

Strength 3-4years Training Age																		
Name	Bench	Fr Sq	Clean	Bk Sq	BW	PUP												
	100	100	100	100	100	10												
	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps	
Day 1 Speed Training Day (Linear)									Day 3 Plyometric Day (Linear)									
DB Snatch	Exp	1 min	28	x5	28	x5	29	x5	Snatch	Exp	1 min	45	x5	45	x5	45	x5	
				x5		x5		x5				50	x5	50	x5	53	x5	
HIP FLEXOR STRETCH ON BENCH				x5		x5		x5	KNEELING QUAD STRETCH ON				50	x5	53	x5	55	x5
20 SEC EACH SIDE						x5		x5	ON BENCH 20 SEC EACH SIDE				48	x5	50	x5	53	x5
Pull-up	2/0/2	1 min		x8		x8		x8	20 Rep Back Squat	4/0/2	1 min	70	x5	70	x5	70	x5	
KNEES UP				x8		x8		xMax	1st and 2nd sets are warm-ups			70	x5	72.5	x5	72.5	x5	
Pair w/			10	x8	10	x8	10	x8	Pair w/			62.5	x20	65	x20	67.5	x20	
						x8												
Front Squat	3/0/Exp		67.5	x8	72.5	x8	WUP	x5	Chin-up	2/0/2			x8		x10		x10	
WORK ON DEPTH				70	x8	75	x8	90	KNEES UP					x8		x10	xMax	
			72.5	x8	82.5	x6		85				13	x8	13	x10	13	x10	
					80	x6		92.5										
								85										
Inverted Row	2/0/2	1 min		x8		x10		x10	DB Upper Rows	2/0/2	1 min		x8		x10		x10	
Triple w/				x8		x10		x10	Triple w/				x8		x10		x10	
				x8		x10		x10					x8		x10		x10	
1 Leg Bench Squat	2/0/2			x8		x10		x10	1 Leg Bench Squat	2/0/2			x8		x10		x10	
Triple w/				x8		x10		x10	Triple w/				x8		x10		x10	
				x8		x10		x10					x8		x10		x10	
Off Bench Obliques	2/0/2			x10ea		x12ea		x12ea	Off Bench Obliques	2/0/2			x10ea		x12ea		x12ea	
hands on shoulders				x10ea		x12ea		x12ea	hands on shoulders				x10ea		x12ea		x12ea	
				x10ea		x12ea		x12ea					x10ea		x12ea		x12ea	
Day 2 Speed Training Day (Lateral)									Day 4 Plyometric Day (Lateral)									
Rack Clean	Exp	1 min	58	x5	58	x5	60	x5	Light Clean	Exp	1 min	73	x5	75	x5	75	x5	
			58	x5	60	x5	63	x5	Speed			73	x5	75	x5	73	x5	
			58	x5	60	x5	63	x5				73	x5	75	x5	75	x5	
			60	x5	60	x5	63	x5				73	x5	75	x5	73	x5	
Bench Press	4/0/2	1 min	62.5		65		67.5		Bench Press	2/P/2	1 min	70	x8	72.5	x8	WUP	x5	
50 Reps (use as few sets as possible)												72.5	x8	75	x8	90	x1	
Write your reps per set in the space provided.												75	x8	82.5	x6	85	x6	
Pair w/									Pair w/					80	x6	92.5	x1	
																85	x6	
DB SLDL	2/0/Exp		23.75	x5	25	x5	27.5	x5	Hypers	2/0/Exp		0	x10	0	x10	0	x10	
			28.75	x5	30	x5	30	x5				0	x10	0	x10	0	x10	
			28.75	x5	30	x5	32.5	x5				0	x10	0	x10	0	x10	
			27.5	x5	28.75	x5	32.5	x5				0	x10	0	x10	0	x10	
Dips + Scap dip	2/0/2	1 min		x8+8		x8+8		x8+8	Dips + Scap dip	2/0/2	1 min		x8+8		x8+8		x8+8	
Triple w/				x8+8		x8+8		x8+8	Triple w/				x8+8		x8+8		x8+8	
				x8+8		x8+8		x8+8					x8+8		x8+8		x8+8	
Ball Hip Ext	2/0/2			x10		x10		x12	Ball Hip Ext	2/0/2			x10		x10		x12	
Triple w/				x10		x10		x12	Triple w/				x10		x10		x12	
				x10		x10		x12					x10		x10		x12	
Stick Crunch	2/0/2			x15		x15		x20	Stick Crunch	2/0/2			x15		x15		x20	
				x15		x15		x20					x15		x15		x20	
				x15		x15		x20					x15		x15		x20	

Strength 4-6years Training Age																	
Name	Bench	Fr Sq	Clean	Bk Sq	BW	PUP											
	100	100	100	100	100	10											
	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	
Day 1 Speed Training Day (Linear)									Day 3 Plyometric Day (Linear)								
COMPLEX A1	Exp	1 min	45	x3 of ea	48	x3 of ea	48	x3 of ea	COMPLEX A2	Exp	1 min	20	x3 of ea	21	x3 of ea	23	
Push Jerk FRONT x1				x3 of ea		x3 of ea		x3 of ea	DB High pull x1				x3 of ea		x3 of ea		
Bent Row x2				x3 of ea		x3 of ea		x3 of ea	Lunges x1 ea side				x3 of ea		x3 of ea		
Front Squat x1						x3 of ea		x3 of ea	RDL x1				x3 of ea		x3 of ea		
RDL x1	FOAM ROLLER GROIN IN BETWEEN SETS X10 EACH SIDE								Upper DB Row x2	FOAM ROLLER GROIN IN BETWEEN SETS X10 EACH SIDE							
Pull-up	2/0/2	1 min		x8		x8		x8	20 Rep Back Squat	4/0/2	1 min	67.5	x5	67.5	x5	70	
KNEES UP				x8		x8		xMax	1st and 2nd sets are warm-ups			70	x5	72.5	x5	72.5	
Pair w/			10	x8	10	x8	10	x8	Pair w/			62.5	x20	65	x20	67.5	
						x8											
1 Leg Bench Squat	2/0/2			x8+3		x8+3		x8+3	Chin-up	2/0/2			x8		x10		
Single leg jump combo				x8+3		x8+3		x8+3	KNEES UP				x8		x10		
45 LB BAR				x8+3		x8+3		x8+3				13	x8	13	x10	13	
Inverted Row	2/0/2	1 min		x8		x10		x10	DB Upper Rows	2/0/2	1 min		x8		x10		
Pair w/				x8		x10		x10	Triple w/				x8		x10		
				x8		x10		x10					x8		x10		
Standing Myrlands	2/0/2			x10ea		x12ea		x12ea	1 Leg Bench Squat	2/0/2			x8		x10		
10 lb plate overhead				x10ea		x12ea		x12ea	Triple w/				x8		x10		
				x10ea		x12ea		x12ea					x8		x10		
									Meb ball roational slams	2/0/2			x6ea		x7ea		
													x6ea		x7ea		
													x6ea		x7ea		
Day 2 Speed Training Day (Lateral)									Day 4 Plyometric Day (Lateral)								
Rack Clean	Exp	1 min	58	x5	58	x5	60	x5	Drop Clean	Exp	1 min	3x5		3x5		3x5	
			58	x5	60	x5	63	x5									
			58	x5	60	x5	63	x5	Clean Pull	Exp	1 min	73	x5	75	x5	73	
			60	x5	60	x5	63	x5				73	x5	75	x5	75	
Incline Bench	4/0/2	1 min	55		57.5		57.5					73	x5	75	x5	73	
50 Reps (use as few sets as possible)																	
Write your reps per set in the space provided.									Bench Press	2/P/2	1 min	70	x8	72.5	x8	WUP	
												72.5	x8	75	x8	90	
Pair w/												75	x8	82.5	x6	85	
														80	x6	92.5	
Stick Crunch	2/0/2			x15		x15		x20	Pair w/							85	
press up stretch in between				x15		x15		x20									
				x15		x15		x20	Hypers	2/P/2		0	x10	0	x10	0	
									pause at the top			0	x10	0	x10	0	
Dips + Scap dip	2/0/2	1 min		x8+8		x8+8		x8+8									

Max Strength 3-4years Training Age																			
Name	Bench	Fr Sq	Clean	Bk Sq	BW	PUP													
	100	100	100	100	100	10													
	Tempo	Rest	WK4	Reps	WK5	Reps	WK6	Reps		Tempo	Rest	WK4	Reps	WK5	Reps	WK6	Reps		
Day 1 Linear Training Day									Day 3 Linear Training Day										
Snatch	Exp	1 min	48 x3		50 x3		50 x3		Rack Snatch	Exp	1 min	40 x3		43 x3		43 x3			
Lat Stretch on SB			53 x3		53 x3		53 x3		Lat Stretch on SB			40 x3		43 x3		45 x3			
Hold 20 sec each side			55 x3		58 x3		60 x3		Hold 20 sec each side			40 x3		43 x3		45 x3			
			55 x3		55 x3		58 x3					40 x3		43 x3		45 x3			
Pull-up weighted	set 1	1 min	WU	x5	WU	x5	WU	x5	Weighted Chin-ups	set 1	1 min	WU	x5	WU	x5	WU	x5		
Max set = no weight	set 2			x3		x3		x3	HOLD THE DOWN	set 2			x3		x3		x3		
Knees Up max set	set 3			x3		x3		x3	POSITION FOR 1	set 3			x3		x3		x3		
	set 4			x3		x3		x3	SECOND	set 4			x3		x3		x3		
Pair w/	set 5			xMax		xMax		xMax		set 5			xMax		xMax		xMax		
									Pair w/										
Back Box Squats	set 1	1 min	70 x5		72.5 x5		72.5 x5		Front Squat	set 1	1 min	72.5 x5		72.5 x5		72.5 x5			
DEPTH	set 2		77.5 x5		80 x5		80 x5			set 2		77.5 x3		77.5 x3		80 x3			
	set 3		80 x5		82.5 x5		82.5 x5			set 3		82.5 x3		80 x3		87.5 x3			
	set 4		82.5 x5		82.5 x5		85 x5			set 4		82.5 x3		85 x3		90 x3			
	set 5		67.5 x12		70 x12		72.5 x12			set 5		80 x3		85 x3		90 x3			
										set 6		72.5 x10		72.5 x12		75 x12			
DB Sprinter Step-Ups	2/0/2	1 min		x6ea		x6ea		x6ea	Lateral Squats	2/0/2	1 min		x8ea		x8ea		x10 ea		
Pair w/				x6ea		x6ea		x6ea	Pair w/				x8ea		x8ea		x10 ea		
				x6ea		x6ea		x6ea					x8ea		x8ea		x10 ea		
Standing Laterals	2/0/2		3x10 ea		3x10 ea		3x10 ea		Full contact twists	2/0/2		2x10 ea		2x10 ea		2x10 ea			
Arms extended																			
Day 2 Lateral Training Day									Day 4 Lateral Training Day										
Clean	Exp	1 min	73 x5		73 x5		73 x5		Rack Clean	Exp	1 min	65 x3		68 x3		68 x3			
			80 x3		80 x3		83 x3		SPEED			65 x3		68 x3		68 x3			
Hip flexor stretch between sets			85 x3		85 x3		88 x3		Bench Quad stretch between sets			65 x3		68 x3		70 x3			
Hold 20 sec each side			90 x2		90 x2		93 x2		Hold 20 sec each side			65 x3		65 x3		65 x3			
			88 x2		88 x2		90 x2												
Incline Bench	set 1	1 min	60 x5		60 x5		60 x5		Bench Press	set 1	1 min	77.5 x5		77.5 x5		77.5 x5			
	set 2		67.5 x3		67.5 x3		70 x3			set 2		80 x3		80 x3		82.5 x3			
Pair w/	set 3		67.5 x3		70 x3		70 x3		Pair w/	set 3		82.5 x3		85 x3		87.5 x3			
	set 4		70 x3		72.5 x3		72.5 x3			set 4		87.5 x2		90 x2		92.5 x2			
	set 5		60 x10		62.5 x12		62.5 x12			set 5		85 x2		87.5 x2		90 x2			
										set 6		72.5 x10		70 x12		70 x12			
DB RDL	set 1		28.75 x5		30 x5		32.5 x5		Glute Hams	set 1		x5		x5		x5			
	set 2		28.75 x5		30 x5		32.5 x5		USE 25lb plate	set 2		x5		x5		x5			
	set 3		30 x5		31.25 x5		33.75 x5			set 3		x5		x5		x5			
	set 4		30 x5		31.25 x5		33.75 x5			set 4		x5		x5		x5			
Ball Leg Curl	2/0/2			x10		x10		x10	Ball Leg Curl	2/0/2			x8ea		x8ea		x10 ea		
Pair w/				x10		x10		x10	Pair w/				x8ea		x8ea		x10 ea		
				x10		x10		x10					x8ea		x8ea		x10 ea		
Band Scap Arc's	3/0/3			x8		x8		x10	Balance Board				x8ea		x8ea		x10 ea		
TEMPO				x8		x8		x10	Shoulder Press				x8ea		x8ea		x10 ea		
				x8		x8		x10					x8ea		x8ea		x10 ea		

Speed Strength 4-6years Training Age

Name	Bench	Fr Sq	Clean	Bk Sq	BW	PUP												
	100	100	100	100	100	10												
	Tempo	Rest	WK4	Reps	WK5	Reps	WK6	Reps		Tempo	Rest	WK4	Reps	WK5	Reps	WK6	Reps	
Day 1 Linear Training Day									Day 3 Linear Training Day									
Prop Snatch	Exp	1 min	18 x3	20 x3	23 x3				Snatch Combo	Exp	1 min	38 x1,1	40 x1,1	43 x1,1				
			18 x3	20 x3	23 x3				x1 Snatch Pull			38 x1,1	40 x1,1	43 x1,1				
			18 x3	20 x3	23 x3				x1 Rack Snatch			40 x1,1	43 x1,1	45 x1,1				
Snatch	Exp	1 min	43 x3	45 x3	48 x3				TENDO'S SETS			40 x1,1	43 x1,1	45 x1,1				
			45 x3	50 x3	53 x3				4 and 5			40 x1,1	43 x1,1	45 x1,1				
TENDO'S SETS			48 x3	50 x3	53 x3													
3 and 4			48 x3	48 x3	50 x3				Chin-Ups	set 1	1 min	WU	x5	WU	x5	WU	x5	
Pull-up weighted	set 1	1 min	WU	x5	WU	x5	WU	x5	Weighted	set 2			x3		x3		x3	
Max set = no weight	set 2			x3		x3		x3		set 3			x3		x3		x3	
Knees Up max set	set 3			x3		x3		x3		set 4			x3		x3		x3	
	set 4			x3		x3		x3	1 arm cable high row	set 5			x8ea		x8ea		x8ea	
Pair w/	set 5			xMax		xMax		xMax		set 6			x8ea		x8ea		x8ea	
									Pair w/									
Heavy Single Leg Squats	set 1	1 min		x5ea		x5ea		x5ea	Front Squat	set 1	1 min	72.5	x5	72.5	x5	72.5	x5	
record all weights	set 2			x5ea		x5ea		x5ea		set 2		77.5	x3	77.5	x3	77.5	x3	
	set 3			x5ea		x5ea		x5ea		set 3		80	x3	82.5	x3	85	x3	
	set 4			x5ea		x5ea		x5ea		set 4		85	x2	87.5	x2	90	x2	
TENDO'S Back Squats			set 5	50 x3	52.5 x3	55 x3				set 5		85	x2	87.5	x2	87.5	x2	
Sets 5 and 6			set 6	50 x3	52.5 x3	55 x3			TENDO LAST SET			set 6	70	????	70	????	70	????
Stick OH Step Up	2/0/2	1 min	25lb	x6ea	25lb	x6ea	25lb	x6ea	Lateral Step In	2/0/2	1 min		x8ea		x8ea		x10 ea	
Pair w/			bar	x6ea	bar	x6ea	bar	x6ea	Pair w/				x8ea		x8ea		x10 ea	
				x6ea		x6ea		x6ea					x8ea		x8ea		x10 ea	
DB Arc's	2/0/2		2x8ea		2x8ea		2x8ea		Full contact twists	2/0/2		2x10ea		2x10ea		2x10ea		
Day 2 Lateral Training Day									Day 4 Lateral Training Day									
Clean	Exp	1 min	73 x5	73 x5	73 x5				Rack Clean	Exp	1 min	60 x3	63 x3	65 x3				
Foam Roll Groin x10 each side			80 x3	80 x3	83 x3							60 x3	63 x3	65 x3				
Foam Roll Groin x10 each side			85 x3	85 x3	88 x3							60 x3	63 x3	65 x3				
Foam Roll Low back x10 each side			90 x2	90 x2	93 x2				TENDO'S SETS			58 x3	58 x3	60 x3				
Foam Roll Low back x10 each side			88 x2	88 x2	90 x2				4 and 5			58 x3	58 x3	60 x3				
Chain Bench Press	set 1	1 min	60 x5	60 x5	60 x5				Bench Press	set 1	1 min	77.5	x5	77.5	x5	77.5	x5	
	set 2		67.5 x3	67.5 x3	70 x3					set 2		80	x3	80	x3	82.5	x3	
Pair w/	set 3		67.5 x3	70 x3	70 x3				Pair w/	set 3		82.5	x3	85	x3	87.5	x3	
	set 4		70 x3	72.5 x3	72.5 x3					set 4		87.5	x2	90	x2	92.5	x2	
	set 5		60 x10	62.5 x12	62.5 x12					set 5		85	x2	87.5	x2	90	x2	
TENDO LAST SET			set 6	55	????	57.5	????	60	????									
Explosive Good	set 1		28.75 x5	30 x5	32.5 x5													
Mornings	set 2		28.75 x5	30 x5	32.5 x5				Glute Hams	set 1			x7		x8		x9	
	set 3		30 x5	31.25 x5	33.75 x5				Pause straight out	set 2			x7		x8		x9	
	set 4		30 x5	31.25 x5	33.75 x5					set 3			x7		x8		x9	
										set 4			x7		x8		x9	
Slideboard Hamstrings	2/0/2		x10	x10	x10				1 Leg RDL with Band	2/0/2		x8ea	x8ea	x10 ea				
Pair w/			x10	x10	x10				Pair w/			x8ea	x8ea	x10 ea				
			x10	x10	x10							x8ea	x8ea	x10 ea				
Band Scap Arc's	3/0/3		x8	x8	x8				Balance Board			x8ea	x8ea	x10 ea				
TEMPO			x8	x8	x8				Shoulder Press			x8ea	x8ea	x10 ea				
			x8	x8	x8							x8ea	x8ea	x10 ea				

Strength Endurance 4-6years Training Age																						
NAME	Bench	Squat	Clean	BW	PUP																	
	100	100	100	100	10																	
	Tempo	Rest	WK1	Reps	WK2	Reps	Wk 3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK 3	Reps					
Day 1 Linear Plyo and Speed Training									Day 3 Linear Plyo and Speed Training													
Snatch Balance	Exp	3 min	3x5 W/ 45 bar		3x5 W/ 45 bar		3x5 W/ 45 bar		Low position	2/0/2	1min	3x5 W/ 45 bar		3x5 W/ 45 bar		3x5 W/ 45 bar						
									Snatch press													
Pressing Snatch Balance	Exp	3 min	45 4x5		55 4x5		55 4x5		Snatch Wave Load	Exp	3 min	48 x4		48 x4		48 x3						
												50 x4		50 x4		53 x3						
BENCH HIP FLEXOR STRETCH HOLD FOR :20 SECONDS									BENCH HIP FLEXOR STRETCH HOLD FOR :20 SECONDS			53 x4		55 x4		55 x3						
												50 x4		53 x4		53 x3						
												48 x4		48 x4		50 x3						
Leg Circuit		1 min		set 1		set 1		set 1	Top hold Pull-Ups	2/0/2	1 min	x10		x12		x12						
Single leg squat x6ea side				set 2		set 2		set 2	Hold for a 3 count			x10		x12		x12						
Slow Lunge x20 steps				set 3		set 3		set 3	at the top ((chin over bar))			x10		x12		x12						
Med Ball Cross behind x8ea						set 4		set 4														
									Pair w/													
Pull-Up Climb	2/0/2	1 min		x8 ea		x8 ea		x8 ea	Front Squats	2/0/2	1 min	57.5 x5		57.5 x5		57.5 x5						
Pull-Ups // Chin-Ups // Alt R+L Grip // Towel Grip									BOLD SETS ARE WARM-UPS			70 x3		70 x3		70 x3						
Triple w/												82.5 x5		85 x5		87.5 x5						
Standing Vermeils	2/0/2	1 min	3x10 ea		3x10 ea		3x10 ea					72.5 x10		75 x10		77.5 x10						
												60 x15		60 x17		62.5 x20						
Triple w/									ISO BENT ROW	2/0/2	1 min	:30 s		:35 s		:40 s						
Dynamic Rotator	1/0/1	1 min	2 x 25 ea		2 x 25 ea		2 x 25 ea					:30 s		:35 s		:40 s						
catches									Triple w/			:30 s		:35 s		:40 s						
Skater Pose	Work :30 sec			5 sets		6 sets		7 sets	Cross-Over Step-Ups	2/0/2	1 min	x8ea		x8ea		x8ea						
	Rest :30 sec											x8ea		x8ea		x8ea						
									Triple w/			x8ea		x8ea		x8ea						
Day 2 Lateral Plyo and Speed Training									Giant circles	2/0/2		x10ea		x10ea		x12ea						
Clean B.B.K	Exp	3 min	63 x5		63 x5		63 x5		HEAVY BALL			x10ea		x10ea		x12ea						
			65 x5		65 x5		65 x5		Day 4 Lateral Plyo and Speed Training													
			70 x5		73 x5		70 x5		COMBO	Exp	3 min	58 set 1		63 set 1		65 set 1						
			70 x5		73 x5		73 x5		SLDL x1 (5)			set 2		set 2		set 2						
Incline Bench	2/0/2	1 min	WU	x5	WU	x5	WU	x5	ROW x1 (5)			set 3		set 3		set 3						
			65 x6		67.5 x6		70 x6		CLEAN x1 (5)			set 4		set 4		set 4						
Pair w/			55 x12		57.5 x12		60 x12		Bench Press	2/0/2	1 min	70 x5		70 x5		70 x5						
			50 x24		52.5 x24		52.5 x24		BOLD SETS ARE WARM-UPS			80 x6		82.5 x6		85 x6						
												70 x12		72.5 x12		75 x12						
1 Leg Hypers	2/0/2	1 min		x8 ea		x10ea		x12ea	Pair w/			60 x24		62.5 x24		65 x24						
NO WEIGHT				x8 ea		x10ea		x12ea														
				x8 ea		x10ea		x12ea	Reverse Hypers	2/0/2	1 min	x10		x12		x14						
				x8 ea		x10ea		x12ea	FIRE YOUR GLUTES!!!			x10		x12		x14						
1 Leg Ball Leg Curl	Circuit Through			x8+8		x8+8		x8+8				x10		x12		x14						
Hip EXT combo	Rest 1 min			x8+8		x8+8		x8+8														
Triple w/				x8+8		x8+8		x8+8	1 Leg Ball Leg Curl	Circuit Through			x8+8		x8+8		x8+8					
									Hip EXT combo	Rest 1 min			x8+8		x8+8		x8+8					
Plate Circuit	2/0/2	1 min		3x8ea		3x8ea		3x8ea	Triple w/			x8+8		x8+8		x8+8						
Diagnol chop pattern (20) -- Lateral Punch (20) -- Car Driver (20) -- Bent Raise (10)									Tennis ball rotator cuff			x10 ea		x10 ea		x10 ea						
Triple w/												x10 ea		x10 ea		x10 ea						
									Triple w/			x10 ea		x10 ea		x10 ea						
Tiger Tail Pulls	2/0/2	1 min		3x8ea		3x8ea		3x8ea	Wall--Stick Press up			3x10		3x10		3x10						

Work Capacity 3-4years Training Age																	
NAME	Bench	Squat	Clean	BW	PUP												
	100	100	100	100	10												
	Tempo	Rest	WK1	Reps	WK2	Reps	Wk 3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK 3	Reps
Day 1 Speed Training Day (Linear)									Day 3 Plyometric Day (Linear)								
DB Snatch	Exp	3 min		26	x3	26	x3	26	x3	Push Jerk	Exp	3 min		53	x5	55	x5
					x3		28	x3	29	x3				53	x5	55	x5
BENCH HIP FLEXOR STRETCH HOLD FOR :20 SECONDS				x3		28	x3	29	x3	SPEED BENCH QUAD FLEXOR STRETCH HOLD FOR :20 SECONDS				50	x5	53	x5
				x3		28	x3	28	x3					50	x5	53	x5
Pull-up	4/0/4	1 min		x6		x7		x8		Alt Grip Chin-Up	2/0/2	1 min		x6ea		x7ea	
TEMPO 4/0/4	Coaches count			x6		x7		x8		weighted				x6ea		x7ea	
4 sec up, 4 sec down				x6		x7		x8						x6ea		x7ea	
Pair w/										Pair w/							
Front Squats	2/0/2	1 min		57.5	x5	57.5	x5	57.5	x5	Front Squats	2/0/2	1 min		57.5	x5	57.5	x5
BALANCE BOARD				67.5	x3	67.5	x3	67.5	x3					67.5	x3	67.5	x3
				72.5	x5	77.5	x5	77.5	x5					82.5	x5	85	x5
				62.5	x10	65	x10	67.5	x10					72.5	x10	75	x10
				47.5	x15	47.5	x15	50	x17					60	x15	60	x17
1 Leg Squats	Circuit Through			x6ea		x8ea		x8ea		1 Leg Squats	Circuit Through			x6ea		x8ea	
	Rest 1 min			x6ea		x8ea		x8ea			Rest 1 min			x6ea		x8ea	
Triple w/				x6ea		x8ea		x8ea		Triple w/				x6ea		x8ea	
DB Rows	2/0/2			x8 ea		x8ea		x8ea		Inverted Rows on PB	2/0/2			x10		x10	
				x8 ea		x8ea		x8ea						x10		x10	
Triple w/				x8 ea		x8ea		x8ea		Triple w/				x10		x10	
3 way rotational med ball	2/0/2			x21		x21		x21		3 way rotational med ball	2/0/2			x10ea		x10ea	
				x21		x21		x21						x10ea		x10ea	
Day 2 Speed Training Day (Lateral)									Day 4 Plyometric Day (Lateral)								
Clean	Exp	3 min		75	x3	75	x5	75	x5	COMBO	Exp	3 min		58	set 1	63	set 1
				83	x3	85	x3	88	x3	Clean x5					set 2		set 2
SB LAT STRETCH HOLD FOR :20 SECONDS				85	x3	88	x3	83	x3	Row x5					set 3		set 3
				83	x4	85	x4	80	x4	SLDL x5					set 4		set 4
Incline Bench	2/0/2	1 min	WU	x5	WU	x5	WU	x5		Bench Press	2/0/2	1 min	WU	x5	WU	x5	WU
				65	x6	67.5	x6	70	x6					80	x6	82.5	x6
Pair w/				55	x12	57.5	x12	60	x12	Pair w/				70	x12	72.5	x12
				50	x24	52.5	x24	52.5	x24					60	x24	62.5	x24
1 Leg SLDL w/ Bar	2/0/2	1 min		x8		x8		x8		Reverse Hypers	2/0/2	1 min		x10		x12	
				x8		x8		x8		FIRE YOUR GLUTES!!!				x10		x12	
				x8		x8		x8						x10		x12	
				x8		x8		x8									
1 Leg Ball Leg Curl	Circuit Through			x8+8		x8+8		x8+8		1 Leg Ball Leg Curl	Circuit Through			x8+8		x8+8	
Hip EXT combo	Rest 1 min			x8+8		x8+8		x8+8		Hip EXT combo	Rest 1 min			x8+8		x8+8	
Triple w/				x8+8		x8+8		x8+8		Triple w/				x8+8		x8+8	
Plate Circuit				x8 ea		x8ea		x8ea		Tennis ball rotator cuff				x10 ea		x10 ea	
OH--Fr press--Fr raise--Figure 8's				x8 ea		x8ea		x8ea						x10 ea		x10 ea	
Triple w/				x8 ea		x8ea		x8ea		Triple w/				x10 ea		x10 ea	
Partner cable diagonls				3x10 ea		3x10ea		3x10e		Partner cable diagonls				3x10 ea		3x10ea	

Work Capacity 4-6years Training Age

Name	Bench	Squat	Clean	BW	Pull-up													
	100	100	100	100	10													
	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps	
Day 1 @ Kohl CTR									Day 3 @ Kohl CTR									
BAR COMPLEX	Exp	3 min	28	Set 1	30	Set 1	33	Set 1	DB COMPLEX	Exp	3 min	10	Set 1	13	Set 1	14	Set 1	
				Set 2		Set 2		Set 2					Set 2		Set 2		Set 2	
Snatch	x5			Set 3		Set 3		Set 3	DB Snatch	x5			Set 3		Set 3		Set 3	
High Pull	x8								DB Fr Sq to Press	x10								
Row	x8								DB Double Row	x8								
RDL	x8								DB RDL	x8								
Front Squat	x10		STRETCH IN BETWEEN SETS						Nordic Skiers	x10		STRETCH IN BETWEEN SETS						
Split Squats	x8ea		Bench hip Flexor :20sec each side						Step Ups Alternating	x8 ea		Spiderman Hip Flexor :20 sec each side						
Push press	x10		Lat Stretch on ball :20sec each side						High Pull	x8		Lying Band Groin Stretch :20 sec each side						
Push up // Scap up	x15+10								Push up // Scap up	x15+10								
Rotational Chin-Up	2/0/2			x10		x12		x12	Pull-Up circuit	2/0/2	1 min	Twls	x8		x10		x12	
				x10		x12		x12				Pup	x8		x10		x12	
Circuit w/ NO REST				x10		x12		x12	Circuit w/ NO REST			Cup	x8		x10		x12	
RTF plate slides	2/0/2			x10		x12		x14	DB Lunges	2/0/2	1 min		x8ea		x10ea		x12ea	
				x10		x12		x14					x8ea		x10ea		x12ea	
Circuit w/ NO REST				x10		x12		x14	Circuit w/ NO REST				x8ea		x10ea		x12ea	
Curl and Press on	2/0/2			x12		x12		x12	Kneeling Rotational	2/0/2			x10ea		x12ea		x12ea	
Balance board				x12		x12		x12	Plate Raise				x10ea		x12ea		x12ea	
				x12		x12		x12					x10ea		x12ea		x12ea	
Day 2 @ Kohl CTR									Day 4 @ Kohl CTR									
Clean	Exp	use	63	x3	63	x3	63	x5	Jump Squat	Exp	use	28	x5	30	x5	32.5	x5	
		timer	65	x3	65	x3	65	x5			timer		x5		x5		x5	
			63	x3	68	x3	70	x3					x5		x5		x5	
			65	x3	65	x3	63	x5					x5		x5		x5	
Leg Circuit	1 rep	1 min	3 sets		3 sets		3 sets		Stability Ball complex	2/0/2	1 min	18	x8	19	x8	20	x10	
OH Jump Suats	evry sec		x10		x10		x10		DB Shoulder Press				x8		x8		x10	
Single Leg Squats			x10 ea		x10 ea		x10 ea		DB Incline				x8		x8		x10	
Transverse Lunge			x6ea		x8ea		x8ea		DB Flat Bench									
Lateral Step Squats			x8ea		x8ea		x8ea		Pair w/									
Pair w/									Glute Ham // Reverse Hyper	2/0/2	1 min		x8+8		x10+10		x12+12	
Push-Up Circuit	2/0/2		3 sets		3 sets		3 sets		Combo				x8+8		x10+10		x12+12	
L/R x5ea--R/L x5ea--Rotational x5 ea--DB 1 arm raise x5ea--Wall Press x10													x8+8		x10+10		x12+12	
Alternating 1 leg ball hip extension	2/0/2			x8ea		x8ea		x8ea	1 arm Rotational Row	2/0/2			x8ea		x8ea		x8ea	
				x8ea		x8ea		x8ea					x8ea		x8ea		x8ea	
Circuit w/ NO REST				x8ea		x8ea		x8ea	Circuit w/ NO REST				x8ea		x8ea		x8ea	
Retraction circles	2/0/2			x10		x12		x14	Band 1 Leg RDL	EXP			x8ea		x10ea		x10ea	
				x10		x12		x14					x8ea		x10ea		x10ea	
				x10		x12		x14					x8ea		x10ea		x10ea	
Circuit w/ NO REST									Circuit w/ NO REST									
Skater Groin	2/0/2			x12ea		x12ea		x12ea	Rotational Plate Raise	2/0/2			x10ea		x12ea		x12ea	
w/ band				x12ea		x12ea		x12ea					x10ea		x12ea		x12ea	
				x12ea		x12ea		x12ea					x10ea		x12ea		x12ea	