

SUMMER STRENGTH TRAINING ((Muscle Endurance and Lactate Training)) Late Off-Season Phase of Training

NAME	Bench	Squat	Clean	BW	PUP																
	100	100	100	100	10																
	Tempo	Rest	WK1	Reps	WK2	Reps				Tempo	Rest	WK1	Reps	WK2	Reps						
DAY 1										DAY 3											
DB Snatch	Exp	3 min	26	x3	26	x3				Alt Grip Chin-Up weighted	2/0/2	1 min		x5ea		x6ea					
BENCH HIP FLEXOR STRETCH HOLD FOR :20 SECONDS				x3	28	x3				Pair w/ Front Squats x6 1 Leg Bench Squatx12 ea Walking Lunges x12ea				x5ea		x6ea					
				x3	28	x3						x5ea		x6ea							
				x3	28	x3															
Pull-up	4/0/4	1 min		x5		x6															
TEMPO 4/0/4	Coaches count			x5		x6					2/0/2	1 min	72.5	x6	77.5	x6					
4 sec up, 4 sec down				x5		x6							62.5	x12	65	x12					
Pair w/ Front Squats x6 1 Leg Bench Squatx12 ea Walking Lunges x12ea													47.5	x24	47.5	x24					
			2/0/2	1 min	72.5	x6	77.5	x6													
					62.5	x12	65	x12													
					47.5	x24	47.5	x24													
			2 ROTATIONS			3 ROTATIONS															
			PLUS 3RD SET FRTSQT																		
Skater Slideboard Groin	Circuit Through			x8ea		x8ea				Skater Slideboard Groin	Circuit Through			x8ea		x8ea					
Triple w/ NO REST	Rest 1 min			x8ea		x8ea				Triple w/ NO REST	Rest 1 min			x8ea		x8ea					
				x8ea		x8ea								x8ea		x8ea					
DB Rows	2/0/2			x8 ea		x8ea				Triple w/ NO REST	2/0/2			x10		x10					
Triple w/ NO REST				x8 ea		x8ea									x10		x10				
				x8 ea		x8ea									x10		x10				
Rotational Plate Raise	2/0/2			x10ea		x10ea				Rotational Med Ball Slam	2/0/2			x6ea		x6ea					
				x10ea		x10ea								x6ea		x6ea					
DAY 2										DAY 4											
COMBO	Exp	3 min	58	set 1	63	set 1				COMBO	Exp	3 min	58	set 1	63	set 1					
SLDL x1 (5)				set 2		set 2				SLDL x1 (5)				set 2		set 2					
BENT ROW x1 (5)				set 3		set 3				ROW x1 (5)				set 3		set 3					
CLEAN x1 (5)				set 4		set 4				CLEAN x1 (5)						set 4					
Incline Bench x6	2/0/2	1 min	65	x6	67.5	x6				Bench Press x6	2/0/2	1 min	80	x6	82.5	x6					
DB Bench x12			55	x12	57.5	x12				DB Incline x12			70	x12	72.5	x12					
Push-Ups x25			50	x24	52.5	x24				Push-Ups x25			60	x24	62.5	x24					
Pair w/ Slideboard leg curls										Pair w/ 1 Leg Bar RDL											
			2/0/2	1 min		x12		x14									x8ea		x8ea		
						x12		x14									x8ea		x8ea		
						x12		x14									x8ea		x8ea		
1 Leg Ball Leg Curl	Circuit Through			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				Hip EXT combo	Rest 1 min			x8+8		x8+8					
Triple w/ NO REST										Triple w/ NO REST											
Plate Circuit	2/0/2			2x8ea		2x8ea				Plate Circuit	2/0/2			2x8ea		2x8ea					
Diagnol chop pattern (20) -- Lateral Punch (20) -- Car Driver (20) -- Bent Raise (10)										Diagnol chop pattern (20) -- Lateral Punch (20) -- Car Driver (20) -- Bent Raise (10)											
Triple w/ NO REST										Triple w/ NO REST											
Kneeling Curl to Press	2/0/2			2x10 ea		2x10 ea				Front + Rear DB Raise	2/0/2			2x10 ea		2x10 ea					