	Date												
			Bodyweig	ht									
	CONDI	ITIONIN		up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
	o,.			lk, heel to b									
Start	/Finish	раски	ard run, b	ackpedal, S	LDL walk, s	straight leg	skip, lunge	e waik, inch	worm				
Otart	71 1111311	Plyometric	es:										
		i iyomoun			Box Jui	mps 5x5							
	ch(s):												
Partne	r/Group:	Speed/Agi	ility:										
					Lean Fall	Run 3y ea							
					Ecan rall	itali on ca.							
		Condition	conditioning:										
		Tempo Run 14x											
	1311,5 1311 1 11												
Abdomina	ale:	<u> </u>											
ADUUIIIII	213.												
			4	pt. Stability	2x20 - 60 s	sec							
				Spinal Circ									
			F	lat Foot Sit									
			;	Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	Tompo	Post				
60,65,70	DB Snatcl		5 ea.	5 ea.	5 ea.	Reps/	Reps/	Tempo _	Rest				
00,03,70		rd Sit Ups			10 to 20								
	Siailt Boa	iu oit ops	10 10 20	1	10 10 20			<del> </del>					
60-77%	Front Box	Squat	8	8	8								
00 11 /0	Squat Jun	•	5  5	1	5								
60-77%	Chin Ups		18	1 <sub>8</sub>	8								
	1		<u> </u>	Ī									
70-75%	DB Split S	Squat	12	12					1				
70-75%	KB Row		12	12				<u> </u>					
	Climbing	Grid	max	max									
	1												
	i		<del></del> I	i	<u> </u>								
Flexibility	: Partner S	tretch	•	•									
۸ ماماند: م	l Commont	a. (iocco -	r injurios e	verall mood,	oto )								
Additiona	i Comment	s: (Issues o	r injuries, o	verali mood,	etc.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									
				3,									

	D-1-		Week # 1 Day of the week:									
	Date		Day # 2	.h.								
			Bodyweig	ınt								
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning				
Time	of Day:		(Ladder) 1									
11110	or Day.				t F/B, cross							
Stort	/Einich		<u>-/R, ankle i</u> ankles) L/F		Shuffle + Ca	arioca + Sp	iderman 53	cea. Lat. So	uat 5x ea.			
Start	/Finish	Plyometric		VILID.								
		riyometri	us.	L	ateral Box	Jump 3x5 e	a.					
Coa	ch(s):											
Partne	r/Group:	Speed/Ag	ility:									
					-2 stick (4 h							
				Later	al Hoop Rui	n (3 hoops)	3x ea.					
		Condition	nditioning:									
		Jonation	···y·		Slide Board	1 5x :30/1:3	0					
					e 10x :15/:4							
Abdomin	als: (MEDB											
					with band b							
		Front			elow knees		מ טואא					
			•	Seated Cite	311 033 37	10						
			;	Strength	n Trainin	g						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i			
00.05.70	<u></u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
60,65,70	Hang Clea	ın rd Rev Sit l	10 40 20	15 10 to 20	10 to 20	<u>!</u> 						
	Siant Boa	ra Rev Sit (	10 10 20	10 10 20	10 10 20	<del>.</del>		i	i			
60 779/	Bench Pre		8	8	8	<u>!</u>	<u> </u>	<u> </u>				
60-77%	•		<u> </u> 5  5	6  5	0   5	<u>l</u>						
	Plyo Push 1 leg Hip I		8 to 20	8 to 20	8 to 20	<u>.</u>						
	т теу птр г	_III L	0 10 20	-0 10 20	-0 10 20	i		<del>i i</del>	<del>- i</del>			
70-75%	KB Should	der Press	12	12	<del> </del>	<u> </u>		<u> </u>				
70-75% 70-75%	DB SLDL		12	12	<del>                                     </del>	<u> </u>		<u>.                                    </u>				
70-7370	Neck		16	16	16	<del>i</del>			i			
	INCON		<del>l                                      </del>	<del>ļ`</del>	<del>ļ </del>	<u> </u>		<del>j i</del>	i			
	<del> </del>		<del>!</del>	<del> </del>	<del> </del>	<del> </del>						
Flevihility	r: Foam Rol	ler Stretch		<u>I</u>	<u> </u>	]		]				
i lexibility	. I Gaill Roi	iei otretori										
Additiona	I Comment	s: (issues o	r injuries. o	verall mood	, etc.)							
		(	, , .		, ,							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date	ek:										
			Bodyweig	ht								
	CONDI			up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:										
	-				utt, high kn LDL walk, s							
Start	/Finish	Buokii	ara ran, be	donpodai, o	LDL Walk, C	otraight log	orap, rang	o want, mor				
		Plyometric	cs:									
				Sin	gle Leg Bo	x Jump 5x5	ea.					
Coa	ıch(s):											
	r/Group:	Speed/Agi	lity:									
				00.1		E-II D 0						
			90 degree Lean Fall Run 3x ea.									
		Condition	nditioning:									
		Tempo Run 16x										
Abdomin	als:	_										
over ui	nder crunch	x10, toe to	uches x10	, bicycle x1	0ea., jackk	nife x10, si	de crunch	x10, superr	nan x10			
				Stronath	Trainin	a						
						9						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i	D1			
60,65,70	Push Pres		Reps/ 5	Reps/	Reps/ 5	Reps/	Reps/	Tempo	Rest			
00,03,70	Bent Leg		20-60sec	20-60sec								
	Don't Log	LOR		<del> </del>								
60-77%	Hex DL +	Shrug	8	8	8							
	Squat Jun		5	5	5				j			
60-77%	Parallel G	rip Chin Up	8	8	8							
	<del> </del>			<u> </u>								
70-75%	Step Up			12	<u> </u>							
70-75%	T-Grip Ro			12								
	Climbing	Gria	max	max								
	1			<u> </u>								
Flexibility	r: Partner S	tretch										
		<i>'</i>										
Additiona	I Comment	s: (ISSUES O	r injuries, ov	/eraii mood,	etc.)							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 1			Day of the week:						
	Date		Day # 4	Li								
			Bodyweig	ht								
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Con	ditioning				
Time	of Day:		(ladder) 1									
Tillie v	or Day.			ck shuffle F								
<b>0</b> , ,	<b></b>			Shuffle + 0	Carioca Spi	derman 5x	ea. Lat. So	uat 5x ea.				
Start	/Finish		kles) F/B/L	/K								
		Plyometric		Single Leg	Box Jump I	Medial + I a	teral 3x3 e	a				
				Jingle Leg	DOX Gamp I	vicaiai i La	torar oxo c	<u>и.</u>				
Coa	ch(s):											
Partne	r/Group:	Speed/Agi	ility:									
						x (4 hoops)						
				late	eral hoop ru	ın 3x (3 hoc	ops)					
		0 - 11 - 114 - 11	ditioning:									
		Conditioning: Slide Board 5x :30/1:30										
					10x :15/:4							
Abdomina	als: (MEDB/	ALL)										
				ding Overh								
				t Hip Toss								
				Seated Che	st Pass 3x1	0						
				Strength			0.15					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	l Tampa	Boot I			
60 65 70	Hang Cle		15		15	Reps/	Reps/	Tempo _	Rest			
60,65,70	SB Sit & R		10 to 20		Ī	10 to 20		<u> </u>				
	SD SIL & I	ev on oil	10 10 20	10 10 20	10 10 20	10 10 20			<u> </u>			
60-77%	Incline Be	nch	8	8	8							
00-77 /6	Plyo Push		l 5		_		<u> </u>	<u> </u> 				
	1 Leg Hip		8 to 20	8 to 20	l <sub>8 to 20</sub>							
	Leginp	LIIL	3 10 20	3 10 20	10 20			i	i			
70-75%	IDB hammar	curl + press	12	12	<u> </u>							
70-75% 70-75%	KB 1 Leg		12	12	<u> </u>			<u>                                       </u>				
10-13/0	Neck	OLDL	16	~	l <sub>6</sub>			<u> </u>				
	IACCV		<del>ľ                                     </del>	ť	<del>i                                     </del>		<b> </b>	l i	i i			
	<del> </del>		<del>                                     </del>	!	<del>                                     </del>							
Flevihility	: Foam Rol	lar Stratch	<u> </u>		<u> </u>							
Flexibility	. Foaiii Koi	iei Stretch										
Δdditiona	I Comment	e. (jeende o	r injuries o	verall mood	etc )							
Additiona	i Comment	<b>3.</b> (133063 0	i irijuries, o	verali iliood,	Gio.)							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date												
			Bodyweig	ht									
	CONDI	ITIONIN		up- Plyon	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:											
	o,.			lk, heel to b									
Start	/Finish	раски	ard run, b	ackpedal, S	LDL walk,	straignt leg	skip, lung	e waik, inch	worm				
Otart	71 1111311	Plyometric	es:										
		i iyomoun			Box Ju	mps5x5							
	ch(s):												
Partne	r/Group:	Speed/Agi	lity:										
					I oan Fall	Run 3x ea.							
					_can rall	ituii JA Ga.							
		Condition	onditioning:										
		Tempo Run 18x											
Abdomina	ale:	<u> </u>											
Abuoiiiii	115.												
			4	pt. Stability	2x20 - 60 s	sec							
				Spinal Circ									
			F	lat Foot Sit									
			;	Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	Tompo	Rest				
65,70,75	DB Snatcl		5 ea.	5 ea.	. керз/ 5 ea.	Reps/ 5 ea.	Reps/	Tempo _					
03,70,73		rd Sit Ups			10 to 20	15 ca.							
	Siailt Boa	iu oit ops	10 10 20	1	10 10 20	<del>                                     </del>		<del> </del>					
60-77%	Front Box	Squat	8	8	8	<u> </u>							
00-1170	Squat Jun	•	5  5	-	5  5	<u> </u>							
60-77%	Chin Ups		18		l <sub>8</sub>	i							
-2 , 0	1		<u> </u>	ţ	ļ i	<del>!</del>							
70-75%	DB Split S	Squat	12	12	<del>                                     </del>	<del> </del>							
70-75%	KB Row		12	12	Ì	i		·					
	Climbing	Grid	max	max		Ī							
	1					i							
	i		i	i	<u> </u>	<del> </del>							
Flexibility	: Partner S	tretch	•	•		•							
A -1 -1:41	1.0	/:	a tata at a a		-4- \								
Additiona	i Comment	<b>s:</b> (Issues o	r injuries, o	verall mood,	etc.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									
		, ,		3,									

	Date												
			Bodyweig	ht									
	COND	ITIONING			netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:		5 yds. oss in front	F/B. cross	behind F/E	3. wide shu	ffle F/B.					
								ea., Lateral	Squat 8x				
Start	/Finish	Bands (an											
		Plyometric	es:	L	ateral Box 、	Jump 3x5 e	a.						
0	- l- (-)-		•										
	r/Group:	Cmaad/Aa	eed/Agility:										
Faitile	ii/Group.	Speeu/Agi	eed/Agility: 1-2 stick (4 hoops) 3x ea.										
			Lateral Hoop Run (3 hoops) 3x ea.										
		Condition	ing:										
					Slide Board								
	Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10)												
Abdomin	als: (MEDB	Δ11)											
Abdonnii	ais. (IVILDD		ing Overh	ead Throw	with hand h	elow knee	s 3x10						
				with band b									
				Seated Che									
			,	Strength	Trainin	g							
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
65,70,75	Hang Clea	 an	5 5	5		<u> </u>	<u>_                                    </u>						
		rd Rev Sit U	10 to 20	10 to 20	10 to 20								
	1			<u> </u>	<u> </u>			1					
60-77%	Bench Pro	ess	8	8	8			· · · · · · · · · · · · · · · · · · ·					
00 11 70	Plyo Push		5	-	5								
	1 leg Hip		8 to 20	-	8 to 20			i					
	1	-		1				<u> </u>					
70-75%	KB Shoul	der Press	12	12	<del> </del> 								
70-75%	DB SLDL		12	12	i			· · · · · · · · · · · · · · · · · · ·					
	Neck		6	16	16								
	1			ļ ·	<u> </u>			<u> </u>					
	1			1	<del> </del>								
Flexibility	r: Foam Ro	ller Stretch		1									
				,,									
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)								
Additions	I Fyercises	: (Practice,	Rike Run	Swimming)									
Additions		· (i iactice,	Dino, Ituli,	Ownining)									

	Date		Week # 2 Day # 3			Da	y of the we	ek:			
			Bodyweig	ht							
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning			
Time	of Day:	Warm Up:									
10	o. Day.				utt, high kn						
Start	/Finish	Dackw	ard run, ba	аскрецаі, 5	LDL walk, s	straight leg	skip, lung	e waik, incr	iworm		
		Plyometric	cs:								
				Sin	gle Leg Bo	x Jump 5x5	ea.				
Coa	ch(s):										
	r/Group:	Speed/Agi	litv:								
	•										
				90 d	egree Lean	Fall Run 3	x ea.				
		Conditioni	ditioning:								
		Jonation	Tempo Run 20x								
	. Simpo itali. 201										
Abdomin	als: Circuit										
	nder crunch	x10, toe to	uches x10	, bicycle x1	0ea., jackk	nife x10, si	de crunch	x10, supern	nan x10		
				24 41	<b>-</b> · ·						
			,	strength	Trainin	g					
%	i Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	_ i		
	Push Pres		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest		
65,70,75	Bent Leg I			20-60sec							
	Dent Leg I	L-OIL		1	1						
60-77%	Hex DL +	Shrug	8	8	8						
	Squat Jun		5	5	5						
60-77%		rip Chin Up	8	8	8						
	<u> </u>				! 						
70-75%	Step Up		12	12	<u>.                                    </u>						
70-75%	T-Grip Ro		12	12	<u> </u> 						
	Climbing	Grid	max	max							
	<del>!</del>			!	<del> </del>						
Flexibility	: Partner St	retch			<u> </u>						
· ioxibility		5.011									
Additiona	I Comment	s: (issues o	r injuries, ov	verall mood,	etc.)						
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)							

	Date		Week # 2 Day # 4			Da	y of the we	ek:					
			Bodyweig	ht									
	CONDI	TIONIN			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:		(ladder) 1										
Tille	oi Day.					tch F/R/L, i							
011	/=::-t-	slalom F, t	urn out F -	Shuffle/Ca	rioca + Sp	iderman 8x	ea. & Lat S	Squat 8x ea.	1				
Start	/Finish		kles) F/B/L	/K									
		Plyometric		Single Leg I	Box Jumn	Medial + La	teral 3x3 e	a					
				Jiligio Log I	DOX Gamp	modiai i La	torur oxo c	и.					
Coa	ch(s):												
Partne	r/Group:	Speed/Agi											
			1-2 stick 3x (4 hoops) lateral hoop run 3x (3 hoops)										
		1		late	rai noop ri	un 3X (3 hoc	ops)						
		Condition	ina:										
		Conditioning: Airdyne 12x :15/:45 (M-Lv 12, F-Lv 10)											
	Slide Board 6x :30/1:30												
Abdomina	als: (MEDB/	ALL)	Cton	المدري مراام	and Throu	. 2×40							
				ding Overh									
				Seated Che									
				Journal Office	01 1 400 0X								
			5	Strength	Trainin	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
65,70,75	Hang Clea	an	5	5	5	5							
	SB Sit & R	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20							
					<u> </u>	] ]							
60-77%	Incline Be	nch	8	8	8	j							
	Plyo Push	ups		-	5	<u>Į</u>							
	1 Leg Hip	Lift	8 to 20	8 to 20	8 to 20	] <del> </del>							
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	j							
70-75%	DB hammer	-		12	<u> </u>	<u> </u>		<u> </u>					
70-75%	KB 1 Leg	SLDL		12	<u> </u>	1							
	Neck		6	6	6	ł		 					
	Ī			<del>-</del>	Ī	į			<u> </u>				
Fland W		lan Otosts!											
Flexibility	: Foam Rol	ler Stretch											
Additions	I Comment	e. (issues o	r iniuriae o	verall mood	etc )								
Additiona	i Comment	<b>3.</b> (133063 0)	i irijuries, o	verali illood,	etc.)								
Additiona	Iditional Exercises: (Practice, Bike, Run, Swimming)												

	Date		Week # 3 Day # 1	ay of the we	of the week:								
	_ 4.0		Bodyweig	ıht									
	CONDI	TIONIN			netrics- S	Speed/Ag	ility- Cond	ditioning					
Time	of Day:		(20 yards)										
	o. 2a,.							n, butt kick					
Start	/Finish	Dackw	ara run, ba	аскрецаі, З	LDL walk,	straight leg	j skip, lung	e walk, inch	IWOTTI				
		Plyometric	cs:										
					Box Ju	mps 5x5							
Coo	ah/a\.												
	ch(s): r/Group:	Speed/Agi	ility										
	., о. оарт	opecu/Agi											
					Lean Fall	Run 3x ea.							
		0 1141											
		Condition	nditioning: 10-10 Test										
	10-10 Test												
Abdomina	als:												
			4	pt. Stability	2x20 - 60	sec							
			•	Spinal Circ									
			F	lat Foot Sit	Ups 3x10-	-20							
				Strength	Trainin	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
55,60,65	DB Snatch		3ea.	3ea.	3ea.	3ea.	3ea.						
	Slant Boar	rd Sit Ups	110 to 20	10 to 20	10 to 20	1							
CO 770/	Frant Day	Courat	<u>.                                      </u>	<del>i.</del>		<del>!</del>	<del> </del>	<del> </del> i					
60-77%	Front Box		8	8	8	<del>!                                    </del>	<u> </u>						
60-77%	Squat Jun Chin Ups		<u>5</u>  8	<u> 5</u>  8	<u> 5</u>  8	<u>.                                    </u>	<u> </u> 						
JU 11 /0	l		<u>i                                     </u>	Ī	i	<del>j                                      </del>	j						
70-75%	DB Split S	quat	12	12	12	<del> </del>	1						
70-75%	KB Row		12	12	12	İ	<del>!</del> 	<del></del> 					
	Climbing (	Grid	max	max	ĺ	ĺ	İ	İ					
	! !		! !		! !	<u> </u>							
Flexibility	: Partner St	retch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additions	I Exercises	· (Dractice	Riko Dun	Swimming)									
Auditiona	ii Exercises	. (Fractice,	DIKE, KUII,	owiiiiiiiiig)									

	Data		Week # 3		Day of the week:								
	Date		Day # 2 Bodyweig	tht									
			водужеі	ınt									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Ag	ility- Con	ditioning					
Timo	of Day:	Warm Up:											
Time	oi Day:						3, wide shu						
_					Shuffle + C	Carioca Spi	derman 8x	ea., Lateral	Squat 8x				
Start	/Finish		kles) F/B/L	_/R									
		Plyometric	cs:		- (   D								
				<u>L</u>	aterai box	Jump 3x5	ea.						
Coa	ch(s):												
	r/Group:	Speed/Agi	ed/Agility:										
		opecur, tg.		1	-2 stick (4	hoops) 3x e	ea.						
						n (3 hoops							
		Condition	onditioning:										
						d 7x :30/1:3							
				Airdyne	9 14x :15/:4	5 (M-Lv 12,	F-LV 10)						
Abdomina	als: (MEDB/	\											
Abdomine	ais. (IVILDD)		ling Overh	ead Throw	with band I	below knee	s 3x10						
						s 4x10 ND 3							
		-		Seated Che			-						
			;	Strength	Trainin	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
55,60,65	Hang Clea		13	13	13	13	13	l icilipo					
, ,	Slant Boar		10 to 20	10 to 20	10 to 20	İ	İ	i i					
						<u> </u>	1						
60-77%	Bench Pre	ess	8	8	8		<del> </del>						
	Plyo Push		I5	15	15	i I	l I	<u> </u>					
	11 leg Hip L		8 to 20	8 to 20	8 to 20	i	<u>.</u> [						
	1	-			<u> </u>	<u>I</u>	<u> </u>	<u>i</u>					
70-75%	KB Should	der Press	12	12	12	!	<del>!</del>						
70-75%	DB SLDL		12	12	12	i I	<del>!</del>						
	Neck		6	<b>l</b> 6	6	i	İ	<u>.                                      </u>					
	T		I	I			I	Ī					
	<del>!</del>		<del> </del>	<del>!</del>	!	!	<del>!</del>						
Flexibility	: Foam Rol	ler Stretch											
. ioxiioiiity													
Additiona	I Comment	s: (issues o	r iniuries o	verall mood	. etc.)								
raditiona		<b>0.</b> (1000000	,ασο, σ	voran mood	, 0.0.,								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 3 Day # 3			Da	y of the we	ek:				
			Bodyweig	ht								
	CONDI	TIONING			netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:										
111110	o. Day.							n, butt kick				
Start	/Finish	раски	ara run, ba	скреааі, 5	LDL walk, s	straignt leg	skip, lung	e walk, inch	worm			
		Plyometric	cs:									
				Sin	gle Leg Bo	x Jump 5x5	ea.					
Coa	ich(s):											
	r/Group:	Speed/Agi	lity:									
				90 d	egree Lean	Fall Run 3	x ea.					
		Conditioni	ditioning:									
		Jonation	Long Shuttle (50 yards) 5x150									
		:30/1:30										
Abdomin	als:											
	nder crunch	x10, toe to	uches x10	, bicycle x1	0ea., jackk	nife x10, si	de crunch	x10, supern	nan x10			
				Stropath	Trainin	~						
				strength	Trainin	g						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		i			
			Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest			
55,60,65	Push Pres Bent Leg		_	3 20-60 sec	3 20-60 sec				<u>_</u>			
	Dent Leg	L-OIL	20 00 300	20 00 300	20 00 300							
60-77%	Hex DL +	Shrua	8	8	8							
	Squat Jun			-	5							
60-77%		rip Chin Up	8	8	8							
				! !								
70-75%	Step Up		12		12				j			
70-75%	T-Grip Ro			1	12							
	Climbing	Grid	max	max	12							
	<del>!</del>			<u> </u>								
Flexibility	r: Partner St	tretch		<u>[</u>								
· icaibility	a. a. a. a.	5.011										
Additiona	I Comment	s: (issues o	r injuries, o\	erall mood,	etc.)							
Additiona	l Exercises	: (Practice,	Bike, Run, S	Swimming)								

	Week # 3 Date Day # 4  Day of the week:												
			Bodyweig	ht									
	CONDI	TIONIN			netrics- S	Speed/Ag	ility- Cond	ditioning					
Time	of Day:		(ladder) 20		'/D him avvi	:+- - <b>[</b> / <b>D</b> /  :		4 E/D/L/D					
	_					itch F/R/L, i		t F/B/L/R, Squat 8x ea.					
Start	/Finish		kles) F/B/L		поса гор	naciman ox	ca. a Lai c	oquat ox ca.					
		Plyometric											
				Single Leg	Box Jump	Medial + La	iteral 3x3 ea	a.					
Coa	ıch(s):												
	r/Group:	Speed/Agi	eed/Agility:										
			1-2 stick 3x (4 hoops)										
			lateral hoop run 3x (3 hoops)										
		Condition	ina:										
			<u> </u>			d 7x :30/1:3							
				Airdyne	14x :15/:4	5 (M-Lv 12,	F-Lv 10)						
Abdomina	als: (MEDB/	ALL)											
	•	•		ding Overh									
				t Hip Toss									
				Seated Che	st Pass 3x	10							
			5	Strength	Trainir	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
55,60,65	Hang Clea	<b></b>	13	13	13	13	13	l Tempo I					
		B Rev Sit	10 to 20	10 to 20	10 to 20	10 to 20	Î	<u> </u>					
	<u> </u>		l 	! <del> </del>	! <del>!</del>	! <del> </del>	! <del>}</del>	 <del>                                  </del>					
60-77%	Incline Be		8	8	8	<u>i                                      </u>	<u> </u>	<u>i i</u>					
	Plyo Push	_	5	5	5	<u> </u>							
	1 Leg Hip	Lift	8 to 20	8 to 20	8 to 20	<del>!</del>	<u>!</u> [	! ! [					
70-75%	DB hammer	curl + press	12	12	12	<del>†</del>	<del>                                     </del>	<del>                                     </del>					
70-75%	KB 1 Leg		12	12	12	i	i İ	<u> </u>	<u></u>				
	Neck		6	6	6	<u>į</u>	<u>į</u>	<u> </u>					
	İ				ı İ	İ	i I						
Flexibility	r: Foam Rol	ler Stretch											
Additiona	I Comment	s: (issues o	r injuries, ov	verall mood,	etc.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 4 Day # 1 Day of the week:										
			Bodyweig	jht									
	CONDI	TIONIN			metrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:		(20 yards)										
Tille	oi Day.				utt, high kn								
Start	/Finish	backwa	rd run, bac	kpedal, SL	DL walk, st	raight leg s	kip, lunge	w/ twist, inc	chworm				
Start	/1 1111311	Plyometri	cs:										
		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		Hur	dle Jump w	ith Stability	/ 5x5						
_													
	ch(s):	0	d/Δαilitv·										
Partne	r/Group:	Speed/Ag	Ball Drops 5x ea.										
				S	led 3x 1/2 fi		ds)						
							•						
		Condition	ing:		<u> </u>		.=-						
		Long Shuttle (50 yard) 6x150 :30/1:30											
					:30/	1.30							
Abdomina	als:												
			4 pt.		movement	8x ea.							
					oll 2x10 wist 2x10 e	2							
					Trainin								
			`	ou engu	ı ıranını	9							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
	DB Snatch		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
70,75,80	Slant Boar		5 10 to 20	5 10 to 20	5 10 to 20								
	Totalit Boat	u Sit Ops	I	T	110 to 20								
80-87%	Front Box	Squat	5	5	5								
00 01 70	Squat Jun		5	5	5								
80-87%	Chin Ups		5	5	5								
	<u> </u>			Ì	Ţ.								
75-80%	1 Leg Ben	ch Squat	8	8	8								
	Ring Inver	ted Row	8-20	8-20	8-20								
	Climbing (	Grid	max	max	<u> </u>								
	] 		<u> </u>	] 	<u> </u>			l 					
	<u></u>		i I	i	i								
Flexibility	: Partner St	retch											
Additions	I Comments	e: (iceupe o	r injurios o	verall mood	etc )								
Auditiona	Comment	<b>5.</b> (155ue5 0	i irijuries, o	verali illood	, etc.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 4 Day of the week:										
			Bodyweig	ht									
	CONDI	TIONING		up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:			E/D	habinal E/E	):al- al-	.#!. E/D					
	•			oss in front Spiderman,									
Start	/Finish			e knees) F/		waik, Luii	ge to nams	unig					
	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Plyometric											
		,	Lateral Hurdle or Cone Hop 5x5										
	ch(s):		- 1/A -: 1/4										
Partne	r/Group:	Speed/Agi	ed/Agility: 1-2 cut 3x ea.										
				l a			ne)						
			Lateral Hoop Run (4 hoops)										
		Conditioni	ing:										
			5 mile bike test (group 1)										
		(one group on day #2, one group on day #4)											
Abdomina	ominals: (MEDBALL)												
Abdomina	ais: (IVIEDD)	ALL)	Overh	ead w/ stag	nered stand	ce 3v10							
				g Front Hip			)						
				tanding Ch									
				•									
				Strength		g							
%	<u> </u>	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
70,75,80	Hang Clea		5	5	5	<u> </u>	<u> </u>	<u> </u>					
	Slant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20			! 					
	<u>i</u>		i	<del>i</del>		j	j	<u> </u>					
80-87%	Bench Pre		5	5	5								
	Plyo Push		5	-	5								
	4-6 in.Hip	Lift	8 to 20	8 to 20	8 to 20								
75.000/	IKD AK OL							<del>                                     </del>					
75-80% 75-80%	DB SLDL	oulder Press	8 8		8 8								
75-60%	Neck		6		6								
	Neck		i	i	-	<u> </u>	<u> </u>	<del>i i</del>					
	<del> </del>			<del>}</del>				<del>                                     </del>					
Flexibility	: Foam Rol	ler Stretch											
Additiona	I Comment	s: (issues or	r injuries, o	verall mood,	etc.)								
Additiona	l Exercises	: (Practice, I	Bike, Run,	Swimming)									

	Date		Week # 4 Day # 3 Day of the week:									
			Bodyweig	ht								
	CONDI	TIONIN	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:		(10 yards)									
	o. Day.	figure fo						eel to butt v	v/ SLDL,			
Start	/Finish		straig	gnt leg cros	sover, SLD	L F/B, bac	kwara inch	worm				
Otart	71 1111511	Plyometri	cs:									
		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Single Leg Hurdle Hop with Stability 5x5 ea.									
			ange and the man and and and and									
	ch(s):		od/A silitu									
Partne	r/Group:	Speed/Ag	ed/Agility:									
			Single Leg Ball Drops 5x ea. Resisted Band Run 3x20 yds.									
							-					
		Condition	onditioning:									
		Short Shuttle (25 yard) 6x150										
		:30/1:30										
	<del>-  </del>											
Abdomina	odominals:											
	er crunch x	10, toe touc	hes x10, b	icycle x10e	a., jackknif	e x10, side	crunch x10	), hip roll x1	10,			
supermar	10x											
			(	Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
70,75,80	Push Jerk	<u>.</u>	5	5	5							
	Straight L	eg L-Sit	20-60sec	20-60sec	20-60sec			<u> </u>				
00.070/	<u> </u>	01	<u> </u>	<u> </u>	<u> </u>			<u> </u>				
80-87%	Hex DL +		5   <sub>5</sub>	5   <sub>5</sub>	5 5							
80-87%	Squat Jun Pull Ups	ips	5	5	5			<u> </u>				
00-01-70	ruii Ups		<del>                                     </del>	-				<del>                                     </del>				
75-80%	I1 Leg Ben	ch Squat	8	8	8			<u> </u>				
. 5 55 /6	Ring Inver		8-20	8-20	8-20			<del>                                     </del>				
	Climbing		max	max				į				
	<del>1</del> 		<del>                                     </del>	<del> </del>								
	<u>i</u>		i _	i _	<u> </u>			i				
Flexibility	: Partner St	tretch										
Additiona	I Comment	<b>s:</b> (issues o	r injuries, o	verall mood,	etc.)							
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date	Week # 4 Day of the week:											
			Bodyweig	ht									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:			/D him our	:4ab		4 E/D/L/D					
	-					itch F/R/L, i							
Start	/Finish			e knees) F/		ilge to Halli	String, Late	ai Squat					
	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Plyometric											
		1	Heidens with Stability 3x5 ea.										
	ch(s):		MA 195										
Partne	r/Group:	Speed/Agi	ed/Agility:										
			1-2 cut 3x ea. (4 hoops) lateral hoop run 3x (4 hoops)										
			lateral noop run 3x (4 noops)										
		Condition	anditioning:										
			5 mile bike test (group 2)										
	_	(one group on day #2, one group on day #4)											
Abdomina	als: (MEDB	ALL)	Cton	gered Overl	hood Thro	2v10							
				ont Hip Tos									
				tanding Ch									
				tananig on	JOE 1 400 0								
			;	Strength	Trainir	ng							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
70,75,80	Hang Clea		5	5	5	[							
	SB Sit & R	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		 					
	ļ			į.	<u>.</u>	<u> </u>							
80-87%	Incline Be	_	5	5	5	<u> </u>		<u> </u>					
	Plyo Push		5	-	5	<u> </u>		<u> </u>					
	4-6 in. Hip	Lift	8 to 20	8 to 20	8 to 20	1		! ! <del>                                   </del>					
	<u>i</u>		<u> </u>	<u>i</u>	i	<u>i</u>		<u> </u>					
75-80%		url + press	-	-	8	<u> </u>		<u> </u> !					
75-80%	1 leg KB S		8		8	1	<u> </u>						
	Neck		6	6	6	<u> </u>	-	 					
	į.			<u> </u>	<u> </u>	<del>-</del>		į į	į				
	<u> </u>												
Flexibility	: Foam Rol	ler Stretch											
Additions	l Comment	e. (issues o	r iniuriae a	verall mood,	etc )								
Additiona	i Comment	<b>3.</b> (133063 0	i irijuries, o	verali ilioou,	etc.)								
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)									

	Data		Week # 5			Da	y of the we	ek:		
	Date		Day # 1	.b.4			•			
			Bodyweig	nt						
	CONDI	TIONIN	G-Warm	up- Plyon	netrics- S	speed/Agi	lity- Con	ditioning		
Time	of Day:		(20 yards)							
		hig	h knee wal	k, heel to b	utt, high kr	nee skip, hi	gh knee ru	n, butt kick erhead lung	ers,	
Start	/Finish	Dackwa	ra run, bac	креааі, 5	DL Walk F/I	s, straight i	eg skip, ov	ernead lung	ge wark,	
Start	/1 1111311	Plyometric	· · ·							
		i iyomotin	<del>, , , , , , , , , , , , , , , , , , , </del>	Hu	ırdle Hop v	v/ stability 5	5x5			
						-				
	ch(s):									
Partne	r/Group:	Speed/Agi	ility:							
					Ball Dro	ps 3x ea.				
		1		Q1,	ad 4x 1/2 fi	eld (120 yar	ds)			
		Condition	ina:	JIE	.α ¬∧ 1/∠ 11€	oid (120 yal	j			
		Jonation	<u>y</u> .	Lor	ng Shuttle (	(50 yard) 7x	150			
						1:30				
Abdomin	als:									
			4 nt 9	Stability w/	movement	8v 02				
			4 pt. v		oll 2x10	ox <del>c</del> a.				
			1	Leg Sit +T		a.				
				Strength						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	l Tempo	Rest	
65,70,75	DB Snatcl		5	15	5	<u> </u>		<u> </u>	<u>                                     </u>	
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20					
80-87%	Front Box	Squat	5	5	5					
	Squat Jun		5	5	5				<u> </u>	
80-87%	Chin Ups		5	5	5					
	1		! !	<u> </u>	] 			I ] []		
75-80%	1 Leg Ben		8	8	8	<u>i</u>		<u>i</u> i		
	Ring Inve	rted Row	8-20	8-20	8-20	<u>I</u>		<u>                                      </u>		
	Climbing	Grid	max	max	!	!		! !		
	<del>!</del>			<u> </u>	<u> </u>	<u>.</u>		 		
	<u> </u>		<u> </u>	<u> </u>	<u> </u>			<u> </u>		
Flexibility	r: Partner S	tretch								
Additiona	I Comment	<b>s:</b> (issues o	r injuries, o	verall mood,	, etc.)					
Additiona	dditional Exercises: (Practice, Bike, Run, Swimming)									

	Date		Week # 5 Day # 2 Day of the week:										
			Bodyweig	jht									
	CONDI	TIONING		up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:		5 yds. oss in front	E/B areas	bobind E/E	) guigk abi	ıffle E/D					
				Spiderman,				лпе г/в,					
Start	/Finish			knees) F/I		, Lunge to	namsamg						
		Plyometric		<u> </u>									
			Lateral Hurdle or Cone Hop with Stability 5x5 ea.										
	ch(s):		ad/A ailian										
Partne	r/Group:	Speed/Agi	ed/Agility: 1-2 cut 3x ea. (4 hoops)										
			Lateral Hoop Run (5 hoops) 3x ea.										
			במנפומו חטטף תנוו (ט ווטטףט) אל פמ.										
		Conditioni	nditioning:										
		Slide Board 6x :30/1:30											
		Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)											
Abdomina	dominals: (MEDBALL)												
Abdomine	213. (IIILDD)	<u> </u>	Overh	ead w/ stag	gered stand	ce 3x10							
				g Front Hip									
				tanding Ch									
				Strength									
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
65,70,75	Hang Clea		5	5	5								
	Slant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20								
80-87%	Bench Pre	ess	5	5	5								
	Plyo Push	_	5		5			<u> </u>					
	4-6 in.Hip	Lift	10	10	10								
	<u> </u>			<u> </u>				. ! 					
75-80%	-	ulder Press			8			ii					
75-80%	DB SLDL		8		8								
	Neck		6	6	6								
	Ī			Ī				İ					
Flexibility	: Foam Rol	ler Stretch											
۸ ططاغا م	l Commert	e. (icouca -	r injurios =:	verall mood,	oto \								
Additiona	Comment	s: (issues of	rinjuries, o	verali mood,	etc.)								
Additiona	l Exercises	: (Practice, I	Bike, Run,	Swimming)									

	Date		Week # 5 Day # 3			Da	y of the we	ek:					
			Bodyweig	ht									
	CONDI	TIONIN			netrics- S	peed/Agi	lity- Cond	ditioning					
Timo	of Day:	Warm Up:	(10 Yards)										
Time	or Day:							neelto butt					
		backv	vard lunge	walk, strai	ght leg cros	sover, SLI	DL F/B, bac	kward inch	worm				
Start	/Finish												
		Plyometric	CS:	single le	g hurdle ho	p w/stabili	ty 5x5 ea.						
Coa	ich(s):												
	r/Group:	Speed/Agi	ed/Agility:										
			single leg ball drops 3x3 ea.										
			Resisted Band Run 4x20 yds.										
		Condition	ing:										
	Short Shuttle (25 yard) 7x150												
		:30/1:30											
A la al anni	ala.												
Abdomin		10 400 40:	boo v40 b	iovole v40-	a lackler!	a v10 =:=!=	orungh set	۰۰ المسمال ۰۰	10				
supermai	er crunch x1	iu, toe touc	nes x10, b	icycle x lue	а., јасккип	e x iu, side	crunch x1	u, nip roli x	10,				
Supermai	1 10%												
				`4	Tuelulu	~							
	•				Trainin		0.15						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3	Set 4	Set 5	   Tamma	Doot				
CE 70 7E	Dunda Jarda		15	15 Keps/	Reps/	Reps/	Reps/	Tempo	Rest				
65,70,75	Push Jerk	•		20-60sec					<u> </u>				
	Straight L	eg L-Sit	20-60Sec	20-60SeC	20-00Sec								
00.070/	<u> </u>		<u> </u>	<u> </u>	<u> </u>								
80-87%	Hex DL +				5				, <u> </u>				
	Squat Jun	nps	5 5	5	5 5			- 	<u> </u>				
80-87%	Pull Up		2	<sup>3</sup>	5			<u> </u>	<u> </u>				
	<u> </u>		<u> </u>	<u> </u>				<u> </u>	<u> </u>				
75-80%		Bench Squa			8			<u> </u>					
	Inverted R		8 to 20	8 to 20	8 to 20				, <b>.</b> 				
	Climbing (	Grid	max	max	<u> </u>			<u> </u>	<u> </u>				
	<u> </u>		<u> </u>	<u></u>	<u> </u>			<u> </u>	آـــــــا				
<u> </u>	<u> </u>		l	<u> </u>	<u> </u>			<u> </u>	<u> </u>				
Flexibility	r: Partner St	tretch											
Additiona	al Comment	s: (issues o	r injuries, o	verall mood,	etc.)								
Additiona	al Exercises	: (Practice	Bike, Run	Swimming)									
		(	,	- ····································									

	Date		Week # 5 Day # 4			Da	y of the we	ek:				
			Bodyweig	jht								
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:			:/D bin ou/	itab E/I /B ii	n in out ou	4 E/D/L/D e	iont			
						itch F/L/R, i amstring, la			ant			
Start	/Finish	Bands (Pu	rple above	e knees) F/E								
		Plyometric	s:	hai	dono with	otobility Eve						
			heidens with stability 5x5 ea.									
	ch(s):											
Partne	r/Group:	Speed/Agi	eed/Agility: 1-2 cut 3x ea. (4 hoops)									
			1-2 cut 3x ea. (4 noops) lateral hoop run 3x ea. (5 hoops)									
			iaterai noop run 3x ea. (3 noops)									
		Conditioni	ng:		olida baard	110v 120/4-2	<u> </u>					
		slide board 10x :30/1:30 Airdyne 6x :30/1:30 (M-Lv 12, F-Lv 10)										
A la al a sastina a	ominals: (Medicine Ball)											
Abdomina	ais: (Medici	ne Ball)	overh	ead w/stage	gered stan	ce 3x10						
			alter	nating twist	t 3x10ND +	2x10D						
			S	tanding che	est pass 3x	<b>c10</b>						
			;	Strength	Trainir	ng						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
65.70,75	Clean		5	15	5	40.4-00	! !	] 	<u> </u>			
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		1	<del></del> į			
80-87%	Incline Ben	ch or DB Be	5	<u> </u>  5	<u> </u>  5	<u> </u>		<u> </u> 				
	Plyo Push		5	15	5	į		i	i			
	4-6 in hip		8 to 20	8 to 20	8 to 20							
	<u>i</u>			<u>i</u>	<u> </u>	<u> </u>			]			
75-80%		r Curl + Pres			[8 ]o	<u>[</u>	•	<u> </u>	<u> </u>			
75-80%	1 Leg KB S		8 6	6	6	1		! ! 	<del></del>			
	Neck			ť	ľ	<del> </del>		<del>                                     </del>				
	i İ			i	<u>.</u> İ	İ		! 				
Flexibility	: Foam Rol	ler Stretch			-	-						
Additiona	Additional Comments: (issues or injuries, overall mood, etc.)											
Additiona	ditional Exercises: (Practice, Bike, Run, Swimming)											

	Date	Week # 6 Date Day # 1 Day of the week:											
			Bodyweig	ht									
	COND	ITIONIN			metrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:		(20 Yards)										
111110	or Day.							n, butt kick					
C4 = m4	/Finials	back	ward run,					traight leg	skip,				
Start	/Finish	Plyometri		overneau	unge walk,	neer warks	, inchworn	l					
		riyometri	JS.	h	urdle hop v	v/stability 5	x5						
			The state of the s										
	ch(s):												
Partne	r/Group:	Speed/Ag	ility:										
			ball drops 3x ea.										
				Sic	ed 5x 1/2 fie	eld (150 var	·ds)						
		Condition	Sled 5x 1/2 field (150 yards) onditioning:										
		1x300 (25 yard) 1:00/2:00											
		5x100 (25 yard) :20/:40											
Abdomina	ominale:												
Abdomin	ais.												
			2	Pt. Stability	2x:20-60 s	ec.							
					lls 3x10								
				Jackknif	e 3x10-20								
				Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
70,75,80	DB Snatc		5	5	5	<u> </u>	<u> </u>						
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	! }		! !					
	<u> </u>		<u> </u>	<u>i</u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>					
80-87%	Front Box		5	5	5	<u> </u>							
	Squat Jur	nps	5	5	5	<u> </u>	! 	] 					
80-87%	Chin Up		5	5	5	<del>i                                     </del>	<u> </u>	i——i					
occ:	<u> </u>		<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>					
75-80%		ch Squat	18 18-20	8   <sub>8-20</sub>	8 8-20	1	<u> </u>						
	Ring Inve		1	1	10-20	<u>:</u>	•						
	Climbing	GIIU	max	max	!	!	<u> </u>	<del>!                                    </del>					
	<u> </u>		<u> </u>	<del>                                     </del>	<u> </u>	<u> </u>	<u> </u>						
Flexibility	r: Partner S	tretch	ı		1	<u> </u>	1						
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
l													
Additions	I Exercises	· (Practice	Rika Dun	Swimming\									
Additions	LAGICISES	· (i raciice,	Dine, Ituli,	ownining)									

	Date		Week # 6 Day # 2 Day of the week:									
	Date		Bodyweig	ıht								
	COND	ITIONING			netrics- S	peed/Agi	lity- Con	ditioning				
Time	of Day:	Warm Up:			-/B. cross b	ehind F/B.	auick shu	ffle F/B, 1,2,	3-1 F.			
Start	/Finish	Shuffle &	Carioca - s	piderman, knees) F/E	lunge to ha				,			
		Plyometric	cs:	Lateral Hur		Hop with	Stability 5x	5				
	ch(s):											
Partne	r/Group:	Speed/Agi	ility:		-2 cut 3x eal hoop run							
		Conditioning:    Slide board 6x :30/1:00     Airdyne 8x :30/1:30 (M-Lv 12, F-Lv 10)										
	All dylle ox .50/1.50 (W-LV 12, F-LV 10)											
Abdomin	odominals: (Medicine Ball)  overhead w/staggered stance 3x10											
			alter	nating twist	3x10ND +	2x10D						
				Strength	Trainin	a						
	•		Set 1	Set 2	Set 3		Cat E					
% 	<u> </u>	rcise	Reps/	Reps/	Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
70,75,80	Clean Slant Boa	rd Rev Sit U	<u> </u>	10 to 20	10 to 20							
80-87%	Bench Pro	ess	j 5	j  5	j 5		<u> </u>	<u>i                                     </u>				
	Plyo Push		5 8-20	5 8-20	5 8-20							
	4-6 in hip	ПΤ	0-20	0-20	0-20							
75-80% 75-80%	KB Alt. Sho	oulder Press	8   <sub>8</sub>		8   <sub>8</sub>	<u> </u>	<u> </u>		[			
	Neck		6	-	6							
				<u> </u>	<u> </u>							
Flexibility	: Foam Rol	ler Stretch										
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)							
Additiona	dditional Exercises: (Practice, Bike, Run, Swimming)											

	Date		Week # 6 Day # 3 Day of the week:										
			Bodyweig	ht									
	CONDI	TIONIN			netrics- S	peed/Agi	lity- Cond	ditioning					
Time	of Day:		(10 Yards)		tt annasita	hand had	to butt bo	al ta butt w	ith CLDI				
								el to butt w kward inch					
Start	/Finish	Dacky	varu lulige	waik, straig	giit ieg cros	SOVEI, OLI	JE 17D. Dac	KWaru ilicii	WOIIII				
		Plyometric	cs:										
			single leg hurdle hop w/stability 5x5 ea.										
_													
	ch(s):		ed/Agility:										
Partne	r/Group:	Speed/Agi	lity:	ciı	ado log bal	l drop 3v3	03						
			single leg ball drop 3x3 ea.										
			Resisted Band Run 5x20 yds.										
		Condition	nditioning:										
			1x300 (25 yard) 1:00/2:00										
		5x100 (25 yard) :20/:40											
Abdomina	minals:												
71.500													
			2 Poir	nt Stability	2x:20-60 se	conds							
					oll 3x10								
				Jackknif	e 3x10-20								
					Trainin								
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
70,75,80	Push Jerk		5	5	5								
	Straight L	eg L-Sit	20-60sec	20-60sec	20-60sec								
	Ī.			<u> </u>									
80-87%	Hex DL +			-	5								
	Squat Jun			5	5		[ 						
80-87%	Pull Up		5	5	5								
	<u> </u>		<u> </u>	<u> </u>				<u> </u>					
75-80%	Step Up		8 8 to 20		8 8 to 20				1				
	Inverted R			1	8 10 20								
	Climbing (	Gria	max	max				-					
	<u> </u>			<u> </u>	<u> </u>								
ر الدالة الدالة و	I : Partner St	watah											
riexibility	. Parmer Si	ireich											
Additions	I Comment	e. (jeenoe o	r injuries o	verall mood	etc )								
Additiona	i Comment	<b>3.</b> (133063 0)	i irijuries, ov	verali illood,	Gio.)								
Additiona	I Exercises	: (Practice,	Bike, Run, S	Swimming)									

			Week # 6  Day of the week:										
	Date		Day # 4			Ба	y or the we	OK.					
			Bodyweig	jht									
	CONDI	TIONING	3-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning					
Timo	of Day:	Warm Up:											
Time	oi Day.					itch F/L/R, iı			iant				
						amstring, la	ateral squa	t walk					
Start	/Finish			knees) F/E	3/L/R								
		Plyometric	s:										
				he	idens w/ s	tability 3x5	ea.						
0	ala (a).												
	ch(s):	0	ed/Agility:										
Partner	r/Group:	Speed/Agi	ed/Agility: 1-2 cut 3x ea. (4 hoops)										
			lateral hoop run with return 3x ea.										
				iatora	rnoop run	with rotarii	OX Cu.						
		Conditioni	na:										
			Slide Board 6x :30/1:00										
				Airdyne	8x :30/1:3	0 (M-Lv 12,	F-Lv 10)		, 				
Abdomina	als:												
				ead w/ Stag									
				nating Twis									
			S	tanding Ch	est Pass 3	x10							
				Strength									
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5						
70,75,80	Hang Clea		Reps/ 5	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
70,73,00		ev SB Sit			10 to 20	10 to 20							
	1	OT OD OIL	10 10 20	1	1	1							
80-87%	Incline Be		5	15	5								
	Plyo Push	ups	5	5	5								
	4-6 in hip l	lift	8-20	8-20	8-20								
== 650:			_	<u> </u>	<u> </u>	<u> </u>							
75-80%		er Curl + P		8 to 20	8	Ī							
	Hip Lift on	Medball	8 to 20	10 10 20	8 to 20	-							
	Neck		6	16	6	!							
	<u> </u>			<u> </u>	<u> </u>								
Flexibility	: Foam Roll	er Stretch											
i lexibility	. i oaiii itoii	er otreton											
Additiona	I Comments	פי (וֹפְפָנוִםְפָּ חִי	r iniuries o	verall mood	etc.)								
Additional	. Johnnenk	J. (133063 U	injunes, u	voran mood,	, 0.0.,								
Additiona	l Exercises	: (Practice,	Bike, Run,	Swimming)									
				3,									

			Week # 7		-	Da	y of the we	ek:	
	Date		Day # 1	.l. 4			,		
			Bodyweig	ght					
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning	
Time	of Day:		(20 yards)						
	o. Day.	1.high	knee walk	2.heel to b	utt 3.high k	knee skip 4	high knee	run 5.butt k	ickers
Cton	/Cininh	7. back	pedal 8. S	LDL walk F	orward/Bac heel walks	kward 9. s	traight leg	skip 10. Ov	<u>rerhead</u>
Start	:/Finish	Dhuana atu:		11.	neer warks	12. Inchw	orm		
		Plyometri	cs:	Co	ontinuous F	Hurdle Hop	5x5		
	nch(s):	0							
Partne	er/Group:	Speed/Ag	llity:		Chaca Spr	int 3x each			
					Chase Spi	IIIL JA CACII			
				Sled 3x	1/2 field, 1x	full field (1	50 yards)		
		Condition	ing:						
				1	x300 (25 ya				
					6x100 (25 y	/ard) :20/:40	U		
									<del></del>
Abdomin	als:								
Abdomin	uio.			Knee Fall	Outs 3x20				
			Alternati		n Medicine	Ball 2x12			
					ute Raise 2				
			One	Leg Sit and	l Twist 3x10	) each			
			;	Strength	Trainin	g			
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	
	<u></u>		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest
65,67.5,70	DB Snatch		3	3	3	<u> </u>	<u> </u> 	<u> </u> 	
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	<del>!</del>	}	<u>.</u>	
80 70 55%	Front Box	Squat	6	12	24	<del>                                     </del>	<u> </u>		
00,70,337	Squat Jun		5  5	1- <u>-</u>  5	5	<u>.                                    </u>	<u> </u>	<u>.                                    </u>	
80-87%	Pull Up	ipa	15 1 <sub>5</sub>	15 1 <sub>5</sub>	l <sub>5</sub>	i	<del>i                                     </del>	<del>i i</del>	
JU-U1 /0	i an op		<u>!</u>	<del>!</del>	<u>!</u>	<u> </u>	<u> </u>	<u>i</u>	
80-85%	KB Tactica	al Lunge	5	5	5	<del> </del> 	l I	<u> </u> 	
	Inverted F		8 to 20	8 to 20	8 to 20	î	İ	<u></u>	
	Climbing		max	max	]	<u> </u>	<u> </u>	ı i	i
	1		<u> </u>	† · · · ·	]	İ	1	<del>                                     </del>	
	i		<del>.</del>	i	i I	<del> </del>	1 1	<del>                                     </del>	
Flexibility	: Partner St	tretch	•		•	•			
Additiona	al Comment	<b>s:</b> (issues o	r injuries, o	verall mood	, etc.)				
Additiona	al Exercises	: (Practice.	Bike, Run.	Swimmina)					
1		,,	,,	3/					

			Week # 7			Da	y of the we	ek.	
	Date		Day # 2				y or the we	OK.	
			Bodyweig	ht					
	CONDI				netrics- S	Speed/Agi	lity- Con	ditioning	
Time	of Day:	Warm Up:	(Ladder) 1	0 yds.	ss hehind F/R	s, quick shuffle	F/R 123-1F	- Makovsky S	huffle F
						amstring, I			iluliic i
Start	/Finish			and - Purp		Ü,	•		
		Plyometric	cs:	1 -41		0			
				Laterai	nurale or	Cone Hop 5	xo eacn		
Coa	ch(s):								
Partne	r/Group:	Speed/Agi	ility:						
						2 cut 3x eac eturn 3x eac		.1	
						OA GOU	(2 110005		
		Condition	ing:						
						d 8x :30/1:0 30 (M-Lv 12,	-		
				Airuyile	107 .30/13	OU (IVI-LV 12,	1-EV 10)		
Abdomina	als:					2.42			
				de twist 3x1		p 2x10 each	1		
				n chest pas					
			(	Strength	Trainir	ng			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5	Tempo	Rest
65,67.5,70	Hang Clea		110  05    3		13	1 1(cps/	<u>Keps,</u>	<u>  10111                              </u>	
,,-	· -	d Rev. Situ	10-20	10-20	10-20	Ì			
				ĵ I	l L				
85,90,95,100	Bench Pre		4	3	2	1			
	Plyo Push		5		5	<b>5</b>			
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	<u> </u>		 	
75-80%	Dips + Sca	anula	5+10	5+10	5+10	<del> </del>		<del>                                     </del>	
	Glute Ham	•	8 to 20		8 to 20	<u>I</u> I		<u> </u>	
	Neck		6	16	6	I			
	İ		<u> </u>	<u> </u>		<u> </u>			
Flexibility	: Foam Rol	ler Stretch							
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)				
Additiona	l Exercises	: (Practice.	Bike, Run.	Swimmina)					
	212.000	,,	-, , ,	······································					

	Date		Week # 7 Day of the week:								
			Bodyweig	ht							
	CONDI	TIONIN			netrics- S	peed/Agi	lity- Cond	ditioning			
Time	of Day:	Warm Up:									
111110	or Buy.				utt 3.high k						
Start	/Finish	7. back	bedai 8. Si		orward/Bac heel walks			SKIP 10. O	/ernead		
Otart	71 1111011	Plyometric	cs:								
				Single Leg	g Continuoι	ıs Hurdle F	lop 5x5 ea.				
	1.4.										
	ch(s): r/Group:	Cnood/Agi	ilia.								
Faithe	i/Group.	Speed/Agi	ility:	Singl	e Leg Chas	e Sprint 3x	each				
				og.		о оргин ол					
				Resis	ted Band T	owing 3x 2	5 yds.				
		Condition	ing:		-000/05						
		1			x300 (25 ya 6x100 (25 y						
					0X 100 (23 <u>y</u>	aru) .20/.40	,				
Abdomina	als:										
			2 poii		2x:20-60 se	conds					
					lls 3x10						
				Jackknit	e 3x10-20						
			9	Strength	Trainin	g					
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i			
	<u> </u> _		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest		
65,67.5,70	Push Pres		30 60000	3 20-60sec	30 60000				<u> </u>		
	Stall Bar E	вісусіе	20-60SeC	20-60Sec	20-60Sec				<del>- i</del>		
80,70,55	Hex DL +	Shrug	6	12	24						
00,70,33	Squat Jun		5	5	15						
80-87%	Pull Up		l <sub>5</sub>	15 15	l <sub>5</sub>						
	1		ļ	<del> </del>	<u> </u>						
	Single Leg	g Squat	5 ea	5 ea	5 ea						
	Inverted R		8 to 20	8 to 20	8 to 20						
	Climbing	Grid	max	max							
			I 	1							
Flexibility	: Partner St	tretch									
Additiona	I Comment	s: (issues o	r injuries, o	verall mood.	, etc.)						
		`			•						
۸ ططانه:	l Evereiere	. (Drootice	Diko Dim	Cwimmin ~\							
Auditiona	l Exercises	. (Fractice,	DIKE, KUN,	owinining)							

			Week # 7			Da	y of the we	ok.				
	Date		Day # 4			Du	y or the we	OK.				
			Bodyweig	ht								
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning				
Time o	of Day:	Warm Up:	(Ladder) 1	0 yds.	switch F/L/R.	in-in-out-out F	/B/L/R. giant	slalom F, 2 for	ward 1 back			
						amstring, la			wara i back			
Start /	/Finish			and - purple		amounig, n	atoral oqua	. Want				
		Plyometric	cs:									
					Heide	ns 5x5						
	:h(s):	0 1/4										
Partner	/Group:	Speed/Ag	ility:		Accietad 1	-2 cut 3v oa						
			Assisted 1-2 cut 3x ea.  Lateral hoop run w/ return 3x each (2 hoops)  itioning:  Slide Board 8x :30/1:00									
							, ,,,,,,,,					
	-	Condition	ing:									
				Airdyne	10x :30/1:3	80 (M-Lv 12,	F-Lv 10)					
Abdomina	ls:											
7.1540111114				Overhead v	w/ Step 2x1	0						
				de twist 3x1								
			One Arı	n chest pas	ss 3x10 Nd	& 2x10 D						
				Strength		g						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i			
05.05.5.50			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo _	Rest			
65,67.5,70		Rev SB Sit	3 10 to 20	10 to 20	13 1 <sub>10 to 20</sub>	10 to 20		! 				
	SB SIT & R	ev SB Sit	10 10 20	10 10 20	10 10 20	10 10 20		<del> </del>				
90 70 EE9/	DB Incline		6	12	24	<u> </u>		!				
			0  5	12 	5	<u> </u>						
	Plyo Push Foam Rolle		l <sub>8-20</sub>	I <sub>8-20</sub>	8-20							
	i valli Kulle	a rup Liit	1	1	3-20	<u> </u>		i	— j			
75-80%	Dips + Sca	anula	5+10	5+10	5+10	<del> </del>		<del>                                     </del>				
	1 Leg Bac	•	8 to 20	8 to 20	8 to 20	<u>.                                    </u>		<u> </u>				
	Neck		16	16	16	<u>i                                      </u>		i i				
	. 1001		!	<del>!</del>	İ	<u> </u>		<u> </u>				
			<del>                                     </del>	<del> </del>	<del> </del>	<del>                                     </del>						
Flexibility:	Foam Rol	ler Stretch										
. ioxioiiity	- cam rec											
Additional	Comment	<b>s:</b> (issues ດ	r iniuries. ດ	verall mood	. etc.)							
		<b>01</b> (.000.00 0	ju		, 0.0.,							
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date	Week # 8 Day of the week:										
			Bodyweig	ht								
	CONDI	TIONING		up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning				
Time o	of Day:		(20 yards)									
	<b>-</b> u y .							run 5.butt k				
Ctort	/Finials	7. back	oedal 8. SL		orward/Bac heel walks			skip 10. O	erhead/			
Start	/Finish	Plyometric	201	11.	ileei waiks	12. IIICIIW	Offili					
		riyomem	Continuous Hurdle Hop 5x5									
Coad	:h(s):											
Partner	/Group:	Speed/Agi	ed/Agility:									
			Chase Sprint 3x each									
				Clad 4 4	/O field 4:-	full field /4	۱-۱-۱					
		Condition	Sled 4x 1/2 field, 1x full field (180 yards) ditioning:									
		Condition	ıııy.	1.	x300 (25 ya	rd) 1:00/2·0	00					
			7x100 (25 yard) :20/:40									
Abdomina	ls:											
			2 poir	nt stability 2		conds						
					lls 3x10 e 3x10-20							
						<b></b>						
				Strength			0.15					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	Tomno	Boot			
92 E 9E 90	DP Spotoh		3	3	3	Reps/	Reps/	<u>Tempo</u>	Rest			
02.5,05,90	DB Snatch Slant Boar			-	10 to 20							
	Siant Boar	u Sit Ups	10 10 20	10 10 20	10 10 20			i i				
00 70 FE9/	Front Box	Carret	6	12	24							
	Squat Jun	ips	5									
80-87%	Chin Up		. <u> </u>	- <u> </u>	3							
00 0E0/	VD Tastic	al Lunas	5ea	5ea	5ea							
	KB Tactica Inverted R				8 to 20							
					0 10 20							
	Climbing (	Ji lu	max	max								
				<u> </u>				<u> </u>				
Elovibility	Partner St	rotch										
riexibility.	rariner Si	reton										
Additional	Commont	er (iceupo o	r injurios o	/erall mood,	otc )							
Additional	Comment	s: (Issues o	i irijuries, ov	reraii mood,	etc.)							
Additional	Exercises	: (Practice,	Bike, Run, S	Swimming)								

			Week # 8			Da	y of the we	ok.	
	Date		Day # 2			Da	y or the we	cn.	
			Bodyweig	jht					
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning	
Time (	of Day:	Warm Up:	(Ladder) 1	5 yds					
11110	o. Day.							, Makovsky S	huffle F
011	/=:			piderman,		amstring, I	ateral squa	t walk	
Start	/Finish			and - Purp	e) F/B/L/K				
		Plyometric	cs:	l ato	ral Hurdla	or Cone Ho	n 5v5		
				Late	iai iiaiaic (	or concine	0.00		
Coad	ch(s):								
Partner	/Group:	Speed/Agi	ility:						
						2 cut 3x eac			
				Lateral hoc	p run w/ re	turn 3x eac	h (2 hoops	5)	
		Condition	ina:						
		Condition	ırıg:	7	Mile Rike 1	Test (group	1)		
						, one group		)	
Abdomina	ls:								
				Balls- Overh			1		
				de twist 3x1					
			one arn	n chest pas	S 3X10 ND	& 2X10 D			
				24	T'				
			,	Strength	Irainin	g			
%	Evo	rcise	Set 1	Set 2	Set 3	Set 4	Set 5		1
/0			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest
82.5,85,90	Hang Clea		3	3	3	<u>Į                                    </u>		<u> </u>	
	Slant Boar	rd Rev Sit l	10 to 20	10 to 20	10 to 20	<u> </u>		 	
	! 		! 	! !	<u> </u>	<u> </u>	! [		
85,90,95,100	Bench Pre	ess	4	3	2	<b>j</b> 1		İ	
	Plyo Push		5	5	5	5		<u> </u>	
	Foam Rolle	r Hip Lift	8-20	8-20	8-20	<u> </u>			
	! 			<u> </u>	<u> </u>	<u> </u>			
75-80%	Dips + Sca	•	5+10	5+10	5+10	<u> </u>		i i	
	Glute Ham	n Raise	8 to 20	8 to 20	8 to 20	<u> </u>		<u> </u>	
	Neck		6	6	6	!		 	
	! 		! 	<u> </u>	<u> </u>	<u> </u>		! 	
	<u> </u>		<u> </u>	<u> </u>	<u></u>	<u></u>		<u> </u>	
Flexibility:	Foam Rol	ler Stretch							
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)				
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)					
4									

	Date		Week # 8  Day # 3  Day of the week:										
			Bodyweig	ht									
	CONDI	TIONIN	G-Warm	up- Plyon	netrics- S	peed/Agi	lity- Cond	ditioning					
Time o	of Day:		(20 yards)										
11110	or Day.							run 5.butt k					
Stort	/Finish	7. back	pedal 8. Si		orward/Bac heel walks			skip 10. Ov	erhead				
Start	FIIIISII	Plyometric			licei waiks	12. IIICIIW	OTTI						
		Tyometric	Single Leg Hurdle Hop 5x5 ea.										
			onigio 20g militio nop oxo oui										
	:h(s):		WA 195										
Partner	/Group:	Speed/Agi	eed/Agility:										
			Single Leg Chase Sprint 3x each										
			Resisted Band Towing 4x25 yds.										
		Condition											
		30	1x300 (25 yard) 1:00/2:00										
			7x100 (25 yard) :20/:40										
Abdomina	IS:												
			2 noi	nt stability	2x:20-60 se	conds							
			Z pon		lls 3x10	COHUS							
					e 3x10-20								
			5	Strength	Trainin	g							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i					
00 5 05 00			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
82.5,85,90	Push Pres		3 20-60sec	30 60000	20-60sec								
	Stall Bar E	вісусіе	20-60Sec	20-60Sec	20-60Sec			<u> </u>					
00 70 FE0/	Hay DL . (	Charre	6	12	24			<del>                                     </del>					
	Hex DL +												
80-87%	Squat Jun Pull Up		5   <sub>5</sub>	15 1 <sub>5</sub>	5  5				1				
00-01%	ruii Op		<u>.,</u> İ	- J 				<del>i i</del>					
ON 0E0/	Single I se	a Cauct	5ea	5ea	5ea			!					
	Single Lec g Inverted		8 to 20		8 to 20								
Killy	Climbing		max		10 10 20				<u> </u>				
	Cilinbing (	Ji lu	шах	max	i			ı i	<del>- i</del>				
			<del> </del>	<del> </del>									
Flexibility:	Partner St	retch	<u> </u>										
. ioxioiiity	T di tillor O	0.0											
Additional	Comment	s: (issues o	r iniuries o	verall mood,	etc.)								
Additional	Comment	<b>3.</b> (133463 0	i injunes, o	veran mood,	Cio.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)			·						

	Date		Week # 8 Day # 4			Da	y of the we	ek:				
			Bodyweig	jht								
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning				
Time (	of Day:	Warm Up:	(Ladder) 1	l5 yds.								
Tille	л Бау.							slalom F, 2 for	ward 1 back			
011	/=··.					amstring, I	ateral squa	it walk				
Start	Finish			and - purple	) F/B/L/R							
		Plyometric		Single Leg I	_ateral Hur	dle or Cone	Нор 5х5 е	a.				
Coad	:h(s):											
Partner	/Group:	Speed/Ag	ility:									
			Assisted 1-2 cut 3x ea. Lateral hoop run w/ return 3x each (2 hoops)									
			Lateral hoop run w/ return 3x each (2 hoops)									
		Canditie:-	in a i									
		Condition	ıng:	7	Mile Rike 1	Test (group	2)					
						, one group		)				
				, g w		, g. • up	<b></b> , , , ,	,				
Abdomina	ls:											
				Overhead v								
				de twist 3x1								
			One Arı	m chest pas	ss 3x10 Nd	& 2x10 D						
			,	Strength	Trainin	ıg						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	_ [			
			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo I	Rest			
82.5,85,90			3	3	3	1		<u>                                     </u>				
	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		<u> </u>				
80 70 55%	DB Incline		6	12	24	<u> </u>		<del>                                     </del>				
	Plyo Push		<u>-</u>  5	1- <u>-</u>     5	15	<u>l</u> Ī		<u> </u>				
	Foam Rolle		8-20	l <sub>8-20</sub>	1 <sub>8-20</sub>	<del>-</del>						
	i Jaili Kulle	т пір сііс	-0-20	1	-0-20	İ		<u>i</u>				
75-80%	Dips + Sca	apula	5+10	5+10	5+10	i		<del>                                     </del>				
	1 Leg Bac	•	8 to 20	8 to 20	8 to 20	Î		<u> </u>				
	Neck		6	16	6	1		ı i				
				<u> </u>	i	ļ		<u> </u>				
			<del> </del> 	i	<del>!</del>	<del>1</del>		<del>                                     </del>				
Flexibility:	Foam Rol	er Stretch										
Additional	Comments	s: (issues o	r injuries, o	verall mood	etc.)							
		`	•		,							
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date	-u,										
			Bodyweig	jht								
	CONDI	ITIONIN		up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:										
Tille	or Day.			2.heel to b								
011	/=:t	7. back	pedal 8. S	LDL walk Fo	<u>orward/Bac</u> heel walks			skip 10. O	rerhead/			
Start	/Finish	Dhamatri		11.	neer warks	12. Inchw	orm					
		Plyometric	CS:	<u></u>	ntinuous H	lurdle Hon	5v5					
			Continuous Hurdle Hop 5x5									
Coa	ch(s):											
Partnei	r/Group:	Speed/Agi	ility:									
			Chase Sprint 3x each									
		ļ		01-15	10 4:-12 4	4.11 (1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1	40 1 . \					
		Canalista	Sled 5x 1/2 field, 1x full field (210 yards) nditioning:									
		Condition	ıng:		Line Drill	5 15 25 30						
		1				1:00						
		1				nutes						
Abdomina	ıls:											
			2 poi	nt stability		conds						
					lls 3x10							
					e 3x10-20							
				Strength		g						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5					
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest			
90,95,100-	DB Snatcl		3	3	3							
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20							
	<u> </u>		<u> </u>	10	0.4	ļ	ļ					
	Front Box		<u>[6</u>	12	24							
	Squat Jun		5	<u> 5</u>	5							
80-87%	Chin up		5	5	5							
	<u> </u>		<u>i</u>	<del>i</del>	<u>i_</u>	]		ļ				
80-85%	Single Leg		5ea	5ea	5ea							
	Inverted R		8 to 20	8 to 20	8 to 20							
	Climbing	Grid	max	max	! <del> </del>							
	<u>i                                     </u>		<u> </u>	<del>i                                     </del>	<u>i                                      </u>							
Flexibility	: Partner S	tretch										
A .1.122		- /:			- ( - )							
Additional	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additiona	l Exercises	: (Practice,	Bike. Run	Swimmina)								
			,	9)								

	Date		Week # 9 Day # 2			Da	y of the we	ek:			
			Bodyweig	ht							
	COND	ITIONIN			netrics- S	Speed/Agi	lity- Con	ditioning			
Time	of Day:	Warm Up:	(Ladder) 2	0 yds.	ss bahind E/B	auick shuffle	F/R 123-11	F, Makovsky Sł	uffle F		
		Shuffle &	Carioca - s	piderman,	lunge to h	amstring, I			iuiile r		
Start	/Finish			and - Purp	le) F/B/L/R						
		Plyometri	cs:	Lato	ral Hurdla	or Cone Ho	n EvE				
				Late	iai i iui uie v	or Cone 110	p JAJ				
Coa	ch(s):										
Partne	r/Group:	Speed/Ag	ility:								
		-				2 cut 3x eac eturn 3x eac		:1			
				Lateral HOC	γριαπ W/ It	LUIII JA EAL	11 (Z 1100ps	<u>''</u>			
		Condition	ing:								
			·-			12x :30/1:0					
		-		Airdyn	е бх :45/1:1	15 (M-Lv 10,	r-Lv 8)				
Abdomina	als:										
						p 2x10 eacl	1				
				le twist 3x1							
			one arn	n chest pas	s 3x10 ND	& 2x10 D					
				Stropoth	Trainin						
			•	Strength	ı ıralılı	ıg					
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i i			
	<u> </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo I	Rest		
90,95,100		rd Rev Sit	10 to 20	-	13 10 to 20	<u> </u>		<u> </u>			
	Siant Boa	ra Kev Sit	10 10 20	10 10 20	10 10 20	i		<del>i i</del>			
85.90.95.100	Bench Pre	ess	4	3	2	<del> </del>		<del>                                     </del>			
, ,						11					
	Plyo Pushups		15			<u> </u> 1  5		<u> </u>			
	Plyo Push	nups			5 8-20	1  5 					
	=	nups	5	5	5						
75-80%	Plyo Push	nups er Hip Lift	5	5	5						
75-80%	Plyo Push Foam Rolle	nups er Hip Lift apula	5  8-20 	5  8-20 	5 8-20 5+10 8 to 20						
75-80%	Plyo Push Foam Rolle Dips + Sc	nups er Hip Lift apula	5 8-20 5+10	5 8-20 5+10	5 8-20 5+10						
75-80%	Plyo Push Foam Rolle Dips + Sc Glute Han	nups er Hip Lift apula	5  8-20 	5  8-20 	5 8-20 5+10 8 to 20						
	Plyo Push Foam Rolle Dips + Sc Glute Han Neck	nups er Hip Lift apula n Raise	5 8-20 5+10 8 to 20 6	5  8-20 	5 8-20 5+10 8 to 20						
	Plyo Push Foam Rolle Dips + Sc Glute Han	nups er Hip Lift apula n Raise	5 8-20 5+10 8 to 20 6	5  8-20 	5 8-20 5+10 8 to 20						
Flexibility	Plyo Push Foam Rolle Dips + Sc Glute Han Neck	nups er Hip Lift apula n Raise	5 8-20 5+10 8 to 20 6	5 8-20 5+10 8 to 20 6	5 8-20  5+10  8 to 20  6						
	Plyo Push Foam Rolle Dips + Sc Glute Han Neck : Foam Rol	nups er Hip Lift apula n Raise	5 8-20 5+10 8 to 20 6	5 8-20 5+10 8 to 20 6	5 8-20  5+10  8 to 20  6						
Flexibility	Plyo Push Foam Rolle Dips + Sc Glute Han Neck : Foam Rol	nups er Hip Lift apula n Raise	5 8-20 5+10 8 to 20 6	5 8-20 5+10 8 to 20 6	5 8-20  5+10  8 to 20  6						
Flexibility	Plyo Push Foam Rolle Dips + Sc. Glute Han Neck : Foam Rol	nups er Hip Lift apula n Raise Her Stretch	5 8-20 5+10 8 to 20 6	5 8-20 5+10 8 to 20 6	5 8-20  5+10  8 to 20  6						
Flexibility	Plyo Push Foam Rolle Dips + Sc Glute Han Neck : Foam Rol	nups er Hip Lift apula n Raise Her Stretch	5 8-20 5+10 8 to 20 6	5 8-20 5+10 8 to 20 6	5 8-20  5+10  8 to 20  6						
lexibility dditiona	Plyo Push Foam Rolle Dips + Sc. Glute Han Neck : Foam Rol	nups er Hip Lift apula n Raise Her Stretch	5 8-20 5+10 8 to 20 6	5 8-20 5+10 8 to 20 6	5 8-20  5+10  8 to 20  6						

			Week # 9 Day # 3 Day of the week:									
	Date		Day # 3	.1-4			,					
			Bodyweig	ht								
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning				
Time o	of Day:		(10 yards)									
111110	or Day.							utt 4. heel				
Ctant	/Cininh	5. Ba	ckward lun	ge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward			
Start	/Finish	Dhromotri	001									
		Plyometri	us.	Si	ngle Leg H	urdle Hon F	5v5					
				<u> </u>	ngio Log in	<u> </u>	, X C					
Coad	ch(s):											
Partner	/Group:	Speed/Ag	ed/Agility: Single Leg Chase Sprint 3x each									
				Sing	e Leg Chas	se Sprint 3x	each					
			Resisted Band Towing 5x25 yds.									
		Condition	ina:	Resis	sieu Dand I	owing 5X2	o yus.					
		Sonation	···y.	1	x300(50 ya	rd) 1:00/2:0	00					
					2x150(50 ya							
	·		·		3x100(50 ya							
Abdomina	ls:											
			0!-		000 00							
			2 poil		2x:20-60 se IIs 3x10	conas						
					e 3x10-20							
						~						
			,	strength	Trainin	9						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i				
	J		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
90,95,100-	Push Pres		3	3	3	<u> </u>	1					
	Stall Bar E	Bicycle	20-60sec	20-60sec	20-60sec	! 						
	<u></u>		<u> </u>	<u>i.                                    </u>		<u></u>		<u> </u>				
	Hex DL +		6	12	24							
	Squat Jun	nps	5	5	5							
80-87%	Pull Up		5	5	5	! <del> </del>		 				
			<u>i</u>	<u>i</u>	i	<u> </u>						
	Single Lec		5ea	5ea	5ea	<u> </u>		<u> </u>				
Reve	rse Grip In		8 to 20	8 to 20	8 to 20	<u> </u>	1					
	Climbing (	Grid	max	max	! 	! }		 				
	<u> </u>		<u>i                                     </u>	<u>i</u>	<u> </u>	<u>.</u>						
	<u> </u>											
Flexibility:	Partner St	tretch										
Additional	Comment	s: (issues o	r injuries o	verall mood	etc.)							
Additional	Comment	<b>3.</b> (133463 6	i injunica, o	verali illood	, 0.0.)							
									_			
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 9			Da	y of the we	ek:	
	Date		Day # 4	1.4			,		
			Bodyweig	nt					
	CONDI	TIONIN	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning	
Time o	of Day:	Warm Up:	(Ladder) 2	0 yds.		in in 111 111 1	'/D/I //D:	slalom F, 2 for	
	•					amstring, I			ward 1 back
Start	/Finish			nd - purple		amsumg, i	aterai Squa	it Waik	
Otart	/1 IIII3II	Plyometri		ina parpie	,, 170,12,11				
		. iyomour	<del></del>	Single Leg	Lateral Hu	urdle or Co	ne Hop 5x5	i	
	ch(s):								
Partner	r/Group:	Speed/Ag	ility:						
						-2 cut 3x ea		•1	
				Lateral 1100	γριαπ w/ fe	eturn 3x eac	, ιι ( <b>z</b> 1100β\$	<u> </u>	
		Condition	ina:						
					Slide Board	12x :30/1:0	00		
				Airdyn	e 6x :45/1:1	15 (M-Lv 10	F-Lv 8)		
Abdomina	llS:			Overbood	ul Stan Ov1	^			
				Overhead volumente of the design of the desi					
				n chest pas					
			One Air	ii oncot pac	35 0X 10 14u	Q ZXIO D			
			Ç	Strength	Trainin	ıg			
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest
90,95,100-	Snatch					 	 		
, ,	SB Sit & R	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			
			1	1	1	1		<u> </u>	
80,70,55%	DB Incline of	r DB Bench	6	12	24	<del> </del>		<del>                                     </del>	
	Plyo Push			<b>I</b> 5	5	Ī		<u> </u>	
	Foam Rolle		8-20		8-20			<u>i</u>	
			İ	1	i i	1		<del>                                     </del>	
75-80%	Dips + Sca	apula	5+10	5+10	5+10	<del> </del>		<del>                                     </del>	
	1 Leg Bac		8 to 20		8 to 20	i		<del></del> i	
	Neck		6	6	6			j i	
	<u> </u>		<u> </u>	1	İ	1		<del>                                     </del>	
	<del></del>		i	<del>I</del>	<del></del> I	<del></del>		<del>.  </del>   '	
Flexibility	Foam Rol	ler Stretch		•		•			
	-								
Additional	Comment	<b>s:</b> (issues o	r injuries, o	verall mood,	etc.)				
Additional	Exercises	· (Practice	Bike Run	Swimming)					
Additional	l Exercises	: (Practice,	Bike, Run,	Swimming)					
Additional	l Exercises	: (Practice,	Bike, Run,	Swimming)					

	Date		Week # 10 Day # 1	0	Day of the week:							
			Bodyweig	ght								
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:										
10	o. Day.			2.heel to b								
Star	t /Finish	7. Dack	pedal 6. S	LDL walk Fo	heel walks			SKIP TU. O	vernead			
		Plyometric	cs:									
			Hurdle Hop with Sprint 5x5									
Cor	noh(s):											
	ach(s): er/Group:	Speed/Ag	ilitv•									
	.,, с. сыр.	оресалд	iiity.	Gro	und Chase	Sprint 3x	each					
			Slad 2x 1/2 field 2x full field (190 yards)									
		Condition	Sled 2x 1/2 field, 2x full field (180 yards)									
		Condition	nditioning: Line Drill 5 15 25 30									
			_		:30/	1:00						
		12 minutes										
Abdomin	winedo.											
Abdomin	ais:		9	Stability Bal	I Alphabet :	2x						
				lip Lift on N								
					Twist 3x10							
				Strength		g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	Bar Comp		<u> </u> 	<u> </u>	<u> </u>							
	High clean	ļ	5	5	5			 				
	Row		10	10	10							
	SLDL		10	110	10							
	Push Pres		110   <sub>110</sub>	110 1 <sub>10</sub>	110 1 <sub>10</sub>							
	High pull		10	10	10							
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20							
		url + Press	8+8	8+8	! 							
	Climbing	Grid	max	max	<u>i</u>							
	<u></u>											
Flexibility	y: Partner S	tretch										
Additiona	al Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additiona	ional Exercises: (Practice, Bike, Run, Swimming)											

	D-1-		Week # 1	0		Da	y of the we	ek:						
	Date		Day # 2 Bodyweig	nht.			-							
			Бойужец	gnı										
	CONDI	TIONIN	<b>G-</b> Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning						
Time o	of Day:		(Ladder) 1		ss behind F/B.	guick shuffle	F/B. 180's. N	lakovsky Shuff	le F					
				spiderman,										
Start	/Finish			Knees - Gr	een) F/B/L/I	R								
		Plyometri		ral Hurdla d	r Cana Hai	a with lum	n and Boar	h EvE						
			Lateral Hurdle or Cone Hop with Jump and Reach 5x5											
Coad	ch(s):		MA Plan											
Partner	r/Group:	Speed/Ag	ility:		11 4F -1	1 0	. 4							
					teral 45 deg			:)						
			Lateral hoop run w/ return 3x each (3 hoops)											
		Condition	ing:			44								
					<u>Slide Board</u> e 7x :45/1:1									
				Alluyli	€ / A .443/ 1. l	J (IVI-LV 1U	, ı -LV 0)							
Abdomina	ıls:		<del></del>											
		N		alls- single e leg twist :			ch							
				ng Chest Pa										
			7.11.01.11.01.11			- W = M = 0								
			;	Strength	Trainin	g								
%	J	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest					
, ,	Snatch Slant Board	Day Cit Una	5 10 to 20	4 10 to 20	3 10 to 20	<u> </u>		<u> </u>						
	Siant Board	Kev Sit Ups	110 10 20	110 10 20	110 10 20	<u> </u>		<u>,                                    </u>						
	50's Benc		3x	Ì	j	į								
	Plyo Push		3x5	<u> </u>	<u> </u>	<u> </u>		] [ ]						
	Leg Circui jump squa		20	20	20	<u>.</u> ]		<u>:</u>						
	body weigh	nt squats	20	20	20			į į						
	alternating		20	20 20	20 20	] 		] }						
	lateral squ	at	20	20	20	İ		<del>i i</del>	——j					
	pull up		Max	Max-2	<del>                                     </del>	<del> </del>	<u> </u>	<del>                                     </del>						
		ne Push Up	-	-	l			i i						
Metronome Push Up Max   Max-10														
Additional Exercises: (Practice, Bike, Run, Swimming)														

	Date		Week # 1 Day # 3	0		Da	y of the we	ek:				
			Bodywei	ght								
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:		(10 yards									
111110	or Day.				o butt 3. op							
C4==	4 / <b>=</b> ::	5. Ba	ckward lur	nge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward			
Star	t /Finish	Dlyomotri	001									
		Plyometri	cs.	Single I	ea Hurdle l	Hop with S	print 5x5					
			Single Leg Hurdle Hop with Sprint 5x5									
Coa	ach(s):											
Partne	er/Group:	Speed/Ag	ed/Agility:  Back ground sprint 3x each									
				Ва	ck ground	sprint 3x e	ach					
				Racie	ted Band R	unning 6v 1	25 vde					
		Condition	ina:	170919	.oa Bana N	anning ux	- <del></del>					
					x300(50 ya	rd) 1:00/2:0	00					
	-		_		2x150(50 ya	rd) :30/1:3	0					
					5x100(50 ya	ard) :20/:40	0					
A la al a maio												
Abdomin	iais:			Stability Ra	I Alphabet	2v						
					Medicine Ba							
					Twist 3x10							
				Strength	Trainin	g						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	DB Comp	lex		<u> </u>								
	Snatch		5	5	5							
	Row		10	10	10							
	SLDL		10	10	10							
	curl + pusl	n press	10	10	10							
	push up +	scapula	10+10	10+10	10+10							
	<u> </u>		į	į	į							
	Hanging I		10 to 20	10 to 20	10 to 20							
	Climbing	Grid	max	max								
	<u> </u>		! !	1			 					
	<u> </u>		<u>i</u>	į	<u>i                                    </u>							
	<u> </u>											
Flexibility	y: Partner S	tretch										
Addition	al Comment	e. (jeenee o	r injuries o	werall mood	etc )							
Addition	ai Commen	. <b>s.</b> (155065 0	ii iiijuiies, c	Werall III00u	, etc. <i>)</i>							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 10	)	Day of the week:								
	Date		Day # 4				y or the we	OK.					
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:	(Ladder) 1	0 yds.									
	o. 2y.					in-in-out-out F							
Ctort	/Einich			spiderman, knees - gre		amstring, I	ateral squa	t walk					
Start	/Finish	Plyometric		Kilees - gre	eli) F/D/L/N	<u> </u>							
		riyometric		Leg Hurdle	or Cone F	lop with Ju	mp and Re	ach 5x5					
Coa	ch(s):												
Partne	r/Group:	Speed/Agi											
			45 degree 1-2 cut 4x										
				Lateral hoc	p run w/ re	eturn 3x eac	h (3 hoops	s)					
		0	The state of the s										
		Condition	Conditioning:										
		Slide Board 14x :30/1:00 Airdyne 7x :45/1:15 (M-Lv 10, F-Lv 8)											
				Alluyli	<del></del>	. C (141-LV 10)	, <u>L</u> v 0)						
Abdomina	dominals:												
				Medicine	Ball Abs								
				le leg overl									
				e leg twist 3									
			Alternati	ng chest pa	ss 3x10 NI	D & 2x10 D							
				Strength									
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	į				
	<u> _                                    </u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest				
70,75,80	Push Pres		5	4 40 40 00	3	40.45.00							
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		<del>i i</del>	<del>- i</del>				
	Mini Leg C	Circuit	<u> </u>	<u> </u>	<u> </u>	<u> </u> 							
	squat jump		10	i	i	i I							
	body weigh		I <sub>10</sub>	Ť	Ť	Ť		i	i				
	alternating	•	10	<u> </u>	<u> </u>	ţ		<u> </u>					
	tuck jump		10	<del> </del>	<del> </del>	<del> </del>		<u> </u>					
			i i	İ	<u>.                                    </u>	l I		<u>.</u> 					
	Chin ups		max	max-2	<del>i                                     </del>	j		i					
	Inverted R	ow	8 to 20	8 to 20	<del>                                     </del>	<u> </u>		<u> </u>	1				
				1	<del> </del>	<del> </del>		<del>                                     </del>					
Flexibility	: Foam Rol	ler Stretch	1		<u> </u>								
. ioxiiomity													
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
Additiona	l Exercises	: (Practice.	Bike, Run.	Swimmina)									
		(	,,	- ····································									

	Date		Week # 1 <sup>-</sup> Day # 1	1	Day of the week:							
			Bodyweig	ght								
	CONDI	TIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:										
111116	oi Day.							run 5.butt k				
Stort	/Einich	7. back	pedal 8. S		orward/Bac heel walks			skip 10. Ov	erhead			
Start	/Finish	Plyometric		- '''	HEEL WAIKS	12. IIICIIW	Jiiii					
		Tyometric	<i>,</i> 3.	Н	ırdle Hop w	ith Sprint 5	5x5					
					•							
	ch(s):											
Partne	r/Group:	Speed/Agi	lity:	0		0						
				Gro	ound Chase	Sprint 3x 6	eacn					
				Sled 3x 1	1/2 field, 2x	full field (2	10 yards)					
		Condition	nditioning:									
						5 15 25 30						
						1:00						
	14 minutes											
Abdomina	dominals:											
			9	Stability Bal	I Alphabet	2x						
			1 Leg F	lip Lift on N		II 2x8-12						
				Russian	Twist 3x10							
				<b>.</b>								
				Strength	Trainin							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	J	Doot			
	Bor Comp		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
	High clean		<u> </u>	15	<del> </del>			<u>.                                    </u>				
	Row		10	10	10							
	SLDL		10	10	10			<del>                                     </del>				
	Push Press	<u> </u>	10	110	10			<u>,                                     </u>				
	High pull		10	10	10			<u>i</u>	1			
	] 		<del> </del>	<del> </del>	<del>i</del>			<del>                                     </del>				
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20			<del></del>				
	İ			Ĭ				i i				
	Hammer Cu	ırl + Press	8+8	8+8	I							
	Climbing (	Grid	max	max								
	<u> </u>				<u> </u>			<u> </u>				
Flexibility	: Partner St	tretch										
Additions	l Commont	e: liceupe o	r injurios o	verall mood	etc.)							
Auditioila	. Johnnetti	J. (ISSUES U	i irijuri <del>c</del> s, U	verali illood	, o.o. <i>j</i>							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

	Date		Week # 11 Day # 2			Da	y of the we	ek:					
			Bodyweig	ıht									
	COND	ITIONIN			metrics- S	Speed/Ag	ility- Con	ditioning					
Time o	of Day:		(Ladder) 1		ss behind F/E	3, quick shuffle	e F/B. 180's. M	lakovsky Shu	ffle F				
Ot and	/ <b>C</b> ::	Shuffle &	Carioca - s		lunge to h	amstring,			-				
Start	/Finish	Plyometric		Knees - Gr	een) F/B/L/	ĸ							
		Lateral Hurdle or Cone Hop with Jump and Reach 5x5											
Coad	ch(s):		, , , , , , , , , , , , , , , , , , ,										
	/Group:	Speed/Agi	ed/Agility:										
		opeca,, tg.	Lateral 45 degree 1-2 cut 4x  Lateral hoop run w/ return 3x each (3 hoops)										
				Lateral hoo	p run w/ re	eturn 3x ead	ch (3 hoops	s)					
			Resisted Band Tows 1x Full Field										
		Condition	onditioning: Slide Board 16x :30/1:00										
<del>                                     </del>													
	Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8)												
Abdomina	ls:												
		N.				ad 2x10 ea	ch						
				e leg twist									
			Aiternatii	ng cnest pa	ass 3x10 N	D & 2x10 D							
			;	Strength	Trainir	ng							
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
	Snatch		5	4	3	Ţ		Ţ					
	Slant Boa	rd Rev Sit l	10 to 20	10 to 20	10 to 20								
60%	50's Benc	h	1 13x	1	1	<del> </del>	<u> </u> 	<u>!</u> }					
	Plyo Push		13x5	i	i	<u> </u>							
	Leg Circu			<u></u>	<u></u>	<u> </u>							
	jump squa		20	20	20	I	I	I					
	body weig		20	20	20	<del>!</del>	<u> </u>	<u> </u>					
<b></b>	alternating lateral squ		20 20	20 20	20 20	<del>i</del>	<del> </del>	<del> </del>	<del>                                     </del>				
	iaterar syu	iui	<u>-</u> '	120	120	<del>!</del>	<del>!                                    </del>	<del>!                                    </del>					
	pull up		Max	Max-2	<u> </u>	<del> </del>	<del> </del>	<del> </del>	 				
	Metronon	ne Push Up		Max-10									
	lexibility: Foam Roller Stretch												
Auditional	Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	dditional Exercises: (Practice, Bike, Run, Swimming)												

	Date		Week # 1 Day # 3	1		Da	y of the we	ek:				
			Bodywei	ght								
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:		(10 yards									
11110	or buy.			-/B 2.heel t								
Start	/Finish	5. Ba	ckward lur	nge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward			
Otari	71 1111011	Plyometri	cs:									
		.,	Single Leg Hurdle Hop with Sprint 5x5 ea.									
	ch(s):		od/A gility:									
Partne	r/Group:	Speed/Ag	ed/Agility:  Back ground sprint 3x each									
			Resisted Band Running 6x 25 yds.									
		Condition	nditioning:									
					x300(50 ya							
		3x150(50 yard) :30/1:30 5x100(50 yard) :20/:40										
	5x100(50 yard) :207.40											
Abdomin	als:											
				Stability Bal								
			1 Leg F	lip Lift on N		II 2x8-12						
				Russian	Twist 3x10							
				<b>.</b>								
	1			Strength			0.15					
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	DB Comp	lex	<u> </u>	<u> </u>	<u> </u>							
	Snatch		5	5	5							
	Row		10	10	10							
	SLDL		10	10	10							
	curl + push	•	10	10	10							
	push up +	scapula	10+10	10+10	10+10							
	<u> </u>		j	j	<u> </u>							
	Hanging I	_eg Raise	10 to 20	10 to 20	10 to 20							
				<u> </u>								
	<del>i                                     </del>		<del>i</del>	<del>i                                     </del>	i							
	<del>!                                    </del>		!	<del>!                                    </del>	<u> </u>							
Elevibility	r: Partner S	trotoh										
riexibility	r. Partiler 5	treton										
Additions	l Commons	e (iccuse o	r injurios o	verall mood	etc )							
AuditiOile		(ISSUES U	n injunies, u	verali iiluuu	, G.O. <i>)</i>							
Additiona	I Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 11		Day of the week:								
	Date		Day # 4			- Du	y or the we						
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Con	ditioning					
Time of	f Dav:	Warm Up:	(Ladder) 1	5 yds.									
	· <b>,</b> ·					in-in-out-out F							
Start /F	Einich			spiderman, knees - gre		amstring, I	aterai squa	it waik					
Start /	rii ii Sii	Plyometric		Kilees - gre		1							
		riyometric	Single Leg Lateral Hurdle Hop with Jump and Reach 5x5 ea.										
Coacl	h(s):												
Partner/	Group:	Speed/Agi	d/Agility:										
						egree 1-2 c							
			Lateral hoop run w/ return 3x each (3 hoops)										
		0	•										
		Condition	conditioning: Slide Board 16x :30/1:00										
		Airdyne 8x :45/1:15 (M-Lv 10, F-Lv 8)											
Abdominals	odominals:												
				Medicine	Ball Abs								
				le leg overl									
				e leg twist 3									
			Alternati	ng chest pa	ss 3x10 NI	D & 2x10 D							
				Strength		ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	_				
			Reps/	Reps/	Reps/	Reps/	Reps/	Tempo 1	Rest				
	Push Pres	~	5	4	3	40.400							
i	SB Sit & R	ev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		<u> </u>					
il	Mini Leg C	ircuit	<u> </u>	<u> </u> 	<u> </u>			<u> </u>					
	squat jump		10	Ī	Ī								
	body weigh		10	Ī	Ĭ	Ī		i					
	alternating	•	10	1	<u> </u>	1		<u> </u>					
1	tuck jump		10	<u> </u>	<del>!</del>	<del>!</del>							
,	janip		<u> </u>	<u>.                                    </u>	<u>.                                    </u>			 					
i	Chin Up		Max	Max-2	<u> </u>	Ī		i i					
	inverted ro		8 to 20	8 to 20	<u> </u>	<u> </u>		<u> </u>					
			<del></del>	<del>                                     </del>	<del> </del>	1		<del>                                     </del>					
Flexibility:	Foam Roll	er Stretch	1	1	1								
. ioxioiiity i													
Additional	Comment	s: (jssues o	r iniuries o	verall mood	etc.)								
, tuantional		<b>31</b> (100000 0	i injunico, o	voran mood	010.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 1: Day # 1	2	Day of the week:							
			Bodyweig	ght								
	COND	ITIONIN		up- Plyor	netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:										
	, c. 2u,.			2.heel to b								
Star	t /Finish	7. Dack	peuai 6. 5	LDL walk Fo	heel walks			SKIP IU. O	verneau			
		Plyometric	cs:			-	-					
			Hurdle Hop with Sprint 5x5									
0			•									
	ach(s): er/Group:	Speed/Ag	ed/Agility:									
T di di	спотопр.	opecu/Ag	Ground Chase Sprint 3x each									
			Sled 1x perimeter									
		Condition	nditioning: Line Drill 5 15 25 30									
			:30/1:00									
			16 minutes									
Abdomir	dominals: Stability Ball Alphabet 2x											
				lip Lift on N								
			i Leg i		Twist 3x10	11 230-12						
				racolari	· ···ot ox · o							
			,	Strength	Trainin	g						
%		ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	Bar Comp		! - — — — -	<u> </u>	<u> </u>							
	High clear	)	5	5	5							
	Row		10	10	10							
	SLDL		10	10	10							
	Push Pres		10	110	10							
	High pull		10	10	10							
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20							
	Hammer C	url + Press	8+8	8+8								
	Climbing	Grid	max	max								
	Ī		Ī	j								
Flexibilit	y: Partner S	tretch										
Addition	al Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Addition	onal Exercises: (Practice, Bike, Run, Swimming)											

			Week # 12	2		Da	y of the we	ok:					
	Date		Day # 2			Da	y or the we	ek.					
			Bodyweig	jht									
	COND	ITIONIN	G-Warm	up- Plyor	netrics- S	peed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:	(Ladder) 2	20 yds.									
	uj.					-		lakovsky Shut	fle F				
Start	/Finish			piderman, Knees - Gr			aterai squa	at walk					
Otart	/1 1111311	Plyometric		Tances - Or	CCII) I /D/L/								
		i iyomcu i	Lateral Hurdle or Cone Hop with Jump and Reach 5x5										
	ch(s):		nood/Agility;										
Partne	r/Group:	Speed/Ag	peed/Agility:										
		1	Lateral 45 degree 1-2 cut 4x Lateral hoop run w/ return 3x each (3 hoops)										
		1	Lateral hoop run w/ return 3x each (3 hoops)										
		Condition	Conditioning:										
		Condition	Conditioning: 10 Mile Bike Test (group 1)										
		(one group on day #2, one group on day #4)											
Abdomina	als:	_											
		N		alls- single			h						
				e leg twist : ng chest pa									
			Aitemati	ng chest pa	155 3X 1U INL	A ZX IU D							
				Strength	Trainin	g							
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5	Tempo	Rest				
65,70,75	Snatch		15	14	13	Neps/	Keps/	<u>rempo</u>	Nest _				
20,10,10		rd Rev Sit U		•	10 to 20	<u>.                                    </u>		<u>.                                      </u>					
	İ			İ	İ	į		<u>i                                    </u>					
60%	50's Benc		3x										
	Plyo Push		3x5	<u> </u>	<u> </u>	<u> </u>							
	Leg Circu		20	120	l <sub>20</sub>			<u> </u>					
	jump squa body weig		20	20	20	<u> </u>		i					
	alternating		20	20	20	<u> </u>							
	lateral squ		20	20	20								
			1 I		<u> </u>	<u> </u>							
	pull up		Max	Max-2	<u> </u>	<u> </u>		<u> </u>					
	<u> </u>		<u> </u>			<u> </u>							
Flexibility	: Foam Ro	ller Stretch											
Additiona	Additional Comments: (issues or injuries, overall mood, etc.)												
Additiona	ditional Exercises: (Practice, Bike, Run, Swimming)												

	Date		Week # 1: Day # 3	2		Da	y of the we	ek:				
			Bodywei	ght								
	COND	ITIONIN			netrics- S	peed/Agi	lity- Cond	ditioning				
Time	of Day:		(10 yards									
111110	or Day.				o butt 3. op							
C4==	. / <b>:</b> ::::::::	5. Ba	ckward lur	nge walk 6.	Straight Le	g Crossov	er 7. SLDL	F/B 8. bac	kward			
Star	t /Finish	Dlyomotri	001									
		Plyometri	cs.	Single I	ea Hurdle I	lon with Si	orint 5x5					
			Single Leg Hurdle Hop with Sprint 5x5									
Coa	ach(s):											
Partne	er/Group:	Speed/Ag	ility:									
				Ba	ck ground	sprint 3x e	ach					
				Racia	ted Band T	ows 1x Ful	l Field					
		Condition	ina:	116313	Bana I	CHO IXI UI						
		20		1	x300(50 ya	rd) 1:00/2:0	00					
	_			;	3x150(50 ya	rd) :30/1:3	0					
					7x100(50 ya	ard) :20/:40	0					
A la al a maio												
Abdomin	ais:			Stability Bal	I Alphabet	2v						
					Medicine Ba							
			i Logi		Twist 3x10	II EXO IE						
			;	Strength	Trainin	g						
%	Exe	ercise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
	DB Comp	lex	<u> </u>	<u> </u>								
	Snatch		5	5	5							
	Row		10	10	10		<u> </u>					
	SLDL		10	10	10		<u> </u>					
	curl + pusl	n press	10	10	10							
	push up +	scapula	10+10	10+10	10+10	 	! }		ı			
	<u>i                                      </u>		<u> </u>	<u>i</u>	<u> </u>							
	Straight L	.eg Raise	10 to 20	10 to 20	10 to 20		<u> </u>					
	1		<u>]</u>	1	<u> </u>							
	<del> </del>		1	1	•							
	<del>!</del>		!	!	<u> </u>		<u> </u>					
<b>-</b> 1	<u> </u>	44-1										
Flexibility	y: Partner S	tretch										
Addition	al Comment	e. (jeende o	r injuries o	werall mood	etc )							
Addition	ai Commen	. <b>s.</b> (155065 0	ı irijuri <del>c</del> s, u	Werall III00u	, etc. <i>)</i>							
Addition	al Exercises	: (Practice,	Bike, Run,	Swimming)								

			Week # 12	2	Da	Day of the week:							
	Date		Day # 4	_		- Du	y or the we	OK.					
			Bodyweig	ht									
	CONDI	TIONING	G-Warm	up- Plyon	netrics- S	Speed/Agi	lity- Con	ditioning					
Time	of Day:	Warm Up:	(Ladder) 2	20 yds.									
						in-in-out-out F							
Stort	/Finish			spiderman, knees - gre		amstring, I	aterai squa	it waik					
Start	/୮!!! 5!	Plyometric		Kilees - gre		1							
		riyometric	Lateral Hurdle or Cone Hop with Jump and Reach 5x5 ea.										
Coa	ch(s):												
Partne	r/Group:	Speed/Agi	d/Agility:										
						egree 1-2 c							
			Lateral hoop run w/ return 3x each (3 hoops)										
		0 1141	•										
		Conditioning: 10 Mile Bike Test (group 1)											
								)					
	(one group on day #2, one group on day #4)												
	<del></del>												
Abdomina	bdominals:												
				Medicine	Ball Abs								
				le leg overl									
				e leg twist 3									
			Alternati	ng chest pa	iss 3x10 Ni	D & 2x10 D							
				Strength		ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	j				
05.70.75	!		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo _	Rest				
65,70,75	Push Pres	-	5	40.45.00	3	40.45.00		<u>                                     </u>					
	SB Sit & R	lev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		<u> </u>					
	Mini Leg C	Circuit	<u> </u>	<del> </del>		<u> </u> 							
	squat jump		10	Ī	Ī	Ī		<u> </u>					
	body weigh		110	Ť	Ī	Ī		i i					
	alternating		10	1	•			<u> </u>					
	tuck jump		10	<del> </del>	<del>!</del>	1		<del>                                     </del>					
	Jack Jamp		<u> </u>	İ	<u> </u>			<u>.                                    </u>					
	Chin Up		Max	Max-2	Ī	į		i i					
	inverted re		8 to 20	8 to 20	<u> </u>	•		<del>                                     </del>					
				1	<del>!</del>			<del>                                     </del>	ſ				
Flexibility	: Foam Roll	ler Stretch			<u> </u>								
Additiona	l Comment	s: (issues o	r injuries, o	verall mood	, etc.)								
			-										
∆dditions.	l Exercises	· (Practice	Rike Run	Swimming)									
Auditioila	Iditional Exercises: (Practice, Bike, Run, Swimming)												

	Date		Week # 13 Day of the week:										
			Bodyweig	ght									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	g + Dynamic	Warm Up								
Start	/Finish												
Otart	71 1111311	Plyometric	cs: Sport S	Specific									
	Depth Jump w/ Shot 5x5 = 25 contacts												
Coa	ch(s):												
	r/Group:	Speed/Agi	ed/Agility: Sport Specific										
			Tumbling Series 5x Hot Hands 5min (or until tapout)										
			Hot Hands 5min (or until tapout)										
	Conditioning:												
	Line Drill 5 15 25 30 :30/1:00												
	:30/1:00 18 minutes												
Abdomina	ale:												
Abdomina	115.												
			,	Strength	Trainin	ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	Ţİ	Do at				
90 95 100-	DB Snatcl		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo I	Rest				
00,00,100		rd Sit Ups	-	-	10 to 20	į		j	į				
	I I	•			i L								
90-97%	Front Box		3	3	3	3		<u> </u>	i				
00.070/	Squat Jun	•	5   <sub>3</sub>	<u> 5</u>  3	<u> 5</u>  3	15 1 <sub>3</sub>		<u> </u>	<u> </u>				
90-97%	Alternating (	Grip Chin Up	<u>.</u>	<u>.</u>	i I	<u>.</u>		i	<del></del> į				
70-75%	Lunge		12	12	12	<del> </del> 		<del>                                     </del>					
70-75%		n 1 Leg Row		12	12	į							
	Climbing	Grid	max	max	 <del> </del>	] 		I					
	<u> </u>		<u> </u>	<del>i</del>	<del>!                                      </del>	<del>[</del>			<u>i</u>				
Flexibility	: Partner S	tretch											
		<b></b> -											
Additions	I Commont	e: (iccure o	r injurios o	verall mood	etc.)								
Auditioila	i Comment	<b>3.</b> (133063 0	i irijuries, 0	veran mood,	, etc. <i>)</i>								
Additiona	l Exercises	: (Practice,	Bike. Run.	Swimmina)									
		,	-,,	3/									

	Date	· ·										
			Bodyweig	jht								
	COND	ITIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric	cs: Sport		staldi Push	Up Jumps	3x10					
Coa	ch(s):											
	r/Group:	Speed/Agi	ed/Agility: Sport Specific									
		1	Band Towing 5x :15sec									
		Conditioning:										
	Conditioning:  slide board 9x :30/1:30											
	Airdyne:											
	1x 1:00/2:00 (M-Lv 9, F-Lv 7)											
Ahdomina	5x :30/1:30 (M-Lv 10, F-Lv 8) ominals: (MEDBALL)											
Abdomini	113. (IVILDE)	ALL)										
				24 41								
			,	Strength	ıraının	ıg						
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	i			
	<u></u>		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo	Rest			
90,95,100-		rd Rev Sit U	-	-	10 to 20	İ		i i				
	1					İ						
90-97%	Bench Pre	ess	3	3	3	3		I I				
	Plyo Push	nup	5	5	5	5						
	Stability Ba	all Leg Curl	8-20	8-20	8-20	<u> </u> 	<u> </u>	 	<u> </u>			
	Metronom	ne Push Up	Max	Max - 10	Max -10	<del> </del>	<u> </u>	<del>                                     </del>				
		g Leg Curl		8-20	8-20	į			ĺ			
	Neck		6	6	6			<u> </u>				
	<u> </u>		! <del> </del>	<del> </del>	! <del> </del>	<u> </u>		! 	<u></u>			
Florid III		lan 04::-1-1										
Flexibility	: Foam Koi	ler Stretch										
Additiona	l Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additiona	l Exercises	: (Practice,	Bike, Run	Swimmina)								
		(* 12.01.00)	,,	- ····································								

	Date		Week # 13 Day # 3	3		Da	y of the we	ek:				
			Bodyweig	ht								
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric	s: Sport		quat Jump	5x5 = 25 c	ontacts					
	ch(s):		and/Agility: Sport Specific									
Partne	r/Group:	Speed/Agi	//Agility: Sport Specific Tumbling Series 5x									
				Hot F			pout)					
		Condition	Hot Hands 5min (or until tapout)									
		Conditioning: Tempo Run 20										
Abdomina	als:											
				Strongth	Trainin	. ~						
			•	Strength	Irainin	ıg						
%	J	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100	DB Snatch		5	4	3	<u> </u>						
	Straight L	eg Raise	10 to 20	10 to 20	10 to 20	! !						
90-97%	Front Box	Squat	3	3	3	3						
	Squat Jun		5	<b>1</b> 5	5	5						
90-97%	Alternating (	Grip Chin Up	3	3	3	13						
70-75%	Lunge		12	12	12	<u> </u>						
70-75%		n 1 Leg Row	12	12	12	<u> </u>		<u> </u>				
	Climbing	Grid	max	max	) 	) 						
	<u> </u> 		<u> </u> 	<u> </u>	 	<del>                                     </del>						
Flexibility	Flexibility: Partner Stretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)							
Additiona	Iditional Exercises: (Practice, Bike, Run, Swimming)											

	Date Week # 13 Day # 4  Day of the week:												
			Bodyweig	jht									
	CONDI	ITIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time o	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start	/Finish												
		Plyometric	s: Sport		eelbarrow	Drill 5x10 y	ards						
Coad	ch(s):	s):											
	/Group:	Speed/Agi	ed/Agility: Sport Specific										
					Band Towi	ng 5x :15se	С						
	Conditioning:												
	slide board 9x :30/1:30												
	Airdyne:												
	1x 1:00/2:00 (M-Lv 9, F-Lv 7) 5x :30/1:30 (M-Lv 10, F-Lv 8)												
Abdomina	ominals: (MEDBALL)												
			,	Strength	Trainir	ıg							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-	Clean		15	14	13	1 1(cp3/	<u>I Keps,</u>	l Tempe 1					
		Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20			<u> </u>				
90-97%	Incline Be	nch	3	3	3	3		<del>                                     </del>					
	Plyo Push		5	•	<u>                                    </u>	5  5							
	Hip Lift on		8-20	8-20	8-20	i							
		e Push Up		Max - 10		<u> </u>			i				
		g Leg Curl		8-20	8-20	]		<u> </u>	<u>_</u>				
	Neck		6	6	6	<u> </u>		! !					
				<u> </u>	<u> </u>	į.		İ	i				
Elovibility	Foam Bol	ler Stretch											
riexibility.	roaiii Koi	iei Stretcii											
Additional	Additional Comments: (issues or injuries, overall mood, etc.)												
Additional	dditional Exercises: (Practice, Bike, Run, Swimming)												

	Date		Week # 14 Day # 1 Day # 1										
			Bodyweig	ght									
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Min. Jog	g + Dynamic	Warm Up								
Start	/Finish												
	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Plyometric	cs: Sport S										
		Depth Jump w/ Shot 5x5 = 25 contacts											
	ch(s):												
Partnei	r/Group:	Speed/Agi	ed/Agility: Sport Specific										
			Tumbling Series 7x Hot Hands 5min (or until tapout)										
			Hot Hands 5min (or until tapout)										
	Conditioning:												
	Line Drill 5 15 25 30 :30/1:00												
	:30/1:00 20 minutes												
	_												
Abdomina	als:												
				Strength	Trainin	ıg							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	_ i				
00.05.100	DB Snatcl		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo I	Rest				
90,93,100-		rd Sit Ups	-	-	10 to 20	i İ		i i	<u> </u>				
	1	. и он оро				İ							
90-97%	Front Box	Squat	3	3	3	3		<u> </u>					
	Squat Jun		5	<b>1</b> 5	5	15		<u> </u>					
90-97%	Alternating (	Grip Chin Up	3	3 	l <sub>3</sub>	3			1				
70-75%	Lunge		12	12	12	<del> </del>		<del>                                     </del>	<u>_</u>				
70 75% 70-75%		n 1 Leg Row		12	12	]		<u> </u>	 				
	Climbing		max	max		Ĭ		<u> </u>					
				I	!	I							
	<u> </u>		<u> </u>	Ī		Ī		<u> </u>					
Flexibility	: Partner S	tretch											
Additiona	l Comment	<b>s:</b> (jssues o	r injuries o	verall mood	etc.)								
, idditional	. 50	J. (1000000 0)	,	Toran mood,	, 5.0.,								
Additions	l Evercises	: (Practice,	Rike Run	Swimming\									
Additional	. LACIUISES	· (i iaciice,	יועט, וענון,	ownining)									

	Date		Week # 14 Day # 2	1	Day of the week:							
	Date		Bodyweig	ıht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
							inty com					
Time	of Day:	Warm Up:	5 minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric	cs: Sport		staldi Push	Up Jumps	4x10					
Coa	ach(s):											
Partne	r/Group:	Speed/Agility: Sport Specific										
					Band Towi	ng 7x :15se	С					
		Condition	ing:									
			_			2x :45/1:15						
						<u>4x :30/1:130</u> 6x :15/:45	)					
						0X :15/:45						
Abdomina	bdominals: (MEDBALL)											
Todominaio. (MEDBALE)												
			,	Strength	Trainin	ıg						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4	Set 5	Tompo	Rest			
90,95,100-	Clean		<u> Керз/</u> 5	4	13	Reps/	Reps/	<u>Tempo</u>	Kest			
		rd Rev Sit l	10 to 20	10 to 20	10 to 20	Ĭ		i i				
90-97%	Bench Pre		3	3	3	3						
90-97 76	Plyo Push		5  5	5  5	<u> 5</u>  5	15 15		<u> </u>				
	· ·		8-20	8-20	8-20	İ			į			
	Motroman	o Duch He	May	Max - 10	Max -10	<u> </u>		<u> </u>	<u>——</u> į			
		e Push Up g Leg Curl		8-20	8-20	l İ		<u> </u>				
	Neck	y Ecg Cuil	16 <u>20</u> 1 <sub>6</sub>	16	16	j		<del>i i</del>	<del></del> i			
	1		}	<u>†</u>	<del> </del>	1		<del>                                     </del>	<u> </u>			
	<u> </u>		<u> </u>	<u> </u>	<u> </u>	1 						
Flexibility	lexibility: Foam Roller Stretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
		,	•	·	,							
Additiona	l Exercises	: (Practice.	Bike, Run.	Swimmina)								
		,,	,	9/								

	Date		Week # 14 Day # 3 Day of the week:										
			Bodyweig	jht									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start	/Finish												
Otart	71 1111311	Plyometric	s: Sport	Specific									
	Tumbling Series 7x												
Coa	Hot Hands 5min (or until tapout)												
	r/Group:	Speed/Agi	ed/Agility: Sport Specific										
			5-5-5 Squat Jump 5x5 = 25 contacts										
	Conditioning:												
	Tempo Run 20												
Abdomina	als:												
			,	Strength	Trainir	ng							
%	Exe	rcise	Set 1	Set 2	Set 3	Set 4	Set 5	i _ i	į				
90 95 100-	DB Snatch		Reps/	Reps/	Reps/	Reps/	Reps/	Tempo I	Rest _				
50,55,100	Straight L		10 to 20	-	10 to 20	<del>i                                     </del>		<del>                                     </del>	i				
		<b>.</b>		1									
90-97%	Front Box		3	3	3	3							
	Squat Jun		5	•	5	5		<u> </u>					
90-97%	Alternating (	Frip Chin Up	3	3	l <sub>3</sub>	3		! ! 	<u> </u>				
70-75%	Lunge		12	12	12	<u> </u>		<del>                                     </del>					
70-75% 70-75%	Cable 1 Arr			12	12	i	<u> </u>	<u></u>					
	Climbing (		max	max		[		ĺ					
	] 		! !	<u> </u>	 	l 							
<b>P1</b> 11 - 11 ×	<u> </u>												
riexibility	: Partner St	retch											
Additiona	I Comment	s: (issues o	r iniuries o	verall mood	etc.)								
	. 50	(1000000	,	. 5. 4 111000	3.0.,								
Additiona	I Exercises	: (Practice	Bike. Run.	Swimmina)									
	Additional Exercises: (Practice, Bike, Run, Swimming)												

	Date	Week # 14 Day # 4 Day of the week:											
			Bodyweig	jht									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up							
Start	/Finish												
		Plyometrics: Sport Specific  Wheelbarrow Drill 5x15 yards											
Coad	ch(s):												
	/Group:	Speed/Agi	eed/Agility: Sport Specific										
					Band Towi	ng 7x :15se	С						
	Conditioning:												
	Airdyne- 2x :45/1:15												
		4x :30/1:130 6x :15/:45											
	бх :15/:45												
Abdomina	odominals: (MEDBALL)												
			;	Strength	Trainin	ıg							
%	Exe	rcise	Set 1	Set 2 Reps/	Set 3	Set 4	Set 5	Tomas	Doot.				
90,95,100-	Clean		Reps/ 5	4	Reps/	Reps/	Reps/	<u>Tempo</u>	Rest				
30,33,100		Rev SB Sit	~	-	10 to 20	10 to 20			j				
				]									
	Incline Be		3	3	3	3		i i					
	Plyo Push		5		·	5							
	Hip Lift on	Med Ball	8-20	8-20	8-20	<del>!</del>			<u> </u>				
	Metronom	e Push Up	Max	Max - 10	Max -10	<u> </u>		<u> </u>					
		g Leg Curl	8-20	8-20	8-20	į		<u> </u>					
	Neck		6	6	6	] <del> </del>		I					
	<u> </u>			<u> </u>	<u> </u>	<u> </u>		<u> </u>	i				
Clevil-114	Feers Bal	lan Cénsés!											
Flexibility	: Foam Koi	ler Stretch											
Additional	Comment	s: (issues o	r injuries, o	verall mood	etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 15	5		Da	y of the we	ek:				
	Date		Bodyweig	ıht								
	CONDI	TIONING		up- Plyon	netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Min. Jog	g + Dynamic	: Warm Up							
Start	/Finish											
		Plyometric	s: Sport S		ump w/ Sh	ot 5x5 = 25	contacts					
	ch(s):	0	U'1 0	0								
Partne	r/Group:	Speed/Agi	lity: Sport	Specific	Tumbline	. Cariaa Ov						
				Hot F		g Series 9x n (or until ta	(tuoq					
						- ,						
		Conditioning: Line Drill 5 15 25 30										
						<u>3 13 23 30</u> /1:00						
	20 minutes											
Abdomina	als:											
			;	Strength	Trainin	ıg						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100-	DB Snatch		5	4	3							
	Slant Boa	rd Sit Ups	10 to 20	10 to 20	10 to 20	! !			 			
90-97%	Front Box	Squat	3	3	3	3						
	Squat Jun		5	<b>I</b> 5	5	<b>İ</b> 5						
90-97%	· ·		3	3	3	3						
70-75%	Lunge		12	12	12	<del>!</del> 						
70-75%	Cable 1 Arr	n 1 Leg Row	12	12	12	ĺ			j			
	Climbing (		max	max								
	•			İ		<u> </u>						
Flexibility	Flexibility: Partner Stretch											
Additiona	I Comment	s: (issues o	r injuries, o	verall mood,	etc.)							
Additiona	dditional Exercises: (Practice, Bike, Run, Swimming)											

	Date		Week # 1: Day # 2	5	Day of the week:								
			Bodyweig	jht									
	CONDI	TIONING	G-Warm	up- Plyor	netrics- S	Speed/Agi	lity- Cond	ditioning					
Time	of Day:	Warm Up:	5 minute	Jog + Dyna	mic Warm	Up							
Start	/Finish												
		Plyometrics: Sport Specific Crustaldi Push Up Jumps 5x10											
Coa	ch(s):	Grustaiui Fusii Op Juliips 3X10											
	/Group:	Speed/Agi	ed/Agility: Sport Specific										
	70.00.01	opecurry	Band Towing 9x :15sec										
		Conditioning.											
	Conditioning: Airdyne:												
	1/2 mile sprints 3x/3:00 (M 10 - F 8)												
Abdomina	ls: (MEDB	ALL)											
				Strength	Trainin	g							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest				
90,95,100-			5	4	3	<u> </u>							
	Slant Boa	rd Rev Sit U	10 to 20	10 to 20	10 to 20	! !			<u> </u>				
90-97%	Bench Pre	ess	3	3	3	3							
	Plyo Push		5	<b>İ</b> 5		5		<u> </u>	i				
	Stability Ba	all Leg Curl	8-20	8-20	8-20	<u> </u>							
		e Push Up		Max - 10	Max -10	<u> </u>							
		g Leg Curl		8-20	8-20	<u> </u>							
	Neck		6	6	6	! <del>!</del>		<u> </u>	<u> </u>				
				<u> </u>									
Flexibility	Foam Rol	ler Stretch	1		<u> </u>	1							
,													
Additional	Comment	s: (issues o	r injuries, o	verall mood	etc.)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)									

	Date		Week # 15	5		Da	y of the we	ek:				
	Date		Bodyweig	ıht								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
Time	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start	/Finish											
		Plyometric	s: Sport		quat Jump	5x5 = 25 c	ontacts					
	ch(s):											
rartne	r/Group:	Speed/Agility: Sport Specific  Tumbling Series 9x  Hot Hands 5min (or until tapout)										
		Conditioning										
	Conditioning: Tempo Run 20											
	adaminata.											
Abdomina	als:											
	_			Strength	_	ıg						
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo _	Rest			
90,95,100-	DB Snatch		5	4	3							
	Straight Le	eg Raise	10 to 20	10 to 20	10 to 20	<u> </u>						
90-97%	Front Box	Squat	3	3	3	3						
	Squat Jun		5	5	5	5		ļ				
90-97%	Alternating G	Frip Chin Up	3	3	3	3			j			
70-75%	Lunge		12	12	12	<u> </u>						
70-75%	Cable 1 Arn		12	12	12							
	Climbing (	Grid	max	max	] <del> </del>	I		 				
ļ	j		ļ	į	<u> </u>	<u> </u>		<del>                                     </del>				
Elovihili#	. Bortman Ct	rotoh										
riexibility	Flexibility: Partner Stretch											
Additiona	I Comments	s: (issues o	r injuries, o	verall mood,	etc.)							
Additiona	dditional Exercises: (Practice, Bike, Run, Swimming)											

	Date	Week # 15 Day # 4 Day of the week:										
			Bodyweig	ght								
	CONDI	TIONING			netrics- S	Speed/Agi	lity- Cond	ditioning				
Time o	of Day:	Warm Up:	5 Minute	Jog + Dyna	mic Warm	Up						
Start /	/Finish											
		Plyometric	cs: Sport		eelbarrow	Drill 5x20 ya	ards					
Coac	Coach(s):											
	/Group:	Speed/Agility: Sport Specific										
		opecarry.	mity. Opon		Band Towi	ng 9x :15se	С					
		Conditioning:										
	Airdyne: 1/2 mile sprints 3x/3:00 (M 10 - F 8)											
Abdomina	Abdominals: (MEDBALL)											
				Strength	_							
%	Exe	rcise	Set 1 Reps/	Set 2 Reps/	Set 3 Reps/	Set 4 Reps/	Set 5 Reps/	Tempo	Rest			
90,95,100-			5	4	3	ļ		<u>[</u>				
	SB Sit & R	Rev SB Sit	10 to 20	10 to 20	10 to 20	10 to 20		l .				
			! 			<u> </u>						
90-97%	Incline Be	nch	3	3	3	3		j	j			
	Plyo Push		5	5	5	5		<u> </u>				
	Hip Lift on	Med Ball	8-20	8-20	8-20	] 		i 	<u> </u>			
			! !	<u>i.                                    </u>	<u> </u>	İ						
		e Push Up		-	Max -10	<u> </u>		بـــــــــــــــــــــــــــــــــــــ				
		g Leg Curl		8-20	8-20	<u> </u>		<u>i</u>	<u> </u>			
	Neck		6	6	6	1 <del> </del>		, I 	<u> </u>			
			<del></del>	<del>i</del>	<del>i</del>	į		<del>i i</del>	i			
<b></b>				I								
Flexibility:	Foam Rol	ler Stretch										
Additional	Comment	s: (issues o	r injuries, o	verall mood	, etc.)							
Additional	Evercises	: (Practice,	Rike Run	Swimming\								
Additional		. (i iaciice,	Dino, Mull,	ownining)								
Additional	Exercises	: (Practice,	Bike, Run,	Swimming)								

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