

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (10 yards)   |
|               | high knee walk, heel to butt, high knee skip, high knee run, butt kickers,<br>backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |
| Start /Finish |   |

|           |               |
|-----------|---------------|
| Coach(s): | Plyometrics:  |
|           | Box Jumps 5x5 |

|                |                      |
|----------------|----------------------|
| Partner/Group: | Speed/Agility:       |
|                | Lean Fall Run 3x ea. |

|  |               |
|--|---------------|
|  | Conditioning: |
|  | Tempo Run 14x |

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

**Strength Training**

| %        | Exercise             | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 60,65,70 | IDB Snatch           | 15 ea.         | 15 ea.         | 15 ea.         |                |                |       |      |
|          | Slant Board Sit Ups  | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 60-77%   | Front Box Squat      | 8              | 8              | 8              |                |                |       |      |
| 60-77%   | Chin Ups             | 8              | 8              | 8              |                |                |       |      |
| 70-75%   | IDB Split Squat      | 12             | 12             |                |                |                |       |      |
| 70-75%   | KB Row               | 12             | 12             |                |                |                |       |      |
|          | Diagonal Plate Raise | 12             | 12             |                |                |                |       |      |
|          |                      |                |                |                |                |                |       |      |
|          |                      |                |                |                |                |                |       |      |

Flexibility: Partner Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (Ladder) 15 yds.<br>high knees F/L/R, cross in front F/B, cross behind F/B, wide shuffle F/B,<br>scissors L/R, ankle bounce F - Shuffle + Carioca + Spiderman 5x ea. Lat. Squat 5x ea. |
| Start /Finish | Bands - (ankles) L/R/F/B  |

|           |                          |
|-----------|--------------------------|
| Coach(s): | <b>Plyometrics:</b>      |
|           | Lateral Box Jump 3x5 ea. |

|                |                                   |
|----------------|-----------------------------------|
| Partner/Group: | <b>Speed/Agility:</b>             |
|                | 1-2 stick (4 hoops) 3x ea.        |
|                | Lateral Hoop Run (3 hoops) 3x ea. |

|  |  |
|--|--|
|  | <b>Conditioning:</b>                   |
|  | Slide Board 5x :30/1:30                |
|  | Airdyne 10x :15/:45 (M-Lv 12, F-Lv 10) |

|                              |   |
|------------------------------|---|
| <b>Abdominals: (MEDBALL)</b> |   |
|                              | Standing Overhead Throw with band below knees 3x10  |
|                              | Front Hip Toss with band below knees 4x10 ND 3x10 D |
|                              | Seated Chest Pass 3x10                              |

**Strength Training**

| %        | Exercise            | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|---------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 60,65,70 | Hang Clean          | 15             | 15             | 15             |                |                |       |      |
|          | Slant Board Rev Sit | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 60-77%   | Bench Press         | 8              | 8              | 8              |                |                |       |      |
|          | 1 leg Hip Lift      | 8 to 20        | 8 to 20        | 8 to 20        |                |                |       |      |
| 70-75%   | KB Shoulder Press   | 12             | 12             |                |                |                |       |      |
| 70-75%   | DB SLDL             | 12             | 12             |                |                |                |       |      |
| 70-75%   | Cable Chop          | 12             | 12             |                |                |                |       |      |
|          |                     |                |                |                |                |                |       |      |
|          |                     |                |                |                |                |                |       |      |

Flexibility: Foam Roller Stretch

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

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

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

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

|               |  |
|---------------|--|
| Time of Day:  | Warm Up: (10 yards)  |
|               | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |
| Start /Finish |  |

|           |                             |
|-----------|-----------------------------|
| Coach(s): | Plyometrics:                |
|           | Single Leg Box Jump 5x5 ea. |
|           |                             |

|                |                                |
|----------------|--------------------------------|
| Partner/Group: | Speed/Agility:                 |
|                | 90 degree Lean Fall Run 3x ea. |
|                |                                |

|  |               |
|--|---------------|
|  | Conditioning: |
|  | Tempo Run 16x |
|  |               |

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

**Strength Training**

| %        | Exercise              | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 60,65,70 | Push Press            | 15             | 15             | 15             |                |                |       |      |
|          | Bent Leg L-Sit        | 20-60sec       | 20-60sec       | 20-60sec       |                |                |       |      |
| 60-77%   | Hex DL + Shrug        | 8              | 8              | 8              |                |                |       |      |
| 60-77%   | Parallel Grip Chin Up | 8              | 8              | 8              |                |                |       |      |
| 70-75%   | Step Up               | 12             | 12             |                |                |                |       |      |
| 70-75%   | T-Grip Row            | 12             | 12             |                |                |                |       |      |
|          | Diagonal Plate Raise  | 12             | 12             |                |                |                |       |      |
|          |                       |                |                |                |                |                |       |      |
|          |                       |                |                |                |                |                |       |      |

Flexibility: Partner Stretch

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

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

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

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

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

|                              |                               |
|------------------------------|-------------------------------|
| <b>Abdominals: (MEDBALL)</b> |                               |
|                              | Standing Overhead Throw 3x10  |
|                              | Front Hip Toss 4x10 ND 3x10 D |
|                              | Seated Chest Pass 3x10        |

**Strength Training**

| %        | Exercise               | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 60,65,70 | Hang Clean             | 15             | 15             | 15             |                |                |       |      |
|          | SB Sit & Rev SB Sit    | 10 to 20       | 10 to 20       | 10 to 20       | 10 to 20       |                |       |      |
| 60-77%   | Incline Bench          | 8              | 8              | 8              |                |                |       |      |
|          | 1 Leg Hip Lift         | 8 to 20        | 8 to 20        | 8 to 20        |                |                |       |      |
| 70-75%   | DB hammer curl + press | 12             | 12             |                |                |                |       |      |
| 70-75%   | KB 1 Leg SLDL          | 12             | 12             |                |                |                |       |      |
| 70-75%   | Cable Chop             | 12             | 12             |                |                |                |       |      |
|          |                        |                |                |                |                |                |       |      |
|          |                        |                |                |                |                |                |       |      |

Flexibility: Foam Roller Stretch

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

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

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

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

|               |  |
|---------------|--|
| Time of Day:  | Warm Up: (10 yards)  |
|               | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |
| Start /Finish |  |

|           |               |
|-----------|---------------|
| Coach(s): | Plyometrics:  |
|           | Box Jumps 5x5 |

|                |                      |
|----------------|----------------------|
| Partner/Group: | Speed/Agility:       |
|                | Lean Fall Run 3x ea. |

|  |               |
|--|---------------|
|  | Conditioning: |
|  | Tempo Run 18x |

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

**Strength Training**

| %        | Exercise             | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | IDB Snatch           | 15 ea.         | 15 ea.         | 15 ea.         | 15 ea.         |                |       |      |
|          | Slant Board Sit Ups  | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 60-77%   | Front Box Squat      | 8              | 8              | 8              |                |                |       |      |
| 60-77%   | Chin Ups             | 8              | 8              | 8              |                |                |       |      |
| 70-75%   | IDB Split Squat      | 12             | 12             |                |                |                |       |      |
| 70-75%   | KB Row               | 12             | 12             |                |                |                |       |      |
|          | Diagonal Plate Raise | 12             | 12             |                |                |                |       |      |

Flexibility: Partner Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (Ladder) 15 yds.<br>high knees F/L/R, cross in front F/B, cross behind F/B, wide shuffle F/B,<br>scissors L/R, ankle bounce F - Shuffle + Carioca Spiderman 8x ea., Lateral Squat 8x |
| Start /Finish | Bands (ankles) F/B/L/R  |

|           |                          |
|-----------|--------------------------|
| Coach(s): | <b>Plyometrics:</b>      |
|           | Lateral Box Jump 3x5 ea. |
|           |                          |

|                |   |
|----------------|---|
| Partner/Group: | <b>Speed/Agility:</b>   |
|                | 1-2 stick (4 hoops) 3x ea.<br>Lateral Hoop Run (3 hoops) 3x ea. |
|                |   |

|  |   |
|--|---|
|  | <b>Conditioning:</b>  |
|  | Slide Board 6x :30/1:30<br>Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10) |
|  |   |

|   |  |
|---|--|
| <b>Abdominals: (MEDBALL)</b>                        |  |
| Standing Overhead Throw with band below knees 3x10  |  |
| Front Hip Toss with band below knees 4x10 ND 3x10 D |  |
| Seated Chest Pass 3x10                              |  |

**Strength Training**

| %        | Exercise            | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|---------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | Hang Clean          | 15             | 15             | 15             |                |                |       |      |
|          | Slant Board Rev Sit | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 60-77%   | Bench Press         | 8              | 8              | 8              |                |                |       |      |
|          | 1 leg Hip Lift      | 8 to 20        | 8 to 20        | 8 to 20        |                |                |       |      |
| 70-75%   | KB Shoulder Press   | 12             | 12             |                |                |                |       |      |
| 70-75%   | DB SLDL             | 12             | 12             |                |                |                |       |      |
| 70-75%   | Cable Chop          | 12             | 12             |                |                |                |       |      |
|          |                     |                |                |                |                |                |       |      |
|          |                     |                |                |                |                |                |       |      |

Flexibility: Foam Roller Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (15 yards)   |
|               | high knee walk, heel to butt, high knee skip, high knee run, butt kickers,  |
| Start /Finish | backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |

|           |                             |
|-----------|-----------------------------|
| Coach(s): | Plyometrics:                |
|           | Single Leg Box Jump 5x5 ea. |

|                |                                |
|----------------|--------------------------------|
| Partner/Group: | Speed/Agility:                 |
|                | 90 degree Lean Fall Run 3x ea. |

|  |               |
|--|---------------|
|  | Conditioning: |
|  | Tempo Run 20x |

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

**Strength Training**

| %        | Exercise              | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | Push Press            | 15             | 15             | 15             |                |                |       |      |
|          | Bent Leg L-Sit        | 20-60sec       | 20-60sec       | 20-60sec       |                |                |       |      |
| 60-77%   | Hex DL + Shrug        | 8              | 8              | 8              |                |                |       |      |
| 60-77%   | Parallel Grip Chin Up | 8              | 8              | 8              |                |                |       |      |
| 70-75%   | Step Up               | 12             | 12             |                |                |                |       |      |
| 70-75%   | T-Grip Row            | 12             | 12             |                |                |                |       |      |
|          | Diagonal Plate Raise  | 12             | 12             |                |                |                |       |      |
|          |                       |                |                |                |                |                |       |      |
|          |                       |                |                |                |                |                |       |      |

Flexibility: Partner Stretch

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

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

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

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

|                |  |
|----------------|--|
| Time of Day:   | Warm Up: (ladder) 15 yds.<br>quick feet F/L/R, quick shuffle F/B, hip switch F/R/L, in-in-out-out F/B/L/R,<br>slalom F, turn out F - Shuffle/Carioca + Spiderman 8x ea. & Lat Squat 8x ea. |
| Start /Finish  | Bands (ankles) F/B/L/R   |
| Coach(s):      | <b>Plyometrics:</b>  |
|                | Single Leg Box Jump Medial + Lateral 3x3 ea.   |
| Partner/Group: | <b>Speed/Agility:</b>  |
|                | 1-2 stick 3x (4 hoops)   |
|                | lateral hoop run 3x (3 hoops)  |
|                | <b>Conditioning:</b>   |
|                | Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10)   |
|                | Slide Board 6x :30/1:30  |

|                              |                               |
|------------------------------|-------------------------------|
| <b>Abdominals: (MEDBALL)</b> |                               |
|                              | Standing Overhead Throw 3x10  |
|                              | Front Hip Toss 4x10 ND 3x10 D |
|                              | Seated Chest Pass 3x10        |

**Strength Training**

| %        | Exercise               | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | Hang Clean             | 15             | 15             | 15             | 15             |                |       |      |
|          | SB Sit & Rev SB Sit    | 10 to 20       | 10 to 20       | 10 to 20       | 10 to 20       |                |       |      |
| 60-77%   | Incline Bench          | 8              | 8              | 8              |                |                |       |      |
|          | 1 Leg Hip Lift         | 8 to 20        | 8 to 20        | 8 to 20        |                |                |       |      |
| 70-75%   | DB hammer curl + press | 12             | 12             |                |                |                |       |      |
| 70-75%   | KB 1 Leg SLDL          | 12             | 12             |                |                |                |       |      |
| 70-75%   | Cable Chop             | 12             | 12             |                |                |                |       |      |
|          |                        |                |                |                |                |                |       |      |
|          |                        |                |                |                |                |                |       |      |

Flexibility: Foam Roller Stretch

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

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



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

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

|               |  |
|---------------|--|
| Time of Day:  | Warm Up: (20 yards)  |
|               | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |
| Start /Finish |  |

|           |               |
|-----------|---------------|
| Coach(s): | Plyometrics:  |
|           | Box Jumps 5x5 |
|           |               |

|                |                      |
|----------------|----------------------|
| Partner/Group: | Speed/Agility:       |
|                | Lean Fall Run 3x ea. |
|                |                      |

|  |               |
|--|---------------|
|  | Conditioning: |
|  | 10-10 Test    |
|  |               |

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

**Strength Training**

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

Flexibility: Partner Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (Ladder) 20 yds.<br>high knees F/L/R, cross in front F/B, cross behind F/B, wide shuffle F/B,<br>scissors L/R, ankle bounce F - Shuffle + Carioca Spiderman 8x ea., Lateral Squat 8x |
| Start /Finish | Bands (ankles) F/B/L/R  |

|           |                          |
|-----------|--------------------------|
| Coach(s): | <b>Plyometrics:</b>      |
|           | Lateral Box Jump 3x5 ea. |

|                |   |
|----------------|---|
| Partner/Group: | <b>Speed/Agility:</b>   |
|                | 1-2 stick (4 hoops) 3x ea.<br>Lateral Hoop Run (3 hoops) 3x ea. |

|  |   |
|--|---|
|  | <b>Conditioning:</b>  |
|  | Slide Board 7x :30/1:30<br>Airdyne 14x :15/:45 (M-Lv 12, F-Lv 10) |

|   |  |
|---|--|
| <b>Abdominals: (MEDBALL)</b>                        |  |
| Standing Overhead Throw with band below knees 3x10  |  |
| Front Hip Toss with band below knees 4x10 ND 3x10 D |  |
| Seated Chest Pass 3x10                              |  |

**Strength Training**

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

Flexibility: Foam Roller Stretch

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

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

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

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

|               |  |
|---------------|--|
| Time of Day:  | Warm Up: (10 yards)  |
|               | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk, straight leg skip, lunge walk, inchworm |
| Start /Finish |  |

|           |                             |
|-----------|-----------------------------|
| Coach(s): | Plyometrics:                |
|           | Single Leg Box Jump 5x5 ea. |
|           |                             |

|                |                                |
|----------------|--------------------------------|
| Partner/Group: | Speed/Agility:                 |
|                | 90 degree Lean Fall Run 3x ea. |
|                |                                |

|  |                               |
|--|-------------------------------|
|  | Conditioning:                 |
|  | Long Shuttle (50 yards) 5x150 |
|  | :30/1:30                      |

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

**Strength Training**

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

Flexibility: Partner Stretch

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

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

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

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

|               |  |
|---------------|--|
| Time of Day:  | Warm Up: (ladder) 20 yds.<br>quick feet F/L/R, quick shuffle F/B, hip switch F/R/L, in-in-out-out F/B/L/R,<br>slalom F, turn out F - Shuffle/Carioca + Spiderman 8x ea. & Lat Squat 8x ea. |
| Start /Finish | Bands (ankles) F/B/L/R   |

|           |  |
|-----------|--|
| Coach(s): | <b>Plyometrics:</b>                          |
|           | Single Leg Box Jump Medial + Lateral 3x3 ea. |

|                |   |
|----------------|---|
| Partner/Group: | <b>Speed/Agility:</b>                                   |
|                | 1-2 stick 3x (4 hoops)<br>lateral hoop run 3x (3 hoops) |

|  |   |
|--|---|
|  | <b>Conditioning:</b>  |
|  | Slide Board 7x :30/1:30<br>Airdyne 14x :15/:45 (M-Lv 12, F-Lv 10) |

|                              |                               |
|------------------------------|-------------------------------|
| <b>Abdominals: (MEDBALL)</b> |                               |
|                              | Standing Overhead Throw 3x10  |
|                              | Front Hip Toss 3x10 ND 2x10 D |
|                              | Seated Chest Pass 3x10        |

**Strength Training**

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

**Flexibility: Foam Roller Stretch**

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (20 yards)   |
|               | high knee walk, heel to butt, high knee skip, high knee run, butt kickers,<br>backward run, backpedal, SLDL walk, straight leg skip, lunge w/ twist, inchworm |
| Start /Finish |   |

|           |                                |
|-----------|--------------------------------|
| Coach(s): | Plyometrics:                   |
|           | Hurdle Jump with Stability 5x5 |
|           |                                |

|                |   |
|----------------|---|
| Partner/Group: | Speed/Agility:                                    |
|                | Ball Drops 5x ea.<br>Sled 3x 1/2 field (90 yards) |
|                |   |

|  |  |
|--|--|
|  | Conditioning:                            |
|  | Long Shuttle (50 yard) 6x150<br>:30/1:30 |
|  |  |

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

**Strength Training**

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

Flexibility: Partner Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (Ladder) 10 yds.<br>high knees F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B,<br>1,2,3 - 1F, Snake F - Spiderman, Lat. Squat Walk, Lunge to Hamstring |
| Start /Finish | Bands (Purple above knees) F/B/L/R  |

|           |                                |
|-----------|--------------------------------|
| Coach(s): | <b>Plyometrics:</b>            |
|           | Lateral Hurdle or Cone Hop 5x5 |

|                |  |
|----------------|--|
| Partner/Group: | <b>Speed/Agility:</b>                        |
|                | 1-2 cut 3x ea.<br>Lateral Hoop Run (4 hoops) |

|  |  |
|--|--|
|  | <b>Conditioning:</b>   |
|  | 5 mile bike test (group 1)<br>(one group on day #2, one group on day #4) |

|                              |   |
|------------------------------|---|
| <b>Abdominals: (MEDBALL)</b> |   |
|                              | Overhead w/ staggered stance 3x10         |
|                              | Alternating Front Hip Toss 4x10 ND 3x10 D |
|                              | Standing Chest Pass 3x10                  |

**Strength Training**

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

**Flexibility: Foam Roller Stretch**

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (10 yards)<br>figure four walk F/B, heel to butt, opposite hand heel to butt, heel to butt w/ SLDL,<br>straight leg crossover, SLDL F/B, backward inchworm |
| Start /Finish |   |

|           |  |
|-----------|--|
| Coach(s): | Plyometrics:                                 |
|           | Single Leg Hurdle Hop with Stability 5x5 ea. |

|                |                              |
|----------------|------------------------------|
| Partner/Group: | Speed/Agility:               |
|                | Single Leg Ball Drops 5x ea. |
|                | Resisted Band Run 3x20 yds.  |

|  |                               |
|--|-------------------------------|
|  | Conditioning:                 |
|  | Short Shuttle (25 yard) 6x150 |
|  | :30/1:30                      |

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

**Strength Training**

| %        | Exercise           | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|--------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | Push Jerk          | 15             | 15             | 15             |                |                |       |      |
|          | Straight Leg L-Sit | 20-60sec       | 20-60sec       | 20-60sec       |                |                |       |      |
| 80-87%   | Hex DL + Shrug     | 15             | 15             | 15             |                |                |       |      |
| 80-87%   | Pull Ups           | 15             | 15             | 15             |                |                |       |      |
| 75-80%   | 1 Leg Bench Squat  | 8              | 8              | 8              |                |                |       |      |
|          | Ring Inverted Row  | 8-20           | 8-20           | 8-20           |                |                |       |      |
|          | Off Bench Oblique  | 8-20           | 8-20           | 8-20           |                |                |       |      |

Flexibility: Partner Stretch

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

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

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

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

|               |  |
|---------------|--|
| Time of Day:  | Warm Up: (ladder) 10 yds.<br>quick feet F/L/R, quick shuffle F/B, hip switch F/R/L, in-in-out-out F/B/L/R,<br>giant slalom F, stack out F Spiderman, Lunge to Hamstring, Lateral Squat |
| Start /Finish | Band - (purple above knees) F/B/L/R  |

|           |                                |
|-----------|--------------------------------|
| Coach(s): | <b>Plyometrics:</b>            |
|           | Heidens with Stability 3x5 ea. |
|           |                                |

|                |                               |
|----------------|-------------------------------|
| Partner/Group: | <b>Speed/Agility:</b>         |
|                | 1-2 cut 3x ea. (4 hoops)      |
|                | lateral hoop run 3x (4 hoops) |

|  |  |
|--|--|
|  | <b>Conditioning:</b>                       |
|  | 5 mile bike test (group 2)                 |
|  | (one group on day #2, one group on day #4) |

|                              |                                    |
|------------------------------|------------------------------------|
| <b>Abdominals: (MEDBALL)</b> |                                    |
|                              | Staggered Overhead Throw 3x10      |
|                              | Alt. Front Hip Toss 4x10 ND 3x10 D |
|                              | Standing Chest Pass 3x10           |

**Strength Training**

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

**Flexibility: Foam Roller Stretch**

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

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



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

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

|               |  |
|---------------|--|
| Time of Day:  | Warm Up: (20 yards)  |
|               | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk F/B, straight leg skip, overhead lunge walk, |
| Start /Finish |  |

|           |                             |
|-----------|-----------------------------|
| Coach(s): | Plyometrics:                |
|           | Hurdle Hop w/ stability 5x5 |
|           |                             |

|                |                               |
|----------------|-------------------------------|
| Partner/Group: | Speed/Agility:                |
|                | Ball Drops 3x ea.             |
|                | Sled 4x 1/2 field (120 yards) |

|  |                              |
|--|------------------------------|
|  | Conditioning:                |
|  | Long Shuttle (50 yard) 7x150 |
|  | :30/1:30                     |

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

**Strength Training**

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

Flexibility: Partner Stretch

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

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

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

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

|               |  |
|---------------|--|
| Time of Day:  | Warm Up: (Ladder) 15 yds.<br>high knees F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B,<br>1,2,3 - 1F, Snake F - Spiderman, Lat. Squat, Lunge to Hamstring |
| Start /Finish | Bands (purple above knees) F/B/L/R   |

|           |   |
|-----------|---|
| Coach(s): | <b>Plyometrics:</b>                               |
|           | Lateral Hurdle or Cone Hop with Stability 5x5 ea. |

|                |   |
|----------------|---|
| Partner/Group: | <b>Speed/Agility:</b>   |
|                | 1-2 cut 3x ea. (4 hoops)<br>Lateral Hoop Run (5 hoops) 3x ea. |

|  |   |
|--|---|
|  | <b>Conditioning:</b>  |
|  | Slide Board 6x :30/1:30<br>Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10) |

|                              |   |
|------------------------------|---|
| <b>Abdominals: (MEDBALL)</b> |   |
|                              | Overhead w/ staggered stance 3x10         |
|                              | Alternating Front Hip Toss 4x10 ND 3x10 D |
|                              | Standing Chest Pass 3x10                  |

**Strength Training**

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

**Flexibility: Foam Roller Stretch**

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

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

|      |            |                  |
|------|------------|------------------|
|      | Week # 5   | Day of the week: |
| Date | Day # 3    |                  |
|      | Bodyweight |                  |

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

|               |  |
|---------------|--|
| Time of Day:  | Warm Up: (10 Yards)<br>figure four walk F/B, heel to butt, opposite hand heel to butt, heelto butt w/SLDL,<br>backward lunge walk, straight leg crossover, SLDL F/B, backward inchworm |
| Start /Finish |  |

|           |   |
|-----------|---|
| Coach(s): | Plyometrics:                              |
|           | single leg hurdle hop w/stability 5x5 ea. |

|                |                               |
|----------------|-------------------------------|
| Partner/Group: | Speed/Agility:                |
|                | single leg ball drops 3x3 ea. |
|                | Resisted Band Run 4x20 yds.   |

|  |                               |
|--|-------------------------------|
|  | Conditioning:                 |
|  | Short Shuttle (25 yard) 7x150 |
|  | :30/1:30                      |

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

**Strength Training**

| %        | Exercise           | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|--------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | Push Jerk          | 5              | 5              | 5              |                |                |       |      |
|          | Straight Leg L-Sit | 20-60sec       | 20-60sec       | 20-60sec       |                |                |       |      |
| 80-87%   | Hex DL + Shrug     | 5              | 5              | 5              |                |                |       |      |
| 80-87%   | Pull Up            | 5              | 5              | 5              |                |                |       |      |
| 75-80%   | One Leg Bench Squa | 8              | 8              | 8              |                |                |       |      |
|          | Inverted Row       | 8 to 20        | 8 to 20        | 8 to 20        |                |                |       |      |
|          | Off Bench Oblique  | 8-20           | 8-20           | 8-20           |                |                |       |      |
|          |                    |                |                |                |                |                |       |      |
|          |                    |                |                |                |                |                |       |      |

Flexibility: Partner Stretch

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

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



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

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

|               |  |
|---------------|--|
| Time of Day:  | <b>Warm Up: (20 Yards)</b>   |
|               | high knee walk, heel to butt, high knee skip, high knee run, butt kickers, backward run, backpedal, SLDL walk Forward/Backward, straight leg skip, |
| Start /Finish | overhead lunge walk, heel walks, inchworm  |

|           |                            |
|-----------|----------------------------|
| Coach(s): | <b>Plyometrics:</b>        |
|           | hurdle hop w/stability 5x5 |

|                |                               |
|----------------|-------------------------------|
| Partner/Group: | <b>Speed/Agility:</b>         |
|                | ball drops 3x ea.             |
|                | Sled 5x 1/2 field (150 yards) |

|  |  |
|--|--|
|  | <b>Conditioning:</b>                                 |
|  | 1x300 (25 yard) 1:00/2:00<br>5x100 (25 yard) :20/:40 |

|                               |  |
|-------------------------------|--|
| <b>Abdominals:</b>            |  |
| 2 Pt. Stability 2x:20-60 sec. |  |
| Hip Rolls 3x10                |  |
| Jackknife 3x10-20             |  |

**Strength Training**

| %        | Exercise            | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|---------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | IDB Snatch          | 15             | 15             | 15             |                |                |       |      |
|          | Slant Board Sit Ups | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 80-87%   | Front Box Squat     | 15             | 15             | 15             |                |                |       |      |
| 80-87%   | Chin Up             | 15             | 15             | 15             |                |                |       |      |
| 75-80%   | 1 Leg Bench Squat   | 8              | 8              | 8              |                |                |       |      |
|          | Ring Inverted Row   | 8-20           | 8-20           | 8-20           |                |                |       |      |
|          | Off Bench Oblique   | 8-20           | 8-20           | 8-20           |                |                |       |      |

**Flexibility:** Partner Stretch

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

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

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

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

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

|                                    |                                  |
|------------------------------------|----------------------------------|
| <b>Abdominals: (Medicine Ball)</b> |                                  |
|                                    | overhead w/staggered stance 3x10 |
|                                    | alternating twist 3x10ND + 2x10D |
|                                    | standing chest pass 3x10         |

**Strength Training**

| %        | Exercise               | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | Clean                  | 15             | 15             | 15             |                |                |       |      |
|          | Slant Board Rev Sit    | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 80-87%   | Bench Press            | 15             | 15             | 15             |                |                |       |      |
|          | 4-6 in hip lift        | 8-20           | 8-20           | 8-20           |                |                |       |      |
| 75-80%   | KB Alt. Shoulder Press | 8              | 8              | 8              |                |                |       |      |
| 75-80%   | DB SLDL                | 8              | 8              | 8              |                |                |       |      |
| 75-80%   | Cable Lift             | 8              | 8              | 8              |                |                |       |      |
|          |                        |                |                |                |                |                |       |      |
|          |                        |                |                |                |                |                |       |      |

**Flexibility:** Foam Roller Stretch

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

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

|      |            |                  |
|------|------------|------------------|
| Date | Week # 6   | Day of the week: |
|      | Day # 3    |                  |
|      | Bodyweight |                  |

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

|                |  |
|----------------|--|
| Time of Day:   | Warm Up: (10 Yards)<br>figure four walk F/B, heel to butt, opposite hand heel to butt, heel to butt with SLDL,<br>backward lunge walk, straight leg crossover, SLDL F/B. backward inchworm |
| Start /Finish  |  |
| Coach(s):      | Plyometrics:<br>single leg hurdle hop w/stability 5x5 ea.  |
|                |  |
| Partner/Group: | Speed/Agility:<br>single leg ball drop 3x3 ea.   |
|                | Resisted Band Run 5x20 yds.  |
|                | Conditioning:<br>1x300 (25 yard) 1:00/2:00<br>5x100 (25 yard) :20/:40  |
|                |  |
|                |  |

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

**Strength Training**

| %        | Exercise           | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|--------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | Push Jerk          | 15             | 15             | 15             |                |                |       |      |
|          | Straight Leg L-Sit | 20-60sec       | 20-60sec       | 20-60sec       |                |                |       |      |
| 80-87%   | Hex DL + Shrug     | 15             | 15             | 15             |                |                |       |      |
| 80-87%   | Pull Up            | 15             | 15             | 15             |                |                |       |      |
| 75-80%   | Step Up            | 8              | 8              | 8              |                |                |       |      |
|          | Inverted Row       | 8 to 20        | 8 to 20        | 8 to 20        |                |                |       |      |
|          | Off Bench Oblique  | 8-20           | 8-20           | 8-20           |                |                |       |      |
|          |                    |                |                |                |                |                |       |      |
|          |                    |                |                |                |                |                |       |      |

Flexibility: Partner Stretch

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

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





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

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

|               |   |
|---------------|---|
| Time of Day:  | <b>Warm Up: (20 yards)</b>  |
|               | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers |
| Start /Finish | 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead    |
|               | 11. heel walks 12. inchworm   |

|           |                           |
|-----------|---------------------------|
| Coach(s): | <b>Plyometrics:</b>       |
|           | Continuous Hurdle Hop 5x5 |

|                |  |
|----------------|--|
| Partner/Group: | <b>Speed/Agility:</b>                        |
|                | Chase Sprint 3x each                         |
|                | Sled 3x 1/2 field, 1x full field (150 yards) |

|  |                           |
|--|---------------------------|
|  | <b>Conditioning:</b>      |
|  | 1x300 (25 yard) 1:00/2:00 |
|  | 6x100 (25 yard) :20/:40   |

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

**Strength Training**

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

**Flexibility:** Partner Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | <b>Warm Up: (Ladder) 10 yds.</b>  |
|               | high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3-1 F, Makovsky Shuffle F |
| Start /Finish | <b>Shuffle &amp; Carioca - spiderman, lunge to hamstring, lateral squat walk</b>                        |
|               | <b>Bands (Total Body Band - Purple) F/B/L/R</b>   |

|           |                                     |
|-----------|-------------------------------------|
| Coach(s): | <b>Plyometrics:</b>                 |
|           | Lateral Hurdle or Cone Hop 5x5 each |
|           |                                     |

|                |  |
|----------------|--|
| Partner/Group: | <b>Speed/Agility:</b>                        |
|                | Assisted 1-2 cut 3x each                     |
|                | Lateral hoop run w/ return 3x each (2 hoops) |

|  |   |
|--|---|
|  | <b>Conditioning:</b>                    |
|  | Slide Board 8x :30/1:00                 |
|  | Airdyne 10x :30/1:30 (M-Lv 12, F-Lv 10) |

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

**Strength Training**

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

**Flexibility:** Foam Roller Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | <b>Warm Up: (20 yards)</b>  |
|               | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers<br>7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead |
| Start /Finish | 11. heel walks 12. inchworm   |

|           |  |
|-----------|--|
| Coach(s): | <b>Plyometrics:</b>                      |
|           | Single Leg Continuous Hurdle Hop 5x5 ea. |

|                |                                 |
|----------------|---------------------------------|
| Partner/Group: | <b>Speed/Agility:</b>           |
|                | Single Leg Chase Sprint 3x each |
|                | Resisted Band Towing 3x 25 yds. |

|  |                           |
|--|---------------------------|
|  | <b>Conditioning:</b>      |
|  | 1x300 (25 yard) 1:00/2:00 |
|  | 6x100 (25 yard) :20/:40   |

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

**Strength Training**

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

**Flexibility:** Partner Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (Ladder) 10 yds.<br>quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant slalom F, 2 forward 1 back |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk<br>Bands (total body band - purple) F/B/L/R                           |

|           |              |
|-----------|--------------|
| Coach(s): | Plyometrics: |
|           | Heidens 5x5  |
|           |              |

|                |  |
|----------------|--|
| Partner/Group: | Speed/Agility:                               |
|                | Assisted 1-2 cut 3x ea.                      |
|                | Lateral hoop run w/ return 3x each (2 hoops) |

|  |   |
|--|---|
|  | Conditioning:                           |
|  | Slide Board 8x :30/1:00                 |
|  | Airdyne 10x :30/1:30 (M-Lv 12, F-Lv 10) |

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

**Strength Training**

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

Flexibility: Foam Roller Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (20 yards)   |
|               | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers |
| Start /Finish | 7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead    |
|               | 11. heel walks 12. inchworm   |

|           |                           |
|-----------|---------------------------|
| Coach(s): | Plyometrics:              |
|           | Continuous Hurdle Hop 5x5 |

|                |  |
|----------------|--|
| Partner/Group: | Speed/Agility:                               |
|                | Chase Sprint 3x each                         |
|                | Sled 4x 1/2 field, 1x full field (180 yards) |

|  |                           |
|--|---------------------------|
|  | Conditioning:             |
|  | 1x300 (25 yard) 1:00/2:00 |
|  | 7x100 (25 yard) :20/:40   |

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

**Strength Training**

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

Flexibility: Partner Stretch

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

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

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

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

|               |  |
|---------------|--|
| Time of Day:  | <b>Warm Up: (Ladder) 15 yds</b><br>high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 1,2,3-1 F, Makovsky Shuffle F |
|               | <b>Shuffle &amp; Carioca - spiderman, lunge to hamstring, lateral squat walk</b>   |
| Start /Finish | <b>Bands (Total Body Band - Purple) F/B/L/R</b>  |

|           |                                       |
|-----------|---------------------------------------|
| Coach(s): | <b>Plyometrics:</b>                   |
|           | <b>Lateral Hurdle or Cone Hop 5x5</b> |
|           |                                       |

|                |   |
|----------------|---|
| Partner/Group: | <b>Speed/Agility:</b>                               |
|                | <b>Assisted 1-2 cut 3x each</b>                     |
|                | <b>Lateral hoop run w/ return 3x each (2 hoops)</b> |

|  |   |
|--|---|
|  | <b>Conditioning:</b>                              |
|  | <b>7 Mile Bike Test (group 1)</b>                 |
|  | <b>(one group on day #2, one group on day #4)</b> |

|   |  |
|---|--|
| <b>Abdominals:</b>                                |  |
| <b>Medicine Balls- Overhead w/ step 2x10 each</b> |  |
| <b>side twist 3x10 ND &amp; 2x10 D</b>            |  |
| <b>one arm chest pass 3x10 ND &amp; 2x10 D</b>    |  |

**Strength Training**

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

**Flexibility:** Foam Roller Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | <b>Warm Up: (20 yards)</b>  |
|               | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers<br>7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead |
| Start /Finish | 11. heel walks 12. inchworm   |

|           |                               |
|-----------|-------------------------------|
| Coach(s): | <b>Plyometrics:</b>           |
|           | Single Leg Hurdle Hop 5x5 ea. |
|           |                               |

|                |                                 |
|----------------|---------------------------------|
| Partner/Group: | <b>Speed/Agility:</b>           |
|                | Single Leg Chase Sprint 3x each |
|                | Resisted Band Towing 4x25 yds.  |

|  |                           |
|--|---------------------------|
|  | <b>Conditioning:</b>      |
|  | 1x300 (25 yard) 1:00/2:00 |
|  | 7x100 (25 yard) :20/:40   |

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

**Strength Training**

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

**Flexibility: Partner Stretch**

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (Ladder) 15 yds.<br>quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant slalom F, 2 forward 1 back |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk<br>Bands (total body band - purple) F/B/L/R                           |

|           |   |
|-----------|---|
| Coach(s): | Plyometrics:                                  |
|           | Single Leg Lateral Hurdle or Cone Hop 5x5 ea. |

|                |   |
|----------------|---|
| Partner/Group: | Speed/Agility:  |
|                | Assisted 1-2 cut 3x ea.<br>Lateral hoop run w/ return 3x each (2 hoops) |

|  |  |
|--|--|
|  | Conditioning:  |
|  | 7 Mile Bike Test (group 2)<br>(one group on day #2, one group on day #4) |

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

**Strength Training**

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

Flexibility: Foam Roller Stretch

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

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



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

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

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

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

**Strength Training**

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

Flexibility: Partner Stretch

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

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

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

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

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

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

**Strength Training**

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

Flexibility: Foam Roller Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (10 yards)   |
| Start /Finish | 1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/<br>5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward |

|           |                           |
|-----------|---------------------------|
| Coach(s): | Plyometrics:              |
|           | Single Leg Hurdle Hop 5x5 |
|           |                           |

|                |                                 |
|----------------|---------------------------------|
| Partner/Group: | Speed/Agility:                  |
|                | Single Leg Chase Sprint 3x each |
|                | Resisted Band Towing 5x25 yds.  |

|  |                          |
|--|--------------------------|
|  | Conditioning:            |
|  | 1x300(50 yard) 1:00/2:00 |
|  | 2x150(50 yard) :30/1:30  |
|  | 3x100(50 yard) :20/:40   |

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

**Strength Training**

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

Flexibility: Partner Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (Ladder) 20 yds.<br>quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, giant slalom F, 2 forward 1 back |
| Start /Finish | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk<br>Bands (total body band - purple) F/B/L/R                           |

|           |   |
|-----------|---|
| Coach(s): | Plyometrics:                              |
|           | Single Leg Lateral Hurdle or Cone Hop 5x5 |

|                |  |
|----------------|--|
| Partner/Group: | Speed/Agility:                               |
|                | Assisted 1-2 cut 3x ea.                      |
|                | Lateral hoop run w/ return 3x each (2 hoops) |

|  |                                       |
|--|---------------------------------------|
|  | Conditioning:                         |
|  | Slide Board 12x :30/1:00              |
|  | Airdyne 6x :45/1:15 (M-Lv 10, F-Lv 8) |

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

**Strength Training**

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

Flexibility: Foam Roller Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | <b>Warm Up: (20 yards)</b>  |
|               | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers<br>7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead |
| Start /Finish | 11. heel walks 12. inchworm   |

|           |                            |
|-----------|----------------------------|
| Coach(s): | <b>Plyometrics:</b>        |
|           | Hurdle Hop with Sprint 5x5 |
|           |                            |

|                |  |
|----------------|--|
| Partner/Group: | <b>Speed/Agility:</b>                        |
|                | Ground Chase Sprint 3x each                  |
|                | Sled 2x 1/2 field, 2x full field (180 yards) |

|  |   |
|--|---|
|  | <b>Conditioning:</b>                            |
|  | Line Drill 5 15 25 30<br>:30/1:00<br>12 minutes |
|  |   |

|  |  |
|--|--|
| <b>Abdominals:</b>                     |  |
| Stability Ball Alphabet 2x             |  |
| 1 Leg Hip Lift on Medicine Ball 2x8-12 |  |
| Russian Twist 3x10                     |  |

**Strength Training**

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

Flexibility: Partner Stretch

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

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

|             |                   |                         |
|-------------|-------------------|-------------------------|
|             | <b>Week # 10</b>  | <b>Day of the week:</b> |
| <b>Date</b> | <b>Day # 2</b>    |                         |
|             | <b>Bodyweight</b> |                         |

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

|                      |   |
|----------------------|---|
| <b>Time of Day:</b>  | <b>Warm Up: (Ladder) 10 yds.</b><br>high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F |
| <b>Start /Finish</b> | <b>Shuffle &amp; Carioca - spiderman, lunge to hamstring, lateral squat walk</b><br><b>Bands (Band Above Knees - Green) F/B/L/R</b>     |

|                  |  |
|------------------|--|
| <b>Coach(s):</b> | <b>Plyometrics:</b><br><b>Lateral Hurdle or Cone Hop with Jump and Reach 5x5</b> |
|------------------|--|

|                       |   |
|-----------------------|---|
| <b>Partner/Group:</b> | <b>Speed/Agility:</b><br><b>Lateral 45 degree 1-2 cut 4x</b><br><b>Lateral hoop run w/ return 3x each (3 hoops)</b> |
|-----------------------|---|

|  |   |
|--|---|
|  | <b>Conditioning:</b><br><b>Slide Board 14x :30/1:00</b><br><b>Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)</b> |
|--|---|

**Abdominals:**

|  |  |
|--|--|
|  | <b>Medicine Balls- single leg overhead 2x10 each</b><br><b>single leg twist 3x10 ND &amp; 2x10 D</b><br><b>Alternating Chest Pass 3x10 ND &amp; 2x10 D</b> |
|--|--|

**Strength Training**

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

**Flexibility: Foam Roller Stretch**

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (10 yards)   |
| Start /Finish | 1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/<br>5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward |

|           |                                       |
|-----------|---------------------------------------|
| Coach(s): | Plyometrics:                          |
|           | Single Leg Hurdle Hop with Sprint 5x5 |

|                |                                  |
|----------------|----------------------------------|
| Partner/Group: | Speed/Agility:                   |
|                | Back ground sprint 3x each       |
|                | Resisted Band Running 6x 25 yds. |

|  |                          |
|--|--------------------------|
|  | Conditioning:            |
|  | 1x300(50 yard) 1:00/2:00 |
|  | 2x150(50 yard) :30/1:30  |
|  | 5x100(50 yard) :20/:40   |

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

**Strength Training**

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

Flexibility: Partner Stretch

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

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

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

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

|                |   |
|----------------|---|
| Time of Day:   | <b>Warm Up: (Ladder) 10 yds.</b><br>quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, Giant , Brake Run F |
| Start /Finish  | <b>Shuffle &amp; Carioca - spiderman, lunge to hamstring, lateral squat walk</b><br><b>Bands (band above knees - green) F/B/L/R</b>   |
| Coach(s):      | <b>Plyometrics:</b><br><b>Single Leg Hurdle or Cone Hop with Jump and Reach 5x5</b>   |
| Partner/Group: | <b>Speed/Agility:</b><br><b>45 degree 1-2 cut 4x</b><br><b>Lateral hoop run w/ return 3x each (3 hoops)</b>                           |
|                | <b>Conditioning:</b><br><b>Slide Board 14x :30/1:00</b><br><b>Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)</b>                               |

|                    |  |
|--------------------|--|
| <b>Abdominals:</b> | <b>Medicine Ball Abs</b><br><b>single leg overhead 2 x 10 each</b><br><b>single leg twist 3x10 ND &amp; 2x10 D</b><br><b>Alternating chest pass 3x10 ND &amp; 2x10 D</b> |
|--------------------|--|

**Strength Training**

| %        | Exercise                | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|-------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 70,75,80 | Push Press              | 15             | 14             | 13             |                |                |       |      |
|          | SB Sit & Rev SB Sit     | 10 to 20       | 10 to 20       | 10 to 20       | 10 to 20       |                |       |      |
|          | <b>Mini Leg Circuit</b> |                |                |                |                |                |       |      |
|          | squat jump              | 10             |                |                |                |                |       |      |
|          | body weight squat       | 10             |                |                |                |                |       |      |
|          | alternating lunge       | 10             |                |                |                |                |       |      |
|          | tuck jump               | 10             |                |                |                |                |       |      |
|          | Chin ups                | max            | max-2          |                |                |                |       |      |
|          | Inverted Row            | 18 to 20       | 18 to 20       |                |                |                |       |      |

**Flexibility: Foam Roller Stretch**

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

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



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

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

|               |   |
|---------------|---|
| Time of Day:  | <b>Warm Up: (20 yards)</b>  |
|               | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers<br>7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead |
| Start /Finish | 11. heel walks 12. inchworm   |

|           |                            |
|-----------|----------------------------|
| Coach(s): | <b>Plyometrics:</b>        |
|           | Hurdle Hop with Sprint 5x5 |
|           |                            |

|                |  |
|----------------|--|
| Partner/Group: | <b>Speed/Agility:</b>                        |
|                | Ground Chase Sprint 3x each                  |
|                | Sled 3x 1/2 field, 2x full field (210 yards) |

|  |                       |
|--|-----------------------|
|  | <b>Conditioning:</b>  |
|  | Line Drill 5 15 25 30 |
|  | :30/1:00              |
|  | 14 minutes            |

|  |  |
|--|--|
| <b>Abdominals:</b>                     |  |
| Stability Ball Alphabet 2x             |  |
| 1 Leg Hip Lift on Medicine Ball 2x8-12 |  |
| Russian Twist 3x10                     |  |

**Strength Training**

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

**Flexibility:** Partner Stretch

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

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

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

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

|                |  |
|----------------|--|
| Time of Day:   | Warm Up: (Ladder) 15 yds.<br>high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F   |
| Start /Finish  | Shuffle & Carioca - spiderman, lunge to hamstring, lateral squat walk<br>Bands (Band Above Knees - Green) F/B/L/R                  |
| Coach(s):      | Plyometrics:<br>Lateral Hurdle or Cone Hop with Jump and Reach 5x5   |
| Partner/Group: | Speed/Agility:<br>Lateral 45 degree 1-2 cut 4x<br>Lateral hoop run w/ return 3x each (3 hoops)<br>Resisted Band Tows 1x Full Field |
|                | Conditioning:<br>Slide Board 16x :30/1:00<br>Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8)   |

|             |   |
|-------------|---|
| Abdominals: | Medicine Balls- single leg overhead 2x10 each<br>single leg twist 3x10 ND & 2x10 D<br>Alternating chest pass 3x10 ND & 2x10 D |
|-------------|---|

**Strength Training**

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

Flexibility: Foam Roller Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (10 yards)   |
| Start /Finish | 1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/<br>5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward |

|           |   |
|-----------|---|
| Coach(s): | <b>Plyometrics:</b>                       |
|           | Single Leg Hurdle Hop with Sprint 5x5 ea. |

|                |                                  |
|----------------|----------------------------------|
| Partner/Group: | <b>Speed/Agility:</b>            |
|                | Back ground sprint 3x each       |
|                | Resisted Band Running 6x 25 yds. |

|  |                          |
|--|--------------------------|
|  | <b>Conditioning:</b>     |
|  | 1x300(50 yard) 1:00/2:00 |
|  | 3x150(50 yard) :30/1:30  |
|  | 5x100(50 yard) :20/:40   |

|  |
|--|
| <b>Abdominals:</b>                     |
| Stability Ball Alphabet 2x             |
| 1 Leg Hip Lift on Medicine Ball 2x8-12 |
| Russian Twist 3x10                     |

**Strength Training**

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

**Flexibility:** Partner Stretch

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

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

|             |                   |                         |
|-------------|-------------------|-------------------------|
|             | <b>Week # 11</b>  | <b>Day of the week:</b> |
| <b>Date</b> | <b>Day # 4</b>    |                         |
|             | <b>Bodyweight</b> |                         |

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

|                      |   |
|----------------------|---|
| <b>Time of Day:</b>  | <b>Warm Up: (Ladder) 15 yds.</b><br>quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, Giant , Brake Run F |
| <b>Start /Finish</b> | <b>Shuffle &amp; Carioca - spiderman, lunge to hamstring, lateral squat walk</b><br><b>Bands (band above knees - green) F/B/L/R</b>   |

|                  |   |
|------------------|---|
| <b>Coach(s):</b> | <b>Plyometrics:</b><br><b>Single Leg Lateral Hurdle Hop with Jump and Reach 5x5 ea.</b> |
|------------------|---|

|                       |  |
|-----------------------|--|
| <b>Partner/Group:</b> | <b>Speed/Agility:</b><br><b>backward 45 degree 1-2 cut 4x</b><br><b>Lateral hoop run w/ return 3x each (3 hoops)</b> |
|-----------------------|--|

|  |   |
|--|---|
|  | <b>Conditioning:</b><br><b>Slide Board 16x :30/1:00</b><br><b>Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8)</b> |
|--|---|

|                    |  |
|--------------------|--|
| <b>Abdominals:</b> | <b>Medicine Ball Abs</b><br><b>single leg overhead 2 x 10 each</b><br><b>single leg twist 3x10 ND &amp; 2x10 D</b><br><b>Alternating chest pass 3x10 ND &amp; 2x10 D</b> |
|--------------------|--|

**Strength Training**

| <b>%</b> | <b>Exercise</b>                | <b>Set 1<br/>Reps/</b> | <b>Set 2<br/>Reps/</b> | <b>Set 3<br/>Reps/</b> | <b>Set 4<br/>Reps/</b> | <b>Set 5<br/>Reps/</b> | <b>Tempo</b> | <b>Rest</b> |
|----------|--------------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|--------------|-------------|
| 75.80,85 | <b>Push Press</b>              | <b>15</b>              | <b>14</b>              | <b>13</b>              |                        |                        |              |             |
|          | <b>SB Sit &amp; Rev SB Sit</b> | <b>10 to 20</b>        | <b>10 to 20</b>        | <b>10 to 20</b>        | <b>10 to 20</b>        |                        |              |             |
|          | <b>Mini Leg Circuit</b>        |                        |                        |                        |                        |                        |              |             |
|          | squat jump                     | 10                     |                        |                        |                        |                        |              |             |
|          | body weight squat              | 10                     |                        |                        |                        |                        |              |             |
|          | alternating lunge              | 10                     |                        |                        |                        |                        |              |             |
|          | tuck jump                      | 10                     |                        |                        |                        |                        |              |             |
|          | <b>Chin Up</b>                 | <b>Max</b>             | <b>Max-2</b>           |                        |                        |                        |              |             |
|          | <b>inverted row</b>            | <b>18 to 20</b>        | <b>18 to 20</b>        |                        |                        |                        |              |             |

**Flexibility: Foam Roller Stretch**

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | <b>Warm Up: (20 yards)</b>  |
|               | 1.high knee walk 2.heel to butt 3.high knee skip 4.high knee run 5.butt kickers<br>7. backpedal 8. SLDL walk Forward/Backward 9. straight leg skip 10. Overhead |
| Start /Finish | 11. heel walks 12. inchworm   |

|           |                            |
|-----------|----------------------------|
| Coach(s): | <b>Plyometrics:</b>        |
|           | Hurdle Hop with Sprint 5x5 |
|           |                            |

|                |                             |
|----------------|-----------------------------|
| Partner/Group: | <b>Speed/Agility:</b>       |
|                | Ground Chase Sprint 3x each |
|                | Sled 1x perimeter           |

|  |                       |
|--|-----------------------|
|  | <b>Conditioning:</b>  |
|  | Line Drill 5 15 25 30 |
|  | :30/1:00              |
|  | 16 minutes            |

|  |  |
|--|--|
| <b>Abdominals:</b>                     |  |
| Stability Ball Alphabet 2x             |  |
| 1 Leg Hip Lift on Medicine Ball 2x8-12 |  |
| Russian Twist 3x10                     |  |

**Strength Training**

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

**Flexibility:** Partner Stretch

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

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

|             |                   |                         |
|-------------|-------------------|-------------------------|
|             | <b>Week # 12</b>  | <b>Day of the week:</b> |
| <b>Date</b> | <b>Day # 2</b>    |                         |
|             | <b>Bodyweight</b> |                         |

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

|                      |   |
|----------------------|---|
| <b>Time of Day:</b>  | <b>Warm Up: (Ladder) 20 yds.</b><br>high knee F/L/R, cross in front F/B, cross behind F/B, quick shuffle F/B, 180's, Makovsky Shuffle F |
| <b>Start /Finish</b> | <b>Shuffle &amp; Carioca - spiderman, lunge to hamstring, lateral squat walk</b><br><b>Bands (Band Above Knees - Green) F/B/L/R</b>     |

|                  |  |
|------------------|--|
| <b>Coach(s):</b> | <b>Plyometrics:</b><br><b>Lateral Hurdle or Cone Hop with Jump and Reach 5x5</b> |
|------------------|--|

|                       |   |
|-----------------------|---|
| <b>Partner/Group:</b> | <b>Speed/Agility:</b><br><b>Lateral 45 degree 1-2 cut 4x</b><br><b>Lateral hoop run w/ return 3x each (3 hoops)</b> |
|-----------------------|---|

|  |   |
|--|---|
|  | <b>Conditioning:</b><br><b>10 Mile Bike Test (group 1)</b><br><b>(one group on day #2, one group on day #4)</b> |
|--|---|

|                    |  |
|--------------------|--|
| <b>Abdominals:</b> | <b>Medicine Balls- single leg overhead 2x10 each</b><br><b>single leg twist 3x10 ND &amp; 2x10 D</b><br><b>Alternating chest pass 3x10 ND &amp; 2x10 D</b> |
|--------------------|--|

**Strength Training**

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

**Flexibility:** Foam Roller Stretch

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

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

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

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: (10 yards)   |
| Start /Finish | 1. figure four walk F/B 2.heel to butt 3. opposite hand heel to butt 4. heel to butt w/<br>5. Backward lunge walk 6. Straight Leg Crossover 7. SLDL F/B 8. backward |

|           |                                       |
|-----------|---------------------------------------|
| Coach(s): | Plyometrics:                          |
|           | Single Leg Hurdle Hop with Sprint 5x5 |

|                |                                  |
|----------------|----------------------------------|
| Partner/Group: | Speed/Agility:                   |
|                | Back ground sprint 3x each       |
|                | Resisted Band Tows 1x Full Field |

|  |                          |
|--|--------------------------|
|  | Conditioning:            |
|  | 1x300(50 yard) 1:00/2:00 |
|  | 3x150(50 yard) :30/1:30  |
|  | 7x100(50 yard) :20/:40   |

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

**Strength Training**

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

Flexibility: Partner Stretch

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

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

|             |                   |                         |
|-------------|-------------------|-------------------------|
|             | <b>Week # 12</b>  | <b>Day of the week:</b> |
| <b>Date</b> | <b>Day # 4</b>    |                         |
|             | <b>Bodyweight</b> |                         |

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

|                      |   |
|----------------------|---|
| <b>Time of Day:</b>  | <b>Warm Up: (Ladder) 20 yds.</b><br>quick feet F/L/R, quick shuffle F/B, hip switch F/L/R, in-in-out-out F/B/L/R, Giant , Brake Run F |
| <b>Start /Finish</b> | <b>Shuffle &amp; Carioca - spiderman, lunge to hamstring, lateral squat walk</b><br><b>Bands (band above knees - green) F/B/L/R</b>   |

|                  |   |
|------------------|---|
| <b>Coach(s):</b> | <b>Plyometrics:</b><br>Lateral Hurdle or Cone Hop with Jump and Reach 5x5 ea. |
|------------------|---|

|                       |  |
|-----------------------|--|
| <b>Partner/Group:</b> | <b>Speed/Agility:</b><br>backward 45 degree 1-2 cut 4x<br>Lateral hoop run w/ return 3x each (3 hoops) |
|-----------------------|--|

|  |   |
|--|---|
|  | <b>Conditioning:</b><br>10 Mile Bike Test (group 1)<br>(one group on day #2, one group on day #4) |
|--|---|

|                    |  |
|--------------------|--|
| <b>Abdominals:</b> | Medicine Ball Abs<br>single leg overhead 2 x 10 each<br>single leg twist 3x10 ND & 2x10 D<br>Alternating chest pass 3x10 ND & 2x10 D |
|--------------------|--|

**Strength Training**

| %        | Exercise                | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|----------|-------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 65,70,75 | Push Press              | 15             | 14             | 13             |                |                |       |      |
|          | SB Sit & Rev SB Sit     | 10 to 20       | 10 to 20       | 10 to 20       | 10 to 20       |                |       |      |
|          | <b>Mini Leg Circuit</b> |                |                |                |                |                |       |      |
|          | squat jump              | 10             |                |                |                |                |       |      |
|          | body weight squat       | 10             |                |                |                |                |       |      |
|          | alternating lunge       | 10             |                |                |                |                |       |      |
|          | tuck jump               | 10             |                |                |                |                |       |      |
|          | Chin Up                 | Max            | Max-2          |                |                |                |       |      |
|          | inverted row            | 18 to 20       | 18 to 20       |                |                |                |       |      |

**Flexibility:** Foam Roller Stretch

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

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



|             |                   |                         |
|-------------|-------------------|-------------------------|
|             | <b>Week # 13</b>  | <b>Day of the week:</b> |
| <b>Date</b> | <b>Day # 1</b>    |                         |
|             | <b>Bodyweight</b> |                         |

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

|                      |  |
|----------------------|--|
| <b>Time of Day:</b>  | <b>Warm Up: 5 Min. Jog + Dynamic Warm Up</b> |
| <b>Start /Finish</b> |  |

|                  |   |
|------------------|---|
| <b>Coach(s):</b> | <b>Plyometrics: Sport Specific</b>          |
|                  | <b>Standing Long Jump 5x5 = 25 contacts</b> |

|                       |                                      |
|-----------------------|--------------------------------------|
| <b>Partner/Group:</b> | <b>Speed/Agility: Sport Specific</b> |
|                       | <b>20 Yard Square 5x</b>             |

|  |                              |
|--|------------------------------|
|  | <b>Conditioning:</b>         |
|  | <b>Line Drill 5 15 25 30</b> |
|  | <b>:30/1:00</b>              |
|  | <b>18 minutes</b>            |

**Abdominals:**

|  |
|--|
|  |
|  |
|  |
|  |

**Strength Training**

| <b>%</b>   | <b>Exercise</b>                 | <b>Set 1<br/>Reps/</b> | <b>Set 2<br/>Reps/</b> | <b>Set 3<br/>Reps/</b> | <b>Set 4<br/>Reps/</b> | <b>Set 5<br/>Reps/</b> | <b>Tempo</b> | <b>Rest</b> |
|------------|---------------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|--------------|-------------|
| 90,95,100- | <b>DB Snatch</b>                | <b>15</b>              | <b>14</b>              | <b>13</b>              |                        |                        |              |             |
|            | <b>Slant Board Sit Ups</b>      | <b>10 to 20</b>        | <b>10 to 20</b>        | <b>10 to 20</b>        |                        |                        |              |             |
| 90-97%     | <b>Front Box Squat</b>          | <b>13</b>              | <b>13</b>              | <b>13</b>              | <b>13</b>              |                        |              |             |
| 90-97%     | <b>Alternating Grip Chin Up</b> | <b>3</b>               | <b>3</b>               | <b>3</b>               | <b>3</b>               |                        |              |             |
| 70-75%     | <b>Lunge</b>                    | <b>12</b>              | <b>12</b>              | <b>12</b>              |                        |                        |              |             |
| 70-75%     | <b>Cable 1 Arm 1 Leg Row</b>    | <b>12</b>              | <b>12</b>              | <b>12</b>              |                        |                        |              |             |
|            | <b>Reverse Hyperextension</b>   | <b>8-20</b>            | <b>8-20</b>            | <b>8-20</b>            |                        |                        |              |             |
|            |                                 |                        |                        |                        |                        |                        |              |             |
|            |                                 |                        |                        |                        |                        |                        |              |             |

**Flexibility: Partner Stretch**

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

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

|      |            |                  |
|------|------------|------------------|
| Date | Week # 13  | Day of the week: |
|      | Day # 2    |                  |
|      | Bodyweight |                  |

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: 5 minute Jog + Dynamic Warm Up |
| Start /Finish |   |

|           |   |
|-----------|---|
| Coach(s): | <b>Plyometrics: Sport Specific</b>      |
|           | Alternate Bounding w/ Single Arm Action |
|           | 5x5 each leg = 50 contacts              |

|                |                                      |
|----------------|--------------------------------------|
| Partner/Group: | <b>Speed/Agility: Sport Specific</b> |
|                | 40 Yard Ladder Sprint 5-7x           |

|  |                               |
|--|-------------------------------|
|  | <b>Conditioning:</b>          |
|  | 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) |

|                              |
|------------------------------|
| <b>Abdominals: (MEDBALL)</b> |
|                              |
|                              |
|                              |

**Strength Training**

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

**Flexibility: Foam Roller Stretch**

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

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

|      |            |                  |
|------|------------|------------------|
| Date | Week # 13  | Day of the week: |
|      | Day # 3    |                  |
|      | Bodyweight |                  |

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: 5 Minute Jog + Dynamic Warm Up |
| Start /Finish |   |

|           |                                      |
|-----------|--------------------------------------|
| Coach(s): | Plyometrics: Sport Specific          |
|           | Standing Long Jump 5x5 = 25 contacts |

|                |                               |
|----------------|-------------------------------|
| Partner/Group: | Speed/Agility: Sport Specific |
|                | 20 Yard Square 5x             |

|  |               |
|--|---------------|
|  | Conditioning: |
|  | Tempo Run 20  |

**Abdominals:**

|  |
|--|
|  |
|  |
|  |
|  |

**Strength Training**

| %          | Exercise                 | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|------------|--------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | DB Snatch                | 15             | 14             | 13             |                |                |       |      |
|            | Straight Leg Raise       | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 90-97%     | Front Box Squat          | 13             | 13             | 13             | 13             |                |       |      |
| 90-97%     | Alternating Grip Chin Up | 3              | 3              | 3              | 3              |                |       |      |
| 70-75%     | Lunge                    | 12             | 12             | 12             |                |                |       |      |
| 70-75%     | Cable 1 Arm 1 Leg Row    | 12             | 12             | 12             |                |                |       |      |
|            | Reverse Hyperextension   | 8-20           | 8-20           | 8-20           |                |                |       |      |
|            |                          |                |                |                |                |                |       |      |
|            |                          |                |                |                |                |                |       |      |

**Flexibility: Partner Stretch**

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

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

|      |            |                  |
|------|------------|------------------|
| Date | Week # 13  | Day of the week: |
|      | Day # 4    |                  |
|      | Bodyweight |                  |

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: 5 Minute Jog + Dynamic Warm Up |
| Start /Finish |   |

|           |   |
|-----------|---|
| Coach(s): | <b>Plyometrics: Sport Specific</b>      |
|           | Alternate Bounding w/ Single Arm Action |
|           | 5x5 each leg = 50 contacts              |

|                |                                      |
|----------------|--------------------------------------|
| Partner/Group: | <b>Speed/Agility: Sport Specific</b> |
|                | 40 Yard Ladder Sprint 5-7x           |

|  |                               |
|--|-------------------------------|
|  | <b>Conditioning:</b>          |
|  | 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) |

|                              |
|------------------------------|
| <b>Abdominals: (MEDBALL)</b> |
|                              |
|                              |
|                              |

**Strength Training**

| %          | Exercise              | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|------------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean                 | 15             | 14             | 13             |                |                |       |      |
|            | SB Sit & Rev SB Sit   | 10 to 20       | 10 to 20       | 10 to 20       | 10 to 20       |                |       |      |
| 90-97%     | Incline Bench         | 13             | 13             | 13             | 13             |                |       |      |
|            | Hip Lift on Med Ball  | 8-20           | 8-20           | 8-20           |                |                |       |      |
|            | Metronome Push Up     | Max            | Max - 10       | Max - 10       |                |                |       |      |
|            | Single Leg Leg Curl   | 8-20           | 8-20           | 8-20           |                |                |       |      |
| 70-75%     | Cable Rotational Chop | 12             | 12             |                |                |                |       |      |

**Flexibility: Foam Roller Stretch**

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

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

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

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

|               |                                       |
|---------------|---------------------------------------|
| Time of Day:  | Warm Up: 5 Min. Jog + Dynamic Warm Up |
| Start /Finish |                                       |

|           |                                      |
|-----------|--------------------------------------|
| Coach(s): | <b>Plyometrics: Sport Specific</b>   |
|           | Standing Long Jump 5x5 = 25 contacts |

|                |                                      |
|----------------|--------------------------------------|
| Partner/Group: | <b>Speed/Agility: Sport Specific</b> |
|                | 20 Yard Square 7x                    |

|  |                       |
|--|-----------------------|
|  | <b>Conditioning:</b>  |
|  | Line Drill 5 15 25 30 |
|  | :30/1:00              |
|  | 20 minutes            |

**Abdominals:**

|  |
|--|
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|  |

**Strength Training**

| %         | Exercise                 | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|-----------|--------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100 | DB Snatch                | 15             | 14             | 13             |                |                |       |      |
|           | Slant Board Sit Ups      | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 90-97%    | Front Box Squat          | 13             | 13             | 13             | 13             |                |       |      |
| 90-97%    | Alternating Grip Chin Up | 3              | 3              | 3              | 3              |                |       |      |
| 70-75%    | Lunge                    | 12             | 12             | 12             |                |                |       |      |
| 70-75%    | Cable 1 Arm 1 Leg Row    | 12             | 12             | 12             |                |                |       |      |
|           | Reverse Hyperextension   | 8-20           | 8-20           | 8-20           |                |                |       |      |
|           |                          |                |                |                |                |                |       |      |
|           |                          |                |                |                |                |                |       |      |

**Flexibility: Partner Stretch**

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

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

|      |            |                  |
|------|------------|------------------|
| Date | Week # 14  | Day of the week: |
|      | Day # 2    |                  |
|      | Bodyweight |                  |

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: 5 minute Jog + Dynamic Warm Up |
| Start /Finish |   |

|           |   |
|-----------|---|
| Coach(s): | <b>Plyometrics: Sport Specific</b>      |
|           | Alternate Bounding w/ Single Arm Action |
|           | 5x5 each leg = 50 contacts              |

|                |                                      |
|----------------|--------------------------------------|
| Partner/Group: | <b>Speed/Agility: Sport Specific</b> |
|                | 40 Yard Ladder Sprint 7-9x           |

|  |                      |
|--|----------------------|
|  | <b>Conditioning:</b> |
|  | Airdyne- 2x :45/1:15 |
|  | 4x :30/1:130         |
|  | 6x :15/45            |

|                              |  |
|------------------------------|--|
| <b>Abdominals: (MEDBALL)</b> |  |
|                              |  |
|                              |  |
|                              |  |

**Strength Training**

| %          | Exercise                | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|------------|-------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean                   | 15             | 14             | 13             |                |                |       |      |
|            | Slant Board Rev Sit     | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 90-97%     | Bench Press             | 3              | 3              | 3              | 3              |                |       |      |
|            | Stability Ball Leg Curl | 8-20           | 8-20           | 8-20           |                |                |       |      |
|            | Metronome Push Up       | Max            | Max - 10       | Max - 10       |                |                |       |      |
|            | Single Leg Leg Curl     | 8-20           | 8-20           | 8-20           |                |                |       |      |
| 70-75%     | Cable Rotational Chop   | 12             | 12             |                |                |                |       |      |

**Flexibility: Foam Roller Stretch**

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

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

|      |            |                  |
|------|------------|------------------|
| Date | Week # 14  | Day of the week: |
|      | Day # 3    |                  |
|      | Bodyweight |                  |

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: 5 Minute Jog + Dynamic Warm Up |
| Start /Finish |   |

|           |                                      |
|-----------|--------------------------------------|
| Coach(s): | Plyometrics: Sport Specific          |
|           | Standing Long Jump 5x5 = 25 contacts |

|                |                               |
|----------------|-------------------------------|
| Partner/Group: | Speed/Agility: Sport Specific |
|                | 20 Yard Square 7x             |

|  |               |
|--|---------------|
|  | Conditioning: |
|  | Tempo Run 20  |

**Abdominals:**

|  |
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|  |
|  |
|  |

**Strength Training**

| %          | Exercise                 | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|------------|--------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | DB Snatch                | 15             | 14             | 13             |                |                |       |      |
|            | Straight Leg Raise       | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 90-97%     | Front Box Squat          | 13             | 13             | 13             | 13             |                |       |      |
| 90-97%     | Alternating Grip Chin Up | 3              | 3              | 3              | 3              |                |       |      |
| 70-75%     | Lunge                    | 12             | 12             | 12             |                |                |       |      |
| 70-75%     | Cable 1 Arm 1 Leg Row    | 12             | 12             | 12             |                |                |       |      |
|            | Reverse Hyperextension   | 8-20           | 8-20           | 8-20           |                |                |       |      |
|            |                          |                |                |                |                |                |       |      |
|            |                          |                |                |                |                |                |       |      |

**Flexibility: Partner Stretch**

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

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

|      |            |                  |
|------|------------|------------------|
| Date | Week # 14  | Day of the week: |
|      | Day # 4    |                  |
|      | Bodyweight |                  |

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: 5 Minute Jog + Dynamic Warm Up |
| Start /Finish |   |

|           |   |
|-----------|---|
| Coach(s): | <b>Plyometrics: Sport Specific</b>      |
|           | Alternate Bounding w/ Single Arm Action |
|           | 5x5 each leg = 50 contacts              |

|                |                                      |
|----------------|--------------------------------------|
| Partner/Group: | <b>Speed/Agility: Sport Specific</b> |
|                | 40 Yard Ladder Sprint 7-9x           |

|  |                      |
|--|----------------------|
|  | <b>Conditioning:</b> |
|  | Airdyne- 2x :45/1:15 |
|  | 4x :30/1:130         |
|  | 6x :15/45            |

|                              |  |
|------------------------------|--|
| <b>Abdominals: (MEDBALL)</b> |  |
|                              |  |
|                              |  |
|                              |  |

**Strength Training**

| %          | Exercise              | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|------------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean                 | 15             | 14             | 13             |                |                |       |      |
|            | SB Sit & Rev SB Sit   | 10 to 20       | 10 to 20       | 10 to 20       | 10 to 20       |                |       |      |
| 90-97%     | Incline Bench         | 13             | 13             | 13             | 13             |                |       |      |
|            | Hip Lift on Med Ball  | 8-20           | 8-20           | 8-20           |                |                |       |      |
|            | Metronome Push Up     | Max            | Max - 10       | Max - 10       |                |                |       |      |
|            | Single Leg Leg Curl   | 8-20           | 8-20           | 8-20           |                |                |       |      |
| 70-75%     | Cable Rotational Chop | 12             | 12             |                |                |                |       |      |

**Flexibility: Foam Roller Stretch**

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

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



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

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

|               |                                       |
|---------------|---------------------------------------|
| Time of Day:  | Warm Up: 5 Min. Jog + Dynamic Warm Up |
| Start /Finish |                                       |

|           |                                      |
|-----------|--------------------------------------|
| Coach(s): | <b>Plyometrics: Sport Specific</b>   |
|           | Standing Long Jump 5x5 = 25 contacts |

|                |                                      |
|----------------|--------------------------------------|
| Partner/Group: | <b>Speed/Agility: Sport Specific</b> |
|                | 20 Yard Square 9x                    |

|  |                       |
|--|-----------------------|
|  | <b>Conditioning:</b>  |
|  | Line Drill 5 15 25 30 |
|  | :30/1:00              |
|  | 20 minutes            |

|                    |
|--------------------|
| <b>Abdominals:</b> |
|                    |
|                    |
|                    |

**Strength Training**

| %         | Exercise                 | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|-----------|--------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100 | DB Snatch                | 15             | 14             | 13             |                |                |       |      |
|           | Slant Board Sit Ups      | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 90-97%    | Front Box Squat          | 13             | 13             | 13             | 13             |                |       |      |
| 90-97%    | Alternating Grip Chin Up | 3              | 3              | 3              | 3              |                |       |      |
| 70-75%    | Lunge                    | 12             | 12             | 12             |                |                |       |      |
| 70-75%    | Cable 1 Arm 1 Leg Row    | 12             | 12             | 12             |                |                |       |      |
|           | Reverse Hyperextension   | 8-20           | 8-20           | 8-20           |                |                |       |      |

|                                     |
|-------------------------------------|
| <b>Flexibility: Partner Stretch</b> |
|-------------------------------------|

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

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

|      |            |                  |
|------|------------|------------------|
| Date | Week # 15  | Day of the week: |
|      | Day # 2    |                  |
|      | Bodyweight |                  |

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: 5 minute Jog + Dynamic Warm Up |
| Start /Finish |   |

|           |   |
|-----------|---|
| Coach(s): | <b>Plyometrics: Sport Specific</b>      |
|           | Alternate Bounding w/ Single Arm Action |
|           | 5x5 each leg = 50 contacts              |

|                |                                      |
|----------------|--------------------------------------|
| Partner/Group: | <b>Speed/Agility: Sport Specific</b> |
|                | 40 Yard Ladder Sprint 9-11x          |

|  |                                       |
|--|---------------------------------------|
|  | <b>Conditioning:</b>                  |
|  | <b>Airdyne:</b>                       |
|  | 1/2 mile sprints 3x/3:00 (M 10 - F 8) |

|                              |  |
|------------------------------|--|
| <b>Abdominals: (MEDBALL)</b> |  |
|                              |  |
|                              |  |

**Strength Training**

| %          | Exercise                | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|------------|-------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean                   | 15             | 14             | 13             |                |                |       |      |
|            | Slant Board Rev Sit     | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 90-97%     | Bench Press             | 3              | 3              | 3              | 3              |                |       |      |
|            | Stability Ball Leg Curl | 8-20           | 8-20           | 8-20           |                |                |       |      |
|            | Metronome Push Up       | Max            | Max - 10       | Max - 10       |                |                |       |      |
|            | Single Leg Leg Curl     | 8-20           | 8-20           | 8-20           |                |                |       |      |
| 70-75%     | Cable Rotational Chop   | 12             | 12             |                |                |                |       |      |

**Flexibility: Foam Roller Stretch**

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

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

|      |            |                  |
|------|------------|------------------|
| Date | Week # 15  | Day of the week: |
|      | Day # 3    |                  |
|      | Bodyweight |                  |

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: 5 Minute Jog + Dynamic Warm Up |
| Start /Finish |   |

|           |                                      |
|-----------|--------------------------------------|
| Coach(s): | Plyometrics: Sport Specific          |
|           | Standing Long Jump 5x5 = 25 contacts |

|                |                               |
|----------------|-------------------------------|
| Partner/Group: | Speed/Agility: Sport Specific |
|                | 20 Yard Square 9x             |

|  |               |
|--|---------------|
|  | Conditioning: |
|  | Tempo Run 20  |

**Abdominals:**

|  |
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|  |

**Strength Training**

| %          | Exercise                 | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|------------|--------------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | DB Snatch                | 15             | 14             | 13             |                |                |       |      |
|            | Straight Leg Raise       | 10 to 20       | 10 to 20       | 10 to 20       |                |                |       |      |
| 90-97%     | Front Box Squat          | 13             | 13             | 13             | 13             |                |       |      |
| 90-97%     | Alternating Grip Chin Up | 3              | 3              | 3              | 3              |                |       |      |
| 70-75%     | Lunge                    | 12             | 12             | 12             |                |                |       |      |
| 70-75%     | Cable 1 Arm 1 Leg Row    | 12             | 12             | 12             |                |                |       |      |
|            | Reverse Hyperextension   | 8-20           | 8-20           | 8-20           |                |                |       |      |
|            |                          |                |                |                |                |                |       |      |
|            |                          |                |                |                |                |                |       |      |

**Flexibility: Partner Stretch**

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

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

|      |            |                  |
|------|------------|------------------|
| Date | Week # 15  | Day of the week: |
|      | Day # 4    |                  |
|      | Bodyweight |                  |

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

|               |   |
|---------------|---|
| Time of Day:  | Warm Up: 5 Minute Jog + Dynamic Warm Up |
| Start /Finish |   |

|           |   |
|-----------|---|
| Coach(s): | <b>Plyometrics: Sport Specific</b>      |
|           | Alternate Bounding w/ Single Arm Action |
|           | 5x5 each leg = 50 contacts              |

|                |                                      |
|----------------|--------------------------------------|
| Partner/Group: | <b>Speed/Agility: Sport Specific</b> |
|                | 40 Yard Ladder Sprint 9-11x          |

|  |                                       |
|--|---------------------------------------|
|  | <b>Conditioning:</b>                  |
|  | <b>Airdyne:</b>                       |
|  | 1/2 mile sprints 3x/3:00 (M 10 - F 8) |

|                              |  |
|------------------------------|--|
| <b>Abdominals: (MEDBALL)</b> |  |
|                              |  |
|                              |  |

**Strength Training**

| %          | Exercise              | Set 1<br>Reps/ | Set 2<br>Reps/ | Set 3<br>Reps/ | Set 4<br>Reps/ | Set 5<br>Reps/ | Tempo | Rest |
|------------|-----------------------|----------------|----------------|----------------|----------------|----------------|-------|------|
| 90,95,100- | Clean                 | 15             | 14             | 13             |                |                |       |      |
|            | SB Sit & Rev SB Sit   | 10 to 20       | 10 to 20       | 10 to 20       | 10 to 20       |                |       |      |
| 90-97%     | Incline Bench         | 3              | 3              | 3              | 3              |                |       |      |
|            | Hip Lift on Med Ball  | 8-20           | 8-20           | 8-20           |                |                |       |      |
|            | Metronome Push Up     | Max            | Max - 10       | Max - 10       |                |                |       |      |
|            | Single Leg Leg Curl   | 8-20           | 8-20           | 8-20           |                |                |       |      |
| 70-75%     | Cable Rotational Chop | 12             | 12             |                |                |                |       |      |

**Flexibility: Foam Roller Stretch**

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

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

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

