

Clarkson In-Season Workout

Clarkson Men Workout> Phase 2 (oct 31st)

Name/ #	Body Weight	Deadlift	Clean	Pull up	Bench
		100			



Day 1								Deload	
	Wk1	Reps	Wk2	Reps	Wk3	Rep	Wk4	Rep	
Trapbar Deadlift	63	x5	67.5	x5	69.75	x5	58.5	x5	
	72	x5	76.5	x5	78.75	x5	67.5	x5	
	78.75	x5	83.25	x5	85.5	x5	69.75	x5	

Squat Mobility/activation 2x:20 2x:20 2x:20 2x:20

1 leg Squat		x5		x5ea		x5ea		x5ea
		x5ea		x5ea		x5ea		x5ea
Dumbbell Incline		x8-12		x8-12		x8-12		x8-12
Regular		x8-12		x8-12		x8-12		x8-12
Suit case carry	0	x2	0	x2	0	x2	0	x2
	0	x2	0	x2	0	x2	0	x2
Chin ups		x5		x5		x5		x5
		x5		x5		x5		x5

Resistive Sldboard knee	x10ea		x10ea		x10ea		x10ea
Drive	x10ea		x10ea		x10ea		x10ea

Physioball March		x5ea		xx6ea		x7ea		x5ea
		x5ea		x6ea		x7ea		x5ea

Day 3 Specific Goals Lift

Day 2							Deload		
	Wk1	Reps	Wk2	Reps	Wk3	Rep	Wk4	Rep	
5	Hang Cleans		x5		x5		x5		x5
5			x5		x5		x5		x5
5			x5		x5		x5		x5

Shoulder band stretch 2x3ea 2x3ea 2x3ea 2x3ea

2 leg hip lift 2x3(:10) 2x3(:10) 2x3(:10) 2x3(:10)

TRX Rows		x6		x6		x6		x6
Feet Elevated		x6		x6		xmax		x6
Rotational		x6ea	0	x7ea	0	x8ea	0	x5
Landmine		x6ea	0	x7ea		x8ea	0	x5
Standing Curl	0	x8-12	0	x8-12	0	x8-12	0	x8-12
and press	0	x8-12	0	x8-12	0	x8-12	0	x8-12

1 leg SLDL 2 arms		x8ea		x8ea		x8ea		x8ea
		x8ea		x8ea		x8ea		x8ea

Band pulldowns		x8ea		x8ea		x8ea		x8ea
Alternating		x8ea		x8ea		x8ea		x8ea

Full Get ups		x3ea		x3ea		x3a		x3ea
		x3ea		x3ea		x3ea		x3ea

Cardio Work Pre or Post Skate