

Sample 4 Day Program

The program below is an example of the 4 day programming that we used last summer with our elite athletes. These are JING screenshots. A great program to use to turn Excel files into pictures

Day 1

Day 1	Tempo	315	WK1	Reps	WK2	Reps	WK3	Reps
KB Swing	Exp	4 min		x10		x10		x10
				x10		x10		x10
<i>Stretch- Yoga Table x10 w/ 2 sec hold</i>				x10		x10		x10
<i>Landmine</i>			2	x12	2	x14	2	x16
ChinUp		1:00	BW	x8	BW	x8	BW	x5
			BW	x8	15	x8	19	xmax
					11	x8		
Front		1:00	95	x8	201	x8	201	x8
Box Squat			95	x8	235	x8	260	xmax
12"box or					235	x8		
<i>RFE 1 Leg Squat</i>								
<i>Stretch-Stability Ball IR x8</i>								
<i>Side Plank</i>			2x	30 sec	2x	40 sec	2x	50 sec
<i>Circuit</i>								
1 A 1 L Row		1:00		x8		x8		x8
				x8		x8		x8
1 Leg SLDL		1:00	41	x8	46	x8	51	x8
				x8		x8		x8
Face Pull				x8		x8		x8
				x8		x8		x8
1/2 Kneeling				x8		x8		x8
Stability Lift				x8		x8		x8



Day 2

Day 2							
Bench Press	3/0/Exp	1:00	165 x8	165 x8	176 xmax		
			165 x8	170 x8			
				165 x8			
<i>Stretch-Band or TRX Lat x8</i>							
Core - Ball Rollout			2 x20	2 x30	2 x40		
Kneeling	2/0/Exp	1:00	41 x8	47 x8	53 x8		
Alt Curl + Press			x8	x8	x8		
<i>Stretch-Wall Slides x10-12-14 (forward if necessary)</i>							
<i>Core - SL Situp Progression</i>							
Supine Hip Flexion w/ Lumbar Roll			x10x2	x12x2	x14x2		
Shoulder Circuit	2/0/Exp	1:00	BW x8	x10	x12		
			BW x8	x10	x12		
Triset w/ Pilates Ring Add			x10+10	x12+12	x14+14		
			x10+10	x12+12	X14+14		
Tall Kneeling			x10	x10	x12		
Alt Push Pull			x10	x10	x12		

Day 3

Day 3	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps
Clean or	Exp	4 min	154	x5	154	x5	154	x5
KB Swing			159	x5	164	x5	174	x5
Stretch- Yoga Table x10 w/ 2 sec h			159	x5	164	x5		x5
In week 3 increase for set 3 if set 2 is easy								
Landmine				x12		x14		x16
1 Leg Squat	2/0/Exp	1:00	67	x8	67	x8	67	x8
(use bench and			67	x8	75	x8	84	x8
green box)					67	x8		
Rot Inv Row		1:00		x15		x15		x15
				x15		x15		x15
						x15		x15
Stretch-Stability Ball IR x8								
Side Plank			2x	30 sec	2x	40 sec	2x	50 sec
Circuit								
X Pulldown	2/0/2	1:00		x15		x15		x15
				x15		x15		x15
Slideboard				x8		x12		x15
Lunge	2/0/Exp	1:00		x8		x12		x15
Slideboard Leg				x8		x10		x12
Curl				x8		x10		x12
1/2 Kneeling				x8		x8		x8
Stability Chop				x8		x8		x8

Day 4

Day 4								
Alt DB	3/0/Exp	1:00	56	AMRAP	59	AMRAP	59	AMRAP
Incline			56	AMRAP	59	AMRAP	62	AMRAP
	Weston							
<i>Stretch-Band or TRX Lat x8</i>								
<i>Core -Ball Rollout</i>			2	x20	2	x30	2	x40
Pushup	2/0/Exp	1:00		xmax		xmax		xmax
				xmax		xmax		xmax
<i>Stretch-Wall Slides x10-12-14 (forward if necessary)</i>								
<i>Core - SL Situp Progression</i>								
Supine Hip Flexion w/ Lumbar Roll				x10		x12		x14
Shoulder Circuit	2/0/Exp	1:00	BW	x8		x10		x12
			BW	x8		x10		x12
Triset w/								
Pilates Ring ADD				x10+10		x12+12		x14+14
				x10+10		x12+12		x14+14
Tall Kneeling				x8		x8		x8
Anti-Rotation Press				x8		x8		x8