			Week # 1 Day of the week:										
	Date		Day # 1				•						
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Ag	ility- Cond	ditioning					
Time	of Day:	Warm Up:	(20 yards)										
Tille	л Бау.			2.heel to b									
		7. back	pedal 8. S	LDL walk Fo				skip 10. Ov	erhead				
Start /	/Finish			11.	heel walks	12. inchwe	orm						
		Plyometric	cs:										
				Co	ntinuous F	lurdle Hop	5X5						
Coo	h/a\.												
	ch(s): /Group:	Sneed/Agi	ed/Agility:										
Faither	/Group.	opecu/Agi	ed/Agiiity: Chase Sprint 3x each										
			Chaos opinii ox caon										
			Sled 3x 1/2 field, 1x full field (150 yards)										
		Conditioni	nditioning:										
			1x300 (25 yard) 1:00/2:00										
					6x100 (25 y	ard) :20/:40	)						
A le el e ···· '-	1												
Abdomina	IS:												
			A 14 4 2		Outs 3x20	D-II 0-40							
				ng March o ıad-Arm-Glı									
				Leg Sit and									
				strength	Hallilli	ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Reps/	Reps/						
	<u> </u>		Reps/	Reps/	Reps/	Weight	Weight	Tempo	Rest				
65,67.5,70	DB Snatch	1	3	3	3	! <del> </del>							
	Slant Boar	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u>i</u>							
	<u> </u>		<u> </u>	<u> </u>		<u> </u>							
80,70,55%	Front Box	Squat	6	12	24	<u> </u>							
80-87%	Pul	I Up	5	<u> </u> 5	<b>[</b> 5	<u> </u>							
	] 		! !	! <del> </del>	! <del> </del>	! <del> </del>							
80-85%	KB Tactica		5	5	5	<u>į                                    </u>							
	Inverted F		8 to 20	<del>                                     </del>	8 to 20	 <del> </del>							
	Reverse Hyp	perextension	8 to 20	8 to 20	8 to 20	İ							
	]		]	<u> </u>	<u> </u>	<u> </u>							
	] ]			! 	! !	! 							
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>							
Flexibility:	Partner St	retch											
Additional	Comments	s: (issues or	r injuries, ov	erall mood,	etc.)								
Additional	Fyerciese	: (Practice, E	Rike Run 9	Swimming)									
Additional	EAGI CISCS	. (1 1actice, t	Jino, ituli, c	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,									

	Date		Week # 1 Day # 2	ek:									
	Date			ıh4									
	CONDI	TIONIN	Bodyweig G-Warm		metrics- (	Speed/Ag	ility- Con	ditioning					
Time	of Day:		(Ladder) 1										
Tillie	or Day.					F/B, quick shu			ky Shuffle F				
				-		amstring, la	ateral squa	t walk					
Start	/Finish			and - Purpl	e) F/B/L/R								
		Plyometric	cs:	Lataral	Umala an	Cone Hon F	vF acab						
				Laterai	nurule or	Cone Hop 5	x5 each						
Coa	ch(s):												
	r/Group:	Speed/Agi	ilitv:										
T di tillo	.,о.опр.	3		-	Assisted 1-	2 cut 3x eac	:h						
				Lateral hoc	p run w/ re	eturn 3x eac	h (2 hoops	)					
		Condition	litioning: Slide Board 8x :30/1:00										
				Airdyne	10x :30/1:3	30 (M-Lv 12,	F-Lv 10)						
Abdomina	ominals:												
			Medicine F	Balls- Overh	ead w/ ste	p 2x10 each	1						
				de twist 3x1		-	-						
			one arn	n chest pas	s 3x10 ND	& 2x10 D							
			5	Strength	Trainir	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
65,67.5,70	Hang Clea	n — — — —	3	3	Ī <sub>3</sub>	<u> </u>	<u> </u>	<u> </u>					
		d Rev. Situp	10-20	10-20	10-20	i I	] 						
	Î		Ī	<u> </u>	Ī	Î	Ī	Î Î					
85,90,95,100	Bench Pre	ess	4	3	2	1	] 						
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	i	İ	l l					
	<u> </u>		[ 		[	<u> </u>							
75-80%	Dips + Sca	apula	5+10	5+10	5+10	<u>i                                      </u>	<u> </u>	<u> </u>					
	Glute Ham	n Raise	8 to 20	8 to 20	8 to 20	<u> </u>							
75-80%	Cable Lift		8	8	8	<u> </u>	I						
	<u> </u>		<u> </u>	]	<u> </u>	<u> </u>	<u> </u>						
			 		! L		I L						
	<u>i</u>		<u>i                                      </u>	i	<u> </u>	<u>i                                      </u>	<u> </u>	<u> </u>					
Flexibility	: Foam Rol	ler Stretch											
Additiona	I Comment	s: (issues o	r injuries, o\	verall mood,	etc.)								
Additiona	I Exercises	: (Practice, I	Bike, Run, S	Swimming)									

	Date	Week # 1 Date Day # 3 Day of the week:										
	Date		Bodyweig	ht								
	CONDI	TIONING			netrics- S	Speed/Ag	ility- Con	ditioning				
Time	of Day:	Warm Up:	(20 yards)									
Tille	oi Day.							run 5.butt k				
		7. back	pedal 8. SI					skip 10. Ov	erhead			
Start	/Finish	Plyometric		11.	heel walks	12. inchwo	orm					
		riyometric	<i>.</i> 5.	Single Leg	g Continuo	us Hurdle H	lop 5x5 ea.					
0	-h (-):											
	ch(s): r/Group:	Speed/Agi	d/Agility:									
rartile	i/Group.	opood,, tg.		Singl	e Leg Chas	se Sprint 3x	each					
						•						
		Condition	ina:	Resis	ted Band T	owing 3x 2	5 yds.					
		Condition	1x300 (25 yard) 1:00/2:00									
					6x100 (25 y							
Abdomina	als:											
			2 poir		2x:20-60 se	conds						
					lls 3x10 e 3x10-20							
				Jackknii	e 3x10-20							
			S	trength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
65 67 5 70	Push Pres		3			Weight	Weight	i rempo	Nest			
05,07.5,70	Stall Bar E		20-60sec	<del></del>	20-60sec	<u> </u>						
	l	oloy olo	<u>                                     </u>	<u> </u>	<u> </u>	<u> </u> 						
80,70,55	Hex DL +	Shrua	6	12	24	ļ						
80-87%	Pull Up		<b>!</b>	ļ	5	! 		I				
<u> </u>	1		ļ	ļ	Ţ	ļ						
	  Single Leg	g Squat	5 ea	5 ea	5 ea	<del> </del> 		 				
	Inverted R		8 to 20	8 to 20	8 to 20	   						
	Reverse Hy	perextension	8 to 20	8 to 20	8 to 20	1 						
	Į.		<u> </u>	<u> </u>	<u> </u>	<u> </u>						
	! 		 	! 	! 	 		] ]				
	<u>i                                      </u>			<u>i                                      </u>	i	<u> </u>						
Flexibility	: Partner Si	retch										
Additiona	I Comment	s: (issues o	r injuries, ov	erall mood,	etc.)							
Additiona	I Exercises	: (Practice, I	Bike, Run, S	Swimming)								

		Week # 1 Day of the week:											
	Date		Day # 4				,						
			Bodyweig	ht									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics-	Speed/Ag	ility- Con	ditioning					
Time (	of Day:		(Ladder) 1										
i iiiie (	oi Day.	1 1				R, in-in-out-o			2 forward 1				
						amstring, la	ateral squa	t walk					
Start	/Finish		_	and - purple	) F/B/L/R								
		Plyometric	cs:		Heide	ens 5x5							
			. IO. GOILG GAC										
Coad	ch(s):												
Partner	/Group:	Speed/Agi	ed/Agility:										
						-2 cut 3x ea							
				Lateral hoc	p run w/ re	eturn 3x eac	h (2 hoops	)					
		Condition	ina:										
		Johannon	···y·		Slide Boar	d 8x :30/1:0	0						
						30 (M-Lv 12,							
Abdomina	ls:												
				Overhead v									
				de twist 3x1									
			One Ari	n chest pas	ss 3x10 Na	& 2X10 D							
				Strongth	Trainir	200							
			•	Strength	Trainii	ıg							
%	l Exe	rcise	Set 1	Set 2	Set 3	Reps/	Reps/	i i					
	 		Reps/	Reps/	Reps/	Weight	Weight	Tempo	Rest				
65,67.5,70		00.00	13	10 40 00	10 40 00	40.40.00	<del> </del>	<u> </u>					
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	<u> </u>	<u> </u>					
90 70 EE9/	DB Incline		6	12	24	<del>:</del>	]	: 					
			1 <sup>0</sup> 18-20	<b>!</b>	<del>2-7</del>  8-20	<u> </u>	<u> </u>	<u> </u>					
	Foam Rolle	er nip Liit	1	1	10-20	<del> </del>	<u>.                                    </u>	! ! 					
75-80%	  Dips + Sca	anula	5+10	5+10	  5+10	<del> </del>		<del>                                     </del>					
. 0 30 /0	1 Leg Bac	•	8 to 20	!	8 to 20	<u>.</u> 	<u> </u> 	<u>.                                     </u>					
75-80%	Cable Lift		8	8	8	<del> </del>	<del> </del> 	<del>                                     </del>					
	l		i I	]	<u> </u> 	1	<u>.                                    </u>	<u> </u>					
	<u> </u>		<u> </u>	Ī	<u> </u>	1	<u> </u>	ļ į					
	İ		i	<u> </u>	i	İ	<del>.</del> 	<del></del> 					
Flexibility	Foam Rol	ler Stretch						-					
A 1 ***	Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	Comments	s: (issues o	r injuries, o\	erall mood,	etc.)								
Additional	Exercises	: (Practice, I	Bike, Run, S	Swimming)									

		Week # 2 Day of the week:											
	Date		Day # 1				,						
			Bodyweig	ht									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:		(20 yards)										
Tille	oi Day.							run 5.butt k					
		7. back	pedal 8. S					skip 10. Ov	erhead				
Start	/Finish	D		11.	heel walks	12. inchwo	orm						
		Plyometric	cs:	Со	ntinuous H	lurdle Hop	5x5						
	ch(s):	Spood/Agi	ed/Agility:										
Partner	/Group:	Speeu/Agi	iity.		Chase Snr	int 3x each							
					опаве орг	III OX CUOII							
				Sled 4x 1	/2 field, 1x	full field (1	80 yards)						
		Condition	ing:			•							
				1	x300 (25 ya	rd) 1:00/2:0	00						
					7x100 (25 y	ard) :20/:40	)						
	_												
Abdomina	lls:												
			0		2 00-00								
			2 poil	nt stability 2	2x:20-60 se lls 3x10	conas							
					e 3x10-20								
						~							
			3	Strength	ıraının	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
82.5.85.90	DB Snatch		3	3	3			i — — — †					
I	Slant Boar		10 to 20	10 to 20	10 to 20			<del> </del> 					
<u>.                                    </u>	İ	•	i	i	<u></u> ]	İ		i i					
80,70,55%	Front Box	Squat	6	12	24	1		<u> </u>					
80-87%		-	5	5	5	<u>l</u> İ		!! 					
				<u> </u>									
80-85%	KB Tactica	al Lunge	5ea	5ea	5ea	<u> </u> 		<del> </del> 					
	Inverted R		8 to 20	8 to 20	8 to 20	Ì		<u> </u>					
		perextension	8 to 20	8 to 20	8 to 20	<del>l</del> I		<del>                                     </del>					
	<u> </u>		İ	İ	<u> </u>	İ		! 					
	i i		i i	<u> </u>	<u> </u>	i i		i i	j				
	<del>.</del> I		i	i	<del>.</del> İ	<del>.</del> I	l	<del></del> 					
Flexibility	Partner St	retch	•	-	•	•		<u> </u>					
Additional	Additional Comments: (issues or injuries, overall mood, etc.)												
A alater	F	/D=:	Diller D. 1	Nordina 1 - N									
Additional	∟xercises:	: (Practice, I	ыке, Run, S	wimming)									

		Week # 2 Day of the week:										
	Date		Day # 2				.,					
			Bodyweig	ht								
	CONDI	TIONIN	G-Warm	up- Plyor	metrics- \$	Speed/Ag	ility- Con	ditioning				
Time of	Dave		(Ladder) 1									
Time of	рау:							3-1 F, Makovsl	ky Shuffle F			
						amstring, la	ateral squa	t walk				
Start /F	inish			and - Purpl	e) F/B/L/R							
		Plyometric	cs:									
			Lateral Hurdle or Cone Hop 5x5									
Coach		0	od/A gilitu									
Partner/0	Group:	Speed/Agi	iity:		\!	0 0	L					
						2 cut 3x eac eturn 3x eac		1				
				Later at 1100	γριαπ W/ It	LUIII JA Edu	,, (5 1100h2	,				
		Condition	ina:									
		55	···• <b>··</b>	7	Mile Bike	Гest (group	1)					
						, one group		)				
								•				
Abdominals	s:											
			Medicine E	Balls- Overh	nead w/ ste	p 2x10 each	1					
			sic	de twist 3x1	0 ND & 2x1	10 D						
			one arn	n chest pas	s 3x10 ND	& 2x10 D						
				Strength		ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
82.5,85,90 H	Hang Clea	n	3	3	3	I I	<u> </u>	l I				
įs	Slant Boar	d Rev Sit U	10 to 20	10 to 20	10 to 20	<u>i</u>	İ	<u>i          i           i             </u>				
			<u> </u>	<u> </u>	<u> </u>		<u> </u>	<u> </u>				
85,90,95,100 E	Bench Pre	ss	4	3	2	1	] ]	l				
İF	oam Rolle	r Hip Lift	8-20	8-20	8-20	Į	]	<u>į    i</u>				
			 	<u> </u>	 	] ]	] ]	] ]				
75-80% C	Dips + Sca	pula	5+10	5+10	5+10	İ	]	<u> </u>				
10	Glute Ham	Raise	8 to 20	8 to 20	8 to 20		<u> </u>	[ 				
75-80% C	Cable Lift		8	8	8	<u> </u>	! [	ı <u>                                      </u>				
					I	<u> </u>						
			! 		 	I I	I L	I [				
			<u>i</u>		<u>i                                      </u>	<u>i                                      </u>	i	<u>i                                     </u>				
Flexibility: F	Foam Roll	er Stretch										
Additional C	Additional Comments: (issues or injuries, overall mood, etc.)											
Additional E	dditional Exercises: (Practice, Bike, Run, Swimming)											

			Week # 2 Day of the week:										
	Date		Day # 3				.,						
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Dove	Warm Up:	(20 yards)										
i ime c	of Day:				utt 3.high k								
		7. back	pedal 8. SI		orward/Bac			skip 10. O\	rerhead				
Start /	/Finish			11.	heel walks	12. inchw	orm						
		Plyometric	s:				_						
				Sing	gle Leg Hur	dle Hop 5x	5 ea.						
0	ala (a).												
	ch(s): :/Group:	Sneed/Agi	ed/Agility:										
raitilei	/Group.	opood,, ig.	,.	Sinal	e Leg Chas	se Sprint 3x	each						
			Single Leg Chase Sprint 3x each										
				Resis	sted Band T	owing 4x2	5 yds.						
		Conditioni	ing:										
					x300 (25 ya								
			7x100 (25 yard) :20/:40										
Abdomina	le:												
Abdomina	113.												
			2 noir	nt stability	2x:20-60 se	conds							
			Z pon		Ils 3x10	oonas							
					e 3x10-20								
			S		Trainin	a							
						9							
%	Fye	rcise	Set 1	Set 2	Set 3	Reps/	Reps/						
,,, 	<u> </u>		Reps/	Reps/	Reps/	Weight	Weight	Tempo	Rest				
82.5,85,90	Push Pres	s	3	3	3	! !	l !						
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec	<u>i</u>	<u> </u>						
	<u> </u>			<u> </u>	<u> </u>	<u> </u>	1						
80,70,55%	Hex DL +	Shrug	6	12	24	<u> </u>	<u> </u>						
80-87%	Pull Up		5	5	5	<u> </u>							
	! <del> </del>			! <del> </del>	! <del> </del>	! <del> </del>	] 	I 					
80-85%	Single Lec		5ea	5ea	5ea	<u>ļ</u>	<u> </u>	<u> </u> i	<u> </u>				
	Ring Inve	erted Row		8 to 20	8 to 20	! <del>!</del>	I <del>I</del>	[ -					
	Reverse Hyp	perextension	8 to 20	8 to 20	8 to 20	<u>i                                     </u>	<u>i</u>						
	<u> </u>			<u> </u>	<u> </u>	<u> </u>	] 		ļ				
	<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u> 		ļ				
	<u> </u>			l		l							
Flexibility:	: Partner St	tretch											
Additional	Comment	s: (issues or	injuries ov	erall mood	etc.)								
	22		,	moou,	,								
Additional	Exercises	: (Practice, E	Bike, Run, S	Swimming)									

		Week # 2 Day of the week:											
	Date		Day # 4			Da	y or the we	on.					
			Bodyweig	ht									
	CONDI	TIONIN	G-Warm	up- Plyor	metrics- (	Speed/Ag	ility- Con	ditioning					
Time (	of Day:		(Ladder) 1										
I IIII (	or Day.	1 1						ant slalom F,	2 forward 1				
						amstring, la	ateral squa	t walk					
Start	/Finish	Plyometric		ınd - purple	) F/B/L/R								
		Tyomean		Single Leg I	_ateral Hur	dle or Cone	Hop 5x5 e	a.					
Coad	ch(s):												
	/Group:	Speed/Agi	eed/Agility:										
					Assisted 1	-2 cut 3x ea							
				Lateral hoc	p run w/ re	eturn 3x eac	h (2 hoops	)					
		0 11:-1											
		Condition	ıng:		Mile Biles	Foot /crass	2)						
						Test (group		<u> </u>					
				torie group	Jii uay #2	., one group	Jii uay #4	<u>'</u>					
Abdomina	ıls:	•											
				Overhead v	v/ Step 2x1	0							
			Sic	de twist 3x1	0 ND & 2x	10 D							
			One Arı	n chest pas	s 3x10 Nd	& 2x10 D							
				Strength		ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
82.5,85,90			3	3	3	l 1		] <del> </del>					
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		i <u>i</u> I i					
80,70,55%	DB Incline	)	6	12	24	İ		<del>                                     </del>					
	Foam Rolle	er Hip Lift	8-20	8-20	8-20	İ		! 					
	[	<u> </u>	Ţ	1	<u> </u>	ļ		<u> </u>					
75-80%	Dips + Sca	apula	5+10	5+10	5+10	İ		<del>                                     </del>					
	1 Leg Bac		8 to 20	8 to 20	8 to 20	İ		į į	ļ				
75-80%	Cable Lift		8	8	8			, <del>     </del>					
	<u> </u>		<u> </u>		<u> </u>	<u> </u>		<u> </u>					
	! 		! 		! 	! 							
	<u>i                                      </u>		<u>i                                      </u>		<u>i                                      </u>	<u>i                                      </u>		<u>i i</u>					
Flexibility	: Foam Rol	ler Stretch											
Additional	Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	dditional Exercises: (Practice, Bike, Run, Swimming)												

			Week # 3	y of the we	he week							
	Date		Day # 1				,					
			Bodyweig	ht								
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning				
Timo	of Day:	Warm Up:	(20 yards)									
Time	or Day:							run 5.butt k				
		7. back	pedal 8. S					skip 10. Ov	erhead			
Start	/Finish			11.	heel walks	12. inchwo	orm					
		Plyometric	es: 	Со	ntinuous H	lurdle Hop	5x5					
0	- l- (-)-											
	ch(s): /Group:	Sneed/Agi	ed/Agility:									
Faithei	/Group.	opecu/Agi	nty.		Chase Spr	rint 3x each	<u> </u>					
					опасс ср.		•					
				Sled 5x 1	/2 field, 1x	full field (2	10 yards)					
		Conditioni	ing:									
					Line Drill	5 15 25 30						
			:30/1:00									
					10 mi	nutes						
Abdomina	ls:											
			2 poi	nt stability 2		conds						
					lls 3x10 e 3x10-20							
				Strength	I rainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100-	DB Snatch	1	3	3	3			 				
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	! [		<u> </u>				
	<u> </u>			<u> </u>	<u> </u>	<u> </u>						
80,70,55%	Front Box	Squat	6	12	24	<u> </u>		] [				
80-87%	Chin up		5	5	5	<u> </u>		<u> </u>				
	I I		] [	I	I I	I I		] ]1				
80-85%	Single Leg	g Squat	5ea	5ea	5ea	<u>i</u>		<u>i</u> i				
	Inverted R	low	8 to 20	8 to 20	8 to 20	<u> </u>						
	Reverse Hyp	perextension	8 to 20	8 to 20	8 to 20	<u> </u>		. ! 				
	<u> </u>		]	<u> </u>	<u> </u>	<u> </u>		<u> </u>				
	! 			! !	! !	! !		] ]I				
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>				
Flexibility	: Partner St	retch										
Additional	Comment	s: (issues or	r injuries, ov	erall mood,	etc.)							
Addition -	Eversions	(Droctice 5	Dika Dun C	Quimmina)								
Additional	∟xercises:	: (Practice, E	ыке, кun, S	swimming)								

		Week # 3 Day of the week:										
	Date		Day # 2				y or the we	OII.				
			Bodyweig	ht								
	CONDI	TIONIN	G-Warm	up- Plyor	metrics- \$	Speed/Ag	ility- Con	ditioning				
Time	of Day:		(Ladder) 2									
Tille	oi Day.					F/B, quick shu			ky Shuffle F			
						amstring, la	ateral squa	t walk				
Start	/Finish			and - Purpl	e) F/B/L/R							
		Plyometric	CS:	Late	ral Hurdle	or Cone Ho	p 5x5					
Coo	ab/a\.											
	ch(s): r/Group:	Speed/Agi	ed/Agility:									
Faithei	/Group.	opecu/Agi		<i>A</i>	Assisted 1-	2 cut 3x eac	:h					
						eturn 3x eac		)				
					<u> </u>			•				
		Condition	ing:									
					Slide Board	l 12x :30/1:0	0					
				Airdyn	e 6x :45/1:1	I5 (M-Lv 10,	F-Lv 8)					
	_											
Abdomina	ıls:											
						p 2x10 each	1					
				de twist 3x1								
			one arn	n chest pas	s 3x10 ND	& 2x10 D						
	•			Strength		ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100-	Clean		l <sub>3</sub>	3	Ī <sub>3</sub>	<u></u>						
		rd Rev Sit U	10 to 20	10 to 20	10 to 20	i		<del>                                     </del>				
	i i		İ	j	İ	İ		<u> </u>				
85.90.95.100	Bench Pre	ess	4	3	2	11		İ				
	Foam Rolle		8-20	8-20	8-20	i						
	1		<u> </u>	<u>İ</u>	<u> </u>	<del>j                                     </del>		i	j			
75-80%	Dips + Sca	apula	5+10	5+10	5+10	<del> </del>	<u> </u>	<del>                                     </del>				
. 5 55 /6	Glute Ham		8 to 20		8 to 20	İ	<u> </u>	<u>!</u>				
75-80%	Cable Lift		8	8	8	†						
. 5 55 /0			<u></u> 	<u></u>	<u></u> 	Ī						
	<del>i</del>		<u>i</u>	į	<u>i</u>	<u>į</u>		i	i			
	<del> </del>		<u> </u>	<del> </del>	<u> </u>	<del> </del>						
Flexibility	: Foam Rol	er Stretch	I	1	I	I	1	<u> </u>				
. ioxiioiiity												
Additional	Comment	e. (jeende o	r injuries o	verall mood,	etc )							
Additional	Comment	e. (ISSUES UI	junes, 0\	oran mood, (	o,							
Additional	Exercises	: (Practice, I	Bike, Run, S	Swimming)								
		•	•	٥,								

			Week # 3		Day of the week:								
	Date		Day # 3				,						
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning					
Time (	of Day:	Warm Up:	(10 yards)										
i iiile (	oi Day.							utt 4. heel t					
		5. Ba	ckward lun	ge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward				
Start	/Finish												
		Plyometric	cs:	C:		undle Hen f	·F						
			Single Leg Hurdle Hop 5x5										
Con	ch(s):												
	/Group:	Speed/Agi	d/Agility:										
Tartrici	7010up.		Single Leg Chase Sprint 3x each										
			omg.c log onacc op.micox cach										
			Resisted Band Towing 5x25 yds.										
		Conditioni											
			1x300(50 yard) 1:00/2:00										
			2x150(50 yard) :30/1:30										
		3x100(50 yard) :20/:40											
A la al a mailm a	la-												
Abdomina	IIS:												
			2 nair	4 otobility (	Dv. 20 CO co								
			2 poir		2x:20-60 se lls 3x10	conas							
					e 3x10-20								
			6			~							
			•	uengin	Trainin	9							
%	Fye	rcise	Set 1	Set 2	Set 3	Reps/	Reps/						
,,, 	<u> </u>		Reps/	Reps/	Reps/	Weight	Weight	Tempo	Rest				
90,95,100-	Push Pres	S	3	3	3	! !	] }	] }					
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec	<u></u>	]						
	<u> </u>			<u> </u>	]	<u> </u>	]						
80,70,55%	Hex DL +	Shrug	6	12	24		] ]						
80-87%	Pull Up		5	5	5	<u> </u>	<u> </u>						
	I I			I I		I I							
80-85%	Single Leç	g Squat	5ea	5ea	5ea								
	Reverse G	rip Inv Row	8 to 20	8 to 20	8 to 20	<u> </u>		 					
	Reverse Hyp	perextension	8 to 20	8 to 20	8 to 20	<u> </u>	<u> </u>	   <u> </u>					
	<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>						
	! L		]	! L	I L	! L	] [						
	<u> </u>			<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>					
Flexibility:	: Partner St	retch											
Additional	Commont	s: (issues or	injurios es	orall mood	etc )								
Additional	Comment	a. (ISSUES OF	irijuries, ov	eran mood, (	<del>5</del> (0.)								
Additional	Exercises	: (Practice, E	Bike, Run, S	Swimming)									
				-									

		Week # 3 Day of the week:										
	Date		Day # 4				y or the we	on.				
			Bodyweig	ıht								
	CONDI	TIONIN	G-Warm	up- Plyor	metrics-	Speed/Ag	ility- Con	ditioning				
Time	of Day:		(Ladder) 2									
I IIIIe	or Day.	1 1				R, in-in-out-o			2 forward 1			
_						amstring, la	ateral squa	t walk				
Start	/Finish		_	and - purple	) F/B/L/R							
		Plyometric		Single Leg	J Lateral H	urdle or Co	ne Hop 5x5					
Coa	ch(s):											
	/Group:	Speed/Agi	ed/Agility:									
					Assisted 1	-2 cut 3x ea						
				Lateral hoo	p run w/ re	eturn 3x eac	h (2 hoops	)				
		Condition	ing:									
						1 12x :30/1:0						
				Airdyn	е 6Х :45/1:′	15 (M-Lv 10,	r-LV 8)					
Abdomina	ıls:											
				Overhead v	v/ Step 2x1	10						
			Sic	de twist 3x1								
			One Arı	n chest pas	s 3x10 Nd	& 2x10 D						
			5	Strength	Trainir	ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100-	Snatch		3	3	3	<u> </u>	<u> </u>	 				
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	<u></u>	<u> </u>				
00 70 550/	! 		!  6	12	l 	<u> </u>	! }	! ! 				
	DB Incline o			<b>!</b>	24	<del>!</del>	<u> </u>	<del>                                     </del>				
	Foam Rolle	er Hip Lift	8-20 	8-20	8-20 	<u> </u>	<u> </u>	1 1				
75 900/	  Ding : Cal	anule	5+10	5+10	5+10	<del></del>	ļ					
75-80%	Dips + Sca	•	8 to 20		8 to 20	<u> </u> 	<u> </u> 	<u>                                     </u>				
75 900/	1 Leg Bac		H	1		<del>i</del>		<u> </u>				
75-80%	Cable Lift		<u> </u> 8	<u> </u> 8	8  -	<u> </u>	<u>[</u>	<u>                                     </u>				
	<del> </del>		<del> </del>	İ	<del> </del>	i	i İ	. ! !				
	<u> </u>		<u> </u>	<u> </u>	<del>                                     </del>	1	<u> </u>	<del>                                     </del>				
Flexibility	I : Foam Roll	ler Stretch	I	I	I	I						
rickibility	. i oaiii itoii	ier otreteri										
Additiona	Comment	s: (issues o	r injuries. ດ\	verall mood,	etc.)							
		( = = = = = = =	<b>,</b> , <b>o</b> .		- /							
Additiona	Exercises	: (Practice, I	Bike, Run, S	Swimming)								

			Week # 4		Day of the week:								
	Date		Day # 1										
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyor	metrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:		(20 yards)										
111116	or Day.							run 5.butt k					
		7. back	pedal 8. S					skip 10. Ov	erhead				
Start	t/Finish	Diaman	11. heel walks 12. inchworm										
		Piyometric	ometrics: Hurdle Hop with Sprint 5x5										
				110	irdie riop w	itii Spriiit s	,,,J						
Coa	ach(s):												
	er/Group:	Speed/Agi	lity:										
				Gro	und Chase	Sprint 3x e	each						
		Complication		Sled 2x 1	/2 field, 2x	full field (1	80 yards)						
		Conditioni	ing:		Line Drill	5 15 25 30							
						1:00							
						nutes							
Abdomin	als:												
			9	tability Bal	l Alphabet 2	2x							
			1 Leg H	lip Lift on N	ledicine Ba	II 2x8-12							
				Russian	Twist 3x10								
				Strength		g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
	Bar Comp	<u>lex</u>	I ↓————	I ⊢	! +————	<u> </u>							
	High clean		5	5	5	<u> </u>							
	Row		10		10								
	SLDL		10	10	10	! <u> </u>							
	Push Press		10	i e	10	]							
	High pull		10	10	10	I 		 					
	ļ			<u>ļ</u>	<u>!</u>	<u> </u>							
	Slant Boar	rd Sit Ups	10 to 20	10 to 20	10 to 20	l <del> </del>							
	<u>i</u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>		<u> </u>					
		url + Press		8+8	I 	I 1							
	Diagonal F	Plate Raise	8 to 20	8 to 20	<u> </u>	<u> </u>							
Elovikili:	/: Partner St	rotch		<u> </u>	<u> </u>								
riexibility	, Partilei St	reten											
Additions	al Comments	e. (jeenee or	r injuries o	erall mood	etc )								
Additions	ai Gomment	J. (ISSUES UI	ii jui ies, Ui	Gran mood,	J. J.								
Additiona	al Exercises	: (Practice, E	Bike, Run, S	Swimming)									

	Date		Week # 4		Day of the week:								
	Date		Day # 2	vh4									
			Bodywei	Jiit									
	CONDI	TIONIN	G-Warm	up- Plyoi	metrics- S	Speed/Ag	ility- Con	ditioning					
Time o	of Day:	Warm Up:											
	<b>-</b> -							's, Makovsky S	Shuffle F				
				spiderman,			ateral squa	t walk					
Start	/Finish			Knees - Gr	een) F/B/L/I	₹							
		Plyometric	metrics:  Lateral Hurdle or Cone Hop with Jump and Reach 5x5										
			Late	nai nui ule C	or Corre no	p with Julii	J and Neac	11 383					
Coad	ch(s):												
	/Group:	Speed/Agi	lity:										
	, o. oup.	<u> </u>		La	teral 45 deg	gree 1-2 cut	4x						
				Lateral hoo	p run w/ re	turn 3x eac	h (3 hoops	s)					
		Condition	ing:										
			Slide Board 14x :30/1:00										
			Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)										
Abdomina	le:												
Abdollilla		N.	ladicina B	alls- single	log overbe	ad 2v10 oad	h						
		IV		le leg twist			·11						
				ng Chest Pa									
			Alternati	ing Onest i d	233 37 10 14	J Q ZXIO D							
			,	Strength	Trainin	g							
%	l Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/	I I I _ I					
70.75.00	  Snotab		4 <u></u>	<u> </u>	<del></del>	Weight	Weight	Tempo	Rest				
70,75,80	Snatch	Rev Sit Ups	5  10 to 20	14 10 to 20	3 10 to 20	! 	<u> </u>	! ! 					
	Siailt Board	Kev Sit Ops	10 10 20	101020	10 10 20	<del>!</del>		<del>i i</del>					
60%	50's Bencl	h	3x	<del> </del>	<u> </u>			} 					
	Leg Circui		Î	i	ì	ì		<del>i i</del>					
	jump squat		20	20	20								
	body weigh		20	20	20	ļ <u> </u>		, <del>     </del>					
	alternating		20	20	20	<u>ļ</u>	<u> </u>	يًــــــــــــــــــــــــــــــــــــ					
	lateral squa	at	20	20	20	<u> </u>		<u>                                     </u>					
			 	Mari C	<del>i</del>	<del>i</del>	<u> </u>	<del>i i</del>					
	pull up	. D	Max	Max-2	<u> </u>	<u> </u>		<u> </u>					
		ne Push Up	INIAX	Max-10	<u>.</u>	<u> </u>		<u>.                                      </u>					
Flexibility	: Foam Roll	ier Stretch											
Additional	Commont	e: (iceuoc o	r injurios o	verall mood,	etc )								
Additional	Comment	s. (ISSUES DI	i ii jui les, o	verali moou,	eic.)								
Additional	Exercises	: (Practice, I	Bike, Run,	Swimming)									

	Date		Week # 4 Day # 3		Day of the week:								
	Duit		Bodyweig	ht									
	CONDI	TIONIN		up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:	_	(10 yards)										
111116	oi Day.							utt 4. heel					
		5. Ba	ckward lur	ge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward				
Star	t /Finish	Divemetri											
		Plyometric	us.	Single L	.eg Hurdle I	Hop with S	print 5x5						
Co	ach(s):												
Partne	er/Group:	Speed/Ag											
			Back ground sprint 3x each										
				Resist	ted Band Ri	unnina 6x 2	25 vds.						
		Condition	Resisted Band Running 6x 25 yds. ditioning:										
			1x300(50 yard) 1:00/2:00										
					2x150(50 ya								
					5x100(50 ya	ard) :20/:40	)						
Abdomir	Abdominals: Stability Ball Alphabet 2x												
				ip Lift on N									
			i Leg i	-	Twist 3x10	11 230-12							
				rtussium	Wistoxio								
			5	Strength	Trainin	g							
%	I Exe	rcise	Set 1	Set 2	Set 3	Reps/	Reps/	i . [ ]					
			Reps/	Reps/	Reps/	Weight	Weight	Tempo	Rest				
	DB Compl	<u>ex</u>	¦		}_————	}	! 	! 					
	Snatch		5	5	5	<u> </u>	<u> </u>	<u> </u>					
	Row		10	10	10 10	! 	! 	! 					
	SLDL				<del></del>	<u> </u>	<u> </u>						
	curl + push		10+10	10+10	10+10	<u>.</u> I	<u> </u>	<u> </u>					
	push up +	scapula	10+10	10710	10+10	<u> </u>	<u> </u>		<del>                                     </del>				
	Hanging L	.eg Raise	10 to 20	10 to 20	10 to 20								
			<del> </del>	<del> </del> 	i	] ]	] ]	 					
	į		<u> </u>	<u> </u>	<u> </u>	İ	İ	<u> </u>					
			I L		<u> </u>	I I	I I						
	<u>i                                      </u>		<u>i                                      </u>	i	i	<u> </u>	<u> </u>						
Flexibilit	y: Partner St	tretch											
Addition	al Comment	<b>s</b> · (issues o	r iniuries 🔿	rerall mood	etc.)								
Addition	ai Comment	<b>3.</b> (133063 0	i irijuries, ov	eran mood, i	GIG.)								
Addition	al Exercises	: (Practice,	Bike, Run, S	Swimming)									

			Week # 4		Day of the week:						
	Date		Day # 4				y or the we	on.			
			Bodyweig	ht							
	CONDI	TIONIN	G-Warm	up- Plyor	netrics-	Speed/Ag	ility- Con	ditioning			
Timo	of Day:		(Ladder) 1								
Time	or Day:					R, in-in-out-o			n F		
						amstring, la	ateral squa	t walk			
Start	/Finish			knees - gree	en) F/B/L/R						
		Plyometric		Leg Hurdle	or Cone I	lop with Ju	mp and Rea	ach 5x5			
0	-1-7->										
	ch(s): r/Group:	Speed/Agi	litv.								
raitile	i/Group.	орессилд	ncy.		45 degree	e 1-2 cut 4x					
				Lateral hoo		eturn 3x eac	h (3 hoops	)			
							,	•			
		Condition	ing:								
			Slide Board 14x :30/1:00								
				Airdyn	e 7x :45/1:	15 (M-Lv 10,	F-Lv 8)				
A11											
Abdomina	ais:				- · · · ·						
			oine		Ball Abs	) aaab					
				le leg overl e leg twist 3							
				ng chest pa							
			•	Strength	Trainii	ıg					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest		
70,75,80	Push Pres	s	5	4	3	·[	Ī	<u> </u>			
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20	) 	<del>                                     </del>			
	į		į	į	į	į	į	î î			
	Mini Leg C	Circuit		i	<u> </u>			] 			
	squat jump		10	i	i	i	i	i i			
	body weigh		10	Ī	Ţ	Ţ	Ĭ	Į Į			
	alternating	lunge	10	İ	<del>l</del>	i	<del>.</del> 	<del></del> 			
	tuck jump		10	İ	l	İ	İ	i i			
					<u> </u>	i i		, 1 			
	Chin ups		max	max-2	<u> </u>	<u> </u>	<u> </u>	<u>i</u>			
	Inverted R	ow	8 to 20	8 to 20		1	] 				
	İ			İ	İ	i		<u> </u>			
Flexibility	: Foam Roll	er Stretch									
Additiona	I Comments	s: (issues or	r injuries, ov	verall mood,	etc.)						
Additiona	dditional Exercises: (Practice, Bike, Run, Swimming)										

	Date	Week # 5 Day # 1 Day of the week:											
	Date		Bodyweig	ht									
	CONDI	TIONIN			netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:	Warm Up:	(20 yards)										
Time	OI Day.							run 5.butt k					
		7. back	pedal 8. S					skip 10. Ov	erhead				
Star	t /Finish	DI		11.	heel walks	12. inchw	orm						
		Plyometric	cs:	Н	ırdle Hop w	vith Sprint 5	5x5						
Co	ach(s):												
	er/Group:	Speed/Agi	lity:										
				Gro	und Chase	Sprint 3x 6	each						
			·										
			Sled 3x 1/2 field, 2x full field (210 yards)										
		Condition	ing:										
			Line Drill 5 15 25 30 :30/1:00										
	14 minutes												
Abdomin	hdominals:												
71.500111111	Abdominals: Stability Ball Alphabet 2x												
					ledicine Ba								
				-	Twist 3x10								
			S	Strength	Trainin	g							
%	l Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
	Bar Comp	lex	<del></del> -	<b> </b> -	†		<u>s</u>	)					
	High clean		5	F	+ 15	<del> </del>	} 						
	Row		10	10	110	<u>.                                    </u>	<u> </u> 	<u>                                       </u>					
	SLDL		10	10	10	<u> </u>	<u> </u>						
	Push Pres	s	10		10	i	! 	<u> </u>					
	High pull	-	10	10	10	<u> </u>	<u> </u>						
l	3		<del>!</del> 	<del>!</del> !	<del>!</del> I	<del>!</del> I	} 						
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	i !	i I						
	Hammer C	url + Press	8+8	8+8	<u>.</u> [	<u>.</u> [							
	1		! 	! 	! 	! 	] ]	 					
	<u>i</u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>					
Flexibility	y: Partner Si	tretch											
Addition	al Comment	<b>s:</b> (issues o	r injuries, ov	rerall mood,	etc.)								
A 1 1121		/D: ::	0.1 - 5	<b>.</b>									
Addition	dditional Exercises: (Practice, Bike, Run, Swimming)												

Date		Week # 5  Day # 2  Day of the week:									
		Bodyweig	ıht								
COND	ITIONIN			metrics- S	Speed/Agi	ility- Con	ditioning				
Time of Day:		(Ladder) 1									
Tillie of Day.	high knee F	/L/R, cross i	n front F/B, cı	oss behind F	/B, quick shu	ffle F/B, 180	s, Makovsky S	Shuffle F			
					amstring, la	ateral squa	t walk				
Start /Finish	Bands (Ba	and Above	Knees - Gr	een) F/B/L/F	2						
	Plyometri										
		Lateral Hurdle or Cone Hop with Jump and Reach 5x5									
Coach(s):	Cm a a al/A m	M/A gillity:									
Partner/Group:	Speed/Ag	ility:		toral 45 day	nroo 1 2 out	4v					
		Lateral 45 degree 1-2 cut 4x  Lateral hoop run w/ return 3x each (3 hoops)									
					ows 1x Ful		·)				
	Condition	ing:									
		Slide Board 16x :30/1:00									
			Airdyn	e 8x :45/1:1	5 (M-Lv 10,	F-Lv 8)					
Abdominals:											
	N			_	ad 2x10 eac	h					
			e leg twist								
		Alternati	ng chest pa	iss 3x10 NE	0 & 2x10 D						
			Strength	Trainin	ıg						
% Ex	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
75,80 85 Snatch		5	4	13			) <u>-                                   </u>				
Slant Boa	ard Rev Sit l	10 to 20	10 to 20	10 to 20	1						
60% 50's Ben		3x	<u>ļ</u>	<u> </u>	<u> </u>		<u> </u>				
Leg Circu		 	1	 	! !		 				
jump squa		20	20	20	<u>į                                    </u>		<u>i</u> i				
body weig		j20  20	20  20	j20 J20	<u> </u>		<u> </u>				
lateral squ	, ,	120	120	120	<u> </u>						
1410141 341		<del> </del>	†	<del> </del>	<del> </del>		<del> </del>				
pull up		Max	Max-2	<del>!</del> !	<del>!</del> 		<del>                                     </del>				
Metrono	me Push Up	Мах	Max-10	İ	İ		İ				
Flexibility: Foam Ro	ller Stretch										
Additional Commen	Additional Comments: (issues or injuries, overall mood, etc.)										
A delicional E	- /D ::	D1 - D	3								
Additional Exercises	s: (Practice,	Bike, Run, S	Swimming)								

	Date		Week # 5 Day # 3		Day of the week:								
	Date		Bodyweig	ht									
	CONDI	TIONIN		up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:	_	(10 yards)										
Tille	OI Day.							utt 4. heel					
		5. Ba	ckward lun	ge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward				
Star	t /Finish	Discounted											
		Plyometric	cs:	Single Le	g Hurdle Ho	p with Spr	int 5x5 ea.						
	ach(s):	C 1/A	a//A ailibu										
Partne	er/Group:	Speed/Agi	ility:	Ra	ck ground	enrint 3v o	ach						
					_								
			Resisted Band Running 6x 25 yds.										
		Condition	ing:										
			1x300(50 yard) 1:00/2:00										
					3x150(50 ya	-							
					5x100(50 ya	ard) :20/:40	)						
Abdomir	odominale:												
Abdollill	Abdominals: Stability Ball Alphabet 2x												
				lip Lift on M									
				-	Twist 3x10								
			5	Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
	DB Compl	lex	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>						
	Snatch		5	5	5		) 						
	Row		10	10	10								
	SLDL		10	10	10	Î Î	Î Î						
	curl + push	n press	10	10	10	İ	İ						
	push up +	scapula	10+10	10+10	10+10	 	 						
	Hanging L	.eg Raise	10 to 20	10 to 20	10 to 20	<u> </u> 	<u> </u>						
		_	<del>1</del> I	<del>1</del> 1	l								
	 		 	! !	<u> </u>	<u> </u>	<u> </u>						
			<u> </u>	<del>!</del>	<u> </u>	<u> </u>	<u> </u>						
Flevihilit	ı y: Partner St	tretch			l								
rickibilit	y. I artifer of	iretori											
Addition	al Comment	s: (issues o	r injuries. ov	rerall mood	etc.)								
	- >	, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	,		- /								
Addition	al Exercises	: (Practice, I	Bike, Run, S	Swimming)									
		,,-	, - , -	3,									

			Week # 5		Day of the week:							
	Date		Day # 4				y or the we	OK.				
			Bodyweig	ıht								
	CONDI	TIONIN	G-Warm	up- Plyor	netrics-	Speed/Ag	ility- Con	ditioning				
Time	of Day:	Warm Up:	(Ladder) 1	5 yds.								
Time	or Day:							ant , Brake Ru	n F			
						amstring, la	ateral squa	t walk				
Start	/Finish	,		knees - gree	en) F/B/L/R							
		Plyometric	netrics: Single Leg Lateral Hurdle Hop with Jump and Reach 5x5 ea.									
			Single Leg Lateral Hurdle Hop with Jump and Reach 5x5 ea.									
Coa	ch(s):											
	r/Group:	Speed/Agi	ed/Aqility:									
				bacl	kward 45 d	egree 1-2 c	ut 4x					
				Lateral hoo	p run w/ re	eturn 3x eac	h (3 hoops	)				
		Condition	ing:									
			Slide Board 16x :30/1:00 Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8)									
				Airdyne	e ox :45/1:′	15 (IVI-LV 10,	r-LV 8)					
Abdomina	als:											
				Medicine	Ball Abs							
			sing	le leg overh	nead 2 x 10	each						
			singl	e leg twist 3	8x10 ND &	2x10 D						
			Alternati	ng chest pa	ss 3x10 NI	D & 2x10 D						
			9	Strength	Trainir	ng						
<u>%</u>	<del> </del>	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo I	Rest			
75.80,85	Push Pres		5	14	3	1	! 	! ! <del>                                   </del>				
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		<u> </u>				
	! 		! ]	l Î	! 	<u> </u>		! ! <del>                                   </del>				
	Mini Leg C		10	<u> </u>	<u> </u>	<del>!</del>		<u> </u>				
	squat jump		10   <sub>10</sub>		<u> </u>	1		! ! !				
	body weigh	- '	10 10	<del> </del>	ļ	<u> </u>		<del>!                                    </del>				
	alternating	iurige	10  10	I I	<u> </u> 	<u> </u>		<u> </u>				
	tuck jump		10	İ	!	<del>!</del>		<del>į į</del>				
	Chin Up		Max	Max-2	<u> </u> 	<u>I</u>		<u> </u>				
	inverted re		8 to 20	8 to 20		<del>i                                      </del>		<del>j i</del>	i			
	verteu re	· · · ·		1	<u> </u> 	<del> </del>		<del>                                     </del>				
Flexibility	: Foam Roll	er Stretch	1	1	1	Ī		<u> </u>				
,												
Additiona	l Comments	s: (issues o	r injuries, ov	erall mood,	etc.)							
Additions	l Exercises:	(Practice !	Rika Dun G	Swimming)								
AuditiOna	LACICISES	i (i iaciice, l	ירב, rull, ג	wiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii								

	Date		Week # 6 Day # 1	ay of the week:									
	Date		Bodyweig	ht									
	CONDI	TIONIN		up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:	Warm Up:	(20 yards)										
111116	OI Day.							run 5.butt k					
		7. back	pedal 8. S					skip 10. Ov	erhead				
Star	t /Finish	Plyometric		11.	heel walks	12. inchw	orm						
		Plyometric	JS.	Ни	ırdle Hop w	ith Sprint 5	5x5						
Coa	ach(s):												
	er/Group:	Speed/Agi	lity:										
				Gro	und Chase	Sprint 3x 6	each						
			Clad 4v m = 1 m star										
		Condition	Sled 1x perimeter										
		30.141011	Line Drill 5 15 25 30										
						1:00							
					16 mi	nutes							
Abdomin	bdominals:												
				tability Bal									
			i Leg n	lip Lift on M	Twist 3x10	II 2X0-12							
				Nussian	I WIST 3X IU								
			5	Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
	Bar Comp	lex		<u> </u>	<u> </u>								
	High clean		5	5	+ 15	} 	<del> </del>						
	Row		10	10	10	i İ	i I	<u>.                                      </u>					
	SLDL		10	10	10	<u> </u>	<u> </u>						
	Push Pres	s	10	10	10	İ	İ						
	High pull		10	10	10								
	<u>i</u>		<u>į</u>	<u>į</u>	<u>į</u>	į	j						
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	 	 	    					
	Hammer C	url + Press	8+8	8+8	   	<u> </u>   	<u> </u>   	 					
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>						
Flevibilit	I y: Partner St	retch	I	I	I	I	I		<u> </u>				
riexibilit	y. Partiler Si	ireich											
Addition	al Comment	s: (issues o	r injuries, ov	rerall mood,	etc.)								
A 1 11:-		<b>(D.</b>	D.I. D.										
Addition	al Exercises	: (Practice, I	Bike, Run, S	swimming)									

	Date		Week # 6  Day # 2  Day of the week:													
	Duto		Bodyweig	ıht												
	CONDI	TIONING		up- Plyor	metrics- S	Speed/Agi	ility- Con	ditioning								
Time	of Day:	Warm Up:							=							
	<b>-</b>							s, Makovsky S	ihuffle F							
011	/=:!!·			piderman, Knees - Gre			aterai squa	t walk								
Start	/Finish	Plyometric		Kilees - Gi	en) Moren	`										
		1 Iyometric	metrics:  Lateral Hurdle or Cone Hop with Jump and Reach 5x5													
					7. 00110 110	p	o una rious	0.0								
Coa	ch(s):															
Partne	r/Group:	Speed/Agi	lity:													
						gree 1-2 cut										
				Lateral hoo	p run w/ re	turn 3x eac	h (3 hoops	5)								
		Conditioni	ing:	40	Mile Dile:	Taat /	. 4)									
			10 Mile Bike Test (group 1)													
-		(one group on day #2, one group on day #4)														
Abdomina	als:															
		IV	ledicine B	alls- single	leg overhe	ad 2x10 eac	:h									
				e leg twist 3	_											
			Alternati	ng chest pa	ss 3x10 NE	& 2x10 D										
			5	Strength	Trainin	g										
%	I Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest							
65,70,75	Snatch		5	4	I3			, <u>_                             </u>								
	Slant Boar	d Rev Sit U	10 to 20	10 to 20	10 to 20	<del> </del>										
60%	50's Bench	•	3x	<u> </u>	<u> </u>			<u> </u>								
007	Leg Circui		jox I		<u>!</u> 	<u> </u> 		<u>                                     </u>								
	jump squat		20	20	20	<u> </u>		<u> </u>								
	body weigh	t squats	20	20	20			<del> </del>								
	alternating		20		20	ļ		ļ <u></u>								
	lateral squa	at	20	20	20	 		1   <del>1  </del>								
	pull up		Max	Max-2	<u> </u>	<u> </u>		<u> </u>								
	l I		l I	III UA-Z	<del> </del>	<u>.                                    </u>		<u> </u> 								
Flexibility	: Foam Roll	er Stretch														
Additiona	I Comments	s: (issues or	r injuries, ov	erall mood,	etc.)											
Additions	l Exercises:	(Dractice 1	Rika Pun (	Swimming\												
Auditiona	i Exercises:	. (F1a0110 <del>0</del> , I	אוכ, rtuii, ז	wiiiiiiiii)												

	Date		Week # 6		— Day of the week:								
	Date		Day # 3	.b.t									
			Bodyweig	nt									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning					
Time	of Day:		(10 yards)										
111110	or buy.			/B 2.heel to									
		5. Ba	ckward lur	ige walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward				
Star	t /Finish	D											
		Plyometric	cs:	Cim min i		lan mith Co	mint For						
				Single L	eg Hurdle l	nop with Sp	orint axa						
Co	ach(s):												
	er/Group:	Speed/Agi	//Agility:										
1 artis	orroroup.		,	Ва	ck ground	sprint 3x ea	ach						
			Resisted Band Tows 1x Full Field										
		Condition											
			1x300(50 yard) 1:00/2:00										
					3x150(50 ya								
					7x100(50 ya	ard) :20/:40	)						
A11 '													
Abdomin	iais:			M-1-1114 D-1	l Almiliation (	n							
				Stability Bal									
			1 Leg F	lip Lift on M	Twist 3x10	II 2X8-12							
				Russian	WIST 3X 10								
				trop oth	Trainin	~							
	1			Strength		g							
%	Exe	rcise	Set 1	Set 2	Set 3	Reps/	Reps/						
			Reps/	Reps/	Reps/	Weight	Weight	Tempo	Rest				
	DB Compl	<u>ex</u>	<u> </u>										
	Snatch		5	<u>1</u> 5	<u>5</u>	<u> </u>							
	Row		10		10	] }							
	SLDL		10	10	10	]							
	curl + push	_	10		10								
	push up +	scapula	10+10	10+10	10+10	! <del> </del>			 				
	<u> </u>		<u>!</u>	<u> </u>	<u>ļ</u>	<u> </u>		<u> </u>	<u> </u>				
	Straight L	eg Raise	10 to 20	10 to 20	10 to 20	] }							
	<u> </u>		<u>i                                    </u>	<u>i</u>	<u>i                                    </u>	<u>i</u>							
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	l -			 				
	<u> </u>		<u> </u>	<u> </u>	<u>.</u>	! 							
	<u> </u>		<u> </u>		<u> </u>								
Flexibility	y: Partner St	retch											
Addition	al Comment	s: (issues o	r injuries, ov	erall mood,	etc.)								
Addition	al Exercises	: (Practice, I	Bike, Run, S	Swimming)									
Addition	al Exercises	: (Practice, I	Bike, Run, S	Swimming)									
Addition	al Exercises	: (Practice, I	Bike, Run, S	Swimming)									

			Week # 6		Day of the week:								
	Date		Day # 4				y or the we	on.					
			Bodyweig	ht									
	CONDI	TIONIN	G-Warm	up- Plyor	netrics-	Speed/Ag	ility- Con	ditioning					
Timo	of Day:		(Ladder) 2										
Time	of Day:					R, in-in-out-ou			ın F				
						amstring, la	ateral squa	t walk					
Start	/Finish			knees - gree	en) F/B/L/R								
		Plyometri											
			Lateral Hurdle or Cone Hop with Jump and Reach 5x5 ea.										
	ich(s):	Cm a a al/A m	-d/Δqilitv·										
Partne	er/Group:	Speed/Ag	d/Agility: backward 45 degree 1-2 cut 4x										
								3					
		1	Lateral hoop run w/ return 3x each (3 hoops)										
		Condition	ing:										
		Ī	-	10	Mile Bike	Test (group	1)						
						2, one group		)					
Abdomin	als:												
					Ball Abs								
				le leg overl									
				e leg twist 3									
				ng chest pa									
	_			Strength Set 2		<u> </u>							
%	Exe	rcise	Set 1 Reps/	Reps/	Set 3 Reps/	Reps/	Reps/		Doot				
CE 70.75	Duels Dree		1 <sub>5</sub>	4	I <sub>3</sub>	Weight	Weight	Tempo	Rest				
65,70,75	Push Pres		·	10 to 20	10 to 20	10 to 20		i					
	SD SIT & P	Rev SB Sit	10 10 20	10 10 20	10 10 20	10 10 20		<u> </u>					
	I <sub>Mini</sub> I and	Nima mit	ı	<u> </u>	<u> </u>	<del>!</del>	<u> </u>	: 					
	Mini Leg (		110	<u> </u>	<u> </u>	<del> </del>		<u> </u>					
	squat jump		10	<u> </u>	<u> </u>	<u> </u>		:   					
<u> </u>	body weigh	_ '	10	<del>!</del>	<u> </u>	<del>!</del>	ļ	<del>!</del>					
	alternating	iurige	I10 I10	<u> </u> 	<u> </u> 	<u> </u>	<u> </u>	<u>                                      </u>					
<u> </u>	tuck jump			<del>i</del>	<del>j</del>	<del>i</del>		<del>j i</del>					
<u> </u>	Chin III		l  Max	Max-2	<u> </u>	<u> </u>		<u>                                     </u>					
	Chin Up		8 to 20	8 to 20	<u> </u>	1							
-	inverted r	OW	0 10 20	0 10 20	<u> </u>	<u> </u>		<del>                                     </del>					
Flexibility	I ∕: Foam Rol	ler Stretch	I	<u> </u>	I	I		ı					
i ioxioiiie,	,												
Additions	al Comment	e. (jeende o	r iniuries o	verall mood	etc )								
, additions	Johnnerit	o. hoodes 0	i injunica, ul	Jordin Hilloud, 1	J.U.,								
İ													
Additiona	al Exercises	: (Practice,	Bike, Run, S	Swimming)									

			Week # 7 Day of the week:										
	Date		Day # 1				-						
			Bodyweig	ht									
	CONDI					Speed/Agi	ility- Con	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	+ Dynamic	: Warm Up								
Start	/Finish	Plyometric	o. Sport S	nooifio									
		riyometric	-		le Hop 3x5	each foot f	orward (30	contacts)					
Coa	ch(s):												
	/Group:	Speed/Agi	lity: Sport	Specific									
					Illinois Ag	ility Test 5x							
		Conditioni	ng:										
						5 15 25 30							
						/1:00							
	18 minutes												
Abdomina	bdominals:												
			S	Strength	Trainir	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
90,95,100	DB Snatch	า	5	4	3								
	Slant Boar	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u>i</u>							
90-97%	Front Box	Squat	3	3	3	3							
90-97%	1	Grip Chin Up		l	3	3							
				]									
70-75%	Lunge		12	12	12	<u>i</u>							
70-75%	1	m 1 Leg Row		<b>!</b>	12	 							
	Reverse Hy	perextension	8-20	8-20	8-20	<u> </u>							
	<u> </u>			<u> </u>	<u> </u>	<u> </u>							
	<u> </u> 			<u> </u> 	<u> </u> 	1							
Flexibility	: Partner St	tretch			•	•							
Additiona	Comment	s: (issues or	injuries, ov	erall mood,	etc.)								
Additiona	Exercises	: (Practice, E	Bike, Run, S	Swimmina)									
		,, -	-,,	9/									

			Week # 7		Day of the week:							
	Date		Day # 2									
			Bodyweig	ht								
	CONDI					Speed/Ag	ility- Con	ditioning				
Time	of Day:	Warm Up:	5 minute c	Jog + Dynaı	nic Warm	Up						
Start	/Finish	Plyometric	on Concept (	D								
		Pryometric	s. sport	_	Box Drill 1>	(30 contacts	in 30secs					
	ch(s):	0	Ľ( O	0'''-								
Partne	r/Group:	Speed/Agi	lity: Sport	Specific	7 Dotto	rn Run 5x						
					Z-Patte	rn Kun əx						
		Conditioni	onditioning:									
		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	5x :30/1:30 (M-Lv 10, F-Lv 8) odominals: (MEDBALL)											
-	(222)	122,										
			5	Strength	Trainir	ng						
%	l Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100	Clean		5	4	Ī <sub>3</sub>	<u></u>	<u>-</u> -	ii				
, ,	1	rd Rev Sit U	10 to 20	10 to 20	10 to 20	1		 				
	i			j	i	i		i i				
90-97%	Bench Pre	ess	3	3	3	3		] 				
	Stability Ba	III Leg Curl	8-20	8-20	8-20	i		I I				
	<u> </u>	-		1	ļ	1						
	Metronom	e Push Up	Мах	Max - 10	Max -10	i		<del>                                     </del>	-			
	T	g Leg Curl		8-20	8-20							
70-75%	Cable Rota	tional Chop	12	12	<u> </u>							
	<u> </u>			<u>I</u>	<u> </u>	<u> </u>						
				] ]	! 			 				
	i			İ	<u>i                                      </u>	i		<u> </u>				
Flexibility	: Foam Rol	ler Stretch										
A 1 1141	1.0	- /:-			-1- \							
Additiona	Comment	s: (issues or	injuries, o	verali mood,	etC.)							
Additiona	I Exercises	: (Practice, E	Bike, Run, S	Swimming)								

	Date		Week # 7 Day # 3		Day of the week:							
	Date			.h4								
			Bodyweig	jiit								
	COND	ITIONING	G-Warm	up- Plyo	metrics-	Speed/Ag	ility- Con	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric			lla Han 2vE	each foot f	orword (20	contacts)				
			3 Pollit 3	nance nurc	не пор эхс	each foot i	orwaru (30	contacts)				
Coa	ach(s):											
	er/Group:	Speed/Agi	lity: Spor	t Specific								
					Illinois Ag	ility Test 5x						
		Conditioning:										
	Tempo Run 20											
Abdomin	ale:											
Abdomin	ais.											
				Strength	Trainir	ng						
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100	DB Snatcl	 h	5	<u> </u>	Ī <sub>3</sub>	<u> </u>		ii				
	Straight L		10 to 20	10 to 20	10 to 20	1						
	Î			ĺ	ĺ	į						
90-97%	Front Box	Squat	3	3	3	3						
90-97%	Alternating	Grip Chin Up	3	3	<b>j</b> 3	3						
	1		 	1	<u> </u>	I 		 				
70-75%	Lunge		12	12	12	<u> </u>		<u>                                       </u>				
70-75%		m 1 Leg Row		12	12	1	<u> </u>	I   				
	Reverse Hy	perextension	8-20	8-20	8-20			<u> </u>				
	1		! 	1	1	1		 				
<u> </u>	ļ			<u> </u>	<u> </u>							
Flexibility	: Partner S	tretch		I	I			l l				
	,											
Additiona	al Comment	s: (issues or	injuries, o	verall mood,	etc.)				_			
Additiona	al Exercises	: (Practice, E	Bike, Run,	Swimming)								

			Week # 7		y of the we	the week:						
	Date		Day # 4									
			Bodyweig	ht								
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric	s: Sport S		Pay Drill 1v	30 contacts	in 200000					
				30-60-90 E	או ווווע אטפ	SU COMACIS	ili susecs					
Coa	ch(s):											
	r/Group:	Speed/Agi	lity: Sport	Specific								
					Z-Patter	rn Run 5x						
		Conditioni	ina:									
		Somulion	y.		slide board	d 9x :30/1:30	)					
						dyne:	•					
				1x	1:00/2:00 (	M-Lv 9, F-L	v 7)					
				5x	:30/1:30 (N	1-Lv 10, F-L	v 8)					
Abdomina	bdominals: (MEDBALL)											
			S	trength	Trainir	ng						
	ī		Cat 4	l Cot 2	l Cat 2	ī		1				
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/ Weight	Tomas	Doot			
90,95,100	Cloan		5	4	I I <sub>3</sub>	Weight	weight	Tempo	Rest			
90,95,100	SB Sit & R		10 to 20	10 to 20	10 to 20	10 to 20						
	l	ev ob oit	10 10 20	i	i	I						
90-97%	Incline Be	nch	3	3	3	3						
00 01 70	Hip Lift on			l .	8-20	<u>                                     </u>						
				Ţ	Ī	Ţ						
	Metronom	e Push Up	Max	Max - 10	Max -10	<del> </del>						
	-	Leg Curl		•	8-20	<u> </u>						
70-75%		tional Chop		12	<del>1</del> 	i						
	<u> </u>			<u> </u>	<u>!</u>	<u>!</u>						
				I								
	<u>i                                      </u>			<u>i                                      </u>	<u>i                                      </u>	<u>i</u>						
Flexibility	: Foam Rol	ler Stretch										
Additiona	Comment	s: (issues or	injuries, ov	erall mood,	etc.)							
		`										
		`										
Additions			Riko Pun G	Swimming)								
Additional		: (Practice, E	Bike, Run, S	Swimming)								
Additional			Bike, Run, S	Swimming)								

	D-11-	Week # 8 Day of the week:											
	Date												
			Bodyweig	ht									
	COND					Speed/Ag	ility- Con	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	ı + Dynamic	: Warm Up								
Start	/Finish												
		Plyometric			le Hop 3x5	each foot f	orward (30	contacts)					
Coa	ıch(s):												
Partne	r/Group:	Speed/Agi	lity: Sport	Specific									
					Illinois Ag	ility Test 7x							
		Conditioni	ng:										
						1 5 15 25 30							
		-				)/1:00							
	20 minutes												
Abdomina	bdominals:												
			S	Strength	Trainir	ng							
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest				
90,95,100	DB Snatcl	h	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		<u>i</u>					
90-97%	*	Grip Chin Up		<b>!</b>	3	3		<u> </u> 					
2001/0	smanng	p o op		<del>j</del>	<del>!                                    </del>	<del>j</del>							
70-75%	Lunge		12	12	12	†		<del>                                     </del>					
70-75%		m 1 Leg Row		12	l <sub>12</sub>	i		<u>;                                    </u>					
1 2/2		perextension		8-20	8-20	1		<del>                                     </del>	<del></del>				
	İ			İ	İ	İ		<u> </u>					
				1	ļ	1			<del></del>				
	İ			<del>!</del>	<del>.</del> I	i	l	<u> </u>					
Flexibility	r: Partner S	tretch		-	-			-					
Additiona	I Comment	s: (issues or	injuries, ov	erall mood,	etc.)								
Additiona	l Exercises	: (Practice, E	Bike, Run. S	Swimming)									
		,,-	, - , -	3/									

			Week # 8  Day # 2  Day # 2									
	Date		Day # 2									
			Bodyweig	ht								
	CONDI					Speed/Agi	ility- Con	ditioning				
Time	of Day:	Warm Up:	5 minute J	log + Dynaı	mic Warm	Up						
Start	/Finish											
		Plyometric	s: Sport S	-	D-111 4-	-0011						
				30-60-90 1	SOX Drill 13	(30 contacts	in susecs					
Coad	ch(s):											
	/Group:	Speed/Agi	lity: Sport	Specific								
	-				Z-Patte	rn Run 7x						
		Condition	ditioning:									
		Sonation	Airdyne- 2x :45/1:15									
						4x :30/1:130	)					
		6x :15/:45										
A ! ! !												
Abdomina	bdominals: (MEDBALL)											
			5	Strength	Trainir	ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100	Clean		5	4	1 <sub>3</sub>		_ <u> </u>					
, ,		rd Rev Sit U	10 to 20	10 to 20	10 to 20	1						
	ĺ			į	į	į		į				
90-97%	Bench Pre	ess	3	3	3	3						
	Stability Ba	II Leg Curl	8-20	8-20	8-20	<u>i</u>		į				
	! <del> </del>		 	 	<u> </u>	1						
		e Push Up		Max - 10	Max -10	<u> </u>						
70 7531		Leg Curl		8-20	8-20	1						
70-75%	Cable Rota	tional Chop	12	12	<u> </u>	1						
	! 			<u> </u>	<u> </u>	1						
	<u> </u>		<u> </u>	<del> </del>	<del>                                     </del>	<u> </u>	<u> </u>	<u> </u>				
Flexibility	: Foam Rol	er Stretch			1							
Additional	Comment	s: (issues or	iniuries o	verall mood	etc )							
	. 30	2. (1000000 01	,	J. G.I. 111000,	J.J.,							
Additional	Exercises	: (Practice, E	Bike, Run, S	Swimming)								

	D-1-	Week # 8 Day # 3 Day of the week:										
	Date			1.4								
			Bodyweig	ht								
	CONDI					Speed/Ag	ility- Con	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric		-	le Hon 3v5	each foot f	orward (30	contacts)				
			o i oiii o	turioc riuru	те пор охо	, caoii ioot i	or war a (oo	oomaotoj				
	r/Crount	Speed/Agi	lity: Sport	Specific								
Partne	r/Group:	Speeu/Agi	iity. Sport	Ореспіс	Illinois Ag	ility Test 7x						
						-						
<u> </u>		Conditioni	ing:									
					Tempo	Run 20						
<u> </u>												
	adaminals:											
Abdomina	als:											
				M	<b>T</b>							
				Strength		ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100	DB Snatch	•	5	4	3	[						
	Straight L	eg Raise	10 to 20	10 to 20	10 to 20	<u> </u>		<u> </u>				
90-97%	Front Box	Squat	3	3	3	3						
90-97%	-	Grip Chin Up	3		3	3						
	 		10	 	 	 		 	<u> </u>			
70-75%	Lunge	m 1 Leg Row	12	j12 I <sub>12</sub>	12  1 <sub>12</sub>	<u> </u>						
70-75%		perextension		8-20	8-20	<del> </del>						
	<u> </u>				<u>.                                    </u>	İ						
	 				! 	ļ			— <del>-</del>			
Flexibility	l r: Partner St	retch		<u> </u>	<u> </u>	<u>I</u>		<u> </u>	<u> </u>			
Additiona	I Comment	<b>s:</b> (issues ດາ	injuries. ດ\	verall mood	etc.)							
		( ) 2 2 2 3 3 1	,		,							
Additiona	I Exercises	: (Practice, E	Bike, Run, S	Swimming)								

			Week # 8		Day of the week:						
	Date		Day # 4								
			Bodyweig	ht							
	CONDI	TIONING	G-Warm	up- Plyo	metrics-	Speed/Agi	ility- Con	ditioning			
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up					
Start	/Finish										
		Plyometric	s: Sport S		Boy Drill 1	x30 contacts	in 30cace				
				30-00-30 1	JOX DIIII 17	KOO COMINICIS	111 303003				
Coa	ch(s):										
Partne	r/Group:	Speed/Agi	lity: Sport	Specific	7.0-44-						
					Z-Patte	rn Run 7x					
		Out Wiles									
	Conditioning:										
					Airdyne-	2x :45/1:15 4x :30/1:130	)				
						6x :15/:45	•				
Abdomina	als: (MEDB	ALL)									
				Strength		ng					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest		
90,95,100	1		5	4	3	1					
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20					
90-97%	Incline Be	nch	3	3	3	3					
30-31 70	Hip Lift on		8-20	8-20	8-20	l I					
	Į										
		e Push Up		<u>!</u>	Max -10						
		Leg Curl		8-20	8-20						
70-75%	Cable Rota	tional Chop	12	12	<u> </u>	1					
	<u> </u>			İ	ļ						
	<u>.                                    </u>			<u> </u>	<u> </u> 	<u> </u>		<u> </u>			
Flexibility	: Foam Roll	ler Stretch		•							
Additiona	I Comments	s: (issues or	injuries, ov	verall mood,	etc.)						
Additiona	l Exercises	: (Practice, E	Bike, Run, S	Swimming)							

			Week # 9		Day of the week:							
	Date		Day # 1									
			Bodyweig	ht								
	CONDI			up- Plyon		Speed/Ag	ility- Con	ditioning				
Time	of Day:	vvariii op.	3 WIII. 30g	) + Dynamic	, waiiii op							
Start	/Finish	Plyometric	e: Snort S	nacific								
		- I y G III G III G		-	le Hop 3x5	each foot f	orward (30	contacts)				
	ch(s):	Cmaad/Ami	litur. Cmant	Cuacifia								
Partne	r/Group:	Speed/Agi	ed/Agility: Sport Specific  Illinois Agility Test 9x									
		Conditioni	ditioning: Line Drill 5 15 25 30									
			Line Drill 5 15 25 30 :30/1:00									
	:30/1:00 20 minutes											
	20 minutes											
Abdomina	ıls:											
			5	Strength	Trainir	ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100	DB Snatch	1	5	4	3	<u> </u>		 				
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<u>i</u>		<u> </u>				
	] }		] ]	] 	<u> </u>	1		] ]				
90-97%	Front Box		3	3	3	3						
90-97%	Alternating	Grip Chin Up	3 	3 	3 	3		] 				
70.750/			12	12	12	<del>!                                    </del>						
70-75%	Lunge	m 4 l an D :	12 1 <sub>12</sub>	j12 I <sub>12</sub>	12  12	<u> </u> 		<u>                                     </u>				
70-75%		m 1 Leg Row perextension		8-20	8-20	<del>i</del>		!				
	Reverse ny	perextension	l	I	I	<u> </u>		 				
	<u>į</u>		i	i	<u> </u>	<del>i</del>		<u> </u>				
	<del>!</del> 		! 	<del> </del> 	<del>                                     </del>	<del>                                     </del>						
Flexibility	: Partner St	tretch	•	•								
Additiona	I Comment	s: (issues or	r injuries, ov	verall mood,	etc.)							
Additiona	l Exercises	: (Practice, E	Bike, Run, S	Swimming)								

	5.		Week # 9		Day of the week:					
	Date		Day # 2				-			
			Bodyweig	jht						
	CONDI			. ,		Speed/Ag	ility- Con	ditioning		
Time	of Day:	Warm Up:	5 minute	Jog + Dyna	mic Warm	Up				
Start	/Finish									
		Plyometric	s: Sport							
				30-60-90	Box Drill 1x	(30 contacts	in 30secs			
Coo	ch(s):									
	r/Group:	Speed/Agi	lity: Spor	Specific						
	., от очь		, .	•	Z-Patte	rn Run 9x				
		Conditioni	ing:		A *	duma.				
				1/2 m		dyne: 3x/3:00 (M 1	0 - F 8)			
				1/2 111	opriito	CA10.00 (IVI I	,			
Abdomina	als: (MEDB/	ALL)								
%	l Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/	Reps/ Weight	Tempo	Rest	
90,95,100	Clean		5	4	13	<u>  11019111                              </u>	g	<u> </u>		
		rd Rev Sit U	10 to 20	10 to 20	10 to 20					
	Ì		İ	İ	İ	İ		<u> </u>		
90-97%	Bench Pre	ss	3	3	3	3				
	Stability Ba	II Leg Curl	8-20	8-20	8-20	i		i i		
			<u> </u>							
	Metronom	e Push Up	Max	Max - 10	Max -10					
	Single Leg	Leg Curl	8-20	8-20	8-20			 		
70-75%	Cable Rota	tional Chop	12	12	i	İ		] 		
	]		] <del>-</del>	<u> </u>	<u> </u>	1				
	] 		! 	<u> </u>	<u> </u>	<u> </u>		I 		
	<u> </u>									
Flexibility	: Foam Roll	ler Stretch								
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Additiona	I Comments	s: (ISSUES OF	injuries, o	verali mood,	eic.)					
Additiona	I Exercises:	: (Practice, E	Bike, Run, S	Swimming)						
1										

			Week # 9			Da	y of the we	ek:	
	Date		Day # 3						
			Bodyweig	ht					
	CONDI			. ,		Speed/Agi	ility- Con	ditioning	
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up			
Start	/Finish								
		Plyometric		-					
			3 Point S	Stance Hurd	lle Hop 3x5	each foot f	orward (30	contacts)	
Coo	ah(a).								
	ch(s): r/Group:	Speed/Agi	lity: Spor	Specific					
raitile	i/Group.	opeou, ig.	у. оро.	Сросии	Illinois Aq	ility Test 9x			
		Conditioni	ing:						
					Tempo	Run 20			
Abdomina	als:								
				Strength		ng			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest
90,95,100	DB Snatch	1	5	4	3				
	Straight L	eg Raise	10 to 20	10 to 20	10 to 20	<u>i</u>			
	<u> </u>			] }	1	<u> </u>			
90-97%	Front Box		3	3	3	3			
90-97%	Alternating	Grip Chin Up	3	3	3	3			
	<del> </del>		! 	1 <del> </del>	1 <del>1</del>	1	<u> </u>	 	
70-75%	Lunge		12	12	12	<u> </u>			
70-75%		n 1 Leg Row		12	12	1		I <del> </del>	-
<u> </u>	Reverse Hy	perextension	8-20	8-20	8-20	<u> </u>		<u> </u>	
	<u> </u>			1	<u> </u>	1		 	
<b></b>	<del>!</del>			<u>į</u>	<u>į                                    </u>	į i			
Elovibilit	: Partner St	rotch							
riexibility	. raruier Si	. etcn							
Addition:	I Comment	e: (isouce e:	injurios e	verall mood	etc )				
Auditiona	. Comment	e. (ISSUES OF	injunes, 0	roran mood,	010. <i>j</i>				
Additiona	l Exercises	: (Practice, E	Bike, Run, S	Swimming)					
1									

	Date		Week # 9 Day # 4		Day of the week:							
			Bodyweig	ht								
	CONDI	TIONING			metrics-	Speed/Agi	ility- Con	ditioning				
Time o	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
0	·-· · ·											
Start /	/Finish	Plyometric	s: Sport S	Specific								
				-	Box Drill 1x	30 contacts	in 30secs					
Coad	ch(s):											
Partner	/Group:	Speed/Agi	peed/Agility: Sport Specific  Z-Pattern Run 9x									
					Z-Falle	III Kuli 9X						
		Conditioning:										
		Airdyne:										
		1/2 mile sprints 3x/3:00 (M 10 - F 8)										
Abdomina	ls: (MEDB/	ALL)										
			5	Strength	Trainir	ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Reps/ Weight	Reps/ Weight	Tempo	Rest			
90,95,100-			5	4	3							
	SB Sit & R	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20						
90-97%	Incline Be	nch	3	3	3	3						
	Hip Lift on		8-20	8-20	8-20	i						
				I	I							
		ne Push Up		1	Max -10	<u>i</u>						
		g Leg Curl		8-20 12	8-20	!						
70-75%	Cable Rota	tional Chop	14	14		<u>.                                    </u>						
					1	1						
				<u> </u>	<u> </u>	<u>i                                      </u>						
Flexibility:	Foam Rol	ler Stretch										
Additional	Comment	s: (issues or	iniuries o	erall mood	etc.)							
ridantional		<b>5.</b> (156466 6)	, α	oran mooa,	o.c.,							
Additional	Exercises	: (Practice, E	Bike, Run, S	Swimming)								
Additional	Exercises	: (Practice, E	Bike, Run, S	Swimming)								