	Date		Week # 1 Day # 1		Day of the week:						
	Date		Bodyweig	tht							
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning			
Time	of Day:		: (20 yards								
Tille	or Day.							run 5.butt k			
Ctout	/Ciniob	7. backp	pedal 8. Si			tward 9. s		g skip 10. O	verhead		
Start	/Finish	Plyometric	cs.	11.	neer warks	12. IIICIIW	Offic				
		- iyomoun		Co	ontinuous H	lurdle Hop	5x5				
Coa	ch(s):										
Partne	r/Group:	Speed/Agi	ility:								
				Chase Sprint 3x each							
				Sled 3x 1/2 field, 1x full field (150 yards)							
		Conditioni	ing:	OICU JA	ı = HOIU, TA	. an neiu (1	oo yaraaj				
						rd) 1:00/2:					
						ard) :20/:4					
Abdominals:											
ADGOMIN	ai5.			Knee Eall	Outs 3x20						
			Alternati			Ball 2x12					
Alternating March on Medicine Ball 2x12 Quad-Arm-Glute Raise 2x12											
				Leg Sit and							
			Ş	Strength	Trainin	g					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	l Tempo	Rest		
65.67.5.70	DB Snatcl		3	<u> 3 </u>	3	<u> </u>	L <u> </u>	<u>, </u>			
		rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>		<u> </u>			
	1	•	<u> </u>	1	1	1		1 1			
80,70,55%	Front Box	Squat	6	12	24	<u> </u>		İ			
80-87%	Pul	l Up	5	5	5	ĺ		Î			
			I		l						
80-85%	KB Tactic	al Lunge	5	5	5	! !					
	Inverted I		8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>			
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>			
	1		! 	1	<u> </u>	! 		! 			
	<u>i </u>		<u>i</u>	<u>i </u>	<u>i</u>	<u>i</u>		<u>i i</u>			
Flexibility	: Partner S	tretch									
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)						
		(, , .		, ,						
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)							
I											

			Week # 1			D-	v of the we	ok:			
	Date	_	Day # 2			Da	y of the we	ek.			
			Bodyweig	jht							
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning			
Time	of Day:	Warm Up:	(Ladder)	10 yds.							
	, -					B, quick shuff			Shuffle F		
Stort	/Finish			spiderman <u>,</u> Band - Purp		amstring,	iaterai squ	at walk			
Start	/FINISN	Plyometri		oanu - Furp	ile) F/D/L/N	•					
		i iyomoti i	.	Lateral	Hurdle or	Cone Hop 5	x5 each				
Coa	ch(s):										
Partne	r/Group:	Speed/Ag	ility:								
					2 cut 3x eac		,				
		Lateral hoop run w/ return 3x each (2 hoops)									
		Condition									
		Slide Board 8x :30/1:00									
		Airdyne 10x :30/1:30 (M-Lv 12, F-Lv 10)									
Abdomina	als:					0.10	1				
						p 2x10 eac	<u> </u>				
				le twist 3x1 n chest pas							
			One arm	i chesi pas	2 2X 10 ND	& ZXIU D					
			\$	Strength	Trainir	ıg					
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5	Tamma	Doot		
E 67 E 70	L		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest		
55,67.5,70	Hang Cle	rd Rev. Situp	-	10-20	10-20						
	Siarii boai	u Kev. Silup	710-20	10-20	10-20	i		•			
F 00 0F 400	Bench Pr		4	3	2	<u> </u> 1		<u> </u>			
JUI,66,06,06	Foam Roll		4 8-20	8-20	8-20	<u>,'</u> 		<u>. </u>			
	-i-vaili Kull	ei uih riir	15 20	10 20	10 20	j		i			
75-80%	Dips + Sc	anula	5+10	5+10	5+10	!		<u> </u>			
J-00 /0	Glute Har		8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>			
75-80%	Cable Lift		18 10 20	18 18 20 E	18 18 20 18	<u>!</u> 		<u>!</u> 			
J-00 /0	-Sabie Liii	•	i	i	ř	i		<u>-</u>			
	 		!	!	!	1		 			
	 		<u> </u>	<u> </u>	<u> </u>	<u> </u> 		<u> </u>			
Flexibility	· Foam Ro	ller Stretch		•	•						
		5 5.0									
Additiona	I Commen	ts: (issues o	r injuries, o	verall mood	, etc.)						
Additions	l Evereises	: (Practice	Rika Run	Swimming)							
Additiona	l Exercises	s: (Practice,	Bike, Run,	Swimming)							
Additiona	l Exercises	s: (Practice,	Bike, Run,	Swimming)							

	Date		Week # 1 Day # 3			Da	y of the we	ek:			
			Bodyweig	ht							
	CONDI	TIONING			netrics- S	peed/Agi	lity- Cond	ditioning			
Time o	of Day:		(20 yards)			alsis 4	himb lance	5 la cett la	ialana		
								run 5.butt k skip 10. O			
Start	/Finish	7. Dackp	euai o. o.		heel walks			3KIP 10. O	verricau		
0.0	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Plyometric	cs:								
				Single Leg	Continuo ι	ıs Hurdle H	lop 5x5 ea.				
	ch(s):	Con a a al / A asi	11.4								
Partner	r/Group:	Speed/Agi	iity:	Single	e Leg Chas	Sprint 3v	each				
				Onigi	c Log Onas	ос оргин ол	Cacii				
				Resis	ted Band T	owing 3x 2	5 yds.				
		Conditioni	ng:								
					x300 (25 ya						
					6x100 (25 y	ara) :20/:4	U				
Abdomina	ıls:	•									
			2 poir	nt stability 2	2x:20-60 se	conds					
					lls 3x10						
				Jackknif	e 3x10-20						
			8	Strength	Trainin	g					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest		
65,67.5,70	Push Pres		3		3						
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec	 					
	<u>.</u>			! }	! 	! [
	Hex DL +	J	6		24	<u> </u>		ii			
80-87%	Pull Up		5	5	5						
	! 			! }	l -	! }					
	Single Leg		5 ea	5 ea	5 ea	<u> </u>					
	Inverted R				8 to 20						
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20]]	<u> </u>				
	i			<u>;</u>	•	<u> </u>					
	<u> </u>			<u> </u>	<u> </u>	<u> </u>					
Elovibility:	I : Partner St	trotch		I	I	1					
riexibility.	. Partilei Si	irettii									
Additional	l Comment	s: (issues o	r injuries, o	verall mood	, etc.)						
Additional	l Exercises	: (Practice,	Bike, Run, S	Swimming)							

			Week # 1 Day of the week:									
	Date		Day # 4				,					
			Bodyweig	ht								
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	(Ladder)	10 yds.								
Tille	л Бау.							t slalom F, 2 f	orward 1			
						amstring,	lateral squ	at walk				
Start	/Finish			and - purple	e) F/B/L/R							
		Plyometric	ometrics:									
			Heidens 5x5									
Con	ch(s):											
	/Group:	Speed/Agi	eed/Agility:									
i ai tiici	7010up.	opecu/Agi	Assisted 1-2 cut 3x ea.									
								5)				
			Lateral hoop run w/ return 3x each (2 hoops)									
		Conditioni	nditioning:									
			Slide Board 8x :30/1:00									
	<u> </u>	Airdyne 10x :30/1:30 (M-Lv 12, F-Lv 10)										
Abdomina	ls:											
Overhead w/ Step 2x10												
Side twist 3x10 ND & 2x10 D												
			One Arn	n chest pas	ss 3x10 Nd	& 2x10 D						
	•			Strength								
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	I I	Deed 1			
	<u>L</u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo I	Rest			
65,67.5,70			3	3	3	40.45.00						
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20						
	<u> </u>		<u> </u>	ļ	Ī	Ī	ļ	ļ——ļ	i			
	DB Incline		6	12	24	<u> </u>		<u> </u>				
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	1						
	! 		! 	1 	<u> </u>	<u> </u>		. ! 				
75-80%	Dips + Sca	-	5+10	5+10	5+10	<u>i</u>	<u> </u>	<u> </u>				
	1 Leg Bac		8 to 20	8 to 20	8 to 20	ļ						
75-80%	Cable Lift		8	8	8	<u> </u>						
	I !		I !	I !	! !	I I						
	 L_		 L_	<u> </u>	<u> </u>	<u>i</u>						
	Ī		Ī	Ī	Ī	Ī						
Flexibility:	Foam Rol	ler Stretch										
Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Δdditional	Fyerciese	: (Practice,	Rika Run	Swimming)								
Additional	-ACI 01363	· (i iactice,	Direction, Interior	Ownining)								

	Date		Week # 2 Day # 1		Day of the week:							
			Bodyweig	ght								
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning				
Time o	of Day:	Warm Up:										
	•							run 5.butt k skip 10. O				
Start	/Finish	7. backp	euai o. Si		heel walks			SKIP TU. O	verneau			
Otart	71 1111011	Plyometric	cs:		noor manke	121 11101111	••••					
			Continuous Hurdle Hop 5x5									
	ch(s):	0	peed/Agility:									
Partner	/Group:	Speed/Agi	ility:		Chaca Sar	int 3x each						
					Chase Spi	IIII 3X Eaci						
				Sled 4x 1	/2 field, 1x	full field (1	80 yards)					
		Conditioni	onditioning:									
			1x300 (25 yard) 1:00/2:00									
					7x100 (25 y	ard) :20/:4	0					
Abdomina	ls:											
71340111110												
			2 poi	nt stability	2x:20-60 se	conds						
					lls 3x10							
				Jackknif	e 3x10-20							
				Strength								
%	L	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
82.5,85,90	DB Snatc		3	3	3	<u> </u>		<u> </u>				
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	! 	-	! 				
	<u> </u>		i	<u>i</u>	i .	<u> </u>]	i i				
	Front Box	-	<u> 6</u>	<u> </u> 12	24	<u> </u>		<u> </u>				
80-87%	Chi	n Up	5	1 5	5	<u> </u>] 				
00.050/	KD Tastis	-11	5ea	5ea	5ea	<u> </u>		i i	-			
80-85%	KB Tactic					<u> </u>		 				
	Inverted F	perextension	8 to 20	8 to 20	8 to 20 8 to 20	<u> </u> 		<u> </u>				
	Reverse Hy	perextension	10 10 20	10 10 20	10 10 20	<u>.</u> 		i i				
	<u> </u>		<u> </u>	<u> </u>	!	<u> </u>		! 				
				<u> </u>	<u> </u>			<u> </u>				
Flexibility:	Partner S	tretch										
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
		•	•		,							
A al altata e e e	F	- /D===('==	Dilea De	Occidence (**)								
Additional	⊏xercises	: (Practice,	ыке, Run,	owimming)								

	Date		Week # 2 Day # 2			Da	y of the we	ek:				
			Bodyweig	ht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
Time o	of Day:	Warm Up:			ss behind E/	B, quick shuff	lo E/D 1221	E Makeyaky	Shuffle E			
	-					amstring,			Snuttle F			
Start	/Finish			Band - Purp			aterai squa	at walk				
Otart	1 1111311	Plyometric		Jana Tarp	ioj i ibiciit	•						
		,		Late	ral Hurdle	or Cone Ho	p 5x5					
Coad	:h(s):											
Partner	/Group:	Speed/Agi	ility:									
						2 cut 3x eac						
				Lateral hoo	p run w/ re	eturn 3x eac	th (2 hoops	5)				
		Condition	onditioning:									
		Condition	ııy.	7	Mile Rike 1	Гest (group	1)					
		(one group on day #2, one group on day #4)										
	12.12 g. 2.12 g. 2.12 g. 240 d. 40 j. 1											
Abdomina	ls:											
						p 2x10 eacl	1					
				le twist 3x1		_						
			one arm	n chest pas	s 3x10 ND	& 2x10 D						
				Strength								
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	_	l Beet			
00 5 05 00	Llana Claa		Reps/	Reps/	Reps/ 3	Reps/	Reps/	Tempo	Rest			
82.5,85,90	Hang Clea	n rd Rev Sit l	_		10 to 20	1						
	Siant Boar	ra Kev Sit t	10 10 20	10 10 20	10 10 20	i			i			
05 00 05 400	Bench Pre		4	3	2	1						
			8-20		<u> -</u> 8-20	<u>,'</u>						
	Foam Rolle	ı nıp Litt	15-20	10 20	15-20	j						
75-80%	Ding : Sec	nula	5+10	5+10	5+10	!			i			
	Dips + Sca Glute Ham		8 to 20		8 to 20	<u> </u>						
			8	-	18 10 20 18							
73-80%	Cable Lift		ľ	10	<u> </u>							
			<u> </u>	<u> </u>	<u> </u>	<u> </u>						
			<u> </u>	<u> </u>	<u> </u>							
Elovibility.	Foam Rol	lar Stratah	<u> </u>		<u> </u>							
riexibility.	FOAIII KOI	ier Stretch										
۱ ماما:۱: م د ا	Commerci	or /icover	r injurie	voroll me = = ·	oto \							
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 2 Day # 3 Day # 3										
	Date		Bodyweig	.ht									
			Бойужеід	m									
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning					
Time o	of Day:		(20 yards)										
	j .							run 5.butt k					
C4 = =4	/ : ::::::::::	7. backp	edal 8. SL					skip 10. O	verhead				
Start	/Finish	Dlyomotric	11. heel walks 12. inchworm ometrics:										
		i iyometik	Single Leg Hurdle Hop 5x5 ea.										
	ch(s):												
Partner	/Group:	Speed/Agi	eed/Agility:										
			Single Leg Chase Sprint 3x each										
			Resisted Band Towing 4x25 yds.										
		Conditioni											
			1x300 (25 yard) 1:00/2:00										
		7x100 (25 yard) :20/:40											
A I I !													
Abdomina	IIS:												
			2 noir	nt etability 1	2x:20-60 se	conde							
			z poli		lls 3x10	conus							
					e 3x10-20								
			Ç		Trainin	a							
				ongu.	· · · · · · · · · · · · · · · · · · ·	9							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	L		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
82.5,85,90	Push Pres		3	3	3								
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec	1	<u> </u>						
	<u> </u>		<u> </u>	<u>i </u>	<u>i </u>	<u></u>	<u> </u>	<u> </u>					
	Hex DL +		<u> 6</u>	<u> 12</u>	24	<u>ļ</u>							
80-87%	Pull Up		1 5	5	5]]							
			I	-	 	 	-						
80-85%	Single Lec		5ea	5ea	5ea	<u> </u>		ļ	i				
		erted Row			8 to 20	<u> </u>							
	Reverse Hyp	erextension	ið to 20	8 to 20	8 to 20	<u> </u>			! 				
	<u> </u>		<u> </u>	i	i	i	•						
	<u></u>		<u></u>	<u> </u>	<u> </u>	<u> </u>							
Flaren er	Dorder C	(matal:			I	I							
Flexibility:	Partner St	tretch											
A alalizi - ··· i	O	(:	a tatanda -	ا المسمد	-4- \								
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									
		·		3,									

ard 1
ird 1
ard 1
ira 1
Rest
-

	Date		Week # 3 Day # 1		Day of the week:								
			Bodyweig	aht									
	CONDI	TIONING			netrics- S	peed/Agi	lity- Con	ditioning					
Time o	of Day:	Warm Up:											
	•							run 5.butt k skip 10. O					
Start	/Finish	7. backp	euai o. Si			12. inchw		SKIP TU. O	verneau				
O.C.		Plyometric	cs:				••••						
			Continuous Hurdle Hop 5x5										
	ch(s):	0	peed/Agility:										
Partner	/Group:	Speed/Agi	ility:		Chaca Spi	rint 3x each							
					Chase Spi	IIII 3X eaci	!						
				Sled 5x 1	/2 field, 1x	full field (2	10 yards)						
		Conditioni	ng:										
						5 15 25 30							
		1				1:00							
	10 minutes												
Abdomina	ls:												
			2 poi	nt stability 2		conds							
					lls 3x10								
					e 3x10-20								
				Strength									
%	L	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo I	Rest				
90,95,100-	DB Snatc		3	3	3	<u> </u>		<u> </u>					
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	! 	-	, , 					
00 =0 ==0/				40	24	<u> </u>		 					
	Front Box		<u> 6</u> 5	12 5	<u> </u> 24 5	<u> </u>		<u> </u>					
80-87%	Chin up		io I	io I	13 	<u> </u>		! ! 					
80-85%	Single Leg	- Cauct	5ea	5ea	5ea	-	1	i i					
	Inverted R	•	8 to 20		8 to 20	<u> </u>		<u> </u>					
		perextension			8 to 20	<u>!</u> [<u>! </u>					
	Reverse riy	oci exteriorori	1	1		<u> </u>		i i					
			 	 	 	 		 					
			! 	 	<u>. </u>	<u>. </u>		! 					
Flexibility:	Partner S	tretch	-	_	•	-							
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 3 Day # 2 Day of the week:										
	Duio		Bodyweig	aht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning					
Time o	of Day:		(Ladder)										
1 0	or Day.							F, Makovsky	Shuffle F				
						amstring,	lateral squa	at walk					
Start	/Finish			Band - Purp	le) F/B/L/R								
		Plyometric	Lateral Hurdle or Cone Hop 5x5										
			Lateral nurgle of Cone nop 5x5										
Coa	ch(s):												
	/Group:	Sneed/Agi	eed/Agility:										
1 di tiloi	7010up.	opeca/Ag	y.	Δ	ssisted 1-2	2 cut 3x eac	:h						
						eturn 3x eac		s)					
		Conditioni	ing:										
			Slide Board 12x :30/1:00										
		Airdyne 6x :45/1:15 (M-Lv 10, F-Lv 8)											
	_												
Abdomina	ls:												
						p 2x10 eacl	1						
				le twist 3x1		_							
			one arm	n chest pas	s 3x10 ND	& 2x10 D							
			,	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-			3	3	3	<u> </u>		<u> </u>					
	Slant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20								
]] 								
85,90,95,100	Bench Pre	ess	4	3	2	1		i i					
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	Ì		i i					
		-	Ţ	1	ļ]		į					
75-80%	Dips + Sca	apula	5+10	5+10	5+10			1 1					
	Glute Han		8 to 20	8 to 20	8 to 20	Ī		 					
	Cable Lift		8	8	8	Ī		i i					
]		<u> </u>	1]]		<u> </u>					
	 		 	 	 	 		 					
	<u>. </u>		<u>. </u>	 	<u>. </u>	<u>. </u>		<u>. </u>					
Flexibility:	Foam Rol	ler Stretch			•								
				verall mood	, etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 3 Day # 3		Day of the week:							
			Bodyweig	ht								
	CONDI	TIONING			netrics- S	peed/Agi	lity- Cond	ditioning				
Time o	of Day:	Warm Up:			- h 2	anaaita hay	al baal ta b		40 h44/			
								utt 4. heel F/B 8. bac				
Start	/Finish	J. Dac	Kwaru iung	ge waik o.	Straight Le	g Clossov	ei 7. SLDL	. 17D 0. Dat	rwaiu			
		Plyometric	s:									
				Siı	ngle Leg Hı	urdle Hop 5	ix5					
	:h(s):	0										
Partner	/Group:	Speed/Agi	iity:	Single	e Leg Chas	o Sprint 2v	oooh					
				Siligi	e Leg Chas	e opinit ox	Cacii					
				Resis	ted Band T	owing 5x2	5 yds.					
		Conditioni	ng:									
					x300(50 ya							
					x150(50 ya							
	3x100(50 yard) :20/:40											
Abdomina	ls.											
Abdomina	10.											
			2 poir	t stability 2	2x:20-60 se	conds						
					lls 3x10							
				Jackknif	e 3x10-20							
			S	trength	Trainin	g						
%	L	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100-	Push Pres		3		3							
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec							
				<u>.</u>		<u> </u>						
	Hex DL +		6		24							
80-87%	Pull Up		5	5	5							
				! }] 						
80-85%	Single Lec		5ea	5ea	5ea							
		rip Inv Row			8 to 20							
	Reverse Hyp	erextension	8 to 20	8 to 20	8 to 20	<u> </u>						
	 			• }	• }	 		 				
				<u> </u>	<u> </u>							
Flexibility:	Partner St	tretch										
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additional	Exercises	: (Practice, I	Bike, Run. S	Swimmina)								
			,,									

	Date		Week # 3 Day # 4		Day of the week:								
			Bodyweig	iht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning					
Time o	of Day:		(Ladder)						.,				
								t slalom F, 2 f	orward 1				
Ctont	/Ciniob			spiderman, and - purple		namstring,	ateral squ	at walk					
Start	/Finish	Plyometri		ariu - purpie) F/D/L/K								
		- Iyomean		Single Leg	Lateral H	urdle or Co	ne Hop 5x5	j					
Coad	ch(s):												
	/Group:	Speed/Aq	eed/Agility:										
		J	Assisted 1-2 cut 3x ea.										
				Lateral hoc	p run w/ re	eturn 3x eac	h (2 hoops	s)					
		Condition	Conditioning:										
		Slide Board 12x :30/1:00											
	Airdyne 6x :45/1:15 (M-Lv 10, F-Lv 8)												
Abdomina	ls:												
71.500				Overhead v	v/ Sten 2x1	10							
				le twist 3x1									
				n chest pas									
			9	Strength	Trainir	ng							
%	L	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-			3	<u> 3</u>	3	<u> </u>		<u> </u>					
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		! 					
00 70 550/	<u> </u>			12	24	<u> </u>		 					
	DB Incline o		<u> 6</u>	12	24	<u> </u>		<u> </u>					
	Foam Rolle	er Hip Lift	8-20	8-20	8-20	1		! 					
75-80%	Ding : Sa	onulo	5+10	5+10	5+10	i		 					
	Dips + Sc	-				 		 					
	1 Leg Bac		8 to 20 8	8 to 20	8 to 20 8	<u> </u> 		<u>, </u>					
75-80%	Cable Lift		10 1	<u> 0</u>	10	!		<u> </u>	-				
	<u>-</u>		-	-	 	 		i i	<u>_</u>				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>					
Clay!!-!!!4	I Feem Del	lan Ctuatal	I										
Flexibility:	Foam Ro	ler Stretch											
Additional	Comment	e. (jeenbe o	r injuries o	verall mood	etc)								
Additional	Johnnelli	. (133063 0	i injunes, u	voran moou	, 0.0.,								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 4 Day # 1		Day of the week:						
			Bodyweig	ght							
	CONDI	TIONING		up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning			
Time	of Day:	Warm Up:									
	· , .							run 5.butt k			
Start	/Finish	7. раскр	edai 8. Si		heel walks			skip 10. O	vernead		
Otart	71 1111311	Plyometric	cs:		neer wante	12. 11101111	01111				
				Ηι	ırdle Hop w	ith Sprint	5x5				
	ch(s):	Connant/Ani	:::4								
Partne	r/Group:	Speed/Agi	iiity:	Gro	und Chase	Sprint 3y	ach				
				0.0	una Onaso	орин ох ч	<u> </u>				
				Sled 2x 1	/2 field, 2x	full field (1	80 yards)				
		Conditioni	ing:								
						5 15 25 30 1:00					
						inutes					
Abdomina	als:										
				Stability Bal							
			1 Leg F	lip Lift on N	ledicine Ba Twist 3x10	II 2x8-12					
				Nussiaii	WISL 3X IU						
			;	Strength	Trainin	g					
%	. L	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest		
	Bar Comp		! 1=	L	! 1 <u>-</u>] 					
	High clean		15 140	15	15	<u> </u>		i i			
	Row SLDL		10 10	10 110	10 10	<u> </u>		! !			
	Push Pres	<u> </u>	110 110	110 110	110 110			<u> </u>			
	High pull	<u> </u>	10	10	10			i i			
	19			1		<u>} </u>		 			
-	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20			į			
	Hammer Cu	ırl ± Press	8+8	8+8	! !	<u> </u>					
		Plate Raise		8 to 20	<u> </u>	 		 			
	<u> </u>		<u> </u>	İ	İ	İ		i i			
Flexibility	: Partner S	tretch									
∆dditiona	l Comment	e. (issues o	r injuries c	verall mood	etc.)						
,		. (1000000	i injunico, c	, vorali irrood	, 0.0.,						
Additions	I Exercises	. (Drootice	Diko Dun	Cuimmina)							
Additiona	II EXCICISES	· (Fractice,	DIKE, KUN,	Swirming)							

			Week # 4			Da	y of the we	ek.				
	Date		Day # 2	_			, 0, 1,10 1,10					
			Bodyweig	ht								
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:		(Ladder)		ss behind E/I	B, quick shuff	la F/R 180's	Makovsky Sh	uffle E			
						amstring,			uille r			
Start	/Finish			Knees - Gr	een) F/B/L/	/R	_					
	Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5											
Coa	ch(s):	Ones MA silite										
Partne	r/Group:	Speed/Agility:										
		Lateral 45 degree 1-2 cut 4x										
		Lateral hoop run w/ return 3x each (3 hoops)										
		Conditioning:										
		Slide Board 14x :30/1:00										
	Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)											
Abdomina	als:											
		M				ad 2x10 ead	h					
				e leg twist 3 ng Chest Pa								
			Alternatii	ig Onestre	133 0 1 1 1 1 1	JUZNIOD						
			9	Strength	Trainin	g						
%	Exe	ercise	Set 1 Reps/	Set 2	Set 3	Set 4	Set 5	Tompo	Doot			
70,75,80	Snatch		15 Keps/	Reps/	<u>Reps/</u> [3	Reps/	Reps/	<u>Tempo</u>	Rest			
,,		Rev Sit Ups		10 to 20	10 to 20	İ		<u>i</u>				
C00/	FOIs Dans	L	<u> </u>	1	<u> </u>	<u> </u>		<u> </u>				
60%	50's Benc Leg Circu		3x	i	!	<u>:</u>		!				
	jump squa		20	20	20							
	body weig		20	20	20	! ————————————————————————————————————						
	alternating lateral squ	- 3-	20 20	20 20	20 20	<u> </u>		<u> </u>				
	iatorai squ	uı	<u> ~~</u> 	<u> ~~</u> 	<u> -~</u> 	<u>!</u> 		<u>. </u>				
	pull up		Max	Max-2	<u> </u>	<u></u>		<u></u>				
		ne Push Up	Max	Max-10	l	l		<u> </u>				
Flexibility	: Foam Ro	ller Stretch										
	Additional Comments: (issues or injuries, overall mood, etc.)											
Additiona	Iditional Exercises: (Practice, Bike, Run, Swimming)											

	Date		Week # 4 Day # 3		Day of the week:							
			Bodyweig	aht								
	CONDI	TIONIN		up- Plyor	netrics- S	Speed/Agi	ility- Con	ditioning				
Time	of Day:		: (10 yards									
								outt 4. heel				
Star	t /Finish	5. Bac	kwara iun	ige waik 6.	Straight Le	eg Crossov	er 7. SLDL	. F/B 8. bac	kwara			
Otal	. /1 1111311	Plyometri	cs:									
		,		Single L	eg Hurdle	Hop with S	print 5x5					
						-						
	ach(s):		od/Agility:									
Partne	er/Group:	Speed/Ag	ility:									
				Ва	ck ground	sprint 3x e	acn					
		1		Resis	ted Band R	unning 6x 1	25 vds.					
		Condition	ing:	1,0010			,					
			1x300(50 yard) 1:00/2:00									
					2x150(50 ya							
					5x100(50 ya	ard) :20/:4	0					
Abdomin	uinals:											
Abdomin	ais.			Stability Bal	I Alphahat	2v						
				lip Lift on N								
					Twist 3x10							
			,	Strength	Trainin	g						
%		rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	DB Comp	<u>lex</u>	! 1=	<u> </u>	! 1 — — —	<u> </u>	1					
	Snatch		5	5	5	<u> </u>	}	i i				
	Row		10	10	10	<u> </u>	<u> </u>	 				
	SLDL		<u> </u> 10 10	<u> </u> 10 10	<u> </u> 10 10			<u> </u>				
	curl + push	•	10+10	10+10	10+10	! 	<u> </u>	<u>'</u> 				
	push up +	scapula	10+10	10+10	10+10	<u> </u>		 				
	 Langing	eg Raise	10 to 20	110 to 20	10 to 20	<u> </u>	<u> </u>	! !				
	iriariyiriy l	ey Naise	10 10 20	10 10 20	10 10 20	<u>'</u>	<u>. </u>	<u>' '</u>				
	Ţ		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	! i	— i			
	1		!	1	 	 	 	 				
	1		<u>. </u>	İ	İ	<u>. </u>	<u> </u>	<u>, </u>				
Flexibility	: Partner S	tretch	-	-	-	=	-	- •				
•												
Additiona	al Comment	s: (issues c	or injuries, c	verall mood	, etc.)							
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 4 Day # 4		Day of the week:							
	Duto		Bodyweig	aht								
	CONDI	TIONING			netrics- \$	Speed/Agi	ility- Con	ditioning				
Time	of Day:	Warm Up:	(Ladder)	10 yds.								
	, -	-						t , Brake Run I	-			
C4 = ==	/Finials					namstring,	lateral squ	at walk				
Start	/Finish	Plyometric		knees - gre	en) r/b/L/i	· ·						
		riyometri		Leg Hurdle	or Cone I	lop with Ju	mp and Re	ach 5x5				
Coa	ch(s):		Constant Aprilian									
Partne	r/Group:	Speed/Ag	ility:									
						e 1-2 cut 4x						
				Lateral hoc	p run w/ r	eturn 3x ead	ch (3 hoops	s)				
		Conditioning:										
		Slide Board 14x :30/1:00										
				Airdyne	e 7x :45/1:	15 (M-Lv 10	, F-Lv 8)					
_ 												
Abdomin	als:			NA - 11 - 1	D-II AL -							
			oina		Ball Abs) ooob						
				le leg overl e leg twist 3								
				ng chest pa								
				Strength								
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo I	Rest			
70,75,80	Push Pres	ss	5	4	3	i – – – –	Ī	i T				
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20]					
	Mini Leg C	`ircuit	į	!	•	<u> </u>		!				
	squat jump		10	<u> </u>	<u>I</u> I	<u> </u>	<u> </u>	<u> </u>				
	body weigh	<u> </u>	10	i	i	i		i i				
·	alternating		10	<u>†</u>	!	•	<u> </u>	! !				
	tuck jump		10	†	!	†	<u>. </u>	 	[
	taok jamp		<u> </u>	<u> </u>	<u>.</u> I	i i	<u>. </u>	i i				
	Chin ups		max	max-2	ļ ,	<u> </u>]	<u>i i</u>				
	Inverted R	low	8 to 20	8 to 20	 	 		 				
 	1		i	i	i	i	İ					
Flexibility	: Foam Rol	ler Stretch	-		-	-	-	-				
	l Comment				, etc.)							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 5 Day # 1		Day of the week:							
	Date		Bodyweig	nht								
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:		(20 yards									
111110	or Day.							run 5.butt k				
Ctout	/Finish	7. backp	edal 8. Si			tward 9. s		skip 10. O	verhead			
Start	/Finish	Plyometric	cs.	11.	neer warks	12. IIICIIW	OHH					
		i iyomoti k		Hu	ırdle Hop w	ith Sprint 5	5x5					
Coa	ch(s):											
	r/Group:	Speed/Agi	eed/Agility:									
			Ground Chase Sprint 3x each									
			Sled 3x 1/2 field, 2x full field (210 yards)									
		Conditioni	ina:	Sled 3x 1	/2 field, 2x	full field (2	10 yards)					
		30	··· ʊ·		Line Drill	5 15 25 30						
						1:00						
					14 m	inutes						
Abdomin	ominals:											
Abdomin	Stability Ball Alphabet 2x											
				lip Lift on N								
					wist 3x10							
			Ş	Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	Bar Comp	lex	<u> </u>	I Kopor -	i Kopor	i Kepsi	11003/	<u>, rempo j</u> I	11031			
	High clean		i <u>-</u>	<u></u>	i	<u> </u>		i i				
	Row		10	10	10	<u> </u>						
	SLDL		10	10	10	<u> </u> 						
	Push Press		110	110	110	<u>!</u> [<u>. </u>				
	High pull	-	10	10	10	<u> </u>		ļ i				
	 		 	 	 	 						
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	İ						
	Hammer Cu	ırl + Press	8+8	8+8	- 	- 			Î			
	<u>į </u>		<u> </u>	<u>į </u>	<u> </u>	<u> </u>		<u>į </u>				
Flavelle ''''	: Partner St		I	I	I	I						
riexibility	: Partner Si	retch										
Additions	I Comment	er liceuses	r injurios o	worall mood	oto)							
AuditiOild	. Comment	J. (1330E3 0	ւ ույսուշծ, Մ	voiali iiiUUU	, <i>5</i> 10. <i>j</i>							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 5		Day of the week:						
	Date		Day # 2			Du	y or the we	, or .			
			Bodywei	ght							
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning			
Time o	of Day:		(Ladder)								
	,			spiderman,				Makovsky Shi	uffle F		
Start	/Finish			Knees - Gr			aterai squ	at walk			
Otart	/1 1111311	Plyometri		TATICCS OF	CCII) I I DI LI	11					
		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		ral Hurdle o	r Cone Hop	with Jum	p and Read	ch 5x5			
					•						
	ch(s):										
Partner	r/Group:	Speed/Ag	ility:								
		1			teral 45 deg			-1			
		1		Lateral hoo Resis	ted Band T			?)			
		Condition	ing:	. 10010	Balla I	IX I UI					
				S	Slide Board	16x :30/1:0	00				
				Airdyne	e 8x :45/1:1	5 (M-Lv 10,	F-Lv 8)	-			
		1									
Abdomina	lominals:										
Abdomina	115.	N.	ladicina B	alls- single	log overhes	nd 2v10 pag	h				
		IV		e leg twist 3			,11				
				ng chest pa							
			;	Strength	Trainin	g					
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	Tamma	Doot		
75,80 85	Snatch		<u>Keps/</u> 5	14 Keps/	13 Kebs/	Reps/	Reps/	Tempo I	Rest		
		ard Rev Sit I		10 to 20	10 to 20	<u>. </u>		<u>. </u>			
						<u> </u>					
60%	50's Bend		3x	!	1	<u> </u>		<u> </u>			
	Leg Circu		20	20	20			<u> </u>			
	jump squa body weig		20	20	20	 		! i			
	alternating		20	20	20	 		 			
	lateral squ		20	20	20	<u> </u>		<u> </u>			
	i		<u> </u>	<u> </u>				<u> </u>			
	pull up		Max	Max-2	<u> </u>	<u> </u>		<u> </u>			
		ne Push Up	Max	Max-10							
riexibility:	: Foam Ko	ller Stretch									
Additional	I Commen	ts: (issues o	r injuries, c	overall mood	, etc.)						
Additional	litional Exercises: (Practice, Bike, Run, Swimming)										

	Date		Week # 5 Day # 3		Day of the week:							
			Bodywei	ght								
	COND	TIONIN		up- Plyor	netrics- S	peed/Agi	ility- Con	ditioning				
Time	of Day:		: (10 yards									
	o. 2y.							outt 4. heel				
Stor	t /Finish	5. Bac	kward lun	ige walk 6.	Straight Le	eg Crossov	er 7. SLDL	. F/B 8. bac	kward			
Stai	171111311	Plyometri	cs:									
		. iyomour		Single Le	g Hurdle Ho	op with Spr	int 5x5 ea.					
	ach(s):		ood/A ailitu:									
Partne	er/Group:	Speed/Ag	ility:									
					ck ground ted Band R							
				Resis	ed Band K	unning 6x	zo yas.					
		Condition	ing:									
				1	x300(50 ya	rd) 1:00/2:0	00					
				3	3x150(50 ya	rd) :30/1:3	30					
		ļ			5x100(50 ya	ard) :20/:4	0					
A b al a wa ! w	ninals:											
Abdomin	iais:			Stability Bal	I Alphahat	2 v						
				lip Lift on N								
			i Logi		Twist 3x10	III EXO IE						
			,	Strength	Trainin	g						
%		rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	DB Comp	lex	 	<u>-</u>	<u> </u>]]]	 				
	Snatch		5	5	5	!	<u>.</u>	i i				
	Row		10	10	10	<u> </u>	<u> </u>	! !				
	SLDL		<u> </u> 10 10	10 10	<u> </u> 10 10	<u> </u>	<u> </u>	<u> </u>				
	curl + push push up +	•	10+10	10+10	10+10	<u> </u>	<u> </u>	i i				
	pusii up +	scapula	10+10	10+10	10+10	<u> </u>	<u> </u>	 				
	Hanging I	eg Raise	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>	<u> </u>				
	inanging i	eg italse	1.0 to 20	1.0 to 20	1.0 to 20	i	<u> </u>	i i				
	!		<u> </u>	1	!	!		! 				
	 		 	 	 	 	<u> </u> 	 				
	İ		<u>. </u>	l	<u>. </u>	<u>. </u>	<u></u> İ	<u> </u>	 			
Flexibility	: Partner S	tretch	_	-	_	-	-	-				
	,											
Addition	al Comment	: s: (issues c	or injuries, c	overall mood	, etc.)							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 5		Day of the week:						
	Date		Day # 4				,				
			Bodyweig	ht							
	CONDI				netrics- S	Speed/Agi	ility- Con	ditioning			
Time	of Day:		(Ladder)		switch E/L/D	, in-in-out-out	E/D/L/D Cion	4 Proko Dun			
						namstring,			Г		
Start	/Finish			knees - gre			iatorai squi	at Walk			
	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Plyometri		g	,						
			Single L	eg Lateral	Hurdle Ho	թ with Jumր	and Reac	h 5x5 ea.			
_											
	ch(s):	Coood/Am	:1:4								
Partne	r/Group:	Speed/Ag	ility:	hacl	oward 45 d	legree 1-2 c	David Av				
						eturn 3x ead		:)			
		Condition	ing:								
						1 16x :30/1:0					
				Airdyne	e 8x :45/1:	15 (M-Lv 10	, F-Lv 8)				
Abdomin	inals:										
Abdomin	Medicine Ball Abs										
	Medicine Ball Abs single leg overhead 2 x 10 each										
				e leg twist 3							
			Alternatir	ng chest pa	ss 3x10 NI	D & 2x10 D					
			5	Strength	Trainir	ng					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5	Tempo	Rest		
75.80,85	Push Pres		15	14	13	Kebs/	Reps/	Tempo	Vesi		
7 3.00,03		Rev SB Sit	-		10 to 20	10 to 20	<u> </u>				
	i on on a r	ict ob oil	!	 	 	!	<u> </u>				
	Mini Leg C	Circuit	 	 	 	 	<u> </u>				
	squat jump		10	<u>. </u>	<u>.</u> 	<u>'</u> İ	<u>,</u> 				
	body weigh		10	<u> </u>	<u> </u>	1	<u> </u>	i	i		
	alternating		10	!	<u> </u>	 	 				
	tuck jump		10	. I	. I	i	i İ				
	İ		İ	Ï	Ī	İ	Ī				
	Chin Up		Max	Max-2	Ī	1					
	inverted re	ow	8 to 20	8 to 20	<u> </u>	i	1] 			
	Ī_			Ī_	Ĭ	Ī	Ī				
Flexibility	: Foam Rol	ler Stretch									
	I Comment		-		, etc.)						
Additiona	litional Exercises: (Practice, Bike, Run, Swimming)										

	Date		Week # 6 Day # 1		Day of the week:							
	Date		Bodyweig	aht								
	CONDI	TIONING		up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning				
Time	of Day:		(20 yards									
111110	or Day.							run 5.butt k				
Ctout	/Ciniob	7. backp	edal 8. Si		orward/Bac heel walks			skip 10. O	verhead			
Start	/Finish	Plyometric	cs.	11.	neer warks	12. IIICIIW	Offic					
		- Iyomourk	,	Hu	ırdle Hop w	ith Sprint 5	ix5					
Coa	ch(s):											
	r/Group:	Speed/Agi	ilitv:									
			Ground Chase Sprint 3x each									
					Slad 1v i	perimeter						
		Conditioni	ing:		SIEU IX	Jei ii ii etei						
						5 15 25 30						
						1:00						
					16 m	inutes						
Abdomina	dominals:											
Stability Ball Alphabet 2x												
			1 Leg H	lip Lift on N		II 2x8-12						
				Russian 1	Wist 3x10							
				Ctropouth	Tuelmin							
				Strength								
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	Bar Comp	olex	<u> </u>	1	<u> </u>	l <u>Kopor</u> J	<u> </u>	<u>,</u>				
	High clean		5	5	5							
	Row		10	10	10							
	SLDL		10	10	10	Ī		i i				
	Push Pres	S	10	10	10	Ì						
	High pull		10	10	10	! 		! 				
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u> </u>]				
	Ţ	•	<u> </u>	Ţ	Ţ.				1			
	Hammer Cu	url + Press	8+8	8+8	 							
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		į į				
F19-99-	 		<u> </u>	İ								
riexibility	: Partner St	tretcn										
Additions	l Commont	er (iccuso o	r injurios s	wordl mas d	oto)							
Additiona	I Comment	5. (1550.05 0	ı ırıjunes, o	weran mood	, etc.)							
A 1 11.1		/D ::	D	0								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

l	Week # 6 Day of the week:											
	Date		Day # 2		-	Da	y of the we	eek:				
			Bodywei	ght								
	COND	ITIONIN	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning				
Time	of Day:		(Ladder)									
1	o. Day.			front F/B, cro					uffle F			
				spiderman,			lateral squ	at walk				
Start	/Finish			Knees - Gr	een) F/B/L/	K						
		Plyometrics: Lateral Hurdle or Cone Hop with Jump and Reach 5x5										
		Lateral nurule of Cone nop with Jump and Reach 3x3										
Coa	ch(s):											
	r/Group:	Speed/Aq	eed/Agility:									
		<u> </u>	Lateral 45 degree 1-2 cut 4x									
			Lateral hoop run w/ return 3x each (3 hoops)									
		Condition	onditioning:									
			10 Mile Bike Test (group 1)									
		(one group on day #2, one group on day #4)										
Abdomina	odominals:											
Abdomine	Abdominals: Medicine Balls- single leg overhead 2x10 each											
				e leg twist 3			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,					
				ng chest pa								
				g correct per								
			,	Strength	Trainin	g						
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5	T	Doot			
65,70,75	Snatch		Reps/ 5	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest			
	Shatch			_		! !		<u> </u>				
,,	Snatch 5 4 3 Slant Board Rev Sit 10 to 20 10 to 20											
	Slant Boa	rd Rev Sit	10 10 20									
	Slant Boa 50's Bend		10 to 20 1 13x	<u> </u>	<u> </u>							
	50's Bend Leg Circu	ch uit	13 _X	 	 	 						
	50's Bend Leg Circu jump squa	ch <u>lit</u> at	3x 20	20	20							
	50's Bend Leg Circu jump squa body weig	ch uit at ht squats	3x 20 20	20	20			 				
	50's Benc Leg Circu jump squa body weig alternating	ch uit at ht squats g lunge	3x 20 20 20	20 20	20 20							
	50's Bend Leg Circu jump squa body weig	ch uit at ht squats g lunge	3x 20 20	20	20							
	50's Bend Leg Circu jump squa body weig alternating lateral squ	ch uit at ht squats g lunge	20 20 20 20 20	20 20 20	20 20							
	50's Benc Leg Circu jump squa body weig alternating	ch uit at ht squats g lunge	3x 20 20 20	20 20	20 20							
60%	50's Bence Leg Circu jump squa body weig alternating lateral squ pull up	ch uit at ht squats g lunge	20 20 20 20 20	20 20 20	20 20							
60%	50's Bence Leg Circu jump squa body weig alternating lateral squ pull up	ch lit at ht squats g lunge lat	20 20 20 20 20	20 20 20	20 20							
60%	50's Bend Leg Circu jump squa body weig alternating lateral squ pull up	ch lit lat ht squats g lunge lat	20 20 20 20 20 20 20 1 Max	20 20 20	20 20 20 							
60% Flexibility Additiona	Jeg Circu Jump squa body weig alternating lateral squ Ipull up Foam Ro	ch iit at ht squats g lunge iat iller Stretch ts: (issues o	3x 20 20 20 20 20 Max	20 20 20 JMax-2	20 20 20 							
60% Flexibility Additiona	Jeg Circu Jump squa body weig alternating lateral squ Ipull up Foam Ro	ch lit lat ht squats g lunge lat	3x 20 20 20 20 20 Max	20 20 20 JMax-2	20 20 20 							
60% Flexibility Additiona	Jeg Circu Jump squa body weig alternating lateral squ Ipull up Foam Ro	ch iit at ht squats g lunge iat iller Stretch ts: (issues o	3x 20 20 20 20 20 Max	20 20 20 JMax-2	20 20 20 							

	Date		Week # 6 Day # 3		Day of the week:							
			Bodywei	ght								
	COND	TIONIN		up- Plyor	netrics- S	peed/Agi	ility- Con	ditioning				
Time	of Day:		: (10 yards									
1 11110	or Day.							outt 4. heel				
04		5. Bad	ckward lun	ige walk 6.	Straight Le	eg Crossov	er 7. SLDL	. F/B 8. bac	kward			
Star	t /Finish	Plyometri	001									
		Piyometri	US.	Single I	eg Hurdle I	Hon with S	orint 5v5					
				Olligie L	eg Harale i	iop with o	JIIII 3X3					
Coa	ach(s):											
	er/Group:	Speed/Ag	ility:									
	-			Ва	ck ground	sprint 3x e	ach					
		<u> </u>		Resis	ted Band T	ows 1x Fu	II Field					
		Condition	ing:		w200/F0	"4\ 4.00 <i>l</i> 0 <i>i</i>	20					
		1	1x300(50 yard) 1:00/2:00 3x150(50 yard) :30/1:30									
		1			7x100(50 ya							
		777100(00) 327710										
Abdomin	ominals:											
				Stability Ba	I Alphabet	2x						
				lip Lift on N								
				Russian	Twist 3x10							
				Strength								
%		rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo I	Rest			
	DB Comp	lex	¦	<u>-</u>	<u> </u>]]]	 				
	Snatch		5	5	5	<u> </u>	<u> </u>	i i				
	Row		10	10	10	<u> </u>	<u> </u>					
	SLDL		<u> </u> 10	110	10			<u> </u>				
	curl + pusl	•	10	10	10	! 	<u> </u>	! ! ! !				
	push up +	scapula	10+10	10+10	10+10	<u> </u>	<u>.</u>	i i				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>				
	Straight L	eg Raise	10 to 20	10 to 20	10 to 20		<u> </u>	<u> </u>				
	1		1	1	1	! !	! }	! ! ! !				
-	i		į	İ	<u>į </u>	<u>i </u>	<u> </u>	<u>i i</u>				
 	<u> </u>		<u> </u>	<u>į</u>	<u>ļ</u>	<u> </u>	<u> </u>	أــــــا				
	<u>1</u>		I		<u> </u>	I	l	i l	-			
Flexibility	y: Partner S	tretch										
Additiona	al Commen	s: (issues d	or injuries o	verall mood	etc.)							
, taaitioii		. G. (100000 C	, injuni00, c	7701411111000	, 0.0.,							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 6 Day # 4		Day of the week:							
	Date		Bodyweig	nht								
	CONDI	TIONING			netrics- \$	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	(Ladder)	20 yds.	switch E/I /P	, in-in-out-out	E/R/I /P Gian	t Brake Pun l	=			
		-	-	-		namstring,						
Start	/Finish			knees - gre			aterar squ	at Walk				
	,,	Plyometri		J. C.	,							
				l Hurdle or	Cone Hop	with Jump	and Reach	5x5 ea.				
Coa	ch(s):											
	r/Group:	Speed/Ag	ilitv:									
		J	,	bacl	backward 45 degree 1-2 cut 4x							
					oop run w/ return 3x each (3 hoops)							
		Condition	ing:	40	Mile Dile	T	. 4\					
			10 Mile Bike Test (group 1) (one group on day #2, one group on day #4)									
			(one group on any way, one group on any way									
Abdomina	als:											
					Ball Abs							
				le leg overl								
				e leg twist 3								
				ng chest pa								
	ı			Strength								
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
65,70,75	Push Pres	-	5	4	3	<u> </u>		<u> </u>				
	SB Sit & R	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	! !					
	Mini Leg C	Circuit			<u> </u>	İ		 				
	squat jump)	10	Ī	Ī	İ		İ				
	body weigh	nt squat	10									
	alternating	lunge	10									
	tuck jump		10	<u>į </u>	<u>į </u>	<u>į</u>		<u>į</u>				
	Chin Up		Max	Max-2	<u> </u> 	<u> </u>	!]					
	inverted re	3W	8 to 20	8 to 20	! 	!		 				
	I	J VV	i	10 10 20	<u>!</u>	<u> </u>		<u> </u>				
Flexibility	: Foam Rol	ler Stretch	•		•							
	ional Comments: (issues or injuries, overall mood, etc.)											
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 7 Day # 1 Day of the week:										
	Duto		Bodyweig	iht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:	5 Min. Jo	g + Dynami	c Warm U _l	p							
Star	:/Finish												
		Plyometric	s: Sport S		gon Drill v	v/o Barriers	4 x 6						
	ich(s):	0	11'4 O	0									
Partne	er/Group:	Speed/Agi	iity: Sport	Specific	Illinois Ag	ility Test 5x							
		Conditioni	ng:										
			Line Drill 5 15 25 30 :30/1:00 18 minutes										
Abdomin													
			9	Strength	Trainir	ng							
%	- L	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100	-DB Snatcl Slant Boa	h rd Sit Ups	5 10 to 20	4 10 to 20	3 10 to 20	<u> </u>							
90-97%	Front Box	Squat	3	3	3	3		! 					
90-97%	_	Grip Chin Up			3	13		,, 					
70-75%	Lunge		12	12	12	<u> </u> 							
70-75%		m 1 Leg Row perextension			12 8-20	<u> </u>		- ————————————————————————————————————					
	- Reverse Hy	perexterision		1 1	 	i							
	<u>i</u> I		<u> </u>	<u>i</u> I	<u>i</u> I	<u>i</u> I		- 	<u> </u>				
Flexibility	r: Partner S	tretch		-	•								
Additiona	al Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	al Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date	Week # 7 Day # 2 Day # 2 Day # 2										
			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	cs: Sport		agon Drill	w/ Barriers	4 x 6					
	ch(s):											
Partne	r/Group:	Speed/Agi	lity: Spor	t Specific	Z-Patte	rn Run 5x						
		Conditioni	na:									
		slide board 9x :30/1:30 Airdyne:										
		1x 1:00/2:00 (M-Lv 9, F-Lv 7) 5x :30/1:30 (M-Lv 10, F-Lv 8)										
Abdomina	dominals: (MEDBALL)											
			(Strength	Trainin	ıg						
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo j	Rest			
90,95,100		rd Rev Sit l	5 10 to 20	10 to 20	3 10 to 20]						
		ia nev on t	1	 	 	1						
90-97%	Bench Pro		3		3	3						
	Stability B	all Leg Curl	8-20	8-20	8-20							
	Metronom	ne Push Up	Max	Max - 10	Max -10	1						
	Single Le	g Leg Curl	8-20		8-20	ļ						
70-75%	Cable Rota	ational Chop	12	12	<u> </u>			[[
	i		<u> </u>	-	 	Ī						
	<u> </u>			<u> </u>	<u>. </u>			!! 				
Flexibility	: Foam Ro	ller Stretch										
Additiona	I Comment	t s: (issues o	r injuries, o	verall mood	, etc.)							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 7 Day # 3			Da	y of the we	ek:				
			Bodyweig	ht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	amic Warm	ı Up						
Start	/Finish											
		Plyometric	s: Sport		ıgon Drill v	v/o Barriers	4 x 6					
	ch(s):											
Partne	r/Group:	Speed/Agi	lity: Spor	t Specific	Illinois Ag	ility Test 5x						
		Conditioni	oning: Tempo Run 20									
Abdomina	als:											
			(Strength		ng						
%		rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100	-DB Snatcl Straight L		5 10 to 20	4 10 to 20	3 10 to 20	<u> </u>						
	<u> </u>			<u> </u>	<u> </u>	<u> </u>		 				
90-97%	Front Box		3	3	3	<u> 3</u>		<u> </u>				
90-97%	Alternating (Grip Chin Up	3	13	1 3	13						
70-75%	Lunge		12	12	12	<u>į</u>		•				
70-75% 70-75%		m 1 Leg Row		12	12	<u> </u>		<u> </u>				
10 1070		perextension		8-20	8-20	<u>!</u> İ		<u>. </u>				
	1			Ī		Ī		1				
Flexibility	: Partner S	tretch	1		<u> </u>							
Additions	I Commont	s: (issues o	r injuries e	verall mood	etc)							
riuditiOild		. (133463 0	juli c o, U	votali illood	, 0.0.,							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date	Week # 7 te Day # 4 Day of the week:										
			Bodyweig	ıht								
	CONDI	ITIONING			netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	ımic Warm	ı Up						
Start	/Finish											
		Plyometric	cs: Sport		agon Drill	w/ Barriers	4 x 6					
	ch(s):											
Partne	r/Group:	Speed/Agi	lity: Spor	t Specific	Z-Patte	rn Run 5x						
		Conditioni	na:									
		Conditioning: Slide board 9x :30/1:30 Airdyne: 1x 1:00/2:00 (M-Lv 9, F-Lv 7)										
		5x :30/1:30 (M-Lv 10, F-Lv 8)										
Abdomina	ominals: (MEDBALL)											
			,	Strength	I rainir	ng						
%		ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100			5 10 to 20	10 to 20	3 10 to 20	10 to 20						
	SB SIL & I	Kev SB Sit	10 10 20	10 10 20	10 10 20	10 10 20			į			
90-97%	Incline Be	ench	3	3	3	3						
	Hip Lift on	Med Ball	8-20	8-20	8-20							
	Metronom	ne Push Up	Max	Max - 10	Max -10	<u> </u>			<u> </u>			
		g Leg Curl			8-20	<u> </u>						
70-75%		ational Chop		12	<u> </u>	<u>i</u>						
				1								
	<u>į</u>			<u>į</u>	<u> </u>	<u>i </u>						
Flexibility	: Foam Ro	ller Stretch			<u> </u>							
1 loxiomity	. i oaiii ito	nor otrotori										
Additiona	I Comment	ts: (issues o	r injuries, o	verall mood	, etc.)							
Additiona	Iditional Exercises: (Practice, Bike, Run, Swimming)											

	Date		Week # 8 Day # 1 Day of the week:										
			Bodyweig	iht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	g + Dynami	c Warm U _l	p							
Start	/Finish												
		Plyometric	s: Sport S		gon Drill v	v/o Barriers	4 x 6						
	ch(s):			6 '''									
Partne	r/Group:	Speed/Agi	lity: Sport	Specific	Illinois Ag	ility Test 7x							
		Conditioni											
			Line Drill 5 15 25 30 :30/1:00										
		20 minutes											
Abdomin	als:	•											
			9	Strength	Trainin	ng							
%		ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100	-DB Snatc Slant Boa	rd Sit Ups	5 10 to 20	4 10 to 20	3 10 to 20								
90-97%	Front Box	Squat	3	3	3	3							
90-97%		Grip Chin Up			3	3		<u> </u>					
70-75%	Lunge		12	12	12	 		• 					
70-75%	Cable 1 Ar	m 1 Leg Row			12	į							
	Reverse Hy	perextension	8-20	8-20	8-20] [
	!			!	<u> </u>	!		 					
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)									
				3,									

	Date	Week # 8 Day # 2 Day of the week:											
			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												
Start	71 1111311	Plyometric	s: Sport	Specific									
				Hex	agon Drill	w/ Barriers	4 x 6						
Coa	ch(s):												
	r/Group:	Speed/Agi	eed/Agility: Sport Specific Z-Pattern Run 7x										
	•		•		Z-Patte	rn Run 7x							
		Conditioning:											
		Airdyne- 2x :45/1:15											
			4x :30/1:130 6x :15/:45										
		6x :15/:45											
Abdomin	als: (MEDB	ALL)											
			(Strength	Trainin	ıg							
%	Exe	ercise	Set 1	Set 2	Set 3	Set 4	Set 5	T	Doot				
90,95,100	-IClean		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
00,00,100		rd Rev Sit U	-	10 to 20	10 to 20	<u>į</u>							
	† 1]]]]							
90-97%	Bench Pro		3	3	3	3							
	Stability B	all Leg Curl	8-20	8-20	8-20	1							
	Motrons	ne Push Up	Max	Max - 10	Max -10	i		 	i i				
		g Leg Curl			8-20	<u> </u>							
70-75%		ational Chop		12	<u>, </u>	j		<u>. </u>					
	1] !	[1							
	<u>i</u>				<u> </u>	<u> </u>							
Flance are	 	llan 04											
Flexibility	: Foam Ro	ller Stretch											
Additiona	I Comment	ts: (issues o	r injuries. o	verall mood	. etc.)								
			,, 0		,,								
Additions	l Exercises	: (Practice,	Bike. Run	Swimming)									
		(,	- ·····/y/									

	Date		Week # 8 Day # 3			Da	y of the we	ek:				
			Bodyweig	ht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	amic Warm	ı Up						
Start	/Finish											
		Plyometric	s: Sport		ıgon Drill v	v/o Barriers	4 x 6					
	ch(s):											
Partne	r/Group:	Speed/Agi	lity: Spor	t Specific	Illinois Ag	ility Test 7x						
		Conditioni	ioning: Tempo Run 20									
Abdomina	als:											
				Strength		ng						
%		rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100	DB Snatcl Straight L		5 10 to 20	4 10 to 20	3 10 to 20	<u> </u> 						
	<u>i</u>			<u>i. </u>	<u>i</u>	<u> </u>		<u> </u>				
90-97%	Front Box		3	<u> 3</u>	<u> 3</u>	<u> 3</u>		<u> </u>				
90-97%	Alternating (Grip Chin Up	3	3 	1 3	3 						
70-75%	Lunge		12	12	12	<u> </u>	<u> </u>	<u> </u>				
70-75%		m 1 Leg Row		12	12	<u> </u>						
		perextension		8-20	8-20	İ						
					Ī			i i				
					<u> </u>							
Flexibility	: Partner S	tretch		•								
Additiona	Additional Comments: (issues or injuries, overall mood, etc.)											
Additiona	ditional Exercises: (Practice, Bike, Run, Swimming)											

	Date		Week # 8 Day # 4			Da	y of the we	ek:				
	Date		Bodyweig	ıht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	amic Warm	ı Up						
Start	/Finish											
		Plyometric	cs: Sport		agon Drill v	w/ Barriers	4 x 6					
	ch(s): r/Group:	Speed/Agi	ility: Sport	Specific	Z-Patter	n Run 7x						
		Condition										
		Conditioni	Airdyne- 2x :45/1:15 4x :30/1:130 6x :15/:45									
Abdomina	dominals: (MEDBALL)											
			5	Strength	Trainin	ıg						
%	. L	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100			5 10 to 20	4 10 to 20	3 10 to 20	10 to 20						
90-97%	Incline Be	nch	3	3	3	3						
	Hip Lift on	Med Ball	8-20	8-20	8-20	<u> </u>		i				
		e Push Up g Leg Curl			Max -10 8-20	<u> </u>		<u> </u>				
70-75%		tional Chop		112	<u> </u>			<u> </u> 				
	<u>i</u>		j J	<u>i</u> L	<u> </u>	<u> </u>		<u> </u>				
Flexibility	l : Foam Rol	ler Stretch		<u> </u>	l							
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additiona	ditional Exercises: (Practice, Bike, Run, Swimming)											

	Date		Week # 9 Day of the week:										
	Date		Bodyweig	ıht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	g + Dynami	c Warm Սլ	p							
Ct - m	. /Finials												
Star	t /Finish	Plyometric	cs: Sport S	Specific									
					ıgon Drill v	v/o Barriers	4 x 6						
Coa	ach(s):												
Partne	er/Group:	Speed/Agi	lity: Sport	Specific									
					Illinois Ag	ility Test 9x							
	•	Conditioni	itioning:										
		20.10.110111	Line Drill 5 15 25 30										
						/1:00							
		20 minutes											
Abdomin	inals:												
			9	Strength	Trainin	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100	DB Snatch	n — — — —	5	<u> 4</u>	3	. <u> </u>		, <u> </u>	<u></u>				
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	1							
00.070/	Front Boy	Carret	3	<u>i</u>	2	3			<u>_</u>				
90-97% 90-97%	Front Box	Squat Grip Chin Up		3	3 3	3		<u> </u>					
33 37 70	, atornating (J Up		i 	<u> </u>	Ī		<u>i</u>	<u> </u>				
70-75%	Lunge		12	12	12	<u> </u>		<u> </u>					
70-75%	Cable 1 Arr			12	12			<u> </u>					
	Reverse Hyp	perextension	8-20	8-20	8-20			[<u> </u>				
	1			i	i	<u> </u>		<u> </u>	i				
				<u> </u>	<u> </u>			<u> </u>					
Flexibility	: Partner St	tretch					1						
Addition	al Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 9 Day # 2 Day of the week:									
	Date		Bodyweig	ıht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:	5 minute	Jog + Dyna	mic Warm	Up						
Start	:/Finish											
		Plyometric	es: Sport		agon Drill	w/ Barriers	4 x 6					
	r/Group:	Speed/Agi	lity: Sport	Specific								
		<u> </u>	7 - 1		Z-Patte	rn Run 9x						
		Conditioni										
			Airdyne: 1/2 mile sprints 3x/3:00 (M 10 - F 8)									
Abdomina	als: (MEDB	ALL)										
				Strength	Trainin	ng						
%	. L	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100		rd Rev Sit l	5 10 to 20	4 10 to 20	3 10 to 20							
90-97%	Bench Pre	ess	3	3	3	3		 				
	Stability Ba	all Leg Curl	8-20	8-20	8-20							
		e Push Up g Leg Curl		Max - 10 8-20	Max -10 8-20							
70-75%		tional Chop		12	İ	i						
	1	-] !								
	<u> </u>			<u> </u>	<u> </u>	<u> </u>						
Flexibility	lexibility: Foam Roller Stretch											
Additiona	dditional Comments: (issues or injuries, overall mood, etc.)											
Additiona	ditional Exercises: (Practice, Bike, Run, Swimming)											

	Date		Week # 9 Day # 3 Day of the week:										
	24.0		Bodyweig	aht									
	CONDI	TIONING			netrics- S	Speed/Agi	ility- Con	ditioning					
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	amic Warn	n Up							
Start	/Finish												
		Plyometric	cs: Sport		ıgon Drill v	v/o Barriers	4 x 6						
	ch(s): r/Group:	Speed/Agi	lity: Spor	t Specific	Illinois Ag	ility Test 9x							
			tioning:										
		Conditioni	Tempo Run 20										
Abdomina	nals:												
				Strength	_	_							
%		ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100	-DB Snatc Straight L		5 10 to 20	10 to 20	3 10 to 20	<u> </u>] 	1 1 1 1					
90-97%	Front Box		3	3	3	3	<u> </u>	<u> </u>					
90-97%	Alternating	Grip Chin Up		1 3	3	1 3	 						
70-75%	Lunge		12	12	12	<u> </u>	<u> </u> 						
70-75%		m 1 Leg Row		12	12	<u>į </u>	<u> </u>	<u> </u>					
	Reverse Hy	perextension	8-20	8-20	8-20	<u> </u>	!] 					
	i L			<u> </u> 	<u>.</u> L	İ	<u>.</u> L	 					
	<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>					
Flexibility	: Partner S	tretch											
Additiona	I Comment	t s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									

	Data	Week # 9 Day of the week:											
	Date		Day # 4 Bodyweig	aht									
			воауwei	gnt									
	CONDI					Speed/Agi	lity- Con	ditioning					
Time o	of Day:	Warm Up:	5 Minute	Jog + Dyna	amic Warn	n Up							
Start	/Finish												
		Plyometric	cs: Sport										
				Hex	agon Drill	w/ Barriers	4 x 6						
Coa	ch(s):												
	/Group:	Speed/Agi	ility: Spor	t Specific									
	-				Z-Patte	rn Run 9x							
		Conditioni											
			Airdyne:										
		1/2 mile sprints 3x/3:00 (M 10 - F 8)											
Abdomina	ls: (MEDB	ALL)											
			;	Strength	Trainir	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-	Clean		5	1 4	3			<u> </u>					
	SB Sit & F	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20] }					
	<u>.</u>		<u> </u>	<u>i. </u>	<u>i. </u>	<u>i </u>		<u> </u>					
	Incline Be		3	3	3	3		<u> </u>					
	Hip Lift on	Med Rall	8-20	8-20	8-20	1		. ! 					
	Metronom	ne Push Up	Max	Max - 10	Max -10	<u> </u>		!					
		g Leg Curl		8-20	8-20	<u> </u>		! ! I					
70-75%		tional Chop		12	<u> </u>	<u> </u>		<u> </u>					
	l		I	1		1							
	<u>i</u>		<u>i </u>	<u>i </u>	<u>i </u>	<u>i</u>	<u> </u>	<u>i i </u>					
Florette We	[llan Ctust - !	I										
riexibility:	roam Kol	ller Stretch											
Additional	Comment	s: (issues o	r injuries, c	verall mood	l, etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									
				3,									
Additiona	Exercises	: (Practice,	Bike, Run,	Swimming)									