



Name:

Date:

Pre- & Post-Workout	
Roll: ~30-60s each (Everyday)	Corrective Work (Pre & Post)
Calves	Paraspinal Release w/ L Hamstring: 2-3x5 breaths
Quads	R Side Lying L Adductor Pullback: 3x5 breaths
Adductors	L Side Lying R Glute max: 2-3x5 breaths
Glutes	
Low Back	Day 2&4 Post-Warm-Up
Upper Back	A1) Vertical Jump w/o Counter Movement: 3x3
Lats	A2) Seated Med Ball Chest Pass: 3x3
Pecs	A3) Push-Up @ 25/min: 3x10
Mobility (Everyday)	
Toe Pulls: 8/side	
3-Way Ankle Mob.(Toes on Wall): 5 each	Recover (Everyday)
1/2 Kneeling Quad Mob.: 8/side	Bent Knee Calves Stretch: 30s/side
Quadruped Posterior Hip Mob.: 8/side	Half-Kneeling Quad Stretch: 30s/side
Lateral Kneeling Adductor Mob.: 8/side	Quadruped Posterior Hip Stretch: 30s/side
Rock Back T-Spine Rotation: 8/side	Lateral Kneeling Adductor Stretch: 30s/side
Yoga Push-Up: 8	90° Pec Stretch: 30s/side
Spiderman Lunge w/ Rot.: 6/side	Cross Body Lat Stretch: 30s/side
Inverted Reach: 8/side	CORRECTIVE WORK
Lateral Lunge: 8/side	

Cardiac Parameters	
Max HR:	Estimated AnT: 60s HRR:

Day 1/4: Mock Wingate @ Level 25

Week 1: 3 x :30/3:00

Week 2: 3 x :30/3:00

Week 3: 3 x :30/3:00

Week 4: 3 x :30/3:00

Day 2: Incremental Bike Test @ 80 RPMs

Week 1: HR Max: , Avg:

Week 2: HR Max: , Avg:

Week 3: HR Max: , Avg:

Week 4: HR Max: , Avg:

Bike Test Protocol

0-2: Level 6 @ 70 RPMs

2-4: Level 8 @ 70 RPMs

4-6: Level 10 @ 70 RPMs

6-7: Level 12 @ 80 RPMs

7-8: Level 13 @ 80 RPMs

8-9: Level 14 @ 80 RPMs

9-10: Level 15 @ 80 RPMs

10-11: Level 16 @ 80 RPMs

11-12: Level 17 @ 80 RPMs

12-13: Level 18 @ 80 RPMs

13-14: Level 19 @ 80 RPMs

14-15: Level 20 @ 80 RPMs

Day 3: Cardiac Power Elliptical/Airdyne @ Max HR

Week 1: 6 x 1:30/1:30

HR Max1: , Avg1: ,Max2: , Avg2: ,Max3: , Avg3:

Week 2: 7 x 1:30/1:30

HR Max1: , Avg1: ,Max2: , Avg2: ,Max3: , Avg3:

Week 3: 8 x 1:30/1:30

HR Max1: , Avg1: ,Max2: , Avg2: ,Max3: , Avg3: ,Max4: , Avg4:

Week 4: 6 x 1:30/1:30

HR Max1: , Avg1: ,Max2: , Avg2: ,Max3: , Avg3: ,Max4: , Avg4:

Day 5: Tempo Airdyne @ 80% Effort (HR < AnT)

Week 1: 10 x :20/40 (HR Max: , Avg:)

Week 2: 10 x :20/40 (HR Max: , Avg:)

Week 3: 12 x :20/40 (HR Max: , Avg:)

Week 4: 12 x :20/40 (HR Max: , Avg:)

Day 1									
Name:									
Day 2									
BODY WEIGHT									
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
A1 Vertical Jump	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)
A2 Core Bridge	2x10	2x10	2x10	2x10	2x10	2x10	2x10	2x10	2x10
B1 1-sec Squat	5	5	3	3	3	3	3	3	3
	5	5	3	3	3	3	3	3	3
	5	5	3	3	3	3	3	3	3
B2 Broad Jump	3x3	5	3	3	3	3	3	3	3
	3x3	4x3	4x3	4x3	3x3	3x3	3x3	3x3	3x3
B3 Lateral Hurdle	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5
C1 Submaximal	3x10	4x10	4x10	3x10	3x10	3x10	3x10	3x10	3x10
C2 Sprint Hurdle	3x10/5	3x10/5	3x10/5	3x10/5	3x10/5	3x10/5	3x10/5	3x10/5	3x10/5
D1 1-sec Squat	3x(3x10)/4	3x(4x10)/5	4x(4x10)/4	4x(4x10)/4	4x(4x10)/4	4x(4x10)/4	4x(4x10)/4	4x(4x10)/4	4x(4x10)/4
D2 1-sec DB Press	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s
	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s
CON Day 1/4	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s	25 y/s
Notes: Day 1 2-mins between sets of A and B blocks, and 30-50s between C and D block.									
Day 3									
BODY WEIGHT									
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
A1 Vertical Jump	5	5	5	5	5	5	5	5	5
A2 Core Bridge	3	3	3	3	3	3	3	3	3
B1 1-sec Squat	3	3	3	3	3	3	3	3	3
A2 Squat Jump	2x10	2x10	2x10	2x10	2x10	2x10	2x10	2x10	2x10
B1 Bench Press	5	5	5	5	5	5	5	5	5
	5	5	5	5	5	5	5	5	5
	5	5	5	5	5	5	5	5	5
B2 Seated Med Ball	5	5	5	5	5	5	5	5	5
C1 Core Body Row	8	4x3	4x3	4x3	3x3	3x3	3x3	3x3	3x3
D1 1-sec Squat	8	10	6	6	6	6	6	6	6
	8	10	6	6	6	6	6	6	6
	8	10	6	6	6	6	6	6	6
C2 Seated Med Ball	10/5	10/5	10/5	10/5	10/5	10/5	10/5	10/5	10/5
C3 Seated Med Ball	10/5	10/5	10/5	10/5	10/5	10/5	10/5	10/5	10/5
D1 1-sec Squat	10/5	10/5	10/5	10/5	10/5	10/5	10/5	10/5	10/5
D2 1-sec DB Press	10/5	10/5	10/5	10/5	10/5	10/5	10/5	10/5	10/5
CON Day 1/4	10/5	10/5	10/5	10/5	10/5	10/5	10/5	10/5	10/5
Notes: Day 1 2-mins between sets of A and B blocks, and 30-50s between C and D block.									
Day 4									
BODY WEIGHT									
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
A1 Vertical Jump	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)	3x(3-3)
A2 Core Bridge	2x10	2x10	2x10	2x10	2x10	2x10	2x10	2x10	2x10
B1 1-sec Squat	5	5	3	3	3	3	3	3	3
B2 Broad Jump	5	5	3	3	3	3	3	3	3
	5	5	3	3	3	3	3	3	3
	5	5	3	3	3	3	3	3	3
B3 Lateral Hurdle	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5
C1 Core Body Row	6/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5
D1 1-sec Squat	6/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5
	6/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5
	6/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5
C2 Seated Med Ball	3x10/5	3x10/5	3x10/5	3x10/5	3x10/5	3x10/5	3x10/5	3x10/5	3x10/5
C3 Seated Med Ball	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5
D1 1-sec Squat	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5
D2 1-sec DB Press	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5
CON Day 1/4	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5	8/5
Notes: Day 1 2-mins between sets of A and B blocks, and 30-50s between C and D block.									
Day 5									
BODY WEIGHT									
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
A1 Vertical Jump	5	5	5	5	5	5	5	5	5
A2 Core Bridge	3	3	3	3	3	3	3	3	3
B1 1-sec Squat	3	3	3	3	3	3	3	3	3
B2 Broad Jump	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5	2x10/5
B3 Lateral Hurdle	165 x F	165 x F	155 x F	155 x F	155 x F	155 x F	155 x F	155 x F	155 x F
C1 Core Body Row	165 x F	165 x F	155 x F	155 x F	155 x F	155 x F	155 x F	155 x F	155 x F
D1 1-sec Squat	165 x F	165 x F	155 x F	155 x F	155 x F	155 x F	155 x F	155 x F	155 x F
D2 1-sec DB Press	165 x F	165 x F	155 x F	155 x F	155 x F	155 x F	155 x F	155 x F	155 x F
CON Day 1/4	165 x F	165 x F	155 x F	155 x F	155 x F	155 x F	155 x F	155 x F	155 x F
Notes: Day 1 2-mins between sets of A and B blocks, and 30-50s between C and D block.									

One Day Better.