			Week # 1 Day of the week:											
	Date		Day # 1				,							
			Bodyweig	ht										
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning						
Time	of Day:	Warm Up:												
	•							n, butt kick e walk, inch						
Start	/Finish	Dackw	aru run, ba	ickpedai, S	LDL Walk,	straight leg	skip, lulig	e wark, inci	IWOIIII					
Otart	71 1111011	Plyometric	:s:											
		yoou	Box Jumps 5x5											
			DOX Gamps ONG											
	ch(s):													
Partne	r/Group:	Speed/Agi	lity:											
					Loon Fall	Dun 2v 00								
					Lean Fail	Run 3x ea.								
		Conditioni	ina:											
					Tempo	Run 14x								
				·		·								
Abdomina	als:													
			1	nt Stability	2x20 - 60 s	200								
					uit 10/10/10									
				_	Ups 3x10-									
					Trainin									
						9								
%	I Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! ! _ !	_					
<u> </u>	i		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest					
60,65,70	DB Snatch		5 ea.	5 ea.	5 ea.			<u> </u>						
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20			<u> </u>						
	<u> </u> 	_	1_	<u> </u> -	<u> </u> -	<u> </u>] <u> </u>						
60-77%	Front Box	Squat	8	8	8	! 								
60-77%	Chin Ups		8	8	8	Ī	ļ	<u> </u>						
					<u> </u>	<u> </u>		<u> </u>						
70-75%	DB Split S	quat	12	12	<u> </u>									
70-75%	KB Row			12	! 	 		· !						
	Diagonal I	Plate Raise	12	12	<u> </u>	<u> </u>	ļ	<u> </u>						
	<u> </u>			<u> </u>	<u> </u>	<u> </u>		<u> </u>						
				<u> </u>	l Y			<u> </u>						
	<u>!</u>					<u> </u>		<u> </u>						
Flexibility	: Partner S	tretch												
Δdditiona	I Comment	e. (jeenee o	r iniuries o	verall mood	etc.)									
Additiona	ii Comment	3. (133063 0	i irijuries, o	verali illood	, 610.)									
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)										

			Week # 1			Da	y of the we	ek.						
	Date		Day # 2				y or the me	OK.						
			Bodyweig	ht										
	CONDI	TIONING	G-Warm	up- Plyor	metrics- S	peed/Agi	lity- Con	ditioning						
Time	of Day:		(Ladder) 1 s F/L/R, cre		t F/B, cross	behind F/E	3, wide shu	ıffle F/B,						
					Shuffle + C	arioca + Sp	iderman 5	x ea. Lat. So	uat 5x ea.					
Start	/Finish	<u> </u>	ankles) L/R	R/F/B										
		Plyometric	cs:		-1I D		_							
			Lateral Box Jump 3x5 ea.											
Coa	ch(s):													
	r/Group:	Speed/Agi	ilitv:											
		opecu, rg		1	-2 stick (4 h	noops) 3x e	a.							
					al Hoop Rui									
		Condition	ing:											
					Slide Board		-							
				Airayne	9 10x :15/:4	o (IVI-LV 12,	r-LV 10)							
Abdomin	als: (MEDB	ALL)												
7154611111	4.0. (222)		ling Overhe	ead Throw	with band b	elow knee	s 3x10							
					elow knees									
					st Pass 3x1									
					Trainin	g								
%	I Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! ! ! _ !	_					
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest					
60,65,70	Hang Clea		5	5	5	<u> </u>		 						
	Slant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20			<u> </u>						
	<u> </u>		<u> </u>	<u> </u>	I I_	1		l l						
60-77%	Bench Pre		8	8	8	! 								
	1 leg Hip l	_ift	8 to 20	8 to 20	8 to 20	<u> </u>		<u>i i</u>						
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>						
70-75%	KB Should	der Press	12	12	<u> </u>	<u> </u>		<u> </u>						
70-75%	DB SLDL		12	12	 	! !		ı l						
70-75%	Cable Cho	р	12	12				<u> </u>						
	<u> </u>		<u> </u>	Ī	Ī	Ī		<u>i</u> i						
	<u>Į</u>		<u> </u>	ļ	ļ	<u> </u>		<u>. </u>						
	<u> </u>		<u> </u>	<u>!</u>	<u> </u>	<u> </u>		<u> </u>						
Flexibility	r: Foam Rol	ler Stretch												
۰۰ - ۱۱۵ - ۱	l Ca	a. (ia	a ladicale -	ا المعمد	l oto \									
Additiona	I Comment	s: (ISSUES O	r injuries, o	verali mood	i, etc.)									
Additiona	l Exercises	: (Practice	Bike. Run.	Swimmina)										
		,,	-,,	9)										

	Date		Week # 1 Day # 3			Da	y of the we	ek:				
			Bodyweig	ht								
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning				
Time	of Day:		(10 yards)									
		higl	h knee wal	k, heel to b	utt, high kn	ee skip, hi	gh knee ru	n, butt kick e walk, incl	ers,			
Start	/Finish	Dackw	aru run, be	ickpedal, o	LDL Walk,	straight leg	j skip, iulig	e waik, ilici	IWOIIII			
		Plyometric	cs:									
				Sin	gle Leg Bo	x Jump 5x	5 ea.					
Coa	ch(s):											
	r/Group:	Speed/Agi	ility:									
				90 d	egree Lean	Fall Run 3	x ea.					
		Conditioni	ditioning:									
			~		Tempo	Run 16x						
Abdomina		=										
over ur	nder crunch	x10, toe to	ouches x10	, bicycle x1	l0ea., jackk	nife x10, s	ide crunch	x10, superi	man x10			
			Ç	Strenath	Trainin	a						
	. 							1				
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
60,65,70	Push Pres		5	5	5	- КСРЗ/	<u> </u>	<u> </u>				
, ,	Bent Leg		20-60sec	20-60sec	20-60sec		i	I				
	Ì			ĺ	ĺ		ĺ					
60-77%	Hex DL +		8	-	8		<u> </u>					
60-77%	Parallel G	rip Chin Up	8	8	8		! [
	<u> </u>		140	140	!		<u> </u>					
70-75%	Step Up		12 12	12 1 ₁₂	<u> </u>		<u> </u>					
70-75%	T-Grip Ro	w Plate Raise		12			<u> </u>	i	i			
	Diagonari	late Naise	' '	12	<u> </u>		<u>. </u>					
	l		<u> </u>	<u>. </u>	<u>. </u>		<u> </u>					
	<u> </u>				<u> </u>							
Flexibility	: Partner S	tretch										
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 1 Day # 4	Light of the week										
			Bodyweig	jht										
	CONDI	TIONIN	-		netrics- S	Speed/Agi	lity- Cond	ditioning						
Time	of Day:		(ladder) 1											
Tillie	OI Day.					itch F/R/L, i								
.					Carioca Sp	iderman 5x	ea. Lat. So	quat 5x ea.						
Start	/Finish		kles) F/B/L	_/R										
		Plyometri	Single Leg Box Jump Medial + Lateral 3x3 ea.											
Coa	ch(s):													
	r/Group:	Speed/Ag	ilitv:											
	•	- Free Control			1-2 stick 3	x (4 hoops)							
				late		un 3x (3 ho								
	Conditioning:													
						d 5x :30/1:3								
				Airdyne	10x :15/:4	5 (M-Lv 12,	F-Lv 10)							
		 												
A 1 1	-I- MEDD	A \												
Abdomin	als: (MEDB	ALL)	Cton	dina Overb	and Through	, 2,40								
				nding Overl nt Hip Toss										
				Seated Che										
			•	Jealeu Che	31 F a 3 3 3 X	10								
			;	Strength	Trainin	ıg								
%	I I Eye	rcise	Set 1	Set 2	Set 3	Set 4	Set 5]]						
,			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest					
60,65,70	Hang Cle		5	5	5	<u>į</u>	<u> </u>	<u> </u>						
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	<u></u>	<u> </u>						
60-77%	Incline Be	nch	8	8	8									
	1 Leg Hip	Lift	8 to 20	8 to 20	8 to 20	Ī	i	i i						
	i		Ī	Ī	Ī	Ī	i	i	i					
70-75%	DB hammer	curl + press	12	12	Ţ	Ĭ	Ĭ	<u>į </u>	j					
70-75%	KB 1 Leg		12	12	<u> </u>	1		<u>i</u>						
70-75%	Cable Cho		12	12	! !	i	 	 						
		Т-		i	<u>. </u>	i	I	! !						
	i		<u>.</u>	i	<u>. </u>		<u> </u>	<u>. </u>	<u>.</u>					
	1		1	1	i	1	1	ı i	Ī					
Flevihilit	r: Foam Rol	ler Stretch	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>						
riexibility	. Poaili Roi	iei Streton												
Additions	I Comment	e. (jeenee o	r iniuries o	verall mood	etc.)									
Additions		3. (1330C3 C	i injunico, o	verali illood	, 0.0.)									
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)										
		•	·	3,										
Ī														

	Date		Week # 2 Day # 1 Day of the week:										
	Date		Bodyweig	ht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
111110	o. Day.							n, butt kick					
Start	/Finish	backw	ard run, ba	ickpedal, S	LDL walk,	straight leg	skip, lung	e walk, inch	worm				
Otart	,, ,,,,,	Plyometric	cs:										
			Box Jumps5x5										
0	-1.7-1												
	ch(s): r/Group:	Speed/Agi	lity.										
ranno	7010up.	Speeu/Agi	iity.										
					Lean Fall	Run 3x ea.							
		Conditioni	ng:		Tompo	Run 18x							
					rempo	IVIII 10X							
Abdomina	ıls:												
			4 1	ot. Stability	2x20 - 60 ·	200							
				Spinal Circ									
				lat Foot Sit									
			S	Strength	Trainin	g							
%	I Exo	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	<u> </u>					
/0			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
65,70,75	DB Snatch		5 ea.	5 ea.	5 ea.	5 ea.		<u>i i</u>					
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>		<u> </u>					
60-77%	Eront Boy	Squat	8	1 1 ₈	і І ₈	<u> </u>		<u>. </u>					
60-77% 60-77%	Front Box Chin Ups	Squai	8	8	8	 		i i					
00-11/0	onin ops		<u> </u>	<u> ~</u>	<u> </u>	<u> </u>		 					
70-75%	DB Split S	Guat	12	12	<u>. </u>	<u>. </u>		<u> </u>					
70-75%	KB Row	7	12	12	<u> </u>	<u> </u>		į i	Ì				
		Plate Raise	12	12	<u> </u> 			 					
	<u> </u>			<u> </u>	<u> </u>	<u> </u>		i					
	<u>J</u>			Į	<u> </u>	<u>. </u>]]					
	<u> </u>			<u> </u>	<u> </u>			<u> </u>					
Flexibility	: Partner St	tretch											
		s: (issues o			, etc.)								

	Data		Week # 2 Day of the week:										
	Date		Day # 2	h.									
			Bodyweig	nτ									
	CONDI	TIONING	3-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning					
Time (of Day:	Warm Up:											
	or Day.					behind F/E							
011	/=::-	scissors L	./R, ankle b	ounce F -	Shuffle + C	Carioca Spi	derman 8x	ea., Lateral	Squat 8x				
Start	/Finish	Bands (an		./K									
		Plyometric	cs:		atoral Poy	lumn 2v5 c	\ <u></u>						
			Lateral Box Jump 3x5 ea.										
Coa	ch(s):												
	/Group:	Speed/Agi	ed/Agility:										
						hoops) 3x e							
				Latera	n (3 hoops)	3x ea.							
		Condition	ing:		Olista Divi	1000/4.0	•						
			Slide Board 6x :30/1:30										
		Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10)											
Abdomina	ls: (MEDB/	ALL)											
	•		ing Overhe	ead Throw	with band l	oelow knee	s 3x10						
						s 4x10 ND 3							
			9	Seated Che	st Pass 3x	10							
					Trainin								
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	!					
	i –		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
65,70,75	Hang Clea		5	3	3	<u> </u>		! 					
	Slant Boal	rd Rev Sit l	10 to 20	10 to 20	10 to 20			<u> </u>					
00 ==0/	<u> </u>		_	l lo	l lo	<u> </u>]					
60-77%	Bench Pre		8	8	8	 	-	<u>. </u>					
	1 leg Hip l	_ift	8 to 20	8 to 20	8 to 20	<u> </u>		ļ i					
	 		40	140	<u> </u>	<u> </u>		<u> </u>					
	KB Should	der Press	12	12	<u> </u>	<u> </u>		1 					
70-75%	DB SLDL		12	1'-	!	!		. '					
70-75%	Cable Cho	pp	12	12	 	 		⊢					
	<u> </u>			<u> </u>	<u> </u>	<u> </u>		<u> </u>					
	<u> </u>			<u> </u>	1	<u>!</u>		<u> </u>					
	<u> </u>			<u>.</u>	<u>.</u>	<u>!</u>		<u> </u>					
Flexibility	: Foam Rol	ler Stretch											
۸ ما ما:۴: م ·· - ا	Com	e. /ioo	- i.a.i	ا عجد المعمد	oto \								
Additiona	Comment	s: (issues o	r injuries, o	verali mood	, etc.)								
Additiona	Exercises	: (Practice,	Bike, Run.	Swimming)									
			. ,	3/									

	Date		Week # 2 Day # 3 Day of the week:										
	_ 4.0		Bodyweig	ht									
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
111116	or Day.							n, butt kick					
Stort	/Finish	backw	ard run, ba	ickpedal, S	LDL walk,	straight leg	ı skip, lung	e walk, incl	nworm				
Start	/୮!!! 5	Plyometric											
		i iyomouri	,	Sin	gle Leg Bo	x Jump 5x	ē ea.						
			- J J										
	ch(s):		MA NV										
Partne	r/Group:	Speed/Agi	lity:										
		90 degree Lean Fall Run 3x ea.											
		Conditioni	ng:										
					Tempo	Run 20x							
	als: Circuit												
over ur	nder crunch	x10, toe to	uches x10	, bicycle x	l 0ea., jackk	nife x10, s	ide crunch	x10, superi	man x10				
			5	Strength	Trainin	g							
0/	<u> </u>		Set 1	Set 2	Set 3	Set 4	Set 5						
%	Exe	rcise	Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
65,70,75	Push Pres	s	5	5	5			1———— [
	Bent Leg I	L-Sit	20-60sec	20-60sec	20-60sec	<u> </u>		<u> </u>					
60-77%	Hex DL +		8	8	8	<u> </u>							
60-77%	Parallel G	rip Chin Up	8	8	8	<u>i </u>		i——i					
70 750	100000000		140	<u> </u>	<u> </u>	<u> </u>		<u> </u>					
70-75%	Step Up			12 12	<u>!</u> 	<u> </u> 		[
70-75%	T-Grip Ro	w Plate Raise		12	i 	i 		i i					
	Diagonal I	TIALE KAISE	14	'-	<u> </u>	<u> </u>							
	<u> </u>			<u>. </u>	<u>. </u>	<u>. </u>		<u>. </u>					
	i 			i 	i 	i 		i i					
Flexibility	: Partner St	tretch		-	-	-							
Additiona	I Comment	e. (issues o	r injuries o	verall mood	etc)								
Additiona		5. (100000 0	i injunico, o	vorali mood	, 0.0.)								
A 1 1141		(D	D.1. D	.									
Additiona	I Exercises	: (Practice,	Bike, Run, S	Swimming)									

			Week # 2			Da	y of the we	ek:			
	Date		Day # 4	ht			•				
			Bodyweig	III							
	CONDI				netrics- S	Speed/Agi	lity- Cond	ditioning			
Time	of Day:		(ladder) 1		'/D him av	:4ab E/D/L :	n !n a a.	4 F/D/L/D			
						<u>itch F/R/L, i</u> oiderman 8x			1		
Start	/Finish		kles) F/B/L		arioca + op	nacrinair ox	ca. a Lat	oquat ox ca	•		
		Plyometri	cs:								
			5	Single Leg	Box Jump	Medial + La	teral 3x3 e	a.			
0	a la (a)										
	ch(s): r/Group:	Speed/Ag	ility								
1 artifici	i/Group.	Speeu/Ag	ility.		1-2 stick 3	3x (4 hoops))				
				1-2 stick 3x (4 hoops) lateral hoop run 3x (3 hoops)							
		Condition	ing:	المسالم	10: 451.4	E /M 1 40	E 1 1: 40\				
						5 (M-Lv 12, d 6x :30/1:3					
					onac Boar	u ox .00/1.0	<u> </u>				
Abdomina	als: (MEDB/	ĀLL)									
Standing Overhead Throw 3x10 Front Hip Toss 4x10 ND 3x10 D											
				Reated Che							
				beateu Che	31 F 455 JA	10					
			9	Strength	Trainir	ng					
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	T	Doot		
65 70 75	Hang Clea		Reps/	Reps/ 5	Reps/ 5	Reps/	Reps/	<u>Tempo</u>	Rest		
65,70,75	SB Sit & R		5 110 to 20	10 to 20	10 to 20	10 to 20					
	JOB OIL & IV	ev ob oit	10 10 20	10 10 20	10 10 20	10 10 20		<u> </u>			
60-77%	Incline Be	nch	<u>.</u> I ₈	l ₈	I ₈	Ī			i		
1	1 Leg Hip		8 to 20	8 to 20	8 to 20	1					
			İ	. I	i I	İ		<u> </u>			
70-75%	DB hammer	curl + press	12	12	i	<u> </u>		<u> </u>	i		
70-75%	KB 1 Leg	SLDL		12							
70-75%	Cable Cho	р	12	12	! !	I					
			i		i	i					
	<u> </u>		<u>ļ</u>	<u> </u>	<u> </u>	<u>ļ</u>		<u>[</u>	<u></u> !		
Flexibility	: Foam Rol	ler Stretch									
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)						
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)							

	D-11-		Week # 3	Day of the week:										
	Date		Day # 1	h4										
			Bodyweig	nt										
	CONDI	TIONING	3-Warm	up- Plyor	netrics- S	Speed/Agi	ility- Con	ditioning						
Time	of Day:	Warm Up:												
	-							n, butt kick						
Ctort	/Finish	backw	ard run, ba	ackpedal, S	LDL walk,	straight leg	j skip, lung	e walk, inch	nworm					
Start	/[5	Plyometric												
		i iyometi k	,3.		Box Ju	mps 5x5								
			Box Jumps 5x5											
	ch(s):													
Partne	r/Group:	Speed/Agi	lity:											
			Lean Fall Run 3x ea.											
		Condition	ina:											
		Jonation	onditioning: 10-10 Test											
	10-10 1031													
	_													
Abdomina	als:													
			1	pt. Stability	, 2×20 - 60	500								
				Spinal Circ										
				lat Foot Si										
				Strength										
•	Ι _		Set 1	Set 2	Set 3	Set 4	Set 5	г г						
%	Exe	rcise	Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest					
55,60,65	DB Snatcl		3ea.	3ea.	3ea.	3ea.	3ea.	1——— 						
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u>i</u>	<u> </u>	<u>i i</u>						
	<u> </u>					<u> </u>	<u> </u>	<u> </u>						
60-77%	Front Box	Squat	8	8	8	<u> </u>		l						
60-77%	Chin Ups		8	8	8	<u> </u>	! 	! ! 						
	<u>i </u>			<u>j</u>	<u> </u>	<u>i </u>	<u>i </u>	<u>i i</u>						
70-75%	DB Split S		12	12	12	<u> </u>	<u> </u>	<u> </u>						
70-75%	KB Row		12	12	12	<u> </u>	<u> </u>	<u> </u>						
	Diagonal I	Plate Raise	12	12	12	<u> </u>	! 	ı 						
	i 		<u> </u>	j	<u>i </u>	<u>i </u>	<u>i</u>	<u> </u>						
	<u>!</u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>						
							l							
Flexibility	r: Partner S	tretch												
Addition:	I Comment	e. /iccuco c	r injurios o	vorall mass	oto \									
Auditiona	ıı Comment	5. (ISSUES 0	i irijuries, oʻ	verall mood	, e.c.)									
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)										

	Data		Week # 3 Day of the week:										
	Date		Day # 2	h4									
			Bodyweig	nτ					=				
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:	Warm Up:											
111110	o. Day.					s behind F/							
C4==4	(Cincial)	Scissors L	_/R, ankle k kles) F/B/L	ounce F -	Shuffle +	Carioca Spi	derman 8x	ea., Lateral	Squat 8x				
Start	/Finish			/K									
		Plyometric	Lateral Box Jump 3x5 ea.										
			Laterai Бох Jump эхэ ea.										
Coa	ch(s):												
Partne	r/Group:	Speed/Agi	ility:										
						hoops) 3x							
				Latera	al Hoop Ru	ın (3 hoops) 3x ea.						
		Condition	ina:						-				
		Somulion			Slide Boar	d 7x :30/1:3	30						
						15 (M-Lv 12,							
	.,												
Abdomina	als: (MEDB						- 010						
						below knee s 4x10 ND							
		FIOIIL		Seated Che			3 1 1 0						
				Jealed Cile	311 033 37	.10							
			(Strength	Trainir	ng							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5] _					
L — — — —	i — — — —		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
55,60,65	Hang Clea	ııı rd Rev Sit l	3 10 to 20	10 to 20	10 to 20	13	13	 					
	Siailt Bua	iu Kev Sit (10 10 20	10 10 20	10 10 20	<u>!</u>	<u> </u>	 					
60-77%	Bench Pre	266	8	8	8			<u>, , , , , , , , , , , , , , , , , , , </u>					
00 11 70	1 leg Hip l		8 to 20	8 to 20	8 to 20	i	İ	i i	 				
	, ica inb i			1	1	!	 	! !					
70-75%	KB Should	der Press	12	12	12	 	!	! 	I				
70-75%	DB SLDL		112	12	12	† 	<u> </u>	 					
70-75%	Cable Cho	g	12	12	12	<u> </u>	<u> </u>	! i	i				
	1		 	<u> </u>	1	†	 	! !					
	i		! !	!	1	: 	!	; ;					
	j		Ì	i	i	i	i	i i					
Flexibility	: Foam Rol	ler Stretch	-	-	-	-	-	-					
Additiona	I Comment	s: (issues o	r iniuries o	verall mood	. etc.)								
		 (,		, 0.0.,								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									
									•				

	Date		Week # 3 Day # 3		Day of the week:								
			Bodyweig	ht									
	CONDI	TIONING	3-Warm ı	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
	o. 2ay.				utt, high kn								
Start	/Finish	раски	ard run, ba	скреааі, 5	LDL walk, s	straight leg	skip, lung	e waik, inci	nworm				
	,, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Plyometric	cs:										
			Single Leg Box Jump 5x5 ea.										
0	-1.7-1												
	ch(s): r/Group:	Speed/Agi	1:4.7.										
raitiie	i/Group.	Speed/Agi	iity:										
				90 d	egree Lean	Fall Run 3	x ea.						
			ou doglou man itali on ou										
		Conditioni	ng:	1	a Chieffe (:0ol -\ 5	·4F0						
		Long Shuttle (50 yards) 5x150											
	:30/1:30												
Abdomina													
over ur	der crunch	x10, toe to	uches x10	, bicycle x1	0ea., jackk	nife x10, si	de crunch	x10, superi	man x10				
			Ç	Strenath	Trainin	a							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		Doot				
55,60,65	Push Pres		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
33,00,03	Bent Leg I			20-60 sec	20-60 sec								
	Dent Leg I	L-01t	20 00 000	20 00 000	20 00 000								
60-77%	Hex DL +	Shrua	8	8	8				Ī				
60-77%		rip Chin Up	8	8	8								
70-75%	Step Up		12	12	12								
70-75%	T-Grip Ro	w	12	12	12								
	Diagonal I	Plate Raise	12	12	12								
	İ												
	<u> </u>												
	<u> </u>												
Flexibility	: Partner St	tretch											
Additiona	I Comment	s: (issues o	r iniuries o	erall mood	etc.)								
Additiona		5. (100000 01	i injunico, o	rorali mood	, 0.0.)								
Additiona	I Exercises	: (Practice,	Bike, Run, S	Swimming)									

	Date		Week # 3 Day # 4			Da	y of the we	ek:					
	2410		Bodyweig	ht									
	CONDI	TIONIN			netrics- S	Speed/Agi	ility- Cond	ditioning					
Time	of Day:	Warm Up:	(ladder) 20) yds. ck shuffle l	-/R hin sw	itch F/R/L, i	n-in-out-ou	ıt F/R/I /R					
Ctout	/ C ii.a.la	slalom F,	turn out F	Shuffle/Ca	arioca + Sp	oiderman 8x	ea. & Lat	Squat 8x ea	l .				
Start	/Finish	Plyometri		/K									
		i iyomcan		Single Leg	Box Jump	Medial + La	ateral 3x3 e	a.					
	ch(s): r/Group:	Speed/Ag	ed/Agility:										
Faitile	i/Group.	Speeu/Ag	iiity:		1-2 stick 3	3x (4 hoops)						
				late		un 3x (3 ho							
		Condition	itioning:										
		Condition	Slide Board 7x :30/1:30										
						15 (M-Lv 12,							
Abdominals: (MEDBALL)													
				ding Overl									
				t Hip Toss									
				Seated Che	st Pass 3x	10							
			(Strength	Trainir	ng							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	l I -	D 1				
55,60,65	Hang Cle		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
,,		B Rev Sit	10 to 20	10 to 20	10 to 20	10 to 20							
	Ī		<u>į </u>	<u> </u>	ļ	<u> </u>	<u> </u>						
60-77%	Incline Be		8	8	8	<u> </u>	<u> </u>						
<u> </u>	1 Leg Hip	Lift	8 to 20	8 to 20	8 to 20	i	 						
70-75%	DR hammar	ourl a proce	12	12	12	<u> </u>	<u> </u>	<u> </u>					
70-75% 70-75%	DB hammer		12	12	12	<u>. </u>	<u>. </u>	<u>. </u>					
70-75%	Cable Cho		12	12	12	Ţ	<u> </u>	<u> </u>	į				
			<u> </u>		i 		[
			<u> </u>	<u>i </u>	<u>i </u>	<u>i </u>	<u>i</u>						
	<u> </u>												
Flexibility	: Foam Rol	ler Stretch											
Additional Comments: (issues or injuries, overall mood, etc.)													
Additiona	Additional Exercises: (Practice, Bike, Run, Swimming)												

	Date	Week # 4 Day # 1 Day # 1											
	Duto		Bodyweig	ıht									
	CONDI	TIONING			netrics- S	peed/Agi	lity- Cond	ditioning					
Time (of Day:	Warm Up:											
Tillie (or Day.				utt, high kr								
Ctant	/Finials	backwa	rd run, bac	kpedal, SL	DL walk, st	raight leg s	skip, lunge	w/ twist, in	chworm				
Start	/Finish	Dhromotria											
		Plyometric	<i>.</i>	Hur	dle Jump w	ith Stability	v 5x5						
				-									
	ch(s):		Agility:										
Partner	r/Group:	Speed/Agi	/Agility: Ball Drops 5x ea.										
			Ball Drops 5x ea. Sled 3x 1/2 field (90 yards)										
			Sled 3x 1/2 field (90 yards)										
		Condition	tioning:										
		20.1411.011	Long Shuttle (50 yard) 6x150										
			:30/1:30										
Abdomina	ils:												
			4 nt	Stability w/	movement	8v 02							
			4 pt. (oll 2x10	ox c a.							
			1		wist 2x10 e	a.							
					Trainin								
%	I Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
L	: 		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
70,75,80	DB Snatch		5	5	5	<u> </u>		i i					
	Slant Boal	rd Sit Ups	10 to 20	10 to 20	10 to 20								
00 070/	Eront Boy	Cauct	<u> </u> 5	<u> </u> 5	<u> </u> 5								
	Front Box		5	5	5								
80-87%	Chin Ups		i	ľ	3		j	H					
7E 000/	14 Lan Ban	ah Cawat		8									
	1 Leg Ben Ring Inver		8 8-20		8 8-20			<u> </u>					
		h Oblique	-	8-20	8-20								
	On Benc	n Oblique	0-20	0-20	0-20		Ī	 					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>								
	<u> </u>				<u> </u>								
Elovibility	: Partner St	rotch											
r lexibility.	. Faither Si	ieton											
Additional	I Comment	e. (jeende o	r injuries o	verall mood	etc)								
Additional	Comment	3. (133063 0	i irijuries, o	verali illood	, 610.)								
Additional	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Dete		Week # 4 Day of the week:									
	Date		Day # 2	.b.t								
			Bodyweig	nt								
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:										
111110	o. Day.				F/B, cross							
Ctant	(Cincial)			Spiderman e knees) F/	, Lat. Squat	t Walk, Lun	ge to Hams	string				
Start	/Finish			e knees) r/	D/L/K							
		Plyometric	US:	Late	ral Hurdle	or Cone Ho	p 5x5					
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	ed/Agility:									
			1-2 cut 3x ea.									
			Lateral Hoop Run (4 hoops)									
		One list										
		Condition	ıng:	<u> </u>	mile bike t	act farous	1)					
					on day #2			1				
				, oo group	. σ duy πZ	, c.i.s group	uuy #4					
Abdomina	als: (MEDB	ĀLL)										
					gered stan							
					Toss 4x10							
			S	tanding Ch	est Pass 3	k10						
					Trainin							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! 	Deet			
70,75,80	Hang Clea		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest			
70,73,00		rd Rev Sit l	10 to 20	10 to 20	10 to 20	 		! !				
	i Siarit Boa	id itev oil (10 10 20	10 10 20	10 10 20	<u>. </u>		<u> </u>				
80-87%	Bench Pre	200	5	5	5	<u> </u>		<u>, </u>				
00-07 /0	4-6 in.Hip		8 to 20	8 to 20	8 to 20	i		i i	— i			
	-+-0 III.IIIP	LIII	1 20	1 20	1 20	!		! !				
75-80%	IKB VII SP	oulder Press	8	8	8	<u> </u>		 				
75-80% 75-80%	DB SLDL	Juluer Fress	8	18	8	<u> </u>		<u> </u>				
			1 ₈	18	18							
75-80%	Cable Lift		ľ	ľ	l	 		. i				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		 				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		 				
- 1	<u> </u>	l 01 . 1 . 1	<u> </u>	<u> </u>	<u> </u>			I I				
Flexibility	: Foam Rol	ler Stretch										
V qqition -	I Comment	e (icouco o	r injurios o	vorall man-	oto \							
Additiona	ii Comment	s: (Issues o	i irijuries, o	verali illood	, etc.)							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								
			·	3,								

	Date		Week # 4 Day # 3			Da	y of the we	ek:					
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:) hool to h	utt annasit	to band bar	al to butt b	aal ta butt	w/ SLDI				
		figure to			utt, opposit ssover, SLD			eel to butt v	NI SLDL,				
Start	/Finish												
		Plyometric	cs:	Single I ea	Hurdle Ho	n with Stab	ility 5x5 ea	l_					
				omgio Log	1101010	o with otal	mily oxo ou						
	ch(s):		/Agility:										
Partne	r/Group:	Speed/Agi	l/Agility: Single Leg Ball Drops 5x ea.										
			Resisted Band Run 3x20 yds.										
		Condition	ing:	Sho	ort Shuttle ((25 yard) 6y	/150						
				Siic		1:30	(130						
			100, 1100										
Abdomina	ale												
	er crunch x	10, toe touc	hes x10, b	icycle x10e	a., jackknif	e x10, side	crunch x1	0, hip roll x	10,				
supermar		,	· ·	<u> </u>	• •	•		•	·				
			-	`4 o .o 4 lo	Tuelisis	-							
			3	strengtn	Trainin	9							
%	I Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		_ [
70,75,80	Push Jerk		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
70,73,60	Straight L			20-60sec	20-60sec								
	i	og <u> </u>		İ	İ			İ					
80-87%	Hex DL +	Shrug	5	5	5								
80-87%	Pull Ups		5	5	5								
	<u> </u>			<u> </u>	<u> </u>								
75-80%	1 Leg Ben			ī	8								
	Ring Inver	tea Row h Oblique	8-20 8-20	8-20 8-20	8-20 8-20								
	On Benc	ii Oblique	0-20	0-20	0-20								
	i			<u>. </u>	<u>. </u>								
Flexibility	: Partner St	tretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	onal Exercises: (Practice, Bike, Run, Swimming)												

			Week # 4 Day of the week:										
	Date		Day # 4				<i>y</i> 00	· orri					
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up: quick feet			-/B, hip sw	itch F/R/L, i	n-in-out-oเ	ıt F/B/L/R,					
						nge to Ham	string, Lat	eral Squat					
Start	/Finish			e knees) F/	B/L/R								
		Plyometric	cs:	Hei	dens with	Stability 3x	5 ea.						
	ch(s):		d/Agility:										
Partne	r/Group:	Speed/Agi	d/Agility: 1-2 cut 3x ea. (4 hoops)										
						ea. (4 noops un 3x (4 ho							
			and an incop run on (rincope)										
		Condition											
			5 mile bike test (group 2)										
			(one group on day #2, one group on day #4)										
Abdomina	als: (MEDB/	ALL)											
	,		Stag	gered Over	head Thro	w 3x10							
				ont Hip To									
			S	tanding Ch	est Pass 3	x10							
				Strength		ng							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! ! ! - !	I				
70,75,80	Hang Clea		Reps/ 5	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
70,73,00		lev SB Sit	-	10 to 20	10 to 20	10 to 20		!					
	1					1		 					
80-87%	Incline Be	nch	5	5	15	i		i i					
	4-6 in. Hip		8 to 20	8 to 20	8 to 20	İ		<u> </u>					
	1 1			l I	i	i i		 					
75-80%	DB Alt. cu	ırl + press	8	8	8	i		 					
75-80%	1 leg KB S		8	8	8	İ		į i					
75-80%	Cable Lift		8	8	8								
								I I					
								 []					
								<u> </u>					
Flexibility	: Foam Rol	ler Stretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	I Exercises	: (Practice	Bike, Run	Swimmina)									
		,,	-,,	9/									

	Date		Week # 5 Day # 1 Day of the week:										
	Date		Bodyweig	ıht									
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
111116	or Day.							n, butt kick					
Start	/Finish	backwai	rd run, bac	kpedal, SL	DL walk F/E	3, straight l	eg skip, ov	erhead lun	ge walk,				
Start	/1 1111311	Plyometric	cs:										
		, ,		Н	ırdle Hop w	// stability 5	5x5						
	ch(s): r/Group:	Spood/Agi	ed/Agility:										
1 artific	i/Oroup.	Speeu/Agi	Ball Drops 3x ea.										
			Sled 4x 1/2 field (120 yards)										
		Condition	ditioning: Long Shuttle (50 yard) 7x150										
			:30/1:30										
Abdomina	als:												
			4 pt. 3	Stability w/	movement	8x ea.							
				Hip Ro	oll 2x10								
			1	Leg Sit +T	wist 2x10 e	a.							
			\$	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	l					
65,70,75	DB Snatch		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
05,70,75		rd Sit Ups	10 to 20	10 to 20	10 to 20								
		и он оро		Ì	i			<u> </u>					
80-87%	Front Box	Squat	5	5	5								
80-87%	Chin Ups		5	5	5								
				i İ									
75-80%	1 Leg Ben		8	8	8			<u> </u>					
	Ring Inver		8-20	8-20	8-20								
	Off Benc	h Oblique	8-20	8-20	8-20								
	!		<u> </u>	Į	!	<u> </u>		<u> </u>					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>			<u> </u>					
Flovibility	: Partner St	retch		<u> </u>	1								
i lexibility	. i aitilei ot	ieton											
Additiona	I Comment	s: (issues o	r iniuries. o	verall mood	. etc.)								
		21 (.00000 0	juco, c		, 0.0.,								
- × ما ما اذا م × -	l Evereies -	· (Drooties	Dika Dur	Cusimmenia :-\									
Additiona	I Exercises	. (Fractice,	DIKE, KUN,	owiiiiiiiiig)									

	Dete		Week # 5 Day of the week:									
	Date		Day # 2	L4			-					
			Bodyweig	nt								
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning				
Time	of Day:		(Ladder) 1									
111110	or Day.					behind F/E		uffle F/B,				
.						t, Lunge to	Hamstring					
Start	/Finish			knees) F/	B/L/K							
		Plyometric		teral Hurdl	e or Cone I	Hop with St	ability 5x5	ea.				
Coa	ch(s):		MA 100									
	r/Group:	Speed/Agi										
			1-2 cut 3x ea. (4 hoops)									
			Lateral Hoop Run (5 hoops) 3x ea.									
		Condition	ditioning:									
			Slide Board 6x :30/1:30									
		1	Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)									
Abdomina	als: (MEDB	ALL)										
	•	<u>'</u>	Overhe	ead w/ stag	gered stan	ce 3x10						
			Alternating	g Front Hip	Toss 4x10	ND 3x10 D						
			St	anding Ch	est Pass 3x	c10						
					Trainin							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! ! ! _ !				
65,70,75	Llang Clas		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
05,70,75	Hang Clea	ııı rd Rev Sit l	3 10 to 20	10 to 20	10 to 20	<u> </u>		 				
	Siaill Bua	iu kev Sit (10 10 20	10 10 20	10 10 20	<u> </u>		<u> </u>				
80-87%	Bench Pre	NCC	<u> </u> 5	5	<u> </u> 5			<u> </u>				
00-07 /6	1		10	10	10	<u>:</u>		i i				
	4-6 in.Hip	LIIL	l''	1'0	+	 	-	l i				
75 900/	IVD A'4 O'	uddan Deser	2			!		! !				
75-80%	-	oulder Press		<u> 8</u>	<u>[8</u>	 		 				
75-80%	DB SLDL		18 1 ₈	8 ₈	18 1 ₈	<u> </u>		. ! 				
75-80%	Cable Lift		ō	ŏ	ŏ	i 		i i				
	<u> </u>		<u> </u>]	 -i				
ļ	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		إــــــــا				
	<u> </u>		<u> </u>	I	I	I		<u> </u>				
Flexibility	: Foam Rol	ler Stretch										
۸ ما ما ن ^د : م د -	l Commont	a. /iocco -	riniurina -	vorall mass -	oto \							
Additiona	I Comment	s: (ISSUES 0	r injuries, o	verali mood	, etc.)							
Additiona	I Exercises	: (Practice.	Bike, Run.	Swimmina)								
		,,	,,	3/								
1												

	Date		Week # 5 Day # 3 Day of the week:									
			Bodyweig	ht								
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:										
111110	o. Day.				utt, opposi							
Stort	/Finish	backw	ard lunge	walk, straig	ght leg cros	ssover, SLI	DL F/B, bac	kward inch	worm			
Start	/୮॥॥७॥	Plyometric										
		riyomouri	,	single le	g hurdle ho	p w/stabili	ty 5x5 ea.					
	ch(s):		d/A cilibr.									
Partne	r/Group:	Speed/Agi										
		-	single leg ball drops 3x3 ea. Resisted Band Run 4x20 yds.									
			Resisteu Danu Kun 4x20 yus.									
		Conditioni	ditioning:									
		3031110111	Short Shuttle (25 yard) 7x150									
			:30/1:30									
Abdomina	ala.											
		10, toe touc	has v10 h	icycle x10e	a jackknif	io v10 side	crunch v1	0 hin roll y	10			
supermar		io, toc touc	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	icycic x roc	a., jaokkiiii	C X IO, SIGO	CIGITOTI XI	o, mp rom z	10,			
			5	Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
65,70,75	Push Jerk		5	5	5	-		—— <i>—</i> — 				
	Straight L		20-60sec	20-60sec	20-60sec							
]			<u> </u>								
80-87%	Hex DL +	Shrug	5	5	5							
80-87%	Pull Up		5	5	5							
	<u> </u>			<u> </u>								
75-80%		Bench Squa		•	8							
	Inverted R		8 to 20		8 to 20							
	Off Benc	h Oblique	8-20	8-20	8-20							
	<u>!</u>			<u> </u>	<u> </u>			<u> </u>				
	1			<u> </u>								
	<u>!</u>											
Flexibility	r: Partner S	tretch										
Additions	l Commont	s: (issues o	r injurios o	vorall mood	otc)							
Auditiona	ii comment	3. (1550ES 0	i irijuries, 0	veran inood	, e.c. <i>)</i>							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 5 Day # 4			Da	y of the we	ek:					
	24.0		Bodyweig	ht									
	CONDI	TIONIN			netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:		(Ladder) 1 F/L/R, quid		/B, hip sw	itch F/L/R, i	n-in-out-oเ	ıt F/B/L/R, ç	giant				
Start	/Finish	Shuffle &		piderman,	lunge to ha	amstring, la							
		Plyometri	cs:										
				hei	dens with	stability 5x5	ea.						
Coa	ch(s):												
	r/Group:	Speed/Ag	ed/Agility:										
	., 0. 0	орссалд	1-2 cut 3x ea. (4 hoops)										
						n 3x ea. (5 h							
		Condition											
			slide board 10x :30/1:30 Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)										
	All dyllo Ox 100/11.00 (NI-LV 12, 1 -LV 10)												
Abdomina	als: (Medici	ne Ball)											
				ead w/stag									
				nating twis									
			Si	tanding ch	est pass 37	CTU							
			5	Strength	Trainin	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
65.70,75	Clean		15 - 15 - 15	5	5	+ ···	<u> </u>		- - 1001				
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		Rev SB Sit	ł — — — — — — — — — — — — — — — — — — —	10 to 20	10 to 20	10 to 20							
	İ		<u>i</u>	İ	<u>i</u>	Ï							
80-87%	Incline Ben	nch or DB Be	5	5	5								
	4-6 in hip		8 to 20	8 to 20	8 to 20	î Î							
	i i		İ	i	İ	İ							
75-80%	DB Hamme	er Curl + Pre	8	8	8	İ							
75-80%	1 Leg KB S	LDL	8	8	8								
75-80%	Cable Lift		8	8	8								
	ĺ			<u> </u>	İ	İ							
			<u> </u>	<u>. </u>	<u> </u>	<u> </u>							
Flexibility	: Foam Rol	ler Stretch											
Additional Comments: (issues or injuries, overall mood, etc.)													
Additiona	Additional Exercises: (Practice, Bike, Run, Swimming)												

	Data	Week # 6 Day of the week:											
	Date		Day # 1 Bodyweig	ht	1		-						
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:											
Tille	oi Day.							n, butt kick					
.		back						straight leg	skip,				
Start	/Finish	Diversetri		overnead i	unge walk,	neei waiks	, inchworn	1					
		Plyometric		h	urdle hop v	v/stability 5	x5						
Coa	ch(s):												
	r/Group:	Speed/Agi	d/Agility:										
	•		ball drops 3x ea.										
			01-15-4/9(5-11/4501-)										
		Condition	Sled 5x 1/2 field (150 yards)										
			3		x300 (25 ya								
	_	5x100 (25 yard) :20/:40											
A la al a un im a	ula.												
Abdomina	ais:												
			2	Pt. Stability	/ 2x:20-60 s	ec.							
					olls 3x10								
					e 3x10-20								
			(Trainin	g							
%	I Fye	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	i		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
70,75,80	DB Snatch		5	5	5	<u> </u>		<u>i i</u>					
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>		<u>!!</u>					
	1		<u> </u>	<u> </u>	<u> </u>								
80-87%	Front Box		5	5	5	<u> </u>							
80-87%	Chi	n Up	5	5	5	<u> </u>		i i					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		يـــــــــــــــــــــــــــــــــــــ					
75-80%	1 Leg Ben		8	8	8	<u> </u>		! !					
	Ring Inver		8-20	8-20	8-20	! 		! ! 					
	Off Benc	h Oblique	8-20	8-20	8-20	<u> </u>		į į					
	<u> </u>				<u> </u>	<u> </u>		<u> </u>					
	<u> </u> 		I Y	<u> </u>	<u> </u>	1		 	1				
	!		<u> </u>	!	<u> </u>	<u> </u>		<u>!</u>	-				
Flexibility	: Partner St	tretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
		•	•										
A -1-1141	l Esserai	- /D : :'	Diles D	Occidence of the N									
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 6 Day # 2			Da	y of the we	ek:					
	2410		Bodyweig	ht									
	CONDI	TIONIN			netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:		(Ladder) 2		F/B, cross I	pehind F/B	auick shu	ffle F/B. 1.2	.3-1 F.				
Ctowt	/Finish	Shuffle &		piderman,	lunge to ha				.,0 11,				
Start	/FIIIISII	Plyometri		Kilees) F/I	D/L/K								
		Tyonien		_ateral Hur	dle or Cone	Hop with	Stability 5x	:5					
	ch(s):		nd/A gility:										
Partne	r/Group:	Speed/Ag	ed/Agility: 1-2 cut 3x ea. ((4 hoops)										
			lateral hoop run 3x ea. (5 hoops)										
		Condition	nditioning:										
			slide board 6x :30/1:00										
		Airdyne 8x :30/1:30 (M-Lv 12, F-Lv 10)											
Abdeminate: (Madisine Ball)													
Abdominals: (Medicine Ball) overhead w/staggered stance 3x10													
					3x10ND +								
					est pass 3x								
					oc pass on								
			5	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	Clean		5	5	5	<u> </u>	<u> </u>	<u></u>					
,,		rd Rev Sit		10 to 20	10 to 20	<u>. </u>							
	<u> </u>		<u> </u>	ì	<u> </u>	<u>. </u>		i i					
80-87%	Bench Pre	ess	15	15	15								
<u> </u>	4-6 in hip		8-20	8-20	8-20								
	1		 	 	 								
75-80%	KB Alt. Sho	oulder Press	8	8	8	<u> </u>		<u>. </u>					
75-80%	DB SLDL		ī	8	18	Ī							
75-80%	Cable Lift		8	8	8	 							
	1		 	!	 	 							
	<u>.</u>]		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>					
	Ī		Ť	Ì	Ť	Ĭ							
Flexibility	: Foam Rol	ler Stretch	•	•	•								
Additional Comments: (issues or injuries, overall mood, etc.)													
Additiona	Additional Exercises: (Practice, Bike, Run, Swimming)												

			Week # 6 Day of the week:										
	Date		Day # 3				<i>y</i> 000						
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	figure fou		, heel to bu				el to butt w					
Start	/Finish	раску	vard lunge	waik, strai	gnt leg cros	ssover, SLI	JL F/B. Dad	kward inch	worm				
Start	/1 1111311	Plyometric	cs.										
		- Tyometri		single le	g hurdle ho	p w/stabili	ty 5x5 ea.						
Coa	ch(s):												
	r/Group:	Speed/Agi											
			single leg ball drop 3x3 ea.										
			Posistad Rand Pun 5v20 vds										
		Condition	Resisted Band Run 5x20 yds.										
		Condition	ditioning: 1x300 (25 yard) 1:00/2:00										
			5x100 (25 yard) :20/:40										
Abdomin	als:												
			2 Poir	nt Stability	2x:20-60 se	conds							
			21011		oll 3x10	COIIGS							
					e 3x10-20								
			9	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	T	Doot				
70.75.90	Push Jerk		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
70,75,80	Straight L		20-60sec	20-60sec	20-60600			<u> </u>					
	Journalynt L	eg L-Sit	1	20 00300	20-00300			!! 					
80-87%	Hex DL +	Shrua	<u>.</u> I ₅	1 ₅	I ₅			i i					
80-87%	Pull Up	omug	5	5	5								
20 01 70	1. u op 1		<u> </u>					 	 				
75-80%	Step Up		8	8	8			<u> </u>					
	Inverted R		8 to 20	8 to 20	8 to 20			į					
	Off Benc	h Oblique	8-20	8-20	8-20			 					
	İ	<u> </u>	İ	İ	İ			 					
	<u></u>		<u> </u>		<u> </u>			<u> </u>					
Flexibility	: Partner S	tretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

Data		Week # 6			Da	y of the we	ek:	
Date			ıht					
		Dody weig	iit.					
CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning	
f Day:				·/D	' E/I /D '		. E/D/I /D	•
								lant
Finish					umoumg, i	atorar oqui	at Want	
	Plyometric	cs:						
			he	idens w/ s	tability 3x5	ea.		
h/e\·								
	Sneed/Agi	litv:						
о. ос.р.	opecurry	iiicy.	,	1-2 cut 3x e	ea. (4 hoops	s)		
							_	-
	0 !!!	•						
	Condition	ıng:		Slide Board	d 6x ·30/1·0	0		
			-		· '	•		
s:		Overhe	and w/ Stan	garad Star	200 2v10			
		(Trainin	ng			
Exe	rcise				Set 4	Set 5	 	D
Hang Cles		Keps/	Keps/	Keps/	Reps/	Reps/	rempo	Rest
SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		 	
			į					
		5	5	5	<u>i </u>		<u> </u>	
4-6 in nip	IIIT	8-2U	8-20	8-20			<u> </u>	
DB Hamm	er Curl + P	8	8	8	<u> </u>		<u> </u>	
	Medball		8 to 20	8 to 20	Ī			
Cable Lift		8	8	8	<u> </u>		<u> </u>	
				<u> </u> 				
			i	i 	i i		<u>. </u>	
Foam Rol	ler Stretch							
Commert	e. (icouse -	r injuries =:	vorall maa-l	oto \				
Comment	s: (ISSUES 0	i injuries, o	verali mood	, etc.)				
Exercises	: (Practice,	Bike, Run,	Swimming)					
	,							
	Finish h(s): Group: Exe Hang Clea SB Sit & F Incline Be 4-6 in hip DB Hamm Hip Lift or Cable Lift Foam Rol	CONDITIONING f Day: Guick feet Shuffle & Get Shuffle &	CONDITIONING-Warm f Day: Warm Up: (Ladder) 2 quick feet F/L/R, quick feet F/	CONDITIONING-Warm up- Plyon f Day: Warm Up: (Ladder) 20 yds. quick feet F/L/R, quick shuffle F Shuffle & Carioca - spiderman, Bands (purple above knees) F/E Plyometrics:	Bodyweight CONDITIONING-Warm up- Plyometrics- S f Day: Warm Up: (Ladder) 20 yds. quick feet F/L/R, quick shuffle F/B, hip sw Shuffle & Carioca - spiderman, lunge to he Bands (purple above knees) F/B/L/R Plyometrics: heidens w/ s heide	CONDITIONING-Warm up- Plyometrics- Speed/Agi f Day:	Bodyweight	Bodyweight Bodyweight

			Week # 7			Da	y of the we	ek:	
	Date		Day # 1				y 01 1110 1110	- CIKI	
			Bodyweig	ht					
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	speed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:							
111110	or Day.							run 5.butt k	
C4 - m4	/Finials	7. back	pedal 8. S					skip 10. O	verhead
Start	/Finish	Dhaanaatai		11.	heel walks	12. Inchw	orm		
		Plyometric	CS:	C	ontinuous F	durdle Hon	5×5		
					Jillila Gao I	raraic riop	<u>UNU</u>		
Coa	ch(s):								
Partne	r/Group:	Speed/Agi	ility:						
					Chase Spr	rint 3x each			
				01.10	4/0 (1 1 1 4				
		On a little		Sied 3x	1/2 field, 1x	tuli tield (1	50 yards)		
		Condition	ıng:		v200 /25 ···	ard) 1:00/2:	00		
				1	x300 (25 ya 6x100 (25 y				
					UN 100 (20)	, w. w.j . 20/. T	<u>-</u>		
Abdomina	als:	=							
					Outs 3x20				
					n Medicine				
					lute Raise 2				
			One	Leg Sit and	Twist 3x10	0 each			
					n Trainin				
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	!	
	i		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest
65,67.5,70	DB Snatch		3	3	3	<u> </u>		<u> </u>	
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>	<u> </u>	
	<u> </u>		<u> </u> -	<u> </u>	<u>I</u>	<u> </u> 	<u> </u>	! ! !	
	Front Box		6	12	24	1	-	<u> </u>	
80-87%	Pul	l Up	5	5	5	 		——і	
			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u>ļ — </u>	
80-85%	KB Tactic		5	5	5	<u> </u>	<u> </u>	<u> </u>	
	Inverted I	Row	8 to 20	8 to 20	8 to 20	! 	! 	, l	
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20	<u> </u>	<u> </u>		
								<u> </u>	
	<u> </u>		<u> </u>	<u>ļ</u>	<u> </u>	<u> </u>	<u> </u>	<u>ļ</u> j	
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	
Flexibility	: Partner St	tretch							
A 1 1'4'		- ('		11	1 - (-)				
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	ı, etc.)				
Additiona	l Exercises	: (Practice	Bike, Run	Swimmina)					
		,,	-,,	9)					

			Week # 7			Da	y of the we	ek.	
	Date		Day # 2			Da	y or tile we	ck.	
			Bodyweig	ht					
	CONDI	TIONIN	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning	
Time (of Day:	Warm Up:	(Ladder) 1	0 yds.	s bobind E/D	, quick shuffle	E/D 1221E	Makovsky S	hufflo E
						amstring,			ilullie F
Start	/Finish			and - Purp		g,	atorar oqui		
		Plyometri	cs:						
				Lateral	Hurdle or	Cone Hop 5	x5 each		
Coa	ch(s):								
	r/Group:	Speed/Ag	ilitv:						
				P	ssisted 1-2	2 cut 3x ead	ch		
				Lateral hoc	p run w/ re	eturn 3x eac	h (2 hoops	s)	
		Canditie:	ina						
		Condition	ıng:		Slide Board	d 8x :30/1:0	0		
						30 (M-Lv 12			
						<u>-</u>	-		
Abdomina	lis:		Medicine F	Palle- Overk	nead w/ ste	p 2x10 eacl	h		
				le twist 3x1			<u> </u>		
				chest pas					
			(Strength	Trainin	ıg			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
65 67 5 70	Hang Clea		3	3	3	T Kebs/	Keps/	1 empo	- Kest
	Slant Boar		. 	10-20	10-20	<u>. </u>		<u> </u>	
	Clarit Boars	a rtov. Ona	1	1020	1	i İ		<u> </u>	
85,90,95,100	Bench Pre	ess	4	3	2	1			
	Foam Rolle		8-20	8-20	8-20	1		<u> </u>	
	<u> </u>		<u>i</u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>	
75-80%	Dips + Sca	apula	5+10	5+10	5+10	ĺ		<u> </u>	
	Glute Han	n Raise	8 to 20	8 to 20	8 to 20	!		<u> </u>	
75-80%	Cable Lift		8	8	8	! 		• •	
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u>Į</u>		<u> </u>	<u> </u>
	<u> </u>		<u> </u>	<u> </u>	<u> </u>]		<u>Ι</u>	<u> </u>
<u></u>	<u>!</u>		!	<u>.</u>	<u> </u>	!		<u>.</u>	
Flexibility	: Foam Rol	ler Stretch							
Additiona	I Comment	s: (issues c	or injuries, o	verall mood	, etc.)				
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)					

	D-1-		Week # 7			Da	y of the we	ek:	
	Date		Day # 3	l- 4			•		
			Bodyweig	nt					
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:							
	o. Day.							run 5.butt k	
<u> </u>		7. back	oedal 8. SL					skip 10. O	verhead
Start	/Finish	Diamonto		11.	heel walks	12. Inchw	orm		
		Plyometric	cs:	Single Leg	g Continuo	us Hurdle H	lop 5x5 ea.		
_									
	ch(s):								
Partne	r/Group:	Speed/Agi	lity:	0'		0			
				Singi	e Leg Chas	se Sprint 33	c each		
				Resis	ted Band T	owing 3x 2	5 yds.		
		Condition	ing:						
					x300 (25 ya				
					6x100 (25 y	/ard) :20/:40	U		
Abdomina	als:								
			2 poir	nt stability	2x:20-60 se	conds			
					lls 3x10				
				Jackknif	e 3x10-20				
					Trainin				
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! ! ! _ !	
	<u></u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest
65,67.5,70	Push Pres		3	3	3	<u> </u>		! 	
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec			<u> </u>	
00 70 55	lubi	01	6	12	I ₂₄	<u> </u> 		! ! []	
80,70,55	Hex DL +	Snrug	5	5	5	<u> </u>		i i	, i
80-87%	Pull Up		<u>'</u>	<u> </u>	9	<u> </u>		 	
	ا داد سادا	n Caucat	5.00	<u> </u>	<u> </u>	<u> </u>		<u> </u>	
	Single Leg		5 ea 8 to 20		5 ea			<u>. </u>	
	Inverted R			8 to 20 8 to 20	8 to 20 8 to 20	-		i i	-
	Reverse Hyp	erextension	8 to 20	8 10 20	8 10 20	<u> </u>		 	
	<u> </u>			<u> </u>	<u> </u>	<u> </u>		<u> </u>	
	<u> </u>			1 1	<u> </u> 	<u> </u> 		լ <u> </u> 	
Fland 22	. Dantii 2:			<u> </u>	<u> </u>	•		<u> </u>	-
Flexibility	: Partner St	retcn							
Δdditiona	I Comment	e. (jeende o	r iniuriae o	verall mood	etc)				
Additiona	Comment	s. (Issues U	i iiijuiies, o	verali illood	, e.c. <i>)</i>				
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)					

	_		Week # 7			Da	y of the we	ek:	
	Date		Day # 4	1.4			,		
			Bodyweig	ht					
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning	
Time o	of Day:	Warm Up:			switch F/L/R.	in-in-out-out F	/B/L/R. giant s	slalom F. 2 for	ward 1 back
						amstring, I			
Start	/Finish			nd - purple		g, .	atora: oqui		
		Plyometric	cs:						
					Heide	ns 5x5			
_									
	ch(s):								
Partner	/Group:	Speed/Agi	ility:		Assistad 4	2 2			
						-2 cut 3x ea eturn 3x eac			
					- P - WII W/ 10	uiii ux cat	(2 11000)	'1	
		Condition	ing:						
					Slide Board	d 8x :30/1:0	0		
				Airdyne	10x :30/1:3	30 (M-Lv 12	, F-Lv 10)		
									i
Abdomina	IS:			Overbood	ul Stan Ov1	0			
				Overhead vole twist 3x1					
				n chest pas					
			Olic All	ii ciiest pas	33 3X 10 14u	Q ZXIV D			
			,	Strength	Trainin	ıg			
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		_
	İ		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest
65,67.5,70			3	3	3				
	SB Sit & R	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
			<u> </u>	<u> </u>	<u> </u>				
80,70,55%	DB Incline		6	12	24	-			
	Foam Rolle	er Hip Lift	8-20	8-20	8-20	Ī			
						<u> </u>			
	Dips + Sca		5+10	5+10	5+10	1			
	1 Leg Bac		8 to 20	8 to 20	8 to 20	1			
75-80%	Cable Lift		8	8	8	<u> </u>			
			<u> </u>	<u> </u>	<u> </u>	<u> </u>			
			<u> </u>	<u> </u>	<u> </u>	<u> </u>			
			I -	<u> </u>	<u> </u>	<u> </u>			
Flexibility	Foam Rol	ler Stretch							
Additional	Comment	s: (issues o	r iniuries o	verall mood	etc.)				
, taaitioilai		0. (100000000	,	voran mood	, 0.0.,				
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)					

			Week # 8			Da	y of the we	ek:	
	Date		Day # 1				,		
			Bodyweig	ht					
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning	
Time o	of Day:	Warm Up:			uutt 2 hiah l	rnoo skin 4	high knoo	run 5.butt k	rickors
								skip 10. O	
Start	/Finish	7. back	ocuai o. o.		heel walks			3KIP 10. 0	verricad
		Plyometric	cs:						
				Co	ontinuous H	lurdle Hop	5x5		
	ch(s):								
Partner	/Group:	Speed/Agi	ility:		01 0	·			
					Chase Spr	int 3x each			
				Sled 4x	1/2 field, 1x	full field (1	80 yards)		
		Condition	ing:		,		,		
				1	x300 (25 ya				
					7x100 (25 y	ard) :2 <mark>0/:4</mark>	0		
A la al a sesta a	la.								
Abdomina	is:								
			2 noi	nt stability	2x:20-60 se	conds			
			z pon		olls 3x10	Joonas			
					fe 3x10-20				
			9		Trainin	a			
				on ongu	· ····	9			
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		
			Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest
82.5,85,90	DB Snatch		<u>3</u>	3	<u>i</u> 3	<u></u>	<u></u>	<u> </u>	
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20		<u> </u>	<u> </u>	
l I			<u> </u> -	<u> </u>	<u> </u>	<u> </u>	<u> </u>] <u> </u>	
	Front Box		6	12	24	! 	! }		
80-87%	Chi	n Up	5	5	5	<u> </u>	<u> </u>	i i	
			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	
	KB Tactica		5ea	5ea	5ea		<u> </u>	<u> </u>	
	Inverted R		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>Į </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	
			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	
			! -	<u> </u>	<u> </u>	I -	I -	l	
Flexibility	Partner St	tretch							
Additional	Comment	s: (issues o	r injuries o	verall moon	l etc)				
Additional	Comment	3. (155065 0	i ilijulies, o	verall IIIOOC	i, c ic. <i>)</i>				
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)					

			Week # 8			Da	y of the we	ek:	
	Date		Day # 2				y 01 1110 1110	· orri	
			Bodyweig	ht					
	CONDI	TIONING	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up: high knee F/I			ss behind F/B	, quick shuffle	F/B, 1,2,3-1 F	, Makovsky Sł	nuffle F
						amstring,	lateral squa	at walk	
Start	/Finish			and - Purp	le) F/B/L/R				
		Plyometric	cs:						
				Late	ral Hurdle	or Cone Ho	p 5x5		
Coa	ch(s):								
	/Group:	Speed/Agi	ilitv:						
	, отопр.	opeca/Agi		-	Assisted 1-2	2 cut 3x ead	ch		
				Lateral hoc	p run w/ re	eturn 3x eac	ch (2 hoops	s)	
		Condition	ing:			=	4)		
						Test (group ., one group		\	
				(One group	Juli uay #2	., one group	Juli uay #4	'1	
Abdomina	ıls:								
			Medicine E	Balls- Overl	nead w/ ste	p 2x10 eacl	h		
					0 ND & 2x1				
			one arm	n chest pas	s 3x10 ND	& 2x10 D			
					Trainin	ıg			
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! . ! ! _ !	
00 5 05 00	i		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest
82.5,85,90	Hang Clea		3	3	3	<u> </u>	<u> </u>	! !	
	Siant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20	<u> </u>		<u> </u>	
	l Danak Da		ı I₄	l ₃	<u> </u> 	1 I ₁	<u>.</u> I	<u> </u>	1
85,90,95,100	Bench Pre			f	2	 	<u> </u>	i i	
	Foam Rolle	er HIP Lift	8-20	8-20	8-20	<u> </u>		<u> </u>	
7E 000/	ln:no · C·		E . 10	E . 10	15.10	<u> </u>	<u> </u>	<u> </u>	
75-80%	Dips + Sca		5+10 8 to 20	5+10 8 to 20	5+10 8 to 20	I I	<u> </u>	<u>, </u>	
7E 000/		ı Kaise	8 to 20 8	8 to 20 8	8 to 20 8	i		i i	
75-80%	Cable Lift		<u> </u>	i _o	i _o	<u> </u>	<u> </u>	 	
	<u> </u> 		<u> </u> 	<u> </u>	<u> </u>	<u> </u> 	<u> </u> 	<u> </u>	
	<u> </u> 		<u> </u> 	<u>!</u>	<u> </u>	I I	<u> </u> 	1 1 1 1	<u> </u>
Classic !!!	. Feers Dat	lan Ctratal			-	:		<u>!</u>	
riexibility	: Foam Rol	ier Stretch							
۸ ما ما:۱: - · · ·	Comm	or /ica	r injurie -	voroll mara l	ota \				
Additiona	Comment	s: (issues o	r injuries, o	verali mood	, etc.)				
Additiona	Exercises	: (Practice,	Bike, Run,	Swimming)					
			•	3/					

			Week # 8			Da	y of the we	ek.	
	Date		Day # 3				<i>y</i> 000	- CIKI	
			Bodyweig	ht					
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning	
Time	of Day:		(20 yards)	2 haal ta h	u44 2 biab k	rnoo okin 4	high knoo	run 5.butt k	riokoro
								skip 10. O	
Start	/Finish	7. back	Jeuai 0. Ji		heel walks			3KIP 10. O	verneau
0.000		Plyometric	cs:						
				Sing	gle Leg Hur	dle Hop 5x	5 ea.		
	ch(s):								
Partne	r/Group:	Speed/Agi	ility:	0'		. 0			
				Sing	e Leg Chas	e Sprint 33	eacn		
				Resis	sted Band T	owina 4x2	5 yds.		
		Condition	ing:			<u> </u>	.		
					x300 (25 ya				
					7x100 (25 y	ard) :2 <mark>0/:4</mark>	0		
A la al a maina	ala.								
Abdomina	ais:								
			2 noi	nt stability	2x:20-60 se	conds			
			2 pon		lls 3x10	Johns			
					e 3x10-20				
			9		Trainin	g			
	ī		Set 1	Set 2	Set 3	Set 4	Set 5		
%	Exe	rcise	Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest
82.5.85.90	Push Pres		3	3	3			(— <u>·—·</u>	
, ,	Stall Bar E		20-60sec	20-60sec	20-60sec			<u> </u>	
			<u> </u>	<u> </u>	<u> </u>			<u> </u>	
80.70.55%	Hex DL +	Shrua	6	12	24			<u> </u>	
80-87%	Pull Up	<u>J</u>	5	5	5			 	
	 		!	: 	.			: 	
80-85%	Single Leg	Squat	5ea	5ea	5ea			<u> </u>	
		erted Row		8 to 20	8 to 20			<u>i</u>	i
	Reverse Hyp		8 to 20	8 to 20	8 to 20			 	
	<u> </u>		 	 	 			 	
	i		<u>.</u> I	i	<u>.</u>			<u> </u>	
	Ì		Ì	İ	Ì			i i	j
Flexibility	: Partner S	tretch		•	•	•	•		
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)				
۸ ما ما:۴! م	l Evereless	. /Dro-#	Dilea Dem	Ossilmonalia ()					
Additiona	I Exercises	: (Practice,	ыке, Run,	owimming)					

			Week # 8			Da	y of the we	ek:	
	Date		Day # 4	-l-4			,		
			Bodyweig	ınt					
	COND				netrics- S	Speed/Agi	lity- Cond	ditioning	
Time o	of Day:	Warm Up:	(Ladder) 1	I5 yds. uffle F/B, hip s	switch F/L/R.	in-in-out-out F	/B/L/R. giant s	slalom F. 2 for	ward 1 back
						namstring,			
Start	/Finish			and - purple	e) F/B/L/R				
		Plyometri		Name I am I	atanal II				
				single Leg i	_aterai nui	rdle or Cone	е пор эхэ е	a.	
Coad	ch(s):								
Partner	/Group:	Speed/Ag	ility:						
<u> </u>		-				-2 cut 3x ea			
<u> </u>				Lateral hoc	pp run w/ r	eturn 3x eac	n (2 noops	5)	
		Condition	ing:						
						Test (group			
<u> </u>		_		(one group	on day #2	2, one group	on day #4	.)	
 									
Abdomina	ıls:	-							
				Overhead v	w/ Step 2x	10			
				de twist 3x1					
			One Arı	n chest pas	ss 3x10 Nd	& 2x10 D			
				24 41	T				
			•	Strength	ıraınır	ng			
%	I I Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! ! _	
<u> </u>			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest
82.5,85,90	•	Rev SB Sit	3 110 to 20	3 10 to 20	10 to 20	10 to 20			
		tev 35 3it	10 10 20	10 10 20	10 10 20	1		<u> </u>	<u> </u>
80,70,55%	DB Incline	•	16	I ₁₂	24	i		<u> </u>	i
	Foam Rolle		8-20	8-20	8-20	†		 	
	<u> </u>		İ	İ	İ			<u>. </u>	
75-80%	Dips + Sc	apula	5+10	5+10	5+10	<u>i</u>			i
	1 Leg Bac	k Ext.	8 to 20	8 to 20	8 to 20				
75-80%	Cable Lift		8	8	8	1		<u> </u>	
<u> </u>	<u> </u>		<u> </u>	<u>i</u>	<u> </u>	<u>i</u>		<u>i</u>	<u> </u>
<u> </u>	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>	<u> </u>
	<u>!</u>		<u>.</u>	<u>!</u>	<u>.</u>	<u>!</u>		<u>.</u>	
Flexibility	: Foam Rol	ller Stretch							
Additional	Comment	t s: (issues o	or injuries, o	verall mood	, etc.)				
Additional	Exercises	: (Practice	Bike. Run	Swimming)					
		(1 1401100,	, r.u.i,	g)					

			Week # 9			Da	y of the we	ek:	
	Date		Day # 1	_			<i>y</i> 000		
			Bodyweig	ht					
	CONDI	TIONING	G-Warm	up- Plyor	metrics- S	peed/Agi	lity- Cond	ditioning	
Time	of Day:	Warm Up:			outt 3 high k	mee skin 4	high knee	run 5.butt k	rickers
								skip 10. O	
Start	/Finish				heel walks			<u> </u>	
		Plyometric	cs:						
				Co	ontinuous H	lurdle Hop	5x5		
	ch(s):	0							
Partne	r/Group:	Speed/Agi	llity:		Chasa Sni	rint 3x each			
					Jilase Jpi	IIIL JA CALI	•		
				Sled 5x	1/2 field, 1x	full field (2	10 yards)		
		Condition	ing:						
						5 15 25 30			
						1:00			
					10 M	inutes			
Abdomina	als:								
Abdomine	410.								
			2 poi	nt stability	2x:20-60 se	conds			
				Hip Ro	olls 3x10				
				Jackkni	fe 3x10-20				
					Trainin	g			
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! ! _	
00.05.400	i		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest
90,95,100-	DB Snatch		3 10 to 20	10 to 20	10 to 20	<u> </u>		<u> </u>	
	Siant Boar	rd Sit Ups	10 10 20	10 10 20	10 10 20	<u> </u>		<u> </u>	
00 70 EE0/	Front Box	Cauch	I ₆	12	24	<u> </u>		<u>. </u>	
	1	Squai	5	5	5	-	Ī	i i	
80-87%	Chin up		<u> </u>	1	<u> </u>	<u> </u>		! !	
80-85%	Single Lea	n Saucet	5ea	5ea	5ea	<u> </u>			
00-05%	Single Leg		8 to 20	8 to 20	8 to 20	<u> </u>		. <u> </u>	
	Reverse Hyp		8 to 20	8 to 20	8 to 20	<u> </u>		<u>i</u>	i
	Reverse nyp	erextension	0 10 20	0 10 20	0 10 20	<u> </u>			
	<u> </u>		<u>I</u> I	<u> </u>	<u> </u>	<u>I </u>		<u> </u>	
	<u> </u>		i	† 	i	i			
Flevihility	: Partner St	tretch		<u> </u>				<u> </u>	
i icalbility	. i artifer O	ircton							
Additiona	I Comment	s: (issues ດ	r injuries. ດ	verall moon	l. etc.)				
		01 (.000.00 0	,		., 0.0.,				
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)					

			Week # 9			Da	y of the we	oek:	1
	Date		Day # 2			Da	y or the we	ck.	
			Bodyweig	ht					
	CONDI	TIONIN	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:	(Ladder) 2	0 yds.	a babind F/D	, quick shuffle	E/D 4 2 2 4 E	Makayalay C	buffle F
	-	-				amstring,			nume r
Start	/Finish			and - Purp		amstring, i	atorai squt	at Wain	
		Plyometri		•	•				
				Late	ral Hurdle	or Cone Ho	p 5x5		
0	-1.7-1								
	ch(s): r/Group:	Crood/Ac	:1:4.7.						
Faithei	i/Group.	Speed/Ag	ility:		Assisted 1-	2 cut 3x ead	:h		
						eturn 3x eac		s)	
							•		
		Condition	ing:						
		1				1 12x :30/1:0			
				Airayn	e ox :45/1:	15 (M-Lv 10	r-Lv 8)		
Abdomina	als:								
						p 2x10 eacl	า		
				le twist 3x1					
			one arm	n chest pas	s 3x10 ND	& 2x10 D			
			,	Strength	Trainin	ıg			
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	_	
	i=		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest
90,95,100-		- I D O'(3	3	3	<u> </u>		<u> </u>	
	Slant Boa	ra Rev Sit	10 to 20	10 to 20	10 to 20	<u> </u>			
05 00 05 400	Bench Pre		<u> </u> ₄	l ₃	<u> </u> 2	<u>I</u>		<u>.</u>	
85,90,95,100			8-20	8-20	8-20	['		-	
	Foam Rolle	nip Litt	0-20	U-2U	U-2U	 		<u> </u>	<u> </u>
75-80%	Dips + Sc	anula	5+10	5+10	5+10	<u> </u>		<u>. </u>	
1 3-00 /0	Glute Han		8 to 20	8 to 20	8 to 20	i 		i	<u>'</u>
75-80%	Cable Lift		8	8	8	<u> </u>		<u> </u>	
1 3-00 /0	Sabie Lill		 	ľ	ř	 		<u> </u>	
	<u>. </u>		<u>.</u> I	i i	<u>. </u>	<u> </u>		<u>. </u>	
	i		j	i	i	i		<u> </u>	
Flexibility	: Foam Rol	ler Stretch	-	-	•				
. ioxioiiity		.5. 5							
Additiona	I Comment	s: (issues c	or injuries, o	verall mood	, etc.)				
Additiona	l Exercises	: (Practice	Bike, Run	Swimming)					
, taditiona		. (i lacilos,	Sino, Ruii,	- ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,					

Day # 3 Bodyweight ONING-Warm up- Plyometrics- Speed/Agility- Conditioning arm Up: (10 yards) figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward yometrics: Single Leg Hurdle Hop 5x5 seed/Agility: Single Leg Chase Sprint 3x each Resisted Band Towing 5x25 yds.
ONING-Warm up- Plyometrics- Speed/Agility- Conditioning arm Up: (10 yards) figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward yometrics: Single Leg Hurdle Hop 5x5 seed/Agility: Single Leg Chase Sprint 3x each Resisted Band Towing 5x25 yds.
arm Up: (10 yards) figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward yometrics: Single Leg Hurdle Hop 5x5 need/Agility: Single Leg Chase Sprint 3x each Resisted Band Towing 5x25 yds.
figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/ 5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward yometrics: Single Leg Hurdle Hop 5x5 need/Agility: Single Leg Chase Sprint 3x each Resisted Band Towing 5x25 yds.
5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward yometrics: Single Leg Hurdle Hop 5x5 need/Agility: Single Leg Chase Sprint 3x each Resisted Band Towing 5x25 yds.
yometrics: Single Leg Hurdle Hop 5x5 need/Agility: Single Leg Chase Sprint 3x each Resisted Band Towing 5x25 yds.
Single Leg Hurdle Hop 5x5 need/Agility: Single Leg Chase Sprint 3x each Resisted Band Towing 5x25 yds.
Single Leg Hurdle Hop 5x5 need/Agility: Single Leg Chase Sprint 3x each Resisted Band Towing 5x25 yds.
eed/Agility: Single Leg Chase Sprint 3x each Resisted Band Towing 5x25 yds.
Single Leg Chase Sprint 3x each Resisted Band Towing 5x25 yds.
Single Leg Chase Sprint 3x each Resisted Band Towing 5x25 yds.
Resisted Band Towing 5x25 yds.
1x300(50 yard) 1:00/2:00
2x150(50 yard) :30/1:30
3x100(50 yard) :20/:40
O maint atability Ov. 00 CO assemble
2 point stability 2x:20-60 seconds Hip Rolls 3x10
Jackknife 3x10-20
Strength Training
Set 1 Set 2 Set 3 Set 4 Set 5
-
/CIE ZU-busec ZU-busec ZU-busec
- J
<u> </u>
tension 0 to 20 0 to 20
ch
ch issues or injuries, overall mood, etc.)
issues or injuries, overall mood, etc.)
Reps/ Reps/ Reps/ Reps/ Reps/ Tempo Rest 3

			Week # 9			Da	y of the we	ek:			
	Date		Day # 4	ıb4			,				
			Bodyweig	nt							
	CONDI				netrics- S	Speed/Agi	lity- Con	ditioning			
Time o	of Day:	Warm Up:	(Ladder) 2	20 yds.	witch F/I /R	in-in-out-out F	/R/I/R giants	slalom F 2 for	ward 1 hack		
						amstring,			waru i back		
Start	/Finish			and - purple		iamounig, i	atorar oqui	at Want			
		Plyometri	cs:								
				Single Leg	J Lateral H	urdle or Co	ne Hop 5x5	j			
0	- I- (-)										
	ch(s): /Group:	Speed/Ag	114.7.								
raitiiei	/Group.	Speed/Ag	ility:		Assisted 1	-2 cut 3x ea	 1_				
						eturn 3x eac		s)			
	·										
		Condition	ing:								
						1 12x :30/1:0					
				Airayn	€ 0X :43/1:	15 (M-Lv 10	, r-∟v ŏ)				
Abdomina	ıls:										
				Overhead v	w/ Step 2x1	10					
				de twist 3x1							
			One Arr	n chest pas	ss 3x10 Nd	& 2x10 D					
			,	Strength	Trainir	ng					
%	% Exercise Set 1 Set 2 Set 3 Set 4 Set 5										
	i		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest		
90,95,100-		00.01	3	3	3	40.45.00		<u> </u>			
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		<u> </u>			
00 70 550/	I I		<u>і</u> І ₆	1 140	I Ina	<u>1</u> 1		<u>.</u>			
80,70,55%	DB Incline or		_	12	24 8-20	i 		.	 i		
	Foam Rolle	er Hip Lift	8-20	8-20	0-∠∪	<u> </u>		<u> </u>	<u> </u>		
75 OC9/	l Ding : C-:	anula	5+10	5+10	5+10	 		<u>. </u>			
	Dips + Sca		8 to 20	-	8 to 20	†		<u>. </u>			
	1 Leg Bac	N EXI.	ο το 20	ο το 20 8	ο το 20	i		<u>.</u>			
75-80%	Cable Lift		ľ	ľ	<u> </u>	!		<u> </u>			
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>			
	<u> </u>		<u> </u>	1	 	; 		<u>'</u>			
Flexibility	Foam Pol	ler Stretch	-	-	-	<u>.</u>	•	-			
r lexibility.	. i Gaill Roi	iei Stretcii									
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)						
م ما ماند؛ م بر - ا	Eversies -	. (Drostics	Diko Dur	Cusimmenia :-\							
Additional	ı ⊏xercises	: (Practice,	ыке, Run,	Swimming)							

	Date		Week # 10 Day # 1)	Day of the week:					
	Date		Bodyweig	ıht						
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning		
Time	of Day:	Warm Up:								
111110	or Day.							run 5.butt l		
Start	/Finish	7. back	pedal 8. Si	LDL Walk F	orward/Bad heel walks	KWard 9. s	straignt ieg orm	skip 10. O	vernead	
Otart	71 1111011	Plyometric	cs:	• • • • • • • • • • • • • • • • • • • •	noor wante	121 11101111	····			
				Ηι	ırdle Hop w	ith Sprint	5x5			
0	- l- (-)									
	ch(s): r/Group:	Speed/Agi	lity:							
Tartito	i/Oroup.	Speeu/Agi	iity.	Gro	und Chase	Sprint 3x e	each			
				Sled 2x 1	1/2 field, 2x	full field (1	80 yards)			
		Condition	ing:		Line Drill	5 15 25 30				
						1:00				
						inutes				
Abdomina	als:			tability Dal	l Almbabat	0.,				
					l Alphabet ledicine Ba					
			i Leg ii	•	Twist 3x10	III 2XU-12				
			,	Strength	Trainin	g				
%	I Fxe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5			
	i		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest	
	Bar Comp	<u>lex</u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>				
	High clean		5 10	<u> 5</u> 10	5 10	<u> </u> 				
	Row SLDL		10	10	10	<u> </u>				
	Push Pres	<u> </u>	10	10	10	 		 		
	High pull	<u> </u>	10	10	10			<u> </u> 		
	<u> </u>		<u> </u>	i 	ì	ì		i i		
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20					
	Hammer Cu	ırl + Press	8+8	8+8	<u>i </u>	<u>i </u>		<u>i </u>		
	Diagonal I	Plate Raise	8 to 20	8 to 20						
	<u>!</u>			ļ	<u>!</u>	<u>!</u>		! -		
Flexibility	: Partner S	tretch								
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)					
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)						

			Week # 10	0		Da	y of the we	ek:	
	Date		Day # 2				,		
			Bodyweig	jht					
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:	(Ladder) 1	l0 yds.					
Time	or Day.					-		lakovsky Shuffl	ie F
_					lunge to ha		ateral squa	at walk	
Start	/Finish			Knees - Gi	reen) F/B/L/	R			
		Plyometri							
			Late	rai Hurdie (or Cone Hop	o with Jum	p and Read	n əxə	
Coa	ch(s):								
	r/Group:	Speed/Ag	ility						
i artiio	i/Oroup.	opecu/Ag	inty.	La	teral 45 deg	ree 1-2 cu	t 4x		
					op run w/ re			<u> </u>	
							<u> </u>		
		Condition	ing:						
					Slide Board				
				Airdyn	e 7x :45/1:1	5 (M-Lv 10	, F-Lv 8)		
									i
Abdomina	als:		4. I'.' B			- 10-40			
		<u>IV</u>			leg overhea		cn		
					3x10 ND & 2				
			Aiternatii	ng Chest P	ass 3x10 NI) & 2X10 D			
			;	Strength	n Trainin	g			
%	l Evo	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	<u> </u>	
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest
70,75,80	Snatch		5	4	3				
	Slant Board	Rev Sit Ups	10 to 20	10 to 20	10 to 20			i i	
600/	50's Benc	h	211	+	-		ļ	₩	
60%	Leg Circui		3x	<u> </u>	<u> </u>			!!	
	jump squa		20	20	20			! !	
	body weigh		20	20	20			 	
	alternating	•	20	20	20				
	lateral squ		20	20	20			<u> </u>	
	pull up		Max	Max-2				<u> </u>	
	Metronom	e Push Up	Max	Max-10					
Flexibility	: Foam Rol	ler Stretch							
	I Comment								
				0.					

	Date		Week # 10 Day # 3)	Day of the week:					
	Dute		Bodyweig	tht						
	COND	ITIONIN			netrics- S	peed/Agi	lity- Con	ditioning		
Time	of Day:		(10 yards)							
111110	or Day.							outt 4. heel		
Start	/Finish	5. Ba	ckward lun	ige walk 6.	Straight Le	eg Crossov	er 7. SLDL	F/B 8. bac	kward	
Start	/1 1111311	Plyometri	cs:							
		,,		Single L	eg Hurdle	Hop with S	print 5x5			
	ch(s):	0 1/4	•••							
Partne	r/Group:	Speed/Ag	ility:	Ra	ck ground	enrint 3v A	ach			
				DC	ick ground	Spriit JX C	acii			
				Resis	ted Band R	unning 6x	25 yds.			
		Condition	ing:			1) 4 22/5				
		-			∣x300(50 ya 2x150(50 ya					
					5x100(50 ya					
							-			
Abdomina	als:	<u> </u>								
					I Alphabet					
			1 Leg F	•	ledicine Ba	all 2x8-12				
				Russian	Twist 3x10					
				Strenath	Trainin	n				
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	! 	Deet	
	DB Comp		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest	
	Snatch	<u>lex</u>	L — — — - 15	1 — — — — 15	L 5	<u> </u>				
	Row		13 110	13 110	10 10	<u> </u> 		<u> </u>		
	SLDL		10	i ₁₀	10	Ī				
	curl + push	n press	10	10	10	 				
	push up +	•	10+10	10+10	10+10	!		! .		
	<u> </u>		<u>'</u>	ì	İ	İ		<u> </u>		
	Hanging L	_eg Raise	10 to 20	10 to 20	10 to 20	ļ .				
					1 1	1 1				
								<u> </u>		
				l						
Flexibility	: Partner S	tretch								
A al al!4! - ··	I Committee		a laderate :	ا المعمد	ata \					
Additiona	i comment	t s: (issues o	ı ırıjuries, o	verali mood	, etc.)					
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)						

	Week # 10 Day # 4 Day of the week									
	Date						y or the me	OK.		
			Bodyweig	ht						
	CONDI	TIONING	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 s	switch F/L/R,	in-in-out-out F	/B/L/R,Giant ,	Brake Run F		
						amstring, l	ateral squa	at walk		
Start	/Finish			knees - gre	en) F/B/L/F	₹				
		Plyometric		Leg Hurdle	or Cone I	lop with Ju	mp and Re	ach 5x5		
Coa	ch(s):									
	r/Group:	Speed/Agi	ilitv							
		opecur, (g			45 degree	e 1-2 cut 4x				
				Lateral hoc		eturn 3x eac	h (3 hoops	s)		
		Condition	ing:		Nida Daar	1 4 4 2 . 20 / 4	<u> </u>			
						1 14x :30/1:0 15 (M-Lv 10				
				Alluyli	<u> </u>	I VIVIEW 10	, <u>-</u> v 0 <i>j</i>			
Abdomina	als:	_								
					Ball Abs					
				le leg over						
				e leg twist						
						D & 2x10 D				
			•	Strength	ıraınır	ıg				
%	Evo	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i		
70			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest	
70,75,80	Push Pres	s	5	4	3	<u> </u>		<u> </u>		
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		إـــــا		
			<u> </u>	<u> </u>	1	1		<u> </u>		
	Mini Leg C	<u>Circuit</u>	! !	! 	<u> </u>	1		! ! 		
	squat jump		10	<u> </u>	<u> </u>	į		<u>i i</u>		
	body weigh		10	<u> </u>	<u> </u>	<u> </u>		إـــــــــاِ		
	alternating	lunge	10	<u>[</u>	<u> </u>	1		<u> </u>		
	tuck jump		10	i	!	!		·		
	<u> </u>		<u> </u>	<u> </u>	<u>i </u>	i —]	i i		
	Chin ups		max	max-2	<u> </u>	<u> </u>		<u> </u>		
	Inverted R	ow	8 to 20	8 to 20	<u> </u> 	 		1		
Fland W	. Faarii D. 1	lan 04::-1:-1	<u> </u>	-	<u> </u>			<u>. </u>		
riexibility	: Foam Rol	ier Stretch								
Additions	I Comment	e: (iccurs s	r injurios o	verall mood	etc \					
Auditiona	i Comment	3. (135085 0	i irijuri e s, 0	v o rali 111000	, 510.)					
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)						

	Date		Week # 1 ² Day # 1	1	Day of the week:					
	Dute		Bodyweig	ht						
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning		
Time	of Day:	Warm Up:								
111110	or Day.							run 5.butt l		
Start	/Finish	7. back	pedal 8. S		orward/Bad heel walks			skip 10. O	vernead	
Otart	/i iiii3ii	Plyometric	cs:	• • • • • • • • • • • • • • • • • • • •	neer wante	12. 11101111	OIIII			
				Hu	ırdle Hop w	vith Sprint !	5x5			
0	- l- (-)									
	ch(s): r/Group:	Speed/Agi	ility							
Tartile	потопр.	Speeu/Agi	ility.	Gro	ound Chase	Sprint 3x	each			
				Sled 3x	1/2 field, 2x	full field (2	10 yards)			
		Condition	ing:		Line Drill	5 15 25 30				
						1:00				
					14 m	inutes				
Abdomina	als:			Stability Ra	I Alphabet	2v				
					Medicine Ba					
					Twist 3x10					
				Strength	Trainin	g				
%	I Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5			
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest	
	Bar Comp		<u>L</u>	<u> </u>	<u>L</u>	<u> </u>				
	High clean		5 10	<u> 5</u> 10	[5 [10	<u> </u>		<u> </u>		
	SLDL		10	10	10	i	İ	i		
	Push Pres	S	10	10	10	 	 	 		
	High pull		10	10	10	İ	i	<u>. </u>		
	ĵ		ĵ	ĵ	į	ĵ	ĵ	<u> </u>		
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20					
			! 	<u> </u>		<u> </u>	<u></u>	! 		
	Hammer Cu	url + Press	8+8	8+8	<u> </u>	<u> </u>	<u> </u>	بــــــ ا		
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>			
Flavil-!!!	. Dout:: ::: 0:	tuatab	! !		-	<u> </u>	<u> </u>			
riexidility	: Partner S	u etcn								
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)					
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)						

			Week # 1	1	Day of the week:						
	Date		Day # 2			Du	y or the we	CK.			
			Bodyweig	ght							
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning			
Timo	of Day:	Warm Up:	(Ladder) '	l5 yds.							
Tille	oi Day.					-		akovsky Shuff	le F		
_				spiderman,			ateral squa	at walk			
Start	/Finish			Knees - Gr	een) F/B/L/	R					
		Plyometric						1.5.5			
			Late	ral Hurdle o	r Cone Hop	with Jum	o and Read	en oxo			
Coad	ch(s):										
	r/Group:	Speed/Agi	ilitv:								
	, отопр.	opeca/Ag	iiity.	La	teral 45 deg	ree 1-2 cut	4x				
				Lateral hoo				s)			
				Resis	ted Band T	ows 1x Ful	l Field				
		Condition	ing:								
					Slide Board						
				Airdyn	e 8x :45/1:1	5 (M-Lv 10,	F-Lv 8)				
Abdomina	le.										
Abdoninia		N	ledicine B	alls- single	leg overhea	ad 2x10 ead	:h				
				e leg twist 3							
				ng chest pa							
			,	Strength	Trainin	g					
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	I _ I	_		
L	Cnotob —		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest		
75,80 85	Snatch	rd Rev Sit l	10 to 20	10 to 20	3 10 to 20			 			
	Siant Boar	u itev oit t	10 10 20	10 10 20	10 10 20			! !			
60%	50's Benc	h	3x	1	<u> </u>			! !			
	Leg Circui	<u>it</u>	i	i				<u> </u>			
	jump squat		20	20	20			i i			
	body weigh		20	20	20			<u> </u>			
	alternating		20	20	20			!!			
	lateral squ	aı	20	20	20			 			
	pull up		Max	Max-2	<u>. </u>			<u>, </u>			
	Metronom			Max-10	i			i i			
	: Foam Rol										
Additional		و، (اووريهو م	r injuries. c	verall mood	, etc.)						
	i Comment	3. (133463 6									
	Comment	3. (1330C3 0									
	Comment	3. (133463 0									
		·									
Additional		·	Bike, Run,	Swimming)							
Additional		·	Bike, Run,	Swimming)							

	Date		Week # 1 ⁻ Day # 3		Day of the week:					
	Dute		Bodyweig	tht						
	COND	ITIONIN			netrics- S	Speed/Agi	lity- Con	ditioning		
Time	of Day:		(10 yards)							
111110	or Day.							outt 4. heel		
Start	/Finish	5. Bac	ckward lun	ige waik 6.	Straight Le	eg Crossov	er 7. SLDL	. F/B 8. bac	kward	
Otart	71 1111011	Plyometri	cs:							
				Single Le	g Hurdle H	op with Spr	int 5x5 ea.			
	ch(s): r/Group:	Speed/Ag	ility							
1 altile	і/Огоир.	Speed/Ag	ility.	Ba	ck ground	sprint 3x e	ach			
					ted Band R					
		Condition	ing:		v200/50 ··-	rd) 1.00/2-4	20			
					∣x300(50 ya 3x150(50 ya					
					5x100(50 y					
Abdomina	als:			M - I. 1114		0				
				Stability Ballip Lift on N						
			i Leg i	•	Twist 3x10	111 2 X Q-12				
			;	Strength	Trainin	g				
%	I Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		_	
	<u>-</u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest	
	DB Comp	iex	Ļ	<u> </u>	<u>L</u>	<u> </u>				
	Snatch Row		5 10	5 10	5 10	<u> </u>		<u> </u>		
	SLDL		10	i ₁₀	10	i	i	i		
	curl + push	n press	10	10	10					
	push up +		10+10	10+10	10+10	! 	<u>. </u>	<u>. </u>		
	ĺ	<u> </u>	<u> </u>	i				<u> </u>		
	Hanging L	_eg Raise	10 to 20	10 to 20	10 to 20					
		-								
	<u>i</u>		<u>i</u>	<u>i</u>	<u>i </u>	<u>i</u>	<u>i</u>	تــــــــــــــــــــــــــــــــــــــ		
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>			
	<u>!</u>		<u> </u>	<u> </u>	! -	! -	I 			
Flexibility	: Partner S	tretch								
Addition-	l Commont	t s: (issues o	r injurios o	vorall mass	oto)					
Additiona	ii Comment	. ə. (1880.88 0	i injuries, c	verali iii000	, etc.)					
				_						
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)						

	_		Week # 1	1	Day of the week:					
	Date		Day # 4				,			
			Bodyweig	ght						
	CONDI	TIONING	G-Warm	up- Plyor	metrics- S	Speed/Agi	lity- Con	ditioning		
Time	of Day:	Warm Up:	(Ladder) 1	15 yds.						
	o. 24).					in-in-out-out F				
011	/=:					namstring,	ateral squa	at walk		
Start	/Finish			knees - gre	en) F/B/L/F	τ				
		Plyometric		_eg Lateral	Hurdle Ho	p with Jum	and Reac	h 5x5 ea.		
Coa	ch(s):									
Partne	r/Group:	Speed/Agi	ility:							
						legree 1-2 c				
				Lateral hoc	op run w/ r	eturn 3x eac	h (3 hoops	5)		
		On a little								
		Condition	ıng:		Slide Beer	d 16x :30/1:0	10			
						15 (M-Lv 10				
				Alluyli	UA .TU/ 1.	(IVI-LV 10	, L v U <i>j</i>			
Abdomina	als:									
				Medicin	e Ball Abs					
				le leg over						
				e leg twist						
			Alternati	ng chest pa	ass 3x10 N	D & 2x10 D				
				Strength						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	!		
75.00.05	<u></u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest	
75.80,85	Push Pres		5	4	3	10 (
	SB Sit & R	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		<u> </u>		
	Mini Leg C	Circuit	<u> </u>	<u> </u>	i I	1		<u>. </u>		
	squat jump		10	<u>† </u>	<u> </u>	<u> </u>		 		
	body weigh		10	+	 	+		! !		
	alternating		10	!	}	 		<u>. </u>		
	tuck jump	iunge	10	i 	i	i		i i		
	tuck juilip		! ` `	<u>†</u>	<u> </u>	<u>†</u>		! 		
	Chin Up		Max	Max-2	!	!] 	! 		
	inverted re	ow	8 to 20	8 to 20	<u> </u>	i		 		
	voitou it	···	<u> </u>	1	Ī	i		j j		
Flexibility	: Foam Rol	ler Stretch	<u> </u>	<u>:</u>	-	<u> </u>		<u>: </u>		
-										
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	l, etc.)					
		`			, ,					
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)						

	Date		Week # 12	2	Day of the week:					
	Date		Day # 1	ıht.			-			
			Bodyweig	jiit						
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning		
Time	of Day:	Warm Up:								
Tillic	or Day.							run 5.butt k		
011	/=·	7. back	pedal 8. S		orward/Bac heel walks			skip 10. O	verhead	
Start	/Finish	Diverse		11.	neei waiks	12. Inchw	orm			
		Plyometric	cs:	Hu	ırdle Hop w	ith Sprint !	5x5			
					•	•				
Coa	ch(s):									
Partne	r/Group:	Speed/Agi	ility:							
				Gro	ound Chase	Sprint 3x	each			
					Sled 1x i	perimeter				
		Condition	ing:		J.J. 1A					
					Line Drill	5 15 25 30				
				-		1:00				
					16 mi	inutes				
A la al a maior a	de.									
Abdomina	ais:			Stability Ra	II Alphabet	2v				
					Medicine Ba					
			0g .		Twist 3x10					
			;		Trainin	g				
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5			
	i		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest	
	Bar Comp	lex	<u> </u>	<u> </u>	<u>Ļ</u>	<u> </u>				
	High clean		5	5	5					
	Row		10 10	10	10 10	<u> </u>] 		
	SLDL							 		
	Push Press	<u>S</u>	10	10	10			<u> </u>		
	High pull		10	10	10			<u> </u>		
	Slant Boar	rd Sit Unc	10 to 20	10 to 20	10 to 20	<u>.</u>				
	Jiani Boai	a on ops	1 .0 .0 20	1.0.020	10 10 20	 		! !		
	Hammer Cu	ırl + Press	8+8	8+8	 	 		 		
			<u>,</u>	<u> </u>	<u> </u>	<u> </u>		<u>. </u>		
	Ī		Ī	Ť	Ī	Ī		i i		
Flexibility	: Partner St	retch								
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)					
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)						
		•	•	3,						

Date Day # 2 Bodyweight CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning Time of Day: Warm Up: (Ladder) 20 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F Shuffle & Carioca - spiderman, Tunge to hamstring, Tateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5
CONDITIONING-Warm up- Plyometrics- Speed/Agility- Conditioning Time of Day: Warm Up: (Ladder) 20 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics:
Time of Day: Warm Up: (Ladder) 20 yds. high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics:
high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Conditioning: 10 Mile Bike Test (group 1) (one group on day #2, one group on day #4) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D Alternating chest pass 3x10 ND & 2x10 D Strength Training % Exercise Set 1 Set 2 Set 3 Set 4 Set 5 Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ So's Bench 3x
Start /Finish Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Conditioning: 10 Mile Bike Test (group 1) (one group on day #2, one group on day #4) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D Alternating chest pass 3x10 ND & 2x10 D Strength Training % Exercise Set 1 Set 2 Set 3 Set 4 Set 5 Reps/ Reps
Start /Finish Bands (Band Above Knees - Green) F/B/L/R Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Conditioning: 10 Mile Bike Test (group 1) (one group on day #2, one group on day #4) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D Alternating chest pass 3x10 ND & 2x10 D Strength Training % Exercise Set 1 Reps/
Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Conditioning: 10 Mile Bike Test (group 1) (one group on day #2, one group on day #4) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D Alternating chest pass 3x10 ND & 2x10 D Strength Training % Exercise Set 1 Set 2 Set 3 Set 4 Reps/ R
Lateral Hurdle or Cone Hop with Jump and Reach 5x5 Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Conditioning: 10 Mile Bike Test (group 1) (one group on day #2, one group on day #4) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D Alternating chest pass 3x10 ND & 2x10 D Strength Training % Exercise Set 1 Set 2 Set 3 Set 4 Set 5 Reps/ Reps/ Reps/ Reps/ Tempo Rest 5,70,75 Snatch 5 4 3 Slant Board Rev Sit 10 to 20 10 to 20 10 to 20 60% 50's Bench 3x
Coach(s): Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Conditioning: 10 Mile Bike Test (group 1) (one group on day #2, one group on day #4) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D Alternating chest pass 3x10 ND & 2x10 D Strength Training % Exercise Set 1 Reps/ Reps/ Reps/ Reps/ Reps/ Reps/ Tempo Rest 5,70,75 Snatch 5 4 3 Slant Board Rev Sit U 10 to 20 10 to 20 10 to 20 60% 50's Bench 3x
Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Conditioning: 10 Mile Bike Test (group 1)
Partner/Group: Speed/Agility: Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Conditioning: 10 Mile Bike Test (group 1)
Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops) Conditioning: 10 Mile Bike Test (group 1)
Lateral hoop run w/ return 3x each (3 hoops) Conditioning: 10 Mile Bike Test (group 1) (one group on day #2, one group on day #4) Abdominals: Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D Alternating chest pass 3x10 ND & 2x10 D Strength Training % Exercise Set 1 Set 2 Set 3 Set 4 Set 5 Reps/ Re
10 Mile Bike Test (group 1) (one group on day #2, one group on day #4)
10 Mile Bike Test (group 1) (one group on day #2, one group on day #4)
(one group on day #2, one group on day #4) Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D
Medicine Balls- single leg overhead 2x10 each
Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D
Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D
Medicine Balls- single leg overhead 2x10 each single leg twist 3x10 ND & 2x10 D
Single leg twist 3x10 ND & 2x10 D
Strength Training Strength Training
% Exercise Set 1 Reps/Reps/Reps/Reps/Reps/Reps/Reps/Reps/
% Exercise Set 1 Reps/Reps/Reps/Reps/Reps/Reps/Reps/Reps/
% Exercise Reps/ Reps/ Reps/ Reps/ Reps/ Tempo Rest 5,70,75 Snatch 5 4 3 Slant Board Rev Sit 10 to 20 10 to 20 10 to 20 60% 50's Bench 3x
Reps/ Reps/ Reps/ Reps/ Reps/ Iempo Rest 5,70,75 Snatch 5 4 3
Slant Board Rev Sit \ 10 to 20
60% 50's Bench 3x
Leg Circuit
jump squat 20 20 20
body weight squats 20 20 20 20
laternating lunge 20 20 20 10 10 10 10 10
lateral squat 20 20 20
lpull up Max Max-2 I I I I I
lexibility: Foam Roller Stretch
Additional Comments: (issues or injuries, overall mood, etc.)
Additional Exercises: (Practice, Bike, Run, Swimming)

	Date		Week # 12 Day # 3	2	Day of the week:					
	Dute		Bodyweig	tht						
	COND	ITIONIN			netrics- S	Speed/Agi	lity- Con	ditioning		
Time	of Day:		(10 yards)							
111110	or Day.							outt 4. heel		
Start	/Finish	5. Ba	ckward lun	ige walk 6.	Straight Le	eg Crossov	er 7. SLDL	. F/B 8. bac	kward	
Start	/1 1111311	Plyometri	cs:							
		, J		Single L	eg Hurdle I	Hop with S	print 5x5			
	ch(s):									
Partne	r/Group:	Speed/Ag	ility:	Ra	ck ground	enrint 3v A	ach			
				DC	ick ground	Spriit JX 6	acii			
				Resis	ted Band T	ows 1x Ful	ll Field			
		Condition	ing:							
		1			∣x300(50 ya 3x150(50 ya					
					7x100(50 yz					
					1					
Abdomina	als:									
					I Alphabet					
			1 Leg F	•	ledicine Ba	all 2x8-12				
				Russian	I WIST 3X10					
			,	Strength	Trainin	g				
0/	<u> </u>		Set 1	Set 2	Set 3	Set 4	Set 5			
%	Exe	rcise	Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest	
	DB Comp	lex	<u>.</u> 	<u> </u>	<u>.</u> 	<u> </u>				
	Snatch		5	5	5			<u> </u>		
	Row		10	10	10	<u> </u>	<u> </u>	<u> </u>		
	SLDL		10	10	10	<u> </u>	! }	! !		
	curl + pusl		10	10	10	<u> </u>	<u> </u>	<u> </u>		
	push up +	scapula	10+10	10+10	10+10	<u> </u>	<u> </u>	<u> </u>		
	01		40.40.20	10.40.20	10.40.20	<u> </u>	<u> </u>	<u> </u>		
	Straight L	eg Kaise	10 to 20	10 to 20	10 to 20	i	j – –	i i		
	<u> </u>		<u> </u>	 						
	<u> </u>		<u></u>	<u> </u>	<u> </u>	<u> </u> 	<u>. </u>	<u>. </u>		
	i		i 	i 	i	i		i i		
Flexibility	: Partner S	tretch	<u> </u>		•	•	<u> </u>	·		
Additiona	I Comment	t s: (issues o	r injuries, o	verall mood	, etc.)					
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)						
1										

			Week # 12	2	Day of the week:							
	Date		Day # 4		2 u, o							
			Bodyweig	ht								
	CONDI	TIONING	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 s	switch F/L/R,	in-in-out-out F	/B/L/R,Giant ,	Brake Run F				
						amstring, l	ateral squa	at walk				
Start	/Finish			knees - gre	en) F/B/L/F	₹						
		Plyometric		l Hurdle or	Cone Hop	with Jump	and Reach	5x5 ea.				
Coa	ch(s):											
	r/Group:	Speed/Agi	ilitv									
		opecur, (g	backward 45 degree 1-2 cut 4x									
						eturn 3x eac		s)				
	Conditioning: 10 Mile Bike Test (group 1)											
)				
	(one group on day #2, one group on day #4)											
Abdomina	als:	_										
					e Ball Abs							
				le leg over								
				e leg twist								
						D & 2x10 D						
			•	Strength	ıraınır	ıg						
%	l Evo	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	<u> </u>				
70			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
65,70,75	Push Pres	s	5	4	3	<u> </u>		<u> </u>				
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		إـــــا				
			Г		<u> </u>	<u> </u>		<u> </u>				
	Mini Leg C	<u>Circuit</u>	! 	<u> </u>	1 1	<u> </u>		! ! 				
	squat jump		10	<u>i </u>	į	i 		i i				
	body weigh		10	<u>!</u>	<u>!</u>	<u> </u>		أِـــــا				
	alternating	lunge	10			<u> </u>		<u> </u>				
	tuck jump		10	! 	! 	+		, l				
	<u> </u>		<u> </u>	i 	<u> </u>	į		i—i				
	Chin Up		Max	Max-2	<u> </u>	<u> </u>		<u> </u>				
	inverted re	ow	8 to 20	8 to 20	<u> </u>	 		1				
Fland W	. Faan D '	lan 04::-1:-1	<u> </u>	-	<u> </u>			<u>. </u>				
riexibility	: Foam Rol	ier Stretch										
Additions	I Comment	e: liceure e	r injurios o	verall mood	etc)							
Auditioila	. Johnnell	J. (1330E3 0	i injunes, u	verali illoou	, GIO. <i>j</i>							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Doto		Week # 13 Day # 1 Day of the week:										
	Date		Bodyweig	ıht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	+ Dynami	c Warm Up								
Start	/Finish												
		Plyometric	s: Sport S	Specific Alter	nating Puel	h Off 5y5 es	rch lea						
	Alternating Push Off 5x5 each leg												
	ch(s):		ed/Agility: Sport Specific										
Partne	r/Group:	Speed/Agi	/Agility: Sport Specific										
	Conditioning: Line Drill 5 15 25 30												
	:30/1:00												
					18 m	inutes							
Abdomin	als:												
			(Strength	Trainin	ıg							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5	Tempo	Rest				
90.95.100	- DB Snatch		. керз/ 5	4	3	Keps/	Reps/	I empo	- Kesi				
		rd Sit Ups		10 to 20	10 to 20	<u>.</u> [<u> </u>	!! 					
	İ			ĺ	ĺ	İ	Î	İ					
90-97%	Front Box		3	3	3	3	! }	l I					
90-97%	Alternating G	Brip Chin Up	3	3	3	3	<u> </u>	<u> </u>					
70-75%	Lunge		12	12	12	<u>]</u> 	<u> </u>	<u> </u>					
70-75%	Cable 1 Arr			12	12	<u> </u>		i i	<u></u>				
		perextension		8-20	8-20	<u> </u>] 						
	Ī	-		Ī	l	Ī		, <u> </u>					
	<u> </u>		<u> </u>	ļ	<u> </u>	ļ	<u> </u>	<u> </u>	<u> </u>				
Elovikilia	r. Bortner C	rotoh		<u> </u>	<u>!</u>	<u>.</u>	<u> </u>	<u> </u>	<u></u>				
riexibility	r: Partner St	reton											
Additiona	I Comment	s: (issues o	r injuries. o	verall mood	. etc.)								
		, ,,,,,,,,,	, 50, 0		, = ·= · /								
Additiona	l Exercises	: (Practice.	Bike, Run.	Swimmina)									
		,	-,,	3)									

	Date		Week # 13 Day # 2 Day by the week:										
	Date		Bodyweig	ht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 minute J	log + Dyna	mic Warm	Up							
Start	/Finish												
		Plyometric	s: Sport S		Straight Pi	ke Jump 5x	5						
Coa	ch(s):												
Partner	r/Group:	Speed/Agi	l/Agility: Sport Specific										
	Conditioning: slide board 9x :30/1:30												
	slide board 9x :30/1:30 Airdyne:												
					1:00/2:00 (M-Lv 9, F-L							
				5x	:30/1:30 (N	1-Lv 10, F-L	v 8)						
Abdomina	als: (MEDB	ALL)											
			5	Strength	Trainin	ıg							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-	Clean		5	4	3	+ <u></u> -	<u> </u>	<u> </u>					
		rd Rev Sit U	10 to 20	10 to 20	10 to 20			 I I	<u>_</u>				
	İ							İ					
90-97%	Bench Pre		3	3	3	3		l I					
	Stability Ba	all Leg Curl	8-20	8-20	8-20								
	<u> </u>	- D I. II.	May	May 10	Mey 40	<u> </u>		<u> </u>					
		e Push Up g Leg Curl		Max - 10	Max -10	I I		! ! 					
70-75%				12	0-20	j	-	i i	 j				
10-13/0	Cable Rota	tional Chop	12	12	 	<u> </u>		! !					
	<u> </u>			<u> </u>	i I	<u>.</u> [<u> </u>					
]	_			<u> </u>	<u> </u>		וַ וַ					
Flexibility	: Foam Rol	ler Stretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 13 Day # 3 Day of the week:										
			Bodyweig	ht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
.	,· · ·												
Start	/Finish	Plyometric	s: Sport S	Specific									
		riyomouri	ов. Орон с		nating Push	n Off 5x5 ea	ch leg						
0	- l- (-)												
	ch(s): r/Group:	Sneed/Agi	lity: Sport	Specific									
	., с. сыр.	opecu/Agi											
		Conditioni	ditioning:										
		50	Tempo Run 20										
Abdomina	als:	3											
			5	Strength	Trainin	ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	T	Doot				
90.95.100	- DB Snatch		Reps/ 5	Reps/ 4	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
50,50,100	Straight Lo			10 to 20	10 to 20	l I							
	İ				<u> </u>								
90-97%	Front Box	Squat	3	3	3	3							
90-97%	Alternating G	Frip Chin Up	3	3	3	3							
70.750/	<u> </u>		112	<u> </u>	<u> </u>	<u> </u>							
70-75% 70-75%	Lunge	n 1 Leg Row			12 12								
10-13/0	Reverse Hvi	perextension	8-20	8-20	8-20	1							
						 							
	<u>[</u>			Į	Į	ļ							
	<u>[</u>			<u> </u>	<u> </u>	<u> </u>							
Flexibility	: Partner St	tretch											
Additions	I Comment	e: lieeuoo o	r injurios o	rorall mood	oto)								
Auditioila		3. (133063 01	i irijuries, O	verali IIIUUU	, c ,								
Additions	I Exercises	· (Practice	Rika Dun (Swimming\									
Auditiona	II EXCICISES	· (Fractice,	DIKE, KUII, V	(wiiiiiiiiiiiiii)									

	Date	Week # 13 Day # 4 Day # 4										
	Date		Bodyweig	ht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Stort	/Einich											
Start	/Finish	Plyometric	s: Sport S	Specific								
			•		Straight Pi	ke Jump 5x	5					
Coa	ch(s):											
	r/Group:	Speed/Agi	lity: Sport	Specific								
		Conditioni	ing:		slide board	d 9x :30/1:3	n					
					Airc	dyne:						
	1x 1:00/2:00 (M-Lv 9, F-Lv 7) 5x :30/1:30 (M-Lv 10, F-Lv 8)											
Abdomina	als: (MEDB	ALL)		ЭX	:30/1:30 (N	1-LV 10, F-L	V 8)					
7 13 40 11 11 1	2101 (111232)	, ,										
			9	Strength	Trainin	ıg						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	T	Doort			
90,95,100	Clean		Reps/ 5	Reps/ 4	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest			
00,00,100		Rev SB Sit		10 to 20	10 to 20	10 to 20						
				Î	ĺ	İ						
90-97%	Incline Be		3	3	3	3						
	Hip Lift on	Med Ball	8-20	8-20	8-20	<u> </u>						
	Metronom	ne Push Up	Max	Max - 10	Max -10] 						
	Single Le	g Leg Curl	8-20		8-20	<u> </u>						
70-75%		ational Chop		12	I] [
	<u>i</u>			<u> </u>	<u> </u>							
	<u> </u> 			<u> </u>	<u> </u>							
Flexibility	· Foam Rol	ler Stretch		-	<u> </u>							
. icaibility	. i oaiii ittii	ioi ou cioii										
Additiona	I Comment	:s: (issues o	r injuries. o	verall mood	, etc.)							
		(, , .		, ,							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)					$\overline{}$			
			·	3,								

	Date		Week # 14 Day # 1 Day of the week:										
	Date		Bodyweig	ht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	+ Dynamic	Warm Up								
Start	/Finish	Dharanatair	0 0	!6!									
		Plyometric	s: Sport S	pecific Alterr	nating Push	n Off 5x5 ea	ch leg						
Con	ch(s):												
	r/Group:	Speed/Agi	ed/Agility: Sport Specific										
	•												
	Conditioning:												
		Line Drill 5 15 25 30 :30/1:00											
		:30/1:00 20 minutes											
	_												
Abdomina	als:												
				``	Tuelulu	-							
				Strength									
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5	Tempo	Rest				
90.95.100-	DB Snatch		. керз/ 5	4	3	Kebs/	Reps/	l embo	- Kesi				
,,		rd Sit Ups		10 to 20	10 to 20								
	İ			<u> </u>	İ			İ					
90-97%	Front Box		3	3	13	3		! 	<u>!</u>				
90-97%	Alternating G	Brip Chin Up	3	3	3	3		 					
70-75%	Lunge		12	12	12	<u>. </u>		 					
70-75%		n 1 Leg Row	-	12	12			i i					
		perextension		8-20	8-20	ļ							
	<u> </u>			<u> </u>	<u> </u>	<u> </u>		<u> </u>					
	<u> </u> 			<u> </u> 	<u> </u> 	<u> </u>] 					
Flexibility	: Partner St	tretch			•	_		<u> </u>	i				
Ĭ													
Additiona	I Comment	s: (issues o	r injuries. o	verall mood	. etc.)								
		0 1 (.00000	,		, 0.0.,								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									
			. ,	3/									

	Date		Week # 14 Day # 2		y of the week:								
	2410		Bodyweig	ht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 minute J	og + Dyna	mic Warm	Up							
Ot a set	/F::												
Start	/Finish	Plyometric	s: Sport S	Specific									
		riyomouri	os. oport c		Straight Pil	ke Jump 5x	5						
0	-1.7-1												
	ch(s): er/Group:	Sneed/Agi	lity: Sport	Specific									
	лустопрі	Opecu/Agi											
		Conditioni	ina:										
		Sondition	<u>y.</u>		Airdyne-	2x :45/1:15							
						4x :30/1:13	0						
						6x :15/:45							
Abdomina	als: (MEDB	ALL)											
	,	,											
			5	Strength	Trainin	ıg							
%	I Fxe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	<u>-</u>		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
90,95,100	_	rd Rev Sit U	5 10 to 20	4 10 to 20	3 10 to 20	<u> </u>							
	Siant Boar	ia kev Sit (10 10 20	10 10 20	10 10 20	<u> </u> 							
90-97%	Bench Pre	ess	3	I ₃	<u>l</u> 3	l ₃							
		III Leg Curl	8-20	8-20	8-20								
	<u> </u>				<u> </u>	Ĺ							
		e Push Up		Max - 10									
		g Leg Curl			8-20	1							
70-75%	Cable Rota	tional Chop	12	12	<u> </u>	<u> </u>							
	<u> </u>			<u> </u>	<u> </u>	<u> </u>							
	† 				†	i 							
Flexibility	: Foam Rol	ler Stretch	•	<u> </u>	<u>-</u>	•							
Additiona	I Comment	s: (issues o	r injuries, ov	erall mood	, etc.)								
Additiona	l Exercises	: (Practice.	Bike, Run, S	Swimming)									
		1	, - ,	3/									

	Date		Week # 14 Day # 3 Day be the week:										
	Date		Bodyweig	ht									
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start	:/Finish	Dhromotric	a. Chart C	Pagaidia.									
		Plyometric	s: Sport S	Alterr	nating Pusl	h Off 5x5 ea	ch leg						
Coo	ab/a).												
	ch(s): er/Group:	Speed/Agi	lity: Sport	Specific									
			Aginty. Oport Opecinic										
		Conditioni											
		Tempo Run 20											
A la al a	-1												
Abdomin	ais:												
			Ç	Strength	Trainin	na							
	T						0.15						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100	- DB Snatch		5	4	3	╆┷╩╩┷┙ ┃	} <u> </u>						
	Straight L	eg Raise	10 to 20	10 to 20	10 to 20								
00.070/	l	01	3	<u> </u>	<u> </u>	l la							
90-97% 90-97%	Front Box Alternating 0	- 4	3 3	3	3	3							
JU-31 /0	Anternating	auth cuin nb		<u> ~</u> 	<u> ~</u> 	l I							
70-75%	Lunge		-		12	į							
70-75%	Cable 1 Arr	n 1 Leg Row		12	12	1							
	Reverse Hy	perextension	8-20	8-20	8-20]							
	1	ĺ		<u> </u> 	<u> </u> 								
	i			<u>i </u>	<u>i</u>	j							
Flexibility	: Partner S	tretch		-	-	_							
Additiona	al Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)									

			Week # 14	ek:										
	Date		Day # 4	ht										
			Bodyweig	nt										
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Cond	ditioning						
Time (of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up								
Start	/Finish													
0.00.0		Plyometric	s: Sport S	Specific										
					Straight Pi	ke Jump 5x	5							
Coar	ch(s):													
	/Group:	Speed/Agi	d/Agility: Sport Specific											
		opood, rig.	Anguity. Open openio											
		Conditioning												
	Conditioning: Airdyne- 2x :45/1:15													
			4x :30/1:130											
	6x :15/:45													
A hdomina	ls: (MEDB	Δ11)												
71000111110		,												
)((l-	T									
	T			Strength										
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest					
90,95,100-	Clean		5	4	3	T Keps/	iteps/	<u> Tempo</u>	Nest					
, ,		lev SB Sit		10 to 20	10 to 20	10 to 20								
	ì			î	î	ì		i i						
90-97%	Incline Be	nch	3	3	3	3								
	Hip Lift on	Med Ball	8-20	8-20	8-20	! !								
	<u> </u>			<u> </u>	<u> </u>	<u> </u>								
		e Push Up		Max - 10	Max -10									
70.750/		Leg Curl		8-20 12	8-20	•								
70-75%	Cable Rota	tional Chop	14	14	 	-								
	<u>. </u>			<u>.</u> I	<u>. </u>									
	i			<u>j</u>	<u> </u>	<u>i</u>		i						
Flexibility	Foam Rol	ler Stretch		-	•									
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)									
Additional	Exercises	: (Practice,	Bike, Run, S	Swimming)										
				3,										

	Date	Week # 15 Day # 1 Day of the week:										
	Date		Bodyweig	ht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Min. Jog	ı + Dynamio	Warm Up							
Start	/Finish											
		Plyometric	s: Sport S		nating Push	n Off 5x5 ea	ch leg					
Coa	Coach(s):											
Partne	r/Group:	Speed/Agi	peed/Agility: Sport Specific									
	Conditioning: Line Drill 5 15 25 30											
	:30/1:00											
	20 minutes											
Abdomina	als:											
			Ş	Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100	- DB Snatch		5	4	3							
	Slant 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						
90-97%	Alternating G		3	3	3	3						
70-75%	Lungo		12	<u> </u> 12	<u> </u> 12	<u> </u>						
70-75%	Lunge Cable 1 Arr	n 1 Leg Row		-	12	<u> </u>		i i				
		perextension		8-20	8-20	† !						
	<u> </u>			<u>i</u>	<u></u>	<u> </u>						
				<u> </u>		İ						
Flexibility	: Partner St	tretch		-								
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 15 Day # 2	5	Day of the week:							
	Dute		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	Plyometric	sc. Sport	Specific								
		riyometric	s. Sport	эреспіс	Straight Pi	ke Jump 5x	5					
	ch(s): r/Group:	Sneed/Agi	lity: Snor	Specific								
, artifo	., оточрт	opecuragi	Speed/Agility: Sport Specific									
	Conditioning:											
	Airdyne:											
				1/2 mi	le sprints 3	3x/3:00 (M 1	0 - F 8)					
Abdomina	als: (MEDB	ALL)										
				Strength	Trainir	ng						
%	I Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5					
90,95,100	i		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
90,95,100		rd Rev Sit U	5 10 to 20	4 10 to 20	10 to 20	<u> </u>						
	i	id itev oil t		i	<u> </u>	†						
90-97%	Bench Pre	ess	3	3	3	3						
	Stability Ba	all Leg Curl	8-20	8-20	8-20	<u> </u>						
	<u> </u>			10	100	<u> </u>						
		ne Push Up g Leg Curl		Max - 10 8-20	Max -10 8-20	1						
70-75%		ational Chop		12	0-20	i						
10 1070	l Gable Role	ttional onop]]	<u> </u>	!	!						
	<u>j</u>			<u> </u>	<u></u>	<u>j</u>						
					l							
Flexibility	: Foam Rol	ler Stretch										
A alaliti a ma	l Commont	s: (issues o	- inii.o. o	ممما المعمما	ata \							
Additiona	ii Comment	. s : (issues o	i irijuries, o	verali mood	, etc.)							
Additions	l Evereises	: (Practice,	Riko Dun	Swimming\								
Auditioila	II LACICISES	. (Fiaclice,	DING, MUII,	ownining)								

	Date		Week # 15 Day # 3 Day of the week:										
	Date		Bodyweig	ht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time o	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start	/Finish	Dlyomotric	sc. Sport (Specific									
	Plyometrics: Sport Specific Alternating Push Off 5x5 each leg												
0	Coach(s):												
	r(s): /Group:	Sneed/Agi	ed/Agility: Sport Specific										
	, c. cup.	opecu/Agi	euraginty. Sport Specific										
	Conditioning:												
			4		Tempo	Run 20							
Abdomina	ls:												
				Strength	Trainin	ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	DB Snatch		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
90,93,100-	Straight L		5 10 to 20	4 10 to 20	10 to 20	<u> </u> 		<u> </u>					
				İ	İ	Ì		i i					
90-97%	Front Box	Squat	3	3	3	3							
90-97%	Alternating G	rip Chin Up	3	3	3	3		! !!					
70.750/			140	142	142	<u> </u>		<u> </u>					
	Lunge Cable 1 Arn		12 12	12 1 ₁₂	12 1 ₁₂								
10-13/0		perextension		8-20	8-20	1		 					
					<u> </u>	l I		 					
				ļ	ļ	Ţ		ļ					
				<u> </u>	<u> </u>	<u> </u>		<u> </u>					
Flexibility	Partner St	retch											
Additional	Comment	e. (jeenee o	r injuries o	verall mood	etc)								
Additional	Johnnerit	o. (1000G0 U	i irijuries, U	voian moou	, 0.0.,								
Additional	Exercises	· (Practice	Rike Run	Swimming)									
, waitiona		. (1 1401100,	onto, Itali,	g)									

Data			Week # 15	5	Day of the week:						
Date			Day # 4	ıh4	.,						
Bodyweight											
	CONDI					Speed/Agi	lity- Con	ditioning			
Time	of Day:	Warm Up: 5 Minute Jog + Dynamic Warm Up									
Start /Finish											
Plyometrics: Sport Specific											
			Straight Pike Jump 5x5								
Coach(s):											
Partner/Group:		Speed/Agility: Sport Specific									
	Conditioning:										
	Airdyne:										
	1/2 mile sprints 3x/3:00 (M 10 - F 8)										
Abdomina	ıls: (MEDB	ALL)									
Strength Training											
% E		rcise	Set 1	Set 2	Set 3	Set 4	Set 5				
	i		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest		
90,95,100-		ov CD CH	5 10 to 20	4 10 to 20	3 10 to 20	10 to 20		<u> </u>			
	SD SIL & N	lev SB Sit	10 to 20	10 10 20	10 10 20	10 10 20		<u> </u>			
90-97%	Incline Be	nch	I ₃	l ₃	l ₃	l ₃		i i	,		
	Hip Lift on		8-20	8-20	8-20	1		 			
	i i		i	i	i	i		I I			
		e Push Up		Max - 10	Max -10						
		Leg Curl		8-20	8-20	<u> </u>] 			
70-75%	Cable Rota	tional Chop	12	12	Î	<u> </u>					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>			
	1 1		<u> </u> 	<u> </u>	<u> </u>	<u> </u>	•	I I			
Elovibility	: Foam Rol	lor Strotch	<u>-</u>	<u>:</u>	-	-		<u>: </u>			
I lexibility	. Poaili Noi	iei Stiettii									
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	I, etc.)						
Additional Exercises: (Practice, Bike, Run, Swimming)											
Additiona	Exercises	: (Practice,	Bike, Run,	Swimming)							
I				•							