable Lift		ο το 20 Ι _Ω	1 ₈	ο το 20	i			<u> </u>				
73-00%	Cable Lift		!	!	<u> </u>	 							
	<u> </u>		<u> </u>	<u> </u>	<u> </u> 								
	i		i	i 	 	i			i				
Flexibility	: Foam Rol	ler Stretch											
i lexibility	. i oaiii koi	iei otietoii											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									
		•	•	3,									

Date		Week # 10 Day # 1)	Day of the week:				
		Bodyweig	ıht					
CONDI	TIONING		up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning	
Time of Day:	Warm Up:	(20 yards)						
,			2.heel to b					
Start /Finish	7. Dack	Deuai o. S		heel walks			SKIP IU. U	verneau
	Plyometric	s:						
			Hι	ırdle Hop w	ith Sprint 5	5x5		
2 1()								
Coach(s): Partner/Group:	Speed/Agi	lity.						
i artifei/Oroup.	Speeu/Agi	iity.	Gro	und Chase	Sprint 3x e	each		
			Sled 2x 1	/2 field, 2x	full field (1	80 yards)		
	Conditioni	ng:		Line Drill	5 15 25 30			
					1:00			
					nutes			
Abdominals:			Stability Bal	l Alphabat 1	วง			
			lip Lift on M					
				Twist 3x10				
			Strength	Trainin	g			
% Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	
L I <u>Bar Comp</u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest
High clean		5	5	5				
		10	10	10				
		110						
Row		10		10			<u> </u>	
Row			110					
Row SLDL		10	110	10				
Row SLDL Push Press High pull	5	10 10 10	10 10 10	10 10 10				
Row SLDL Push Press High pull		10 10 10	10 10 10	10 10				
Row SLDL Push Press High pull Slant Boal	rd Sit Ups	10 10 10 10 10 to 20	10 10 10 10 10 to 20	10 10 10				
Row SLDL Push Press High pull Slant Boal	rd Sit Ups	10 10 10 10 to 20 8+8	10 10 10 10 to 20	10 10 10				
Row SLDL Push Press High pull Slant Boal	rd Sit Ups	10 10 10 10 to 20 8+8	10 10 10 10 10 to 20	10 10 10				
Row ISLDL Push Press High pull Slant Boar Hammer Cu	rd Sit Ups url + Press Plate Raise	10 10 10 10 to 20 8+8	10 10 10 10 to 20	10 10 10				
Row SLDL Push Press High pull Slant Boal	rd Sit Ups url + Press Plate Raise	10 10 10 10 to 20 8+8	10 10 10 10 to 20	10 10 10				
Row SLDL Push Press High pull Slant Boar Hammer Cu Diagonal F	rd Sit Ups url + Press Plate Raise	10 10 10 10 to 20 8+8 8 to 20	10 10 10 10 to 20 8+8 8 to 20	10 10 10 10 to 20				
Row ISLDL Push Press High pull Slant Boar Hammer Cu	rd Sit Ups url + Press Plate Raise	10 10 10 10 to 20 8+8 8 to 20	10 10 10 10 to 20 8+8 8 to 20	10 10 10 10 to 20				
Row SLDL Push Press High pull Slant Boar Hammer Cu Diagonal F	rd Sit Ups url + Press Plate Raise	10 10 10 10 to 20 8+8 8 to 20	10 10 10 10 to 20 8+8 8 to 20	10 10 10 10 to 20				
Row SLDL Push Press High pull Slant Boar Hammer Cu Diagonal F Flexibility: Partner St	rd Sit Ups url + Press Plate Raise cretch s: (issues of	10 10 10 10 to 20 8+8 8 to 20	10 10 10 10 to 20 8+8 8 to 20	10 10 10 10 to 20				
Row SLDL Push Press High pull Slant Boar Hammer Cu Diagonal F	rd Sit Ups url + Press Plate Raise cretch s: (issues of	10 10 10 10 to 20 8+8 8 to 20	10 10 10 10 to 20 8+8 8 to 20	10 10 10 10 to 20				

	Data		Week # 10 Day # 2)		Da	y of the we	ek:	
	Date		Bodyweig	tht					
			Боаужец	ınt					
	COND	ITIONIN	G-Warm	up- Plyor	metrics- S	Speed/Agi	ility- Con	ditioning	
Time	of Day:	Warm Up:	(Ladder) 1	0 yds.					
	o,.							lakovsky Shul	fle F
044				piderman,			ateral squa	at walk	
Start	/Finish			Knees - Gr	een) F/B/L/	K			
		Plyometri		ral Hurdle o	r Cana Hai	n with lum	n and Dage	h EvE	
			Late	rai nurule c	or Cone no	p with Juin	p and Read	כאכ ווכ	
Coa	ch(s):								
	r/Group:	Speed/Ag	ilitv·						
	., 0. 0	opeour tg		La	teral 45 deg	gree 1-2 cu	t 4x		
				Lateral hoc				s)	
		Condition	ing:						
					Slide Board				
				Airdyn	e 7x :45/1:1	15 (M-Lv 10	, F-Lv 8)		
A la al a !:	da.								
Abdomina	iis:		Andinina D	alla ainala	lan ayarba	ad 2v10 aa	-h		
		IN.		alls- single			cn		
				e leg twist : ng Chest Pa					
			Aiternatii	ig Chest Pa	155 3X IU INI	J & ZX I U D			
			,	Strength	Trainin	g			
%	Eve	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest
70,75,80	Snatch		5	<u> 4</u>	<u> 3</u>	<u> </u>	<u> </u>	<u> </u>	
	Slant Board	Rev Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>	1	
600/	50's Benc	h	3x	<u> </u>	! 	<u> </u>	! 	! [
00%	Leg Circu		JX	i	i	i	i 	i i	
	jump squa		20	20	20	!	<u> </u>	! !	
	body weig		20	20	20	 	 	 	
	alternating		20	20	20	<u> </u>	<u> </u>	<u> </u>	
	lateral squ	at	20	20	20				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	
	pull up		Max	Max-2	!	<u> </u>	<u> </u>	[
	Metronon	ne Push Up	Max	Max-10	! !]]			
-		ller Stretch		verall mood	, etc.)				
Additiona	I Exercises	s: (Practice,	Bike, Run,	Swimming)					

Date		Week # 1 Day # 3	0	-	Da	y of the we	ek:	
Date		Bodyweig	ıht					
COND	ITIONIN			netrics- S	Speed/Agi	lity- Con	ditioning	
Time of Day:		(10 yards		- h 2 -	nnasita kar	ا مدادما	tt 4 baal	4- h44/
			F/B 2.heel to nge walk 6.					
Start /Finish								
	Plyometri	cs:	Single I	eg Hurdle	Hop with S	print 5x5		
Coach(s): Partner/Group:	Speed/Ag	ility						
r artifet/Group.	Оресси/Ад	mry.	Ва	ck ground	sprint 3x e	ach		
			Resis	ted Band R	unning 6x	25 yds.		
	Condition	ing:		x300(50 ya	rd) 1:00/2:0	00		
				2x150(50 ya	ard) :30/1:3	0		
				5x100(50 y	ard) :20/:4	0		
Abdominals:	1							
			Stability Ba					
		1 Leg F	lip Lift on N	<u>ledicine Ba</u> Twist 3x10	III 2x8-12			
			Russian	I WIST 3X10				
			Strength	Trainin	g			
% Ex	ercise	Set 1 Reps/	Set 2	Set 3 Reps/	Set 4	Set 5	Tampa	Doot
DB Com	olex	Keps/	Reps/	Keps/	Reps/	Reps/	Tempo	Rest
Snatch		5	5	5	!		<u> </u>	
Row		10	10	10	İ		İ	
SLDL		10	10	10	<u> </u>		<u> </u>	
curl + pus		10	10	10	! 		! 	
push up -	- scapula	10+10	10+10	10+10	 		<u> </u>	
Hanging	Leg Raise	10 to 20	10 to 20	10 to 20	<u> </u>			
]]	 	<u> </u>	<u> </u>		! !	
		<u> </u>	 	<u> </u>	<u> </u>		<u> </u>	
<u></u>		į	! 	<u> </u>	! 			
Flexibility: Partner \$	Stretch	П						
-								
Additional Commer	ı ts: (issues c	or injuries, o	verall mood	, etc.)				
	,	• , -		,				
Additional Exercise	s: (Practice,	Bike, Run,	Swimming)					

		Week # 10 Date Day # 4				Day of the week:				
	Date						,			
			Bodyweig	ht						
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning		
Time	of Day:	Warm Up: quick feet F/	(Ladder) 1 L/R, quick sh	0 yds. uffle F/B, hip	switch F/L/R,	in-in-out-out F	/B/L/R,Giant	, Brake Run F		
						amstring, I	ateral squa	nt walk		
Start	/Finish			knees - gre	en) F/B/L/R	}				
		Plyometric		Leg Hurdle	or Cone I	lop with Ju	mp and Re	ach 5x5		
Coa	ch(s):									
	r/Group:	Speed/Agi	ility:							
	•	.,	1		45 degree	e 1-2 cut 4x				
				Lateral hoc	p run w/ re	eturn 3x eac	h (3 hoops	s)		
		Condition	ing:		W. I. E.	144 227	20			
						1 14x :30/1:0				
				Airayn	e / X :45/1:	15 (M-Lv 10	, r-Lv ŏ)			
Abdomina	ıls:									
				Medicine	Ball Abs					
			sing	le leg overl	nead 2 x 10) each				
			singl	e leg twist 3	3x10 ND &	2x10 D				
			Alternati	ng chest pa	ss 3x10 N	D & 2x10 D				
				Strength		ng				
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i		
	L		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest	
70,75,80	Push Pres		5	4	I 3	I				
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20				
	Mini Leg C	ircuit	<u> </u>	i	<u> </u>	i		<u> </u>	<u>. </u>	
	squat jump		10	i 	i 	ī			i i	
	body weigh		10	<u> </u>	 	ļ				
	alternating		10	 	! !	I I			<u> </u>	
	tuck jump	9-	10	i	İ	<u> </u>			' 	
	Lack jamp		<u> </u>	<u>i</u>	<u>i</u>	<u> </u>		<u> </u>		
	Chin ups		max	max-2	 	 				
	Inverted R		8 to 20	8 to 20	!	 				
	vcrteu N		1	1	i	i		i	j i	
Elevihili#y	: Foam Roll	or Stratch				1				
riexibility	. Foaiii Roii	er Stretch								
Additiona	l Commente	s. (jegupe o	r iniuries o	verall mood	etc.)					
Additiona	Comment	5. (133063 0	i injunes, o	verali illood	Gio.)					
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)						

	Date		Week # 1 ⁻ Day # 1	1	Day of the week:				
	Duto		Bodyweig	aht					
	CONDI	TIONIN		up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:	(20 yards)) - 0 h 1 t - h			Link loon	5 b(1)	-!-!
	•			2.heel to b					
Start	/Finish	7. Dack	Jeuai 6. 3		heel walks			SKIP IU. U	verneau
		Plyometric	cs:						
				Hι	ırdle Hop w	ith Sprint 5	5x5		
0	-1-1-1-								
	ch(s): r/Group:	Speed/Agi	ility						
1 ai tile	/Group.	Speeu/Agi	iiity.	Gro	und Chase	Sprint 3x e	each		
						•			
				Sled 3x 1	/2 field, 2x	full field (2	10 yards)		
		Condition	ing:		Line Drill	5 15 25 20			
						5 15 25 30 1:00			
						nutes			
Abdomina	ıls:			N. 1.717 B. 1		•			
				Stability Bal lip Lift on N					
			i Leg i		rwist 3x10	11 230-12			
				rtaooian	. WICE CATE				
			;	Strength	Trainin	g			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	Tompo	Rest
	<u> </u>		I Keps/	i Keps/	l Keps/	Reps/	Reps/	Tempo	Kesi
	Bar Comp		=						
	Bar Comp High clean		5	5	5				
	High clean		5 10	5 10	5 10			 	
			5 10 10	10				 	
	High clean Row		10	10 10	10				
	High clean Row SLDL		10 10	10 10	10 10				
	High clean Row SLDL Push Press High pull	5	10 10 10 10	10 110 10 10	10 10 10 10				
	High clean Row SLDL Push Press High pull		10 10 10 10	10 110 10 10	10 10 10				
	High clean Row ISLDL Push Press High pull Slant Boar	rd Sit Ups	10 10 10 10 10 10 to 20	10 10 10 10 10 10 to 20	10 10 10 10				
	High clean Row SLDL Push Press High pull	rd Sit Ups	10 10 10 10 10 10 to 20	10 110 10 10	10 10 10 10				
	High clean Row ISLDL Push Press High pull Slant Boar	rd Sit Ups	10 10 10 10 10 10 to 20	10 10 10 10 10 10 to 20	10 10 10 10				
	High clean Row ISLDL Push Press High pull Slant Boar	d Sit Ups	10 10 10 10 10 10 to 20	10 10 10 10 10 10 to 20	10 10 10 10				
Flexibility	High clean Row SLDL Push Press High pull Slant Boar Hammer Cu	rd Sit Ups	10 10 10 10 10 10 to 20 8+8	10 10 10 10 10 to 20	10 10 10 10 10 10 to 20				
Flexibility	High clean Row SLDL Push Press High pull Slant Boar Hammer Cu	rd Sit Ups	10 10 10 10 10 10 to 20 8+8	10 10 10 10 10 10 to 20	10 10 10 10 10 10 to 20				
Flexibility	High clean Row SLDL Push Press High pull Slant Boar Hammer Cu	rd Sit Ups	10 10 10 10 10 10 to 20 8+8	10 10 10 10 10 to 20	10 10 10 10 10 10 to 20				
Flexibility	High clean Row ISLDL Push Press High pull Slant Boar Hammer Cu	rd Sit Ups Irl + Press retch s: (issues o	10 10 10 10 10 to 20 8+8	10 10 10 10 10 to 20 8+8	10 10 10 10 10 10 to 20				
Flexibility	High clean Row SLDL Push Press High pull Slant Boar Hammer Cu	rd Sit Ups Irl + Press retch s: (issues o	10 10 10 10 10 to 20 8+8	10 10 10 10 10 to 20 8+8	10 10 10 10 10 10 to 20				
Flexibility	High clean Row ISLDL Push Press High pull Slant Boar Hammer Cu	rd Sit Ups Irl + Press retch s: (issues o	10 10 10 10 10 to 20 8+8	10 10 10 10 10 to 20 8+8	10 10 10 10 10 10 to 20				

	Date		Week # 1 Day # 2	1	Day of the week:				
	Duto		Bodyweig	aht					
	CONDI	TIONIN		up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:	(Ladder) '	15 yds.					
111110	o. Day.							lakovsky Shuf	fle F
.				spiderman,			ateral squa	at walk	
Start	/Finish			Knees - Gr	een) F/B/L/	K			
		Plyometri		ral Hurdle o	r Cono Ho	n with lumi	and Base	h EvE	
			Late	iai riurule c	or Cone no	p with Julii	J allu Neau	JII JAJ	
Coad	ch(s):								
	/Group:	Speed/Ag	ilitv:						
		0,000,000		La	teral 45 de	gree 1-2 cut	4x		
						turn 3x eac		s)	
				Resis	ted Band T	ows 1x Ful	l Field		
		Condition	ing:						
						16x :30/1:0			
				Airdyn	e 8x :45/1:1	15 (M-Lv 10,	F-Lv 8)		
Abdomina	le:								
Abdomina	113.	N	ledicine B	alls- single	leg overhe	ad 2x10 eac	:h		
				e leg twist 3			<u>///</u>		
				ng chest pa					
			7	ng onest pe					
			;	Strength	Trainin	g			
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	
75,80 85	Snatch		Reps/	Reps/ 4	Reps/ 3	Reps/	Reps/	Tempo _	Rest
	Slant Boa	rd Rev Sit I			10 to 20				
		id itor oil t	1.01020	1	110 to 20	i		i i	
60%	50's Benc	h	3x	Ţ	Ī			<u> </u>	
	Leg Circui	i <u>t</u>			1				
	jump squat		20	20	20			·	
	body weigh		20	20	20	<u>i </u>		<u>i i</u>	
	alternating	lunge	20	20	20			!!	
		_	20	120	■ 20				
	lateral squa	_	20	20	20	<u> </u>		} 	Î
	lateral squa	at	<u> </u>	Ì	<u> 20</u>]]		,, 	
	lateral squa	at	Max	Max-2	20 	<u> </u>			
	lateral squa	at ne Push Up	Max	Ì	20 	 			
Flexibility	lateral squa Ipull up Metronom Foam Rol	at ne Push Up ler Stretch	I IMax IMax	IMax-2 IMax-10	i I				
Flexibility	lateral squa Ipull up Metronom Foam Rol	at ne Push Up ler Stretch	I IMax IMax	Max-2	i I				
Flexibility	lateral squa Ipull up Metronom Foam Rol	at ne Push Up ler Stretch	I IMax IMax	IMax-2 IMax-10	i I				
Flexibility	lateral squa Ipull up Metronom Foam Rol	at ne Push Up ler Stretch	I IMax IMax	IMax-2 IMax-10	i I				
Flexibility: Additional	lateral squa Ipull up IMetronom : Foam Roll	ne Push Up ler Stretch s: (issues o	IMax IMax IMax r injuries, o	Max-2 Max-10	i I				
Flexibility: Additional	lateral squa Ipull up IMetronom : Foam Roll	ne Push Up ler Stretch s: (issues o	IMax IMax IMax r injuries, o	IMax-2 IMax-10	i I				
Flexibility: Additional	lateral squa Ipull up IMetronom : Foam Roll	ne Push Up ler Stretch s: (issues o	IMax IMax IMax r injuries, o	Max-2 Max-10	i I				

	Date		Week # 1 ² Day # 3	1		Da	y of the we	ek:	
	Date		Bodyweig	ıht					
	CONDI	TIONIN		up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning	
Time	of Day:	1. figure f		//////////////////////////////////////					
Start	/Finish	J. Da	ckwaru iui	ige waik o.	Ottalgrit Le	g Clossov	ei 7. GLDL	17D 0. Dat	rwaiu
		Plyometric	cs:	Single Le	g Hurdle Ho	op with Spr	int 5x5 ea.		
	ch(s):								
Partne	r/Group:	Speed/Agi	ility:		ck ground ted Band R				
		Condition	ing:	;	x300(50 ya 3x150(50 ya 5x100(50 ya	rd) :30/1:3	0		
Abdomina	ıls:								
				Stability Bal					
			1 Leg F	lip Lift on M		II 2x8-12			
				Russian	Twist 3x10				
			,	Strength	Trainin	g			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
	DB Compl		! -	<u> </u> 	! 				
	Snatch		5	5	5				
	Row		10 10	10 110	10 110				
	SLDL		I ₁₀		I ₁₀				
	curl + push push up +	, p. 000	10+10	10+10	10+10				
	pasir ap 1	Scapula	10110	1	10110				
	Hanging L	eg Raise	10 to 20	10 to 20	10 to 20				
	i		j I	<u> </u>					
Flexibility	: Partner St	tretch	<u> </u>	<u>i</u>					
	I Comment	•		verall mood	etc.)				
		,	-, - ,	G,					

			Week # 1	1		Da	v of the we	ek:	
	Date		Day # 4	.b.t		'	-		
			Bodyweig	ınt					
	CONDI	TIONIN	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Cond	ditioning	
Time	of Day:	Warm Up: quick feet F/	(Ladder) 1 L/R, quick sh	15 yds. uffle F/B, hip	switch F/L/R,	in-in-out-out F	F/B/L/R,Giant ,	Brake Run F	
						amstring, l			
Start	/Finish	Bands (ba	nd above	knees - gre					
		Plyometric							
			Single I	_eg Lateral	Hurdle Ho	p with Jump	and Reacl	n 5x5 ea.	
Coa	ch(s):								
	r/Group:	Speed/Agi	ilitv·						
	.,	opeour, (g		bac	kward 45 d	egree 1-2 ci	ut 4x		
						eturn 3x eac)	·
		Condition	ing:		Nida D	140,,004	<u> </u>		
						l 16x :30/1:0 15 (M-Lv 10,			
				Alluyli	O OA .70/1.	(iii EV 10,	. =+ 0)		
Abdomina	als:								
					Ball Abs				
				le leg over					
				e leg twist : ng chest pa					
			Alternati	ing cricat po	ISS SKIU III	D & ZXIO D			
				Stronath	Trainin	NCI			
			,	Strength	Trainir	ng			
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		
%		rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/		Set 5 Reps/	Tempo	Rest
	Push Pres	 ss	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	_	Tempo	<u>Rest</u>
		 ss	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	_	Tempo	Rest
	Push Pres	ss Rev SB Sit	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
	Push Pres SB Sit & R	ss Rev SB Sit	Set 1 Reps/ 5 10 to 20	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
	Push Pres SB Sit & R Mini Leg C	ss Rev SB Sit	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
	Push Pres SB Sit & R Mini Leg C squat jump body weigh	es Rev SB Sit	Set 1 Reps/ 5 10 to 20	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	_	Tempo	<u>Rest</u>
	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating	Rev SB Sit Circuit Int squat lunge	Set 1 Reps/ 15 10 to 20 10	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
	Push Pres SB Sit & R Mini Leg C squat jump body weigh	Rev SB Sit Circuit Int squat lunge	Set 1 Reps/ 15 10 to 20 10 10	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest _
	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating	Rev SB Sit Circuit Int squat lunge	Set 1 Reps/ 15 10 to 20 10 10	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
75.80,85	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump	SEEV SB Sit Circuit Ont squat lunge	Set 1 Reps/ I5 10 to 20 10 10 10	Set 2 Reps/ 4 10 to 20	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
75.80,85	Push Pres SB Sit & R Mini Leq C squat jump body weigh alternating tuck jump	SEEV SB Sit Circuit Ont squat lunge	Set 1 Reps/ 5 10 to 20 10 10 10 10	Set 2 Reps/ 14 10 to 20	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
75.80,85	Push Pres SB Sit & R Mini Leq C squat jump body weigh alternating tuck jump	SERV SB Sit Circuit Ont squat lunge	Set 1 Reps/ 5 10 to 20 10 10 10 10	Set 2 Reps/ 14 10 to 20	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
75.80,85	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up inverted ref Tree Foam Role	SERVENTE SER	Set 1 Reps/ 15 10 to 20 10 10 10 10 10 Max 8 to 20	Set 2 Reps/ 14 10 to 20 Max-2 8 to 20	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
75.80,85	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up inverted ref Tree Foam Role	SERVENTE SER	Set 1 Reps/ 15 10 to 20 10 10 10 10 10 Max 8 to 20	Set 2 Reps/ 14 10 to 20	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
75.80,85	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up inverted ref Tree Foam Role	SERVENTE SER	Set 1 Reps/ 15 10 to 20 10 10 10 10 10 Max 8 to 20	Set 2 Reps/ 14 10 to 20 Max-2 8 to 20	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
75.80,85	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up inverted ref Tree Foam Role	SERVENTE SER	Set 1 Reps/ 15 10 to 20 10 10 10 10 10 Max 8 to 20	Set 2 Reps/ 14 10 to 20 Max-2 8 to 20	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
75.80,85 Flexibility Additiona	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up inverted ref Tree Foam Role	circuit ont squat lunge ow ler Stretch s: (issues o	Set 1 Reps/ 15 10 to 20 10 10 10 10 10 In In In In In In In In In In In In In	Set 2 Reps/ 14 10 to 20 Max-2 18 to 20	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest
75.80,85 Flexibility Additiona	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up inverted re	circuit ont squat lunge ow ler Stretch s: (issues o	Set 1 Reps/ 15 10 to 20 10 10 10 10 10 In In In In In In In In In In In In In	Set 2 Reps/ 14 10 to 20 Max-2 18 to 20	Set 3 Reps/	Set 4 Reps/	_	Tempo	Rest

	Date	Week # 12 Day # 1 Bodyweight		2	Day of the week:				
	Date			tht					
			Боаужец	mt					
	CONDI	TIONIN	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:	(20 yards)						
111110	or Day.			2.heel to b					
_		7. back	pedal 8. S	LDL walk Fo				skip 10. O	verhead
Start	/Finish			11.	heel walks	12. inchw	orm		
		Plyometric	cs:	ш.	ırdle Hop w	ith Cariat I	EvE		
				п	irule nop w	nui opinii :)XJ		
Coa	ch(s):								
	r/Group:	Speed/Agi	ilitv:						
		e pe court agr		Gro	und Chase	Sprint 3x	each		
					Sled 1x p	perimeter			
		Condition	ing:						
						5 15 25 30			
						1:00 nutes			
					ווא סוי	nutes			
Abdomina	ale:								
Abdomini	a13.		9	Stability Bal	I Alphabet	2x			
				lip Lift on N					
					Twist 3x10				
			,	Strength	Trainin	g			
			0-44		Set 3	Set 4	Set 5		:
%	i Exe	rcise	Set 1	Set 2				' _ '	' <u> </u>
<u>%</u>			Reps/	Set 2 Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest
%	Bar Comp	lex	Reps/	Reps/	Reps/			<u>Tempo</u>	Rest _
<u>%</u>	Bar Comp	lex	Reps/ 5	Reps/	Reps/ 5			Tempo	Rest
	Bar Comp High clean Row	lex	Reps/ 5 10	Reps/ 5 10	Reps/ 5 10			Tempo	Rest
<u></u>	Bar Comp High clean Row SLDL	lex	Reps/ 5 10	Reps/ 5 10 10	Reps/ 5 10 10			Tempo	Rest
<u>~</u> — — —	Bar Comp High clean Row SLDL Push Pres	lex	Reps/ 5 10 10	Reps/ 5 10 10 10	Reps/ 5 10 10			Tempo	Rest
<u>%</u>	Bar Comp High clean Row SLDL	lex	Reps/ 5 10	Reps/ 5 10 10	Reps/ 5 10 10			Tempo	Rest
%	Bar Comp High clean Row SLDL Push Press High pull	lex S	Reps/ 5 10 10 10 10	Reps/ 5 10 10 10 10	Reps/ 5 10 10 10 10			Tempo	Rest
%	Bar Comp High clean Row SLDL Push Pres	lex S	Reps/ 5 10 10 10 10	Reps/ 5 10 10 10 10	Reps/ 5 10 10			Tempo	Rest
%	Bar Comp High clean Row SLDL Push Press High pull	lex S	Reps/ 5 10 10 10 10	Reps/ 5 10 10 10 10	Reps/ 5 10 10 10 10			Tempo	Rest
%	Bar Comp High clean Row SLDL Push Press High pull	lex S	Reps/ 5 10 10 10 10 10 10	Reps/ 5 10 10 10 10	Reps/ 5 10 10 10 10			Tempo	Rest
%	Bar Comp High clean Row SLDL Push Press High pull	lex S	Reps/ 5 10 10 10 10 10 10	Reps/ 5 10 10 10 10 10 10 10 10 10 10 10 10 10	Reps/ 5 10 10 10 10			Tempo	Rest
%	Bar Comp High clean Row SLDL Push Press High pull	lex S	Reps/ 5 10 10 10 10 10 10 10 10 10 10 10 10 10	Reps/ 5 10 10 10 10 10 10 10 10 10 10 10 10 10	Reps/ 5 10 10 10 10			Tempo	Rest
	Bar Comp High clean Row SLDL Push Press High pull	rd Sit Ups	Reps/ 5 10 10 10 10 10 10 10 10 10 10 10 10 10	Reps/ 5 10 10 10 10 10 10 10 10 10 10 10 10 10	Reps/ 5 10 10 10 10			Tempo	Rest
Flexibility	Bar Comp High clean Row SLDL Push Press High pull Slant Boa	rd Sit Ups url + Press	Reps/ 5 10 10 10 10 10 10 8+8	Reps/ 5 10 10 10 10 10 10 8+8	Reps/ 5 10 10 10 10 10 10 to 20			Tempo	Rest
Flexibility	Bar Comp High clean Row SLDL Push Pres: High pull Slant Boa	rd Sit Ups url + Press	Reps/ 5 10 10 10 10 10 10 8+8	Reps/ 5 10 10 10 10 10 10 8+8	Reps/ 5 10 10 10 10 10 10 to 20			Tempo	Rest
Flexibility	Bar Comp High clean Row SLDL Push Press High pull Slant Boa	rd Sit Ups url + Press	Reps/ 5 10 10 10 10 10 10 8+8	Reps/ 5 10 10 10 10 10 10 8+8	Reps/ 5 10 10 10 10 10 10 to 20			Tempo	Rest
Flexibility	Bar Comp High clean Row SLDL Push Press High pull Slant Boa	rd Sit Ups url + Press	Reps/ 5 10 10 10 10 10 10 8+8	Reps/ 5 10 10 10 10 10 10 8+8	Reps/ 5 10 10 10 10 10 10 to 20			Tempo	Rest
Flexibility	Bar Comp High clean Row SLDL Push Press High pull Slant Boar Hammer Cu	rd Sit Ups url + Press tretch s: (issues of	Reps/ 5 10 10 10 10 10 10 10 r injuries, o	Reps/ 5 10 10 10 10 10 10 10 werall mood,	Reps/ 5 10 10 10 10 10 10 to 20			Tempo	Rest
Flexibility	Bar Comp High clean Row SLDL Push Press High pull Slant Boa	rd Sit Ups url + Press tretch s: (issues of	Reps/ 5 10 10 10 10 10 10 10 r injuries, o	Reps/ 5 10 10 10 10 10 10 10 werall mood,	Reps/ 5 10 10 10 10 10 10 to 20			Tempo	Rest
Flexibility	Bar Comp High clean Row SLDL Push Press High pull Slant Boar Hammer Cu	rd Sit Ups url + Press tretch s: (issues of	Reps/ 5 10 10 10 10 10 10 10 r injuries, o	Reps/ 5 10 10 10 10 10 10 10 werall mood,	Reps/ 5 10 10 10 10 10 10 to 20			Tempo	Rest

	Date	Week # 12 Day # 2 Bodyweight			-	Da	y of the we	ek:	
				ght					
	CONDI	TIONIN		up- Plyor	metrics- S	peed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:	(Ladder) 2	20 yds. front F/B, cro	ss behind F/B.	auick shuffle	F/B. 180's. N	lakovsky Shuf	fle F
		Shuffle &	Carioca - s	spiderman,	lunge to ha	amstring, I			
Start	/Finish	Bands (Ba	and Above	Knees - Gr	een) F/B/L/F	R			
		Plyometric							
			Late	ral Hurdle o	or Cone Hop	with Jum	p and Read	th 5x5	
Coa	ch(s):								
	r/Group:	Speed/Agi	ility:						
					teral 45 deg				
				Lateral hoc	p run w/ re	turn 3x eac	h (3 hoops	s)	
		Condition	ina:						
		Condition	my.	10	Mile Bike	Test (aroun	1)		
					on day #2,)	
_							-		·
A1 1									
Abdomina	us:	N	ledicine R	alls- single	leg overhes	ad 2v10 ead	·h		
				e leg twist :	_		711		
				ng chest pa					
			,	Strength	Trainin	g			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5 Reps/	L	Rest
65,70,75	ISnatch		15	14	13	Reps/	Keps/	Tempo _	Kesi
	Slant Boa	rd Rev Sit l		10 to 20	10 to 20				
000/	501 5		<u> </u>	<u> </u>					
60%	50's Benc Leg Circu		3x	i	<u>:</u>			i i	
	jump squa		20	20	20			! !	
	body weigh	nt squats	20	20	20			 	
	alternating	lunge	20	20	20				
	lateral squ	at	20	20	20			<u> </u>	
	l Ipull up		Max	Max-2	<u>, </u>			<u>, </u>	
) 		I	III.QX Z	i			i i	
-	: Foam Rol		r injuries, o	overall mood	, etc.)				
		(,,		, ,				
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)					

Date		Week # 12 Day # 3	2	-	Da	y of the we	ek:	
Date		Bodyweig	ıht					
COND	ITIONIN			netrics- S	Speed/Agi	lity- Con	ditioning	
Time of Day:		(10 yards)						
Time of Day.			/B 2.heel t					
Start /Finish	5. Ва	ckward lur	ige walk 6.	Straight Le	eg Crossov	er 7. SLDL	. F/B 8. Dac	Kward
	Plyometri	cs:						
			Single L	eg Hurdle l	Hop with S	orint 5x5		
Coach(s):								
Partner/Group:	Speed/Ag	ility:						
			Ва	ck ground	sprint 3x e	ach		
			Resis	sted Band T	ows 1x Ful	l Field		
	Condition	ing:						
	1			lx300(50 ya 3x150(50 ya				
	1			7x100(50 ya				
				(2				
Abdominals:								
			Stability Ballip Lift on M					
		i Leg r		Twist 3x10	III 2X0-12			
		;	Strength	Trainin	g			
% Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5	T	D1
IDB Comp		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo _	<u>Rest</u>
Snatch		5	5	5	i			
Row		10	10	10	<u> </u>			
SLDL		10	110	10	i i			
curl + pus	h press	10	10	10				
push up +	scapula	10+10	10+10	10+10				
Į		ļ	<u>ļ</u>	<u> </u>	<u> </u>			
Straight I	eg Raise	10 to 20	10 to 20	10 to 20	! 			
—— <u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>			
<u> </u>		<u> </u>	}	<u> </u>	<u> </u>			
- i		i	i	i	<u> </u>			
Flexibility: Partner S	Stretch			1				
								
Additional Commen	ts: (issues o	r iniuries o	verall mood	etc.)				
	-3. (.000000	,		,,				
Additional Exercises	s: (Practice	Rike Run	Swimming)					
	(1 1401100,		g)					

			Week # 12	<u> </u>		Da	v of the we	ek:	
	Date		Day # 4	le4		,	-		
			Bodyweig	nt					
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Cond	ditioning	
Time (of Day:	Warm Up:	(Ladder) 2 L/R, quick sh	0 yds. uffle F/B, hip s	switch F/L/R,	in-in-out-out F	/B/L/R,Giant ,	Brake Run F	
						amstring, l			
Start	/Finish			knees - gre					
		Plyometric							
			Latera	l Hurdle or	Cone Hop	with Jump	and Reach	5x5 ea.	
Coad	ch(s):								
	r/Group:	Speed/Agi	litv:						
	., с. ср.	opeou//tg/		bacl	kward 45 d	egree 1-2 c	ut 4x		
				Lateral hoc	p run w/ re	eturn 3x eac	h (3 hoops)	
		Condition	ing:	40	Mile Dile	Too! /	. 4\		
						Test (group , one group)	
				, 5 gi vap	// // // // // // // // // /	, g. eap			
Abdomina	als:								
					Ball Abs				
				le leg overl e leg twist 3					
				ng chest pa					
			7 tito i iiatii	ig oneet pu	OU OX IO IVI	- G - A 10 - B			
			9	Stronath	Trainin	na			
				Strength		ıg			
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	_	
%	<u> </u>		Set 1 Reps/	Set 2 Reps/	Set 3 Reps/		Set 5 Reps/	Tempo	Rest
	Push Pres		Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
	Push Pres	ss	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4		Tempo	Rest
65,70,75	Push Pres	ss Rev SB Sit	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R	ss Rev SB Sit	Set 1 Reps/ 5 10 to 20	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R IMini Leg C	ss Rev SB Sit	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R Mini Leg (squat jump	Rev SB Sit Circuit Ont squat	Set 1 Reps/ 5 10 to 20	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R IMini Leg C	Rev SB Sit Circuit Ont squat lunge	Set 1 Reps/ 5 10 to 20 10	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating	Rev SB Sit Circuit Ont squat lunge	Set 1 Reps/ 5 10 to 20 10 10	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating	Rev SB Sit Circuit Ont squat lunge	Set 1 Reps/ 5 10 to 20 10 10	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R Mini Leg C squat jump body weight alternating tuck jump	Rev SB Sit Circuit Ont squat lunge	Set 1 Reps/ 5 10 to 20 10 10 10	Set 2 Reps/ 4 10 to 20	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up	Rev SB Sit Circuit Ont squat lunge	Set 1 Reps/ 5 10 to 20 10 10 10 10	Set 2 Reps/ 4 10 to 20	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up	SERV SB Sit Circuit Ont squat lunge	Set 1 Reps/ 5 10 to 20 10 10 10 10	Set 2 Reps/ 4 10 to 20	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up inverted re	SS Rev SB Sit Circuit Ont squat lunge Ow Ier Stretch	Set 1 Reps/ 5 10 to 20 10 10 10 10 10 Max 8 to 20	Set 2 Reps/ 4 10 to 20 Max-2 8 to 20	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up	SS Rev SB Sit Circuit Ont squat lunge Ow Ier Stretch	Set 1 Reps/ 5 10 to 20 10 10 10 10 10 Max 8 to 20	Set 2 Reps/ 4 10 to 20 Max-2 8 to 20	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up inverted re	SS Rev SB Sit Circuit Ont squat lunge Ow Ier Stretch	Set 1 Reps/ 5 10 to 20 10 10 10 10 10 Max 8 to 20	Set 2 Reps/ 4 10 to 20 Max-2 8 to 20	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up inverted re	SS Rev SB Sit Circuit Ont squat lunge Ow Ier Stretch	Set 1 Reps/ 5 10 to 20 10 10 10 10 10 Max 8 to 20	Set 2 Reps/ 4 10 to 20 Max-2 8 to 20	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75 Flexibility	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up inverted re	Rev SB Sit Circuit Ont squat lunge Dw ler Stretch s: (issues o	Set 1 Reps/ 5 10 to 20 10 10 10 10 10 x 8 to 20	Set 2 Reps/ 14 10 to 20 Max-2 18 to 20	Set 3 Reps/	Set 4 Reps/		Tempo	Rest
65,70,75 Flexibility	Push Pres SB Sit & R Mini Leg C squat jump body weigh alternating tuck jump Chin Up inverted re Foam Rol	Rev SB Sit Circuit Ont squat lunge Dw ler Stretch s: (issues o	Set 1 Reps/ 5 10 to 20 10 10 10 10 10 x 8 to 20	Set 2 Reps/ 14 10 to 20 Max-2 18 to 20	Set 3 Reps/	Set 4 Reps/		Tempo	Rest

	Data		Week # 13 Day # 1 Day # 1										
	Date		Bodyweig	ıht									
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	ility- Cond	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	y + Dynamic	Warm Up								
Start	/Finish												
		Plyometric	s: Sport S		յ Long Jun	np 5x5 = 25	contacts						
Coa	ch(s):		ad/Anility, Sport Specific										
Partne	r/Group:	Speed/Agi	d/Agility: Sport Specific 20 Yard Square 5x										
		Conditioni											
			Line Drill 5 15 25 30 :30/1:00 18 minutes										
Abdomina	als:												
			(Strength	Trainin	g							
%		rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-	DB Snatch		5 10 to 20	-	3 10 to 20	<u> </u> 							
	Siant Boar	iu oit ops	10 10 20	10 10 20	10 10 20	 							
	Front Box		3			3							
90-97%	Alternating (Grip Chin Up	3	3	3	3							
70-75%	Lunge		12	12	12	<u>!</u> 							
		n 1 Leg Row	12	_	12	į			<u> </u>				
	Reverse Hy	perextension	8-20	8-20	8-20	[[
	<u>į </u>			<u> </u>		<u> </u>							
	<u> </u>			<u> </u>		<u> </u>			<u> </u>				
Flevihility	: Partner St	tretch		ī	- I	- 1			— į				
i lexibility	. ranner o	ircicii											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)								
Additiona	l Exercises	: (Practice, I	Bike, Run,	Swimming)									

			Week # 13 Day of the week:										
	Date		Day # 2	• .			,						
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:	5 minute	Jog + Dynar	nic Warm l	Up							
Start	/Finish												
	Plyometrics: Sport Specific Alternate Bounding w/ Single Arm Action												
Coa	ch(s):												
	r/Group:	Speed/Agi	l/Agility: Sport Specific										
			/Agility: Sport Specific 40 Yard Ladder Sprint 5-7x										
			anditioning.										
		Conditioning: slide board 9x :30/1:30											
			Slide board 9x :30/1:30 Airdyne:										
			1x 1:00/2:00 (M-Lv 9, F-Lv 7)										
				5x	:30/1:30 (M	l-Lv 10, F-L	v 8)						
Abdomina	ls: (MEDB	ALL)											
				Strop ath	Trainin	.							
			,	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	L		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,95,100-			5		3	<u> </u>							
	Slant Boar	d Rev Sit U	10 to 20	10 to 20	10 to 20	 	<u> </u>						
	<u> </u>		<u> </u>	<u> </u>									
90-97%	Bench Pre		3			3							
	Stability Ba	II Leg Curl	8-2U	8-20	8-20	<u>.</u>							
	I	- D	May	Mov. 40	May 40	!							
	Metronom				Max -10	<u> </u>							
	Single Leg	Leg Curl	12	8-20	8-20								
70-75%	Cable Rota	tional Chop	12	12	ļ	<u> </u>							
	<u> </u>			<u> </u>		<u> </u>							
	 			<u> </u>		 							
Elovihilit.	: Foam Roll	or Ctrotal		1	•								
riexibility	. ruaili Koli	er Stretch											
Additiona	I Cammont	. /ioou.co. o	r injuries, o	verall mood,	etc.)								
	Comment	s: (issues of											
	Comment	s: (Issues of	•										
	Comment	s: (issues o	•										
Additiona		·	-	Swimming\									
Additiona	l Exercises	·	-	Swimming)									
Additiona		·	-	Swimming)									

	Data		Week # 13 Day # 3 Day # 3										
	Date		Bodyweig	ıht			-						
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	ility- Cond	ditioning					
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start	/Finish												
		Plyometric	s: Sport S		ı Long Jun	np 5x5 = 25	contacts						
	ch(s):		ed/Agility: Sport Specific										
Partnei	/Group:	Speed/Agi	20 Yard Square 5x										
		Conditioni	itioning: Tempo Run 20										
			τειιιρο καιτ Ζυ										
Abdomina	ıls:												
			(Strength	Trainin	g							
%	L	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-	DB Snatch Straight L		5 10 to 20		3 10 to 20	<u> </u>							
	<u></u>		_	!		<u> </u>							
90-97% 90-97%	Front Box Alternating 0		3	-	3	3 ₃							
70.750/			12	12	12	<u> </u>							
	Lunge	n 1 Leg Row		-	12	<u> </u>							
10 10 70		perextension		8-20	8-20	 							
	i İ			i I		i I							
	! !			l -	<u> </u>]]							
Flexibility	: Partner St	tretch											
Additiona	Comment	s: (issues or	injuries, o	verall mood,	etc.)								
Additiona	Exercises	: (Practice, I	Bike, Run,	Swimming)									

	Data		Week # 13 Day # 4 Day # 4										
	Date		Bodyweig	nht.			-						
			Bodyweig	jnt									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start	Start /Finish Plyometrics: Sport Specific Alternate Bounding w/ Single Arm Action												
	Plyometrics: Sport Specific Alternate Bounding w/ Single Arm Action												
Coad	ch(s):		_										
Partner	r/Group:	Speed/Agi	ed/Agility: Sport Specific										
			40 Yard Ladder Sprint 5-7x										
	Conditioning:												
	Conditioning: Slide board 9x :30/1:30												
			Airdyne:										
						M-Lv 9, F-L 1-Lv 10, F-L							
∆ bdomina	als: (MEDBA	\		ЭX	:30/1:30 (1	1-LV 10, F-L	v o)						
Abdomina	113. (MLDD)	<u> </u>											
				Strength	Trainin	ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
00.05.400	L		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,95,100-		ev SB Sit	_		10 to 20	10 to 20							
	SD SIL & K	ev 36 3it	10 10 20	10 10 20	10 10 20	10 10 20							
90-97%	Incline Be	nch	3	3	3	3							
55 51 70	Hip Lift on		8-20	8-20	8-20	<u>-</u>							
				†	 	1							
	Metronom	e Push Up	Max	Max - 10	Max -10	!							
		Leg Curl		8-20	8-20								
70-75%		tional Chop		12	<u> </u>	1							
	<u>i</u>			<u>i</u>	<u>i</u>	<u>i </u>							
	İ			İ	I	<u> </u>							
Flexibility	: Foam Roll	ler Stretch											
A ddition -	l Commont	e. (ioouss s	r injurios -	verall mood	oto)								
Additional	Comment	s: (Issues of	r injuries, o	verali mood	, etc.)								
Additional	l Exercises	: (Practice, I	Bike, Run,	Swimming)									

	Data		Week # 14 Day # 1 Day # 1										
	Date		Bodyweig	ıht									
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	ility- Cond	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	ı + Dynamic	Warm Up								
Start	/Finish												
		Plyometric	s: Sport S		g Long Jun	np 5x5 = 25	contacts						
Coa	ch(s):		od/Agility: Sport Specific										
Partne	r/Group:	Speed/Agi	d/Agility: Sport Specific 20 Yard Square 7x										
		Conditioni											
			Line Drill 5 15 25 30 :30/1:00 20 minutes										
Abdomina	als:												
			(Strength	Trainin	g							
%	⊥	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-	DB Snatch		5 10 to 20	-	3 10 to 20	<u> </u> 							
	Olarit Boar	id Oil Ops		1		 							
90-97%	Front Box		3	-	3	3 ₃			1				
90-97%	Alternating (Grip Chin Up	3	3	3	<u> </u>			i				
70-75%	Lunge		12	12	12	İ							
70-75%		n 1 Leg Row		-	12	ĺ			<u> </u>				
	Reverse Hy	perextension	8-20	8-20	8-20	<u> </u>							
	<u> </u>			<u> </u>		<u> </u>							
	i			i		i		i	i				
Flexibility	: Partner St	tretch											
Additiona	I Comment	s: (issues o	injuries, o	verall mood,	etc.)								
Additiona	l Exercises	: (Practice, I	Bike, Run,	Swimming)									

	Date		Week # 14 Day # 2 Day of the week:											
	Date		Bodyweig	tht										
			Dodyweig	jnt										
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning						
Time	of Day:	Warm Up:	5 minute	Jog + Dyna	mic Warm	Up								
Start	/Finish													
		Plyometric	lyometrics: Sport Specific Alternate Bounding w/ Single Arm Action											
			Alternate Bounding w/ Single Arm Action											
_			5x5 each leg = 50 contacts											
	ch(s):													
Partne	r/Group:	Speed/Agi	ed/Agility: Sport Specific 40 Yard Ladder Sprint 7-9x											
			40 Yard Ladder Sprint 7-9x											
		Conditioni	ing:											
						2x :45/1:15								
						4x :30/1:13	0							
		6x :15/:45												
Abdomina	als: (MFDB	: (MEDBALL)												
, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		,,												
				Strength		ıg								
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i	i <u> </u>					
00.05.400	L		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest					
90,95,100-		rd Rev Sit U	10 to 20	-	10 to 20	1		<u> </u>						
	Siant Boa	ra Rev Sit C	10 10 20	10 10 20	10 10 20	! 		 	 !					
90-97%	Bench Pre	200	<u> </u> 3	3	<u> </u> 3	3		<u> </u>						
3U-3170		all Leg Curl		-	1 ₈₋₂₀	Ĭ		<u>. </u>	<u> </u>					
	JIANIIII D	an Leg Cuil	1	1 20	J-20	<u> </u>	<u> </u>	<u> </u>						
	Metronom	ne Push Up	Max	Max - 10	Max -10	!		<u> </u>						
		g Leg Curl			8-20			<u>. </u>						
70-75%		ational Chop		12	! 	!		<u> </u>						
	Junio Mote		- I	 	 	 								
	i I		<u>. </u>	† 	<u></u>	İ	! 	<u></u>						
]		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>	Ī					
Flexibility	: Foam Rol	ler Stretch												
Additiona	I Comment	s: (issues or	r injuries, o	verall mood	, etc.)									
Additiona	Iditional Exercises: (Practice, Bike, Run, Swimming)													
Additiona	I Exercises	s: (Practice, I	Bike, Run,	Swimming)										

	Doto		Week # 14 Day # 3 Day # 3										
	Date		Bodyweig	ht			-						
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	ility- Cond	ditioning					
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start	/Finish												
- Ciur		Plyometric	s: Sport S		g Long Jun	np 5x5 = 25	contacts						
Coa	ch(s):		adda aillian. On art On a ifi										
Partne	r/Group:	Speed/Agi	/Agility: Sport Specific 20 Yard Square 7x										
		Conditioni	itioning: Tempo Run 20										
			TOTING TOTING										
Abdomina	als:												
			5	Strength	Trainin	g							
%	⊥	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-	DB Snatch		5 10 to 20		3 10 to 20	<u> </u> 							
	Otrangin E	eg italse				 							
90-97%	Front Box		3	-	3	3 ₃							
90-97%	Alternating (Grip Chin Up	3	3	3	3							
70-75%	Lunge		12	12	12	j							
70-75%		n 1 Leg Row		-	12	1							
	Reverse Hy	perextension	8-20	8-20	8-20	<u> </u>		<u> </u>					
	<u> </u>			<u> </u>		<u> </u>							
	<u>i</u>			<u>i</u>		i							
Flexibility	: Partner St	tretch											
Additiona	I Comment	s: (issues or	r injuries, o	verall mood,	etc.)								
Additiona	l Exercises	: (Practice, I	Bike, Run,	Swimming)									

	Date		Week # 14 Day # 4 Day # 4											
	Date		Bodyweig	ıht										
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning						
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up								
Start	/Finish													
	Plyometrics: Sport Specific Alternate Bounding w/ Single Arm Action 5x5 each leg = 50 contacts													
Coa														
	r/Group:	Speed/Agi	eed/Agility: Sport Specific											
	•		peed/Agility: Sport Specific 40 Yard Ladder Sprint 7-9x											
	Conditioning:													
	Airdyne- 2x :45/1:15 4x :30/1:130													
						6x :15/:45								
Abdomina	als: (MEDB	ALL)												
			,	Strength	Trainin	ıg								
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5	Tompo	Rest					
90,95,100-	Clean		1003/ 5	4	13	Keps/	Reps/	Tempo	Kest					
20,00,.00		ev SB Sit		10 to 20	10 to 20	10 to 20								
90-97%	Incline Be		3	-		3			!					
	Hip Lift on	Med Ball	8-20	8-20	8-20									
	Motronom	e Push Up	May	Max - 10	May -10	<u> </u>			<u> </u>					
		g Leg Curl			8-20	<u> </u> 			<u> </u>					
70-75%		tional Chop		12					<u>i</u>					
				<u> </u>	<u> </u>	 								
				į	ĺ				j					
] -				<u> </u>				<u> </u>					
Flexibility	: Foam Roll	ler Stretch												
Additiona	Additional Comments: (issues or injuries, overall mood, etc.)													
Additiona	dditional Exercises: (Practice, Bike, Run, Swimming)													

			Week # 15 Day of the week:											
	Date		Day # 1 Bodyweig	nh4										
			Bodyweig	ınt										
	CONDI	ITIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	ility- Con	ditioning						
Time	of Day:	Warm Up:	5 Min. Jog	g + Dynamic	Warm Up	ı								
Start	/Finish													
		Plyometric	s: Sport S	Specific Standing	g Long Jur	np 5x5 = 25	contacts							
Coa	ch(s):													
	r/Group:	Speed/Agi	d/Agility: Sport Specific											
			20 Yard Square 9x											
		!												
		Conditioni	nditioning:											
<u> </u>		Jonation	Conditioning: Line Drill 5 15 25 30											
					:30	/1:00								
		20 minutes												
Abdomina	odominals:													
Abdoninic	410.													
				24 41										
	ı		_	Strength	_									
%	<u> </u>	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest					
90,95,100-	DB Snatcl		5 10 to 20		10 to 20	<u>I</u>								
	Siant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>							
90-97%	Front Box	Squat	3	3	3	3	<u> </u>							
90-97%			3		i ₃	13	İ							
	 	-		†	 	1	 							
70-75%	Lunge		12	12	12	<u> </u>	ĺ							
70-75%	Cable 1 Arı	m 1 Leg Row	12		12									
	Reverse Hy	perextension	8-20	8-20	8-20] 								
	<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>						
	<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>							
Flovihilit	: Partner S	trotch		1		1								
FICAIDIIILY	. Faither 3	lielon												
Additiona	I Comment	s: (issues or	r injuries, o	verall mood,	etc.)									
Additiona	I Exercises	: (Practice, I	Bike, Run,	Swimming)										

	Data		Week # 15 Day # 2 Day of the week:										
	Date		Bodyweig	ıht			-						
			Боауweig	nt									
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning					
Time o	of Day:	Warm Up:	5 minute	Jog + Dynaı	nic Warm (Up							
Start /	/Finish												
		Plyometrics: Sport Specific Alternate Bounding w/ Single Arm Action											
			Alternate Bounding w/ Single Arm Action 5x5 each leg = 50 contacts										
Coad	:h(s):												
Partner	/Group:	Speed/Agi	d/Agility: Sport Specific 40 Yard Ladder Sprint 9-11x										
			40 Yard Ladder Sprint 9-11x										
		Conditioni	onditioning:										
			Airdyne:										
			1/2 mile sprints 3x/3:00 (M 10 - F 8)										
A1 : :	. /***												
Abdomina	ls: (MEDB/	ALL)											
				Strength	_								
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-		-	5		3	l							
	Slant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20	! 	 		 				
00.070/	Danah Da		3	3	3	<u> </u> 3							
	Bench Pre	all Leg Curl	-	-	8-20	13 1			<u> </u>				
	Otability De	in Leg Ouri	0 20	1020	0 20	 							
	Metronom	e Push Up	Max	Max - 10	Max -10	 I			 				
	Single Leg	Leg Curl	8-20		8-20	İ							
70-75%	Cable Rota	tional Chop	12	12		<u> </u>							
				<u> </u>		<u> </u>			<u> </u>				
				1 		<u> </u> 							
Flexibility	Foam Roll	ler Stretch											
. ioxioiiity.													
	•	,,											
Additional	Comment	s: (issues or	r injuries, o	verali mood,	etc.)								
A 1 10:1		/n :: -											
Additional	Exercises	: (Practice, I	Bike, Run,	Swimming)									

	Doto		Week # 15 Day # 3 Day of the week:										
	Date		Bodyweig	ıht			-						
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	ility- Cond	ditioning					
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start	/Finish												
		Plyometric	s: Sport S		յ Long Jun	np 5x5 = 25	contacts						
Coa	ch(s):		ad (A militury Cream) Creatific										
Partne	r/Group:	Speed/Agi	/Agility: Sport Specific 20 Yard Square 9x										
		Conditioni	itioning: Tempo Run 20										
			Tompo Ivan 20										
Abdomina	als:												
				Strength	Trainin	g							
%		rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-	DB Snatch Straight L		5 10 to 20	-	3 10 to 20	<u> </u> 							
	Juaight L	eg Kaise	10 10 20	10 10 20	10 10 20	 							
	Front Box		3	<u> </u>		3							
90-97%	Alternating 0	Grip Chin Up	3	3	3	3			 				
70-75%	Lunge		12	12	12	<u> </u>							
		n 1 Leg Row	12	-	12	į							
	Reverse Hy	perextension	8-20	8-20	8-20								
	<u> </u>			<u> </u>		<u> </u>							
	<u> </u>] 		<u> </u>							
Flexibility	: Partner St	tretch		ī		<u> </u>							
Additiona	Additional Comments: (issues or injuries, overall mood, etc.)												
Additiona	l Exercises	: (Practice, I	Bike, Run,	Swimming)									

	Data	Week # 15 Day # 4 Day # 4											
	Date		Bodyweig	ıht									
	CONDI	TIONING			netrics- S	Speed/Agi	ility- Cond	ditioning					
Time o	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start /	/Finish												
		Plyometric	s: Sport S										
						w/ Single A							
Coad	:h(s):												
Partner	/Group:	Speed/Agi	eed/Agility: Sport Specific 40 Yard Ladder Sprint 9-11x										
				40	Yaru Lauu	ier Sprint 9-	TIX						
		Condition	ing:		Λir	dyne:							
				1/2 mi		3x/3:00 (M 1	0 - F 8)						
Abdomina	ls: (MEDB	ALL)											
		,											
			\$	Strength	Trainin	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-			5	4	13								
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20							
90-97%	Incline Be	nch	3	3	<u> </u> 3	<u> </u> 3							
	Hip Lift on	Med Ball	8-20	8-20	8-20	1							
				<u> </u>	<u> </u>	<u> </u>							
		e Push Up		-	Max -10	<u> </u>	<u> </u>		<u> </u>				
70-75%	Cable Rota	g Leg Curl tional Chop	8-20 12	8-20 12	8-20	<u>į</u>	<u> </u>						
. 5 / 5 / 6	Judie Nota	onar Onop	· -	!]]		 				
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	<u> </u>			! !	<u> </u>	! !							
Flexibility:	Foam Rol	ler Stretch											
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
A district	F	- (D ::	Dil D	Occident 1 1									
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									
Additional	Evereises	: (Practice,	Rika Dun	Swimming\									
Auditional	EVELCI262	. (1 1actice,	Dine, Ituli,	Cwiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii									