

Day 1 - Monday	Week 1		Week 2		Week 3	
	Date:		Date:		Date:	
Warm-up:						
RPR						
Foam Roll						
Stretch/Mobility						
Dynamic						
Speed/Plyometric "A" Series:	Reps	Weight	Reps	Weight	Reps	Weight
A1) Bounding	5/5		5/5		5/5	
	5/5		5/5		5/5	
	5/5		5/5		5/5	
	5/5		5/5		5/5	
A2) 45 Degree Hurdle Hop with stick	4/4		4/4		4/4	
	4/4		4/4		4/4	
	4/4		4/4		4/4	
	4/4		4/4		4/4	
A3) Loaded Jump - hold DB's at your sides	4		4		4	
	4		4		4	
	4		4		4	
	4		4		4	
A4) Crossover with Stick	3/3		4/4		4/4	
	3/3		4/4		4/4	
	3/3		4/4		4/4	
	3/3		4/4		4/4	
Strength "B" and "C" Series:						
B1) Bench Press - 4 second eccentric	8		8		8	
	8		8		8	
	8		8		8	
B2) Decline Plyo Push-up	5		5		5	
	5		5		5	
	5		5		5	
B3) Lat Stretch	5		5		5	
	5		5		5	
	5		5		5	
B4) Plyo Push-up	5		5		5	
	5		5		5	
	5		5		5	
C1) Strict Neutral Grip Chin-up	8		9		10	
	8		9		10	
	8		9		10	
C2) Tall-kneeling landmine (the core one)	4/4		4/4		4/4	
	4/4		4/4		4/4	
	4/4		4/4		4/4	
C3) Cable antirotation press	5/5		5/5		5/5	
	5/5		5/5		5/5	
	5/5		5/5		5/5	
Conditioning "D" Series:						
D1) Bike - 15/25	8		8		8	
			8		8	

Day 2 - Tuesday	Week 1		Week 2		Week 3	
	Date:		Date:		Date:	
Warm-up:						
RPR						
Foam Roll						
Stretch/Mobility						
Dynamic						
Speed/Plyometric "A" Series:	Reps	Weight	Reps	Weight	Reps	Weight
A1) FFE (Front Foot Elevated) Split Squat	5		5		5	
	5		5		5	
	5		5		5	
	5		5		5	
A2) Long Hurdle Jump with Stick	3/3		3/3		3/3	
	3/3		3/3		3/3	
	3/3		3/3		3/3	
	3/3		3/3		3/3	
A3) Weighted Broad Jump	x5		x5		x5	
	x5		x5		x5	
	x5		x5		x5	
	x5		x5		x5	
A4) 20 yd Sprint - stopwatch timed						
Strength "B" and "C" Series:						
B1) Suitcase RFE Split Squat - 6 sec eccentric	5		5		5	
	5		5		5	
	5		5		5	
B2) Dumbbell Row	8		10		12	
	8		10		12	
	8		10		12	
B3) Counter-movement Jump	3		3		3	
	3		3		3	
	3		3		3	
B4) Wheel Rollout	8		10		12	
	8		10		12	
	8		10		12	
B5) 45 Degree Hip Flexor Stretch	3 sets of 10 pulses					
C1) 1DB Stiff-leg Deadlift	8		8		8	
	8		8		8	
	8		8		8	
C2) Suitcase Carry	1 length		1 length		1 length	
	1 length		1 length		1 length	
	1 length		1 length		1 length	
C3) Dynamic 90/90 with Glutue Stretch	3 each		3 each		3 each	
	3 each		3 each		3 each	
Conditioning "D" Series:						
120yd shuttles	8		8		8	
			8		8	

Day 3 - Thursday	Week 1		Week 2		Week 3	
	Date:		Date:		Date:	
Warm-up:						
RPR						
Foam Roll						
Stretch/Mobility						
Dynamic						
Speed/Plyometric "A" Series:	Reps	Weight	Reps	Weight	Reps	Weight
A1) Skater Squat		8		8		8
		8		8		8
		8		8		8
		8		8		8
A2) Long Hurdle Jump with Stick	3/3		3/3		3/3	
	3/3		3/3		3/3	
	3/3		3/3		3/3	
	3/3		3/3		3/3	
A3) Weighted Broad Jump	x5		x5		x5	
	x5		x5		x5	
	x5		x5		x5	
	x5		x5		x5	
A4) 20 yd Sprint - stopwatch timed						
Strength "B" and "C" Series:						
B1) Goblet 1-leg Bench Squat - 6 sec eccentric	8		8		8	
	8		8		8	
	8		8		8	
B2) Half-Kneeling Landmine Press	8		8		8	
	8		8		8	
	8		8		8	
B3) Non-counter-movement Jump	3		3		3	
	3		3		3	
	3		3		3	
B4) Wheel Rollout	8		9		10	
	8		9		10	
	8		9		10	
B5) Hip Flexor Stretch	3 sets of 10 pulses					
C1) Ball Hamstring Curls	8		8		5	
	8		8		5	
	8		8			
C2) Suitcase Carry	1 length		1 length		1 length	
	1 length		1 length		1 length	
	1 length		1 length		1 length	
C3) Dynamic 90/90 with Glutue Stretch	3 each		3 each		3 each	
	3 each		3 each		3 each	
Conditioning "D" Series:						
D1) Bike - 15/25	8		8		8	
			8		8	

Day 4 - Friday	Week 1		Week 2		Week 3	
	Date:		Date:		Date:	
Warm-up:						
RPR						
Foam Roll						
Stretch/Mobility						
Dynamic						
Speed/Plyometric "A" Series:	Reps	Weight	Reps	Weight	Reps	Weight
A1) Bounding	5/5		5/5		5/5	
	5/5		5/5		5/5	
	5/5		5/5		5/5	
	5/5		5/5		5/5	
A2) Lateral Bound with stick	4/4		4/4		4/4	
	4/4		4/4		4/4	
	4/4		4/4		4/4	
	4/4		4/4		4/4	
A3) Loaded Jump - hold DB's at your sides	4		4		4	
	4		4		4	
	4		4		4	
	4		4		4	
A4) 1-2 with Stick	3/3		4/4		4/4	
	3/3		4/4		4/4	
	3/3		4/4		4/4	
	3/3		4/4		4/4	
Strength "B" and "C" Series:						
B1) TRX Row	8		8		8	
	8		8		8	
	8		8		8	
B2) Cable "Slam"	6		6		6	
	6		6		6	
	6		6		6	
B3) Pec Stretch	5		5		5	
	5		5		5	
	5		5		5	
B4) Cable Row **Light and fast**	8		8		8	
	8		8		8	
	8		8		8	
C1) Strict Neutral Grip Chin-up	8		9		10	
	8		9		10	
	8		9		10	
C2) Tall-kneeling landmine (the core one)	4/4		4/4		4/4	
	4/4		4/4		4/4	
	4/4		4/4		4/4	
C3) Cable antirotation press	5/5		5/5		5/5	
	5/5		5/5		5/5	
	5/5		5/5		5/5	
Conditioning "D" Series:						
D1) 30-60 minutes of fun activity - Go get your ass whipped in Spikeball or something						